

CLASSIC SALADS

SANTA FE 8.39
510 cals
Avocado, tomato, corn, pepper jack cheese and fried onions chop't with romaine lettuce
WE RECOMMEND: sweet&smoky chipotle vinaigrette or tex-mex ranch

MEXICAN CAESAR™ NAKED CHICKEN OR TURKEY 6.99
STEAK OR SHRIMP 7.99
260 - 420 cals 9.59
Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce
WE RECOMMEND: mexican caesar dressing

CAESAR NAKED CHICKEN OR TURKEY 6.79
STEAK OR SHRIMP 7.89
280 - 430 cals 9.19
Romaine lettuce with shaved pecorino cheese and homemade croutons
WE RECOMMEND: caesar dressing or spa caesar

HARVEST COBB™ 9.99
540 cals
FreeBird grilled chicken, granny smith apples, walnuts, beets and goat cheese chop't with romaine lettuce and spinach
WE RECOMMEND: spa balsamic vinaigrette or spa dijon

PALM BEACH SHRIMP™ 9.99
240 cals
Roasted shrimp, avocado, tomato, cucumber and hearts of palm chop't with romaine lettuce
WE RECOMMEND: chile-lime dressing or white balsamic vinaigrette

KEBAB COBB™ 9.79
480 cals
FreeBird grilled chicken, feta cheese, red onion, peppers and pita chips chop't with romaine lettuce
WE RECOMMEND: spa tzatziki yogurt dressing or red wine vinaigrette

STEAKHOUSE 8.99
370 cals
Naturally raised steak, tomato and fried onions chop't with romaine lettuce
WE RECOMMEND: steakhouse blue cheese or smoky bacon russian

MODERN GREEK™ 9.79
570 cals
Gigante beans, pita chips, peppadew peppers and feta cheese chop't with romaine lettuce
DRESSING: lemon tahini dressing or white balsamic vinaigrette

CHOP'T PO'BOY™ 8.79
650 cals
FreeBird panko fried chicken, tomato, red onion and white cheddar cheese chop't with romaine lettuce
WE RECOMMEND: tex-mex ranch or spa tex-mex ranch

GRILLED ASIAN NAKED CHICKEN OR TURKEY 7.29
STEAK OR SHRIMP 8.89
370 - 520 cals 9.59
Spinach and romaine lettuce with carrots, slivered almonds, oranges, snow peas and crispy chinese noodles
WE RECOMMEND: 5 flavor asian or carrot ginger dressing

MONTEREY 8.99
500 cals
FreeBird grilled chicken, pepper jack cheese, red onion and tortilla chips chop't with iceberg lettuce
WE RECOMMEND: tex-mex ranch or sweet&smoky chipotle vinaigrette

COBB 9.89
670 cals
FreeBird grilled chicken, avocado, smoked bacon, crumbled egg, crumbled blue cheese and tomato chop't with iceberg and romaine lettuce
WE RECOMMEND: dijon vinaigrette or steakhouse blue cheese

VEGETARIAN POWERHOUSE™ 8.99
590 cals
Broccoli, edamame, carrots, sunflower seeds, walnuts, raisins and apples chop't with spinach and romaine lettuce
WE RECOMMEND: spa balsamic vinaigrette or simple lemon vinaigrette

FALL CLASSIC™ 9.79
420 cals
House roasted turkey, crumbled blue cheese, apples and walnuts chop't with romaine and mesclun lettuce
WE RECOMMEND: cider vinaigrette or dijon vinaigrette

SALAD SANDWICHES

ANY SALAD CAN BE A SANDWICH IN OUR GRILLED HONEY WHEAT FLATBREAD. HERE ARE OUR FAVORITES:

SANTA FE 7.69
790 cals
Avocado, tomato, corn, pepper jack cheese and fried onions chop't with romaine lettuce
WE RECOMMEND: sweet&smoky chipotle vinaigrette or tex-mex ranch

