

CHOPT

NUTRITION INFORMATION

| SALADS | SERVING SIZE (G) | 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) |
|---------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SANTA FE | 517 | 510 | 290 | 33 | 14 | 0 | 50 | 480 | 41 | 12 | 9 | 20 | 460 | 130 | 50 | 20 |
| KEBAB COBB w/ CHICKEN | 475 | 530 | 220 | 25 | 9 | 0 | 120 | 1140 | 38 | 8 | 10 | 43 | 470 | 140 | 35 | 30 |
| KEBAB COBB w/ FALAFEL | 477 | 560 | 260 | 29 | 10 | 0 | 45 | 1080 | 58 | 16 | 11 | 20 | 450 | 25 | 35 | 20 |
| CALIFORNIA STEAKHOUSE | 340 | 230 | 90 | 10 | 2 | 0 | 50 | 470 | 16 | 6 | 6 | 22 | 410 | 170 | 15 | 25 |
| PALM BEACH w/ SHRIMP | 567 | 240 | 100 | 11 | 1.5 | 0 | 135 | 610 | 20 | 12 | 6 | 21 | 460 | 130 | 15 | 25 |
| PALM BEACH w/ CHICKEN | 588 | 320 | 125 | 14 | 2.5 | 0 | 75 | 400 | 20 | 12 | 6 | 35 | 460 | 130 | 15 | 30 |
| MEXICALI VEGAN | 546 | 360 | 140 | 15 | 1.5 | 0 | 0 | 420 | 49 | 17 | 6 | 13 | 390 | 130 | 15 | 30 |
| KALE CAESAR | 269 | 290 | 120 | 13 | 9 | 0 | 40 | 1320 | 24 | 8 | 5 | 18 | 100 | 180 | 50 | 20 |
| KALE CAESAR w/ CHICKEN | 361 | 440 | 150 | 17 | 10 | 0 | 115 | 1490 | 24 | 8 | 5 | 46 | 400 | 180 | 50 | 25 |
| CLASSIC COBB | 610 | 670 | 370 | 41 | 15 | 0 | 375 | 1430 | 18 | 9 | 7 | 58 | 260 | 90 | 30 | 25 |
| TEXAS PO'BOY | 524 | 680 | 410 | 45 | 14 | 0 | 125 | 1100 | 36 | 8 | 7 | 37 | 470 | 40 | 45 | 20 |
| MEXICAN CAESAR | 213 | 260 | 140 | 15 | 6 | 0 | 25 | 600 | 21 | 3 | 2 | 12 | 230 | 70 | 30 | 8 |
| MEXICAN CAESAR w/ CHICKEN | 305 | 420 | 170 | 19 | 7 | 0 | 105 | 770 | 21 | 3 | 2 | 41 | 230 | 70 | 30 | 15 |

All of our salads come with a free slice of Artisan Bread!

| | | | | | | | | | | | | | | | | |
|-------------------------------|-------|-----|---|---|---|---|---|-----|----|---|---|---|---|---|---|---|
| SLICE OF ARTISAN BREAD (SIDE) | 1 pc. | 140 | 5 | 1 | 0 | 0 | 0 | 440 | 29 | 2 | 0 | 5 | 0 | 0 | 0 | 4 |
|-------------------------------|-------|-----|---|---|---|---|---|-----|----|---|---|---|---|---|---|---|

SALAD SANDWICHES

Whether you choose a Chopt Classic or a Customer Craft salad, you'll get the same amount of choppings as you would in our salads but with about half the lettuce and half the dressing -- all neatly wrapped in our grilled whole wheat flatbread!

