

# CHOPT

## DESTINATION LOCAL

### SUMMER PICNIC SALAD

Grilled chicken, local feta, snap peas, sunflower seeds, seasonal radish, romaine, gem lettuce blend, purple cabbage & herbs with

**Blistered Shishito Pepper Dressing** 🌿

### SWEET CORN QUINOA BOWL

Raw corn & tri-color quinoa, snap peas, heirloom tomatoes, seasonal radish, gem lettuce blend, purple cabbage & herbs, sea salt P popcorn with

**Blistered Shishito Pepper Dressing** 🌿  
+ **Basil Mint Vinaigrette**

### HEIRLOOM CAPRESE PLATE

Peaches, heirloom tomatoes, fresh mozzarella, seasonal radish, gem lettuce, purple cabbage & herbs, quinoa crispies with

**Basil Mint 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)
SUMMER PICNIC SALAD		1 SALAD	360	150	17	8	0	115	590	14	6	7	40	370	70	35	25
SWEET CORN QUINOA BOWL		1 BOWL	180	30	3.5	0	0	0	65	33	7	6	7	100	80	6	15
HEIRLOOM CAPRESE PLATE		1 BOWL	260	130	14	9	0	45	190	19	4	9	15	80	50	35	6

  

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)
FRESH MOZZARELLA		3.0oz	180	120	14	9	0	45	170	0	0	0	12	10	0	30	0
SEASONAL RADISH		.5oz	2	0	0	0	0	0	5	0	0	0	0	0	4	0	0
SNAP PEAS		1oz	10	0	0	0	0	0	0	2	1	1	1	6	30	2	4
SUNFLOWER SEEDS		.25oz	40	35	3.5	0	0	0	0	1	1	0	1	0	0	0	2
PEACHES		2.5oz	30	0	0	0	0	0	0	7	1	6	1	4	8	0	0
SEA SALT PIPCORN		.25oz	30	15	1.5	0	0	0	35	5	1	0	1	0	0	0	0
QUINOA CRISPIES		.25oz	25	0	0	0	0	0	0	6	0	0	0	0	0	0	0
RAW CORN & TRI-COLOR QUINOA		3.25oz	100	15	1.5	0	0	0	10	19	3	1	4	0	2	2	6

  

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)
BLISTERED SHISHITO PEPPER DRESSING		2TBL	50	40	4.5	0	0	0	140	1	0	1	0	6	8	2	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/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
SUMMER PICNIC SALAD	✓						✓				
SWEET CORN QUINOA BOWL	✓						✓				
HEIRLOOM CAPRESE PLATE	✓										

  

FEATURED CHOPPINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
FRESH MOZZARELLA	✓										
SEASONAL RADISH									✓		
SNAP PEAS									✓		
SUNFLOWER SEEDS									✓		
PEACHES									✓		
SEA SALT PIPCORN									✓		
QUINOA CRISPIES									✓		
RAW CORN & TRI-COLOR QUINOA									✓		

  

FEATURED DRESSINGS	DAIRY	EGGS	FISH/SHELL-FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	GARLIC	ONIONS
BLISTERED SHISHITO PEPPER DRESSING	✓						✓			✓	