

CHOPT

DESTINATION VIETNAM

SAIGON CHICKEN BÁNH MÌ SALAD

Saigon chicken, pickled carrot & daikon slaw, crispy shallots, croutons, romaine, cabbage & herb blend with

Spicy Green Sriracha Dressing 🌿

+ a drizzle of Sriracha 🌿 + a wedge of lime 🍋

VIETNAMESE MEATBALL NOODLE BOWL

Warm lemongrass turkey meatballs, chilled rice noodles, pickled hearts of palm, English cucumbers, crispy shallots, cabbage & herb blend with

Spicy Tamarind Vinaigrette 🌿

SHRIMP SUMMER ROLL SALAD

Sea to Table wild-caught shrimp, crunchy rice chips, Asian green beans, pickled carrot & daikon slaw, romaine, cabbage & herb blend with

Coconut Lime Dressing

NUTRITIONAL INFORMATION

| DESTINATION SALADS | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | TOTAL CARB (G) | DIETARY FIBER (G) | SUGARS (G) | PROTEIN (G) | VITAMIN A (%DV) | VITAMIN C (%DV) | CALCIUM (%DV) | IRON (%DV) |
|---------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SAIGON CHICKEN BÁNH MÌ SALAD | 1 SALAD | 330 | 70 | 8 | 2 | 0 | 75 | 1570 | 30 | 9 | 11 | 32 | 360 | 80 | 15 | 25 |
| VIETNAMESE MEATBALL NOODLE BOWL | 1 BOWL | 350 | 80 | 9 | 2 | 0 | 55 | 1170 | 43 | 4 | 7 | 19 | 25 | 60 | 8 | 10 |
| SHRIMP SUMMER ROLL SALAD | 1 SALAD | 340 | 25 | 3 | 0.5 | 0 | 170 | 2220 | 36 | 8 | 9 | 24 | 370 | 60 | 20 | 15 |

| FEATURED CHOPPINGS | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | TOTAL CARB (G) | DIETARY FIBER (G) | SUGARS (G) | PROTEIN (G) | VITAMIN A (%DV) | VITAMIN C (%DV) | CALCIUM (%DV) | IRON (%DV) |
|----------------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| VIETNAMESE CHICKEN | 3.25oz | 180 | 45 | 5 | 1 | 0 | 75 | 830 | 5 | 1 | 1 | 28 | 0 | 15 | 4 | 10 |
| WARM LEMONGRASS TURKEY MEATBALLS | 3oz | 180 | 70 | 8 | 1 | 0 | 55 | 1050 | 8 | 0 | 1 | 15 | 4 | 2 | 2 | 6 |
| CRISPY SHALLOTS | .5oz | 20 | 10 | 1 | 0.5 | 0 | 0 | 0 | 3 | 1 | 1 | 0 | 0 | 2 | 0 | 2 |
| PICKLED CARROT & DAIKON SLAW | 2oz | 25 | 0 | 0 | 0 | 0 | 0 | 580 | 5 | 1 | 4 | 0 | 50 | 6 | 2 | 0 |
| CRUNCHY RICE CHIPS | .75oz | 90 | 5 | 0.5 | 0 | 0 | 0 | 60 | 18 | 1 | 0 | 1 | 0 | 0 | 0 | 2 |
| ASIAN GREEN BEANS | 1oz | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 1 | 4 | 6 | 2 | 2 |
| PICKLED HEARTS OF PALM | .75oz | 15 | 0 | 0 | 0 | 0 | 0 | 35 | 3 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| CHILLED RICE NOODLES | 2oz | 55 | 0 | 0 | 0 | 0 | 0 | 30 | 12 | 0 | 0 | 1 | 0 | 0 | 0 | 1 |