| | | | | | | | | | | | | | | | | |
|------------------------------|--------|-----|----|---|-----|---|---|-----|----|---|---|---|---|---|---|----|
| GRILLED WHOLEWHEAT FLATBREAD | 1 each | 300 | 25 | 8 | 1.5 | 0 | 0 | 560 | 49 | 4 | 4 | 8 | 0 | 0 | 6 | 15 |
|------------------------------|--------|-----|----|---|-----|---|---|-----|----|---|---|---|---|---|---|----|

| BOWLS | SERVING SIZE (G) | 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) |
|--------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| MEDITERRANEAN FALAFEL | 340 | 350 | 150 | 16 | 2 | 0 | 0 | 630 | 43 | 15 | 8 | 12 | 80 | 230 | 10 | 10 |
| MENDOCINO MARKET | 404 | 540 | 170 | 19 | 7 | 0 | 25 | 1350 | 73 | 17 | 9 | 22 | 430 | 140 | 35 | 35 |
| SMOKY SANTA CRUZ | 411 | 560 | 120 | 12 | 2 | 0 | 0 | 600 | 70 | 16 | 5 | 17 | 90 | 100 | 15 | 30 |
| SPICY CASHEW SOBA NOODLE | 383 | 240 | 30 | 3.5 | 0 | 0 | 0 | 170 | 44 | 9 | 6 | 15 | 240 | 130 | 15 | 20 |
| CHICKEN TINGA | 354 | 540 | 260 | 28 | 9 | 0 | 75 | 870 | 40 | 11 | 2 | 36 | 150 | 100 | 40 | 25 |
| SPICY SANTORINI | 291 | 480 | 180 | 20 | 9 | 0 | 100 | 1090 | 39 | 6 | 4 | 35 | 60 | 110 | 30 | 20 |

| GREENS | SERVING SIZE (G) | 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) |
|-----------------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| ROMAINE | 255 | 45 | 5 | 1.0 | 0 | 0 | 0 | 20 | 8 | 5 | 3 | 3 | 440 | 100 | 8 | 15 |
| KALE | 100 | 50 | 6 | 1 | 0 | 0 | 0 | 43 | 10 | 2 | 0 | 3 | 310 | 200 | 14 | 9 |
| ARUGULA | 170 | 45 | 10 | 1.0 | 0 | 0 | 0 | 45 | 6 | 3 | 3 | 4 | 80 | 45 | 25 | 15 |
| SPINACH | 170 | 40 | 5 | 0.5 | 0 | 0 | 0 | 135 | 6 | 4 | 1 | 5 | 320 | 80 | 15 | 25 |
| KALE, BROCCOLEAF & PURPLE CABBAGE | 170 | 50 | 5 | 1.0 | 0 | 0 | 0 | 45 | 11 | 5 | 1 | 5 | 130 | 240 | 15 | 8 |
| CHOPT BLEND | 170 | 60 | 5 | 0.5 | 0 | 0 | 0 | 50 | 11 | 4 | 3 | 5 | 250 | 240 | 20 | 8 |