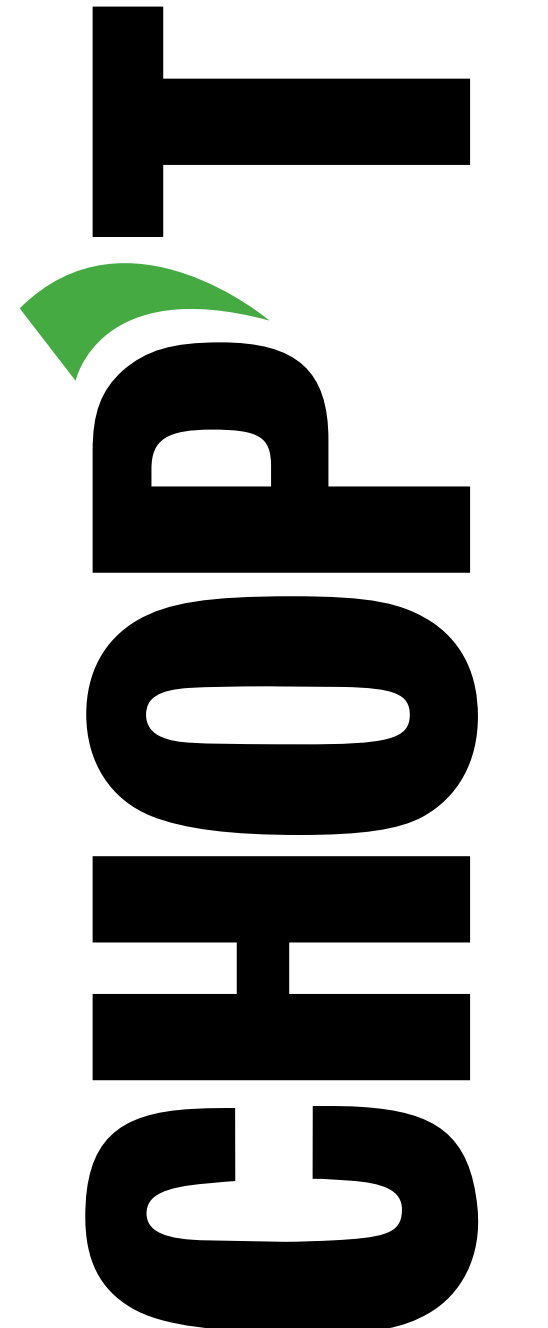
MONTEREY 8.29
780 cals
FreeBird grilled chicken, pepper jack cheese, red onion and tortilla chips chop't with iceberg lettuce
WE RECOMMEND: tex-mex ranch or sweet&smoky chipotle vinaigrette

COBB 8.99
950 cals
FreeBird grilled chicken, avocado, smoked bacon, crumbled egg, crumbled blue cheese and tomato chop't with iceberg and romaine lettuce
WE RECOMMEND: dijon vinaigrette or steakhouse blue cheese

CHOP'T PO'BOY™ 7.99
930 cals
FreeBird panko fried chicken, tomato, red onion and white cheddar cheese chop't with romaine lettuce
WE RECOMMEND: tex-mex ranch or spa tex-mex ranch

STEAKHOUSE 8.49
650 cals
Naturally raised steak, tomato and fried onions chop't with romaine lettuce
WE RECOMMEND: steakhouse blue cheese or smoky bacon russian

MEXICAN CAESAR™ NAKED CHICKEN OR TURKEY 5.99
STEAK OR SHRIMP 7.29
540 - 700 cals 8.79
Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce
WE RECOMMEND: mexican caesar dressing



choptsalad.com

Please visit our website for store locations and contact information.

CUSTOMER CRAFT

CHOPT SALAD™ \$6.99 / 40 - 45 cal* SALAD SANDWICH™ \$6.49 / 280 cal*

*For base item with lettuce

1. CHOOSE YOUR LETTUCE

romaine | iceberg | mesclun mix | arugula **+.49** | spinach

2. CHOOSE YOUR 4 FREE CHOPPINGS

one additional free chopping if ordered before noon

vegetables	cal	tomato	10	fruit	cal
fresh beets	25	red & green peppers	10	oranges	25
jalapenos	10	black beans	70	granny smith apples	20
broccoli	15	chickpeas	90	crunch	cal
carrots	20	crumbled egg	90	homemade croutons	80
corn	50	cheeses	cal	chinese noodles	110
cucumber	5	white cheddar	190	pita chips	130
red onion	15	pepper jack	190	sunflower seeds	120
green peas	40			tortilla chips	110
snow peas	15				