| FEATURED DRESSINGS | SERVING SIZE | CALORIES | CALORIES FROM FAT | TOTAL FAT (G) | SATURATED FAT (G) | TRANS FAT (G) | CHOLESTEROL (MG) | SODIUM (MG) | TOTAL CARB (G) | DIETARY FIBER (G) | SUGARS (G) | PROTEIN (G) | VITAMIN A (%DV) | VITAMIN C (%DV) | CALCIUM (%DV) | IRON (%DV) |
|----------------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SPICY GREEN SRIRACHA | 1oz | 110 | 90 | 10 | 1.5 | 0 | 5 | 320 | 2 | 0 | 1 | 0 | 4 | 6 | 0 | 0 |
| SPICY TAMARIND VINAIGRETTE | 1oz | 120 | 110 | 12 | 1 | 0 | 0 | 125 | 3 | 0 | 1 | 0 | 6 | 2 | 0 | 0 |
| COCONUT LIME DRESSING | 1oz | 100 | 80 | 9 | 2 | 0 | 5 | 350 | 3 | 0 | 3 | 1 | 2 | 2 | 0 | 0 |

FOOD ALLERGIES + SPECIAL DIETARY NEEDS

IMPORTANT FACTS TO HELP YOU CHOOSE

- All foods have been prepared in a facility that processes dairy, eggs, fish/shellfish, peanuts, tree nuts, sesame, soy and gluten.
- All Chopt dressings are gluten-free. Unless otherwise stated, all fruits and vegetables are gluten-free. See chart for any other items that fall within this category.
- All cheeses are pasteurized.

VEGAN/VEGETARIAN OPTIONS

Chopt has loads of options for vegetarian and vegan eaters, including all our vegetables, fruit and nut choppings, as well as our chickpea falafel and organic tofu. All beans, seeds, grains and grain blends are vegan. See chart for our 9 vegan dressings.

| DESTINATION SALADS | DAIRY | EGGS | FISH/SHELL-FISH | PEANUTS | TREE NUTS | SESAME | SOY | GLUTEN | VEGAN | GARLIC | ONIONS |
|---------------------------------|-------|------|-----------------|---------|-----------|--------|-----|--------|-------|--------|--------|
| SAIGON CHICKEN BÁNH MÌ SALAD | | | | | | | | ✓ | | ✓ | ✓ |
| VIETNAMESE MEATBALL NOODLE BOWL | | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ |
| SHRIMP SUMMER ROLL SALAD | | | ✓ | | | | | | | | |

| FEATURED CHOPPINGS | DAIRY | EGGS | FISH/SHELL-FISH | PEANUTS | TREE NUTS | SESAME | SOY | GLUTEN | VEGAN | GARLIC | ONIONS |
|----------------------------------|-------|------|-----------------|---------|-----------|--------|-----|--------|-------|--------|--------|
| VIETNAMESE CHICKEN | | | | | | | | | | ✓ | ✓ |
| WARM LEMONGRASS TURKEY MEATBALLS | | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ |
| CRISPY SHALLOTS | | | | | | | | | ✓ | | ✓ |
| PICKLED CARROT & DAIKON SLAW | | | | | | | | | ✓ | | |
| CRUNCHY RICE CHIPS | | | | | | | | | ✓ | | |
| ASIAN GREEN BEANS | | | | | | | | | ✓ | | |
| PICKLED HEARTS OF PALM | | | | | | | | | ✓ | ✓ | |
| CHILLED RICE NOODLES | | | | | | | ✓ | | ✓ | ✓ | |

| FEATURED DRESSINGS | DAIRY | EGGS | FISH/SHELL-FISH | PEANUTS | TREE NUTS | SESAME | SOY | GLUTEN | VEGAN | GARLIC | ONIONS |
|----------------------------|-------|------|-----------------|---------|-----------|--------|-----|--------|-------|--------|--------|
| SPICY GREEN SRIRACHA | | ✓ | | | | | ✓ | | | ✓ | ✓ |
| SPICY TAMARIND VINAIGRETTE | | | ✓ | | | | | | | ✓ | ✓ |
| COCONUT LIME DRESSING | | ✓ | ✓ | | | | ✓ | | | ✓ | |