| CUSTOMER CRAFT | SERVING SIZE (G) | 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) |
|------------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| AVOCADO | 64 | 100 | 80 | 9 | 1.5 | 0 | 0 | 0 | 5 | 4 | 0 | 1 | 2 | 10 | 0 | 2 |
| BLACK BEANS | 57 | 70 | 5 | 0 | 0 | 0 | 0 | 135 | 13 | 5 | 0 | 5 | 0 | 0 | 2 | 6 |
| BROCCOLI | 50 | 15 | 0 | 0 | 0 | 0 | 0 | 20 | 4 | 2 | 1 | 1 | 15 | 50 | 2 | 2 |
| CALIFORNIA WALNUTS | 28 | 190 | 170 | 18 | 1.5 | 0 | 0 | 0 | 4 | 2 | 1 | 4 | 0 | 0 | 2 | 4 |
| CHARRED RED ONION | 28 | 40 | 20 | 2.5 | 0 | 0 | 0 | 0 | 5 | 1 | 2 | 1 | 0 | 6 | 2 | 0 |
| CELERY | 43 | 5 | 0 | 0 | 0 | 0 | 0 | 35 | 1 | 1 | 1 | 0 | 4 | 2 | 2 | 0 |
| CHICKPEA FALAFEL | 85 | 210 | 105 | 10.5 | 1.5 | 0 | 0 | 330 | 24 | 9 | 3 | 6 | 0 | 0 | 0 | 0 |
| CHICKPEAS | 57 | 90 | 15 | 1.5 | 0 | 0 | 0 | 0 | 16 | 4 | 3 | 5 | 0 | 2 | 2 | 10 |
| CORN | 50 | 50 | 5 | 0.5 | 0 | 0 | 0 | 0 | 11 | 1 | 4 | 2 | 0 | 6 | 0 | 2 |
| COTIJA CHEESE | 35 | 130 | 90 | 10 | 6 | 0 | 25 | 540 | 0 | 0 | 0 | 9 | 6 | 0 | 25 | 0 |
| DRIED CRANBERRIES | 35 | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 2 | 27 | 0 | 0 | 0 | 0 | 0 |
| EDAMAME | 50 | 60 | 25 | 2.5 | 0 | 0 | 0 | 0 | 5 | 3 | 1 | 5 | 0 | 6 | 4 | 6 |
| EGG WHITES | 64 | 30 | 0 | 0 | 0 | 0 | 0 | 105 | 1 | 0 | 0 | 7 | 0 | 0 | 0 | 0 |
| ENGLISH CUCUMBERS | 57 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 4 | 0 | 0 |
| FREEBIRD CHIPOTLE CHICKEN | 92 | 170 | 45 | 5 | 1 | 0 | 75 | 190 | 3 | 1 | 1 | 27 | 20 | 1 | 3 | 9 |
| FREEBIRD GRILLED CHICKEN | 92 | 150 | 30 | 3.5 | 1 | 0 | 75 | 170 | 0 | 0 | 0 | 28 | 0 | 0 | 2 | 6 |
| FREEBIRD PANKO FRIED CHICKEN | 128 | 380 | 220 | 24 | 5 | 0 | 70 | 730 | 21 | 1 | 1 | 20 | 0 | 2 | 2 | 6 |
| GRAPE TOMATOES | 64 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 2 | 1 | 10 | 15 | 0 | 0 |
| GOLD & PURPLE BEETS | 67 | 25 | 0 | 0 | 0 | 0 | 0 | 45 | 6 | 1 | 5 | 1 | 0 | 4 | 0 | 2 |
| HARD-BOILED EGG | 57 | 90 | 50 | 6 | 2 | 0 | 240 | 70 | 1 | 0 | 1 | 7 | 6 | 0 | 2 | 4 |
| HEARTS OF PALM | 57 | 10 | 0 | 0 | 0 | 0 | 0 | 200 | 2 | 1 | 0 | 1 | 0 | 2 | 2 | 6 |

