

CHOPT

DESTINATION: CALIFORNIA

SPICY SONOMA CAESAR 🌶️

Chipotle chicken • avocado
• parmesan quinoa
crisps • pickled cherry
peppers • romaine, kale
& purple cabbage
CREAMY CAESAR

MELROSE GRAIN BOWL

Job's tears & quinoa blend • local feta
• spicy pickled snap peas • seasonal
radish • English cucumber • napa
cabbage, sunflower shoots & sorrel
MEYER LEMON SORREL VINAIGRETTE
+ a wedge of **LEMON** 🍋

SPICY KOREATOWN "NOODLE" BOWL 🌶️

Beet & carrot "noodles" • Korean
chicken • scallions • celery •
napa cabbage, sunflower shoots
& sorrel **TOPPED WITH** fried shallots
SPICY SUNBUTTER 🌶️🍯

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 SONOMA CAESAR	1 SALAD	410	180	20	6	0	90	640	29	11	9	40	370	300	35	25
MELROSE GRAIN BOWL	1 BOWL	340	14	22	35	0	40	910	40	5	7	15	30	50	30	15
SPICY KOREATOWN "NOODLE" BOWL	1 BOWL	290	120	7	1	0	75	640	25	7	10	31	250	60	127	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)
SPICY KOREAN CHICKEN	3.25oz	170	45	5	1	0	75	500	2	1	0	27	25	2	2	8
JOB'S TEARS & QUINOA BLEND	2oz	90	20	2.5	0	0	0	140	15	1	1	3	0	0	0	6
PICKLED CHERRY PEPPERS	1oz	15	0	0	0	0	0	240	3	0	2	0	25	80	0	2
BEET & CARROT "NOODLES"	2oz	25	0	0	0	0	0	0	2	2	6	1.59	0	4745	237	5
SPICY PICKLED SNAP PEAS	.75oz	10	0	0	0	0	0	0	9	1	4	0	0	75	0	0
SEASONAL RADISH	.5oz	2	0	0	0	0	0	0	0	0	0	0.22	0	75	0.05	4
CRISPY SHALLOT	.25oz	30	1.5	2	0	0	0	0	0	1	0	0	0	0	0	0
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 SUNBUTTER	2TBL	80	60	7	0.5	0	0	230	4	1	2	2	0	10	2	4
MEYER LEMON SORREL VINAIGRETTE	2TBL	120	110	12	1	0	0	135	3	0	1	0	8	10	0	2

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 13 vegan dressings.

DESTINATION SALADS	DAIRY	EGGS	FISH/SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SPICY SONOMA CAESAR	✓	✓	✓				✓			✓	✓
MELROSE GRAIN BOWL	✓									✓	
SPICY KOREATOWN "NOODLE" BOWL										✓	✓
FEATURED CHOPPINGS	DAIRY	EGGS	FISH/SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SPICY KOREAN CHICKEN										✓	
JOB'S TEARS & QUINOA BLEND									✓		
PICKLED CHERRY PEPPERS									✓		
BEET & CARROT "NOODLES"									✓		
SPICY PICKLED SNAP PEAS									✓		
SEASONAL RADISH									✓		
CRISPY SHALLOT									✓	✓	✓
FEATURED DRESSINGS	DAIRY	EGGS	FISH/SHELLFISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SPICY SUNBUTTER									✓	✓	
MEYER LEMON SORREL VINAIGRETTE										✓	