each additional chopping: **+.49**

premium choppings™	cal	vegetables	cal
FreeBird grilled chicken	+ 2.59 150	peppadew peppers	+ 1.29 30
FreeBird ancho chile chicken	+ 2.69 170	gigante beans	+ 1.29 215
FreeBird panko fried chicken	+ 2.69 380	roasted tomato	+ 1.49 100
house roasted turkey	+ 2.59 90	edamame	+ .59 60
naturally raised ham	+ 1.89 50	artichokes	+ 1.29 15
smoked bacon	+ 1.19 150	grilled asparagus	+ .79 50
naturally raised steak	+ 3.29 130	avocado	+ 1.49 100
roasted shrimp	+ 3.49 70	hearts of palm	+ 1.29 10
organic tofu	+ 1.59 60	kalamata olives	+ .79 120
smoked tofu	+ 1.59 80	fried onions	+ .59 120
egg whites	+ 1.09 30	cheeses	
		feta cheese	+ .79 130
		crumbled blue	+ .79 130
		goat cheese	+ 1.09 130
		fresh mozzarella	+ 1.09 150
		pecorino	+ 1.09 150
		cotija cheese	+ 1.09 130

fruits and nuts

slivered almonds	+ .59 160
craisins	+ .89 120
walnuts	+ .59 190

3. CHOOSE YOUR HOMEMADE DRESSING

HOMEMADE DRESSINGS

CALORIES

CLASSICS

balsamic vinaigrette	140
white balsamic vinaigrette	120
dijon vinaigrette	120
cider vinaigrette	150
simple lemon vinaigrette	160
red wine vinaigrette	130
caesar dressing	150
steakhouse blue cheese	120
buttermilk ranch	140
smoky bacon russian	130
extra virgin olive oil	250

EXOTIC

mexican caesar	150
lemon tahini dressing	80
5 flavor asian	160
carrot ginger dressing	160

BOLD

tex-mex ranch	110
sweet & smoky chipotle vinaigrette	130
chile-lime dressing	150

SPA

spa sesame asian	30
spa dijon	30
spa balsamic vinaigrette	20
spa ranch	15
spa tex-mex ranch	20
spa caesar	40
spa tzatziki yogurt dressing	15
red wine vinegar	5
balsamic vinegar	25
fresh squeezed lemon juice	5

AVAILABLE IN BOTTLES TO GO! **\$4.99 EACH**

SOUPS

CHICKEN NOODLE

All Natural, Low Fat
100 - 200 cal

add-a-soup* (8 oz.) **2.29**
medium (12 oz.) **4.29**
large (16 oz.) **5.49**

*with the purchase of a salad or sandwich

LENTIL SOUP

Vegan, Dairy Free
290 - 580 cal

THREE BEAN CHILI

Low Fat, Vegan, Dairy Free
190 - 380 cal

SWEETS

MINI BLONDIES & BROWNIES

1.19 / 160 - 170 cal

COOKIES

1.19, 1.79 / 160 - 250 cal

FRUIT CUP

3.49 / 100 - 120 cal

SEA SALT CARAMELS

1/\$.59, 2/\$.99
80 - 160 cal

DRINKS

WATER

Keeper Springs Bottled Water **1.49** / 0 cal
Saratoga Sparkling Water **1.79** / 0 cal

CANNED SODA

Coke, Diet Coke, Diet Dr. Pepper, Fresca **1.09** / 0 - 140 cal

ITO EN GREEN TEA

1.99 / 0 cal

SNAPPLE®

Lemon, Diet Lemon, Diet Peach **1.79** / 0 - 160 cal

CHOPT BEVERAGES

Iced Tea, Lemonade, Iced Tea & Lemonade **1.99** / 10 - 170 cal
Chop't Seasonal Beverages **2.29** / 170 cal



SNACKS

BOULDER CANYON POTATO CHIPS

Totally Natural, Sea Salt & Malt Vinegar, Hickory Barbecue, Jalapeno & Cheddar **1.49** / 210 - 300 cal

STACY'S PITA CHIPS

Simply Naked, Parmesan, Garlic & Herb **1.49** / 200 cal

TERRA CHIPS

1.99 / 150 cal

SALAD DRESSINGS

AVAILABLE IN BOTTLES TO GO! **\$4.99 EACH**