| CUSTOMER CRAFT (cont.) | SERVING SIZE (G) | 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) |
|---|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| HOMEMADE FRIED ONIONS | 35 | 120 | 60 | 7 | 3 | 0 | 5 | 180 | 13 | 0 | 0 | 2 | 0 | 0 | 4 | 2 |
| HOT BREAD KITCHEN CROUTONS | 21 | 70 | 30 | 3.5 | 0 | 0 | 0 | 190 | 8 | 0 | 0 | 2 | 0 | 0 | 0 | 3 |
| JALAPENO PEPPERS | 28 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 0 | 4 | 20 | 0 | 2 |
| LOCAL GOAT CHEESE | 43 | 110 | 80 | 9 | 6 | 0 | 20 | 160 | 0 | 0 | 0 | 8 | 9 | 0 | 6 | 5 |
| LOCAL FETA | 50 | 130 | 100 | 11 | 7 | 0 | 45 | 550 | 2 | 0 | 2 | 7 | 4 | 0 | 25 | 2 |
| MAMA LIL'S SPICY PEPPERS | 28 | 45 | 25 | 3 | 0 | 0 | 0 | 150 | 5 | 1 | 2 | 1 | 31 | 150 | 2 | 3 |
| MEDITERRANEAN OLIVES | 43 | 120 | 100 | 11 | 1.5 | 0 | 0 | 690 | 4 | 0 | 0 | 1 | 0 | 0 | 2 | 2 |
| BN RANCH GRASS-FED STEAK | 71 | 130 | 45 | 5 | 2 | 0 | 50 | 330 | 0 | 0 | 0 | 18 | 0 | 2 | 0 | 10 |
| NIMAN RANCH SMOKED BACON | 28 | 150 | 110 | 12 | 4 | 0 | 30 | 650 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | 2 |
| ORGANIC TOFU | 57 | 60 | 25 | 3 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 6 | 0 | 0 | 4 | 6 |
| PARMESAN | 35 | 150 | 90 | 10 | 6 | 0 | 30 | 540 | 1 | 0 | 0 | 14 | 6 | 0 | 40 | 2 |
| PARMESAN QUINOA CRISPS | 17 | 100 | 45 | 5 | 3.5 | 0 | 20 | 160 | 4 | 0 | 0 | 6 | 4 | 0 | 15 | 0 |
| PITA CHIPS | 28 | 130 | 45 | 5 | 0.5 | 0 | 0 | 270 | 19 | 1 | 1 | 3 | 0 | 0 | 0 | 4 |
| QUINOA, LENTIL & MILLET BLEND | 57 | 80 | 15 | 2 | 0 | 0 | 0 | 410 | 12 | 2 | 1 | 3 | 2 | 2 | 0 | 6 |
| RAINBOW CARROTS | 50 | 20 | 0 | 0 | 0 | 0 | 0 | 35 | 5 | 1 | 2 | 0 | 170 | 4 | 2 | 0 |
| ROASTED SEASONAL SQUASH | 50 | 70 | 20 | 2 | 0 | 0 | 0 | 300 | 11 | 2 | 5 | 2 | 110 | 25 | 4 | 4 |
| SHRIMP | 71 | 70 | 5 | 0.5 | 0 | 0 | 135 | 380 | 0 | 0 | 0 | 14 | 4 | 4 | 2 | 10 |
| SLICED ALMONDS | 30 | 170 | 130 | 15 | 1 | 0 | 0 | 0 | 6 | 4 | 1 | 6 | 0 | 0 | 8 | 6 |
| SOBA NOODLES | 57 | 60 | 0 | 0 | 0 | 0 | 0 | 35 | 12 | 1 | 0 | 3 | 0 | 0 | 0 | 2 |
| TORTILLA CHIPS | 21 | 110 | 40 | 4.5 | 0 | 0 | 0 | 45 | 15 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| TRI-COLOR QINOA | 57 | 70 | 10 | 1 | 0 | 0 | 0 | 0 | 12 | 2 | 0 | 2 | 0 | 0 | 0 | 4 |
| PEPPERJACK | 50 | 190 | 140 | 16 | 9 | 0 | 55 | 300 | 2 | 0 | 0 | 11 | 15 | 0 | 25 | 0 |
| BLUE CHEESE | 35 | 130 | 90 | 10 | 7 | 0 | 25 | 490 | 1 | 0 | 0 | 8 | 6 | 0 | 20 | 0 |
| CHEDDAR | 50 | 190 | 140 | 16 | 9 | 0 | 55 | 320 | 2 | 0 | 0 | 12 | 10 | 0 | 35 | 0 |
| BRAISED FREEBIRD CHICKEN TINGA | 113 | 160 | 40 | 4.5 | 1 | 0 | 70 | 260 | 2 | 0 | 1 | 27 | 2 | 6 | 2 | 6 |
| BRAISED FREEBIRD SPICY GREEK CHICKEN | 113 | 150 | 30 | 3.5 | 1 | 0 | 70 | 270 | 3 | 0 | 1 | 26 | 2 | 8 | 2 | 6 |

