

CHOPT

DESTINATION ITALY

SPICY CALABRIAN CAESAR

Grilled chicken, parmesan, lemon herb lupini beans, focaccia croutons, celery, romaine, Italian lettuce blend with Calabrian Chile Caesar 🌶️

SICILIAN MEATBALL BOWL

Warm turkey meatballs in a sundried tomato pesto, Italian couscous, broccoli rabe, Italian lettuce blend, topped with parmesan with Italian House Vinaigrette 🍷

ITALIAN HARVEST BOWL

Roasted seasonal squash, farro quinoa blend, seasonal apples, parmesan, Italian lettuce blend, topped with spiced pumpkin seeds with White Balsamic Vinaigrette 🍷

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)
SPICY CALABRIAN CAESAR	1 SALAD	460	200	22	7	0	95	720	23	8	4	44	380	60	40	30
SICILIAN MEATBALL BOWL	1 BOWL	570	280	31	8	0	60	780	48	6	7	29	160	100	45	25
SICILIAN MEATBALL BOWL (WARM)*	1 BOWL	760	390	44	9	0	60	1160	62	9	8	30	100	80	40	30
ITALIAN HARVEST	1 BOWL	460	210	23	6	0	20	800	49	9	10	22	100	40	30	35

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)
LEMON HERB LUPINI BEANS	2oz	50	10	1.5	0	0	0	120	8	2	1	3	0	10	2	6
FOCACCIA CROUTONS	.75oz	120	90	11	1	0	0	310	4	0	0	1	0	0	0	2
TURKEY MEATBALLS IN SUNDRIED TOMATO PESTO	3oz	130	40	4.5	1.5	0	45	120	10	0	2	12	2	2	6	4
BROCCOLI RABE	2.5oz	60	40	4.5	0.5	0	0	115	3	2	0	3	60	40	8	4
ITALIAN COUSCOUS**	3.5oz	180	80	9	1.5	0	0	0	21	1	0	3	0	0	0	2
FARRO QUINOA BLEND	2.25oz	90	23	2.5	.25	0	0	155	14	2	1	3	0	0	1	5
PARMESAN CHEESE	.75oz	90	50	6	3.5	0	20	380	3	0	0	6	4	0	20	0
SPICED PUMPKIN SEEDS	.85oz	130	100	11	1.5	0	0	65	3	2	0	7	2	0	0	15
ITALIAN LETTUCE BLEND	3.5oz	25	5	0	0	0	0	45	4	2	1	2		20	8	10

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)
CALABRIAN CHILE CAESAR	30g	140	130	15	2.5	0	10	220	2	1	1	1	15	6	2	0
ITALIAN HOUSE VINAIGRETTE	30g	130	130	14	1.5	0	0	290	0	0	0	0	0	0	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
SPICY CALABRIAN CAESAR	✓								✓		✓	
SICILIAN MEATBALL BOWL	✓	✓							✓		✓	✓
SICILIAN MEATBALL BOWL (WARM)*	✓	✓							✓		✓	✓
ITALIAN HARVEST	✓								✓			

FEATURED CHOPPINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
LEMON HERB LUPINI BEANS										✓	✓	
FOCACCIA CROUTONS									✓	✓		
FARRO QUINOA BLEND									✓	✓		
TURKEY MEATBALLS IN SUNDRIED TOMATO PESTO	✓	✓							✓		✓	✓
BROCCOLI RABE										✓	✓	
ITALIAN COUSCOUS**									✓	✓		
FARRO QUINOA BLEND									✓	✓		
PARMESAN CHEESE	✓											
SPICED PUMPKIN SEEDS										✓		
ITALIAN LETTUCE BLEND										✓		

FEATURED DRESSINGS	DAIRY	EGGS	FISH	SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
CALABRIAN CHILE CAESAR	✓	✓	✓					✓			✓	✓
ITALIAN HOUSE VINAIGRETTE										✓	✓	✓

* ONLY AVAILABLE IN McLEAN, CHARLOTTESVILLE, WILLOW LAWN, BRENTWOOD, TOCO HILLS AND ROSSLYN. ** NOT AVAILABLE IN McLEAN, CHARLOTTESVILLE, WILLOW LAWN, BRENTWOOD, TOCO HILLS AND ROSSLYN.

For information on our classic and customer craft menu offerings, please see our Nutritional PDF and Special Dietary Needs PDF at www.choptsalad.com.