| SMALL-BATCH DRESSINGS | SERVING SIZE (G) | 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) |
|------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| MEXICAN GODDESS | 30 | 80 | 70 | 8 | 0.5 | 0 | 0 | 180 | 2 | 1 | 0 | 0 | 2 | 8 | 0 | 2 |
| SPICY TAHINI GODDESS | 30 | 70 | 60 | 6 | 1 | 0 | 0 | 160 | 3 | 1 | 0 | 2 | 4 | 6 | 2 | 2 |
| CALIFORNIA GODDESS | 30 | 160 | 150 | 17 | 2.5 | 0 | 10 | 190 | 1 | 0 | 0 | 0 | 6 | 6 | 0 | 2 |
| BALSAMIC VINAIGRETTE | 30 | 150 | 130 | 14 | 1 | 0 | 0 | 150 | 4 | 0 | 3 | 0 | 0 | 0 | 0 | 0 |
| BASIL MINT VINAIGRETTE | 30 | 110 | 100 | 11 | 1 | 0 | 0 | 135 | 3 | 0 | 2 | 0 | 6 | 10 | 2 | 2 |
| HOT HONEY VINAIGRETTE | 30 | 150 | 140 | 15 | 1.5 | 0 | 0 | 140 | 3 | 0 | 2 | 0 | 2 | 4 | 0 | 0 |
| SWEET & SMOKY CHIPOTLE | 28 | 150 | 140 | 16 | 2 | 0 | 10 | 220 | 0 | 0 | 0 | 1 | 2 | 0 | 2 | 0 |
| MEXICAN CAESAR | 28 | 150 | 140 | 16 | 2 | 0 | 10 | 220 | 0 | 0 | 0 | 1 | 2 | 0 | 2 | 0 |
| CREAMY CAESAR | 30 | 130 | 130 | 14 | 3 | 0 | 15 | 320 | 2 | 0 | 1 | 1 | 4 | 2 | 4 | 2 |
| CHILI CASHEW | 30 | 120 | 100 | 12 | 1.5 | 0 | 0 | 300 | 5 | 0 | 2 | 1 | 0 | 2 | 0 | 4 |
| LEMON TAHINI | 30 | 70 | 50 | 6 | 0.5 | 0 | 0 | 170 | 3 | 1 | 0 | 2 | 0 | 2 | 2 | 4 |
| GREEK YOGURT TZATZIKI | 30 | 20 | 10 | 1 | 0 | 0 | 0 | 105 | 1 | 0 | 1 | 2 | 0 | 2 | 2 | 0 |
| SRIRACHA TZATZIKI | 30 | 20 | 0 | 0 | 0 | 0 | 0 | 80 | 2 | 0 | 2 | 3 | 0 | 0 | 2 | 0 |
| DIJON | 28 | 30 | 5 | 0 | 0 | 0 | 0 | 490 | 5 | 0 | 1 | 2 | 0 | 0 | 0 | 0 |
| BUTTERMILK RANCH | 28 | 100 | 100 | 10 | 1.5 | 0 | 5 | 210 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 0 |
| TEX-MEX RANCH | 28 | 110 | 110 | 12 | 2 | 0 | 5 | 90 | 2 | 0 | <1 | 0 | 10 | 2 | 0 | 2 |
| SMOKY BACON RUSSIAN | 28 | 130 | 110 | 12 | 2 | 0 | 10 | 160 | 3 | 0 | 3 | 1 | 2 | 2 | 0 | 2 |
| STEAKHOUSE BLUE CHEESE | 28 | 120 | 110 | 12 | 3 | 0 | 10 | 130 | 1 | 0 | 0 | 2 | 2 | 0 | 4 | 0 |

| THE PANTRY | SERVING SIZE (G) | 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) |
|------------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| ZHUG HOT SAUCE | 32 | 70 | 60 | 7 | 0 | 0 | 0 | 80 | 2 | 0 | 0 | 0 | 16 | 20 | 0 | 0 |
| CA OLIVE RANCH MERITAGE EVOO | 28 | 250 | 250 | 28 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| RED WINE VINEGAR | 28 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| BALSAMIC VINEGAR | 28 | 25 | 0 | 0 | 0 | 0 | 0 | 5 | 5 | 0 | 4 | 0 | 0 | 0 | 2 | 2 |
| FRESH SQUEEZED LEMONS | 28 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | 0 | 20 | 0 | 0 |
| FRESH SQUEEZED LIMES | 28 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | 0 | 20 | 0 | 0 |

| SOUP | SERVING SIZE (G) | 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) |
|------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| MEXICAN CHICKEN SOUP | 227 | 130 | 50 | 6 | 1 | 0 | 25 | 1030 | 12 | 3 | 4 | 9 | 15 | 50 | 2 | 35 |
| ITALIAN VEGETABLE SOUP | 227 | 120 | 30 | 3 | 0.5 | 0 | 0 | 610 | 16 | 4 | 2 | 6 | 70 | 40 | 10 | 10 |

| COMBO SALADS | SERVING SIZE (G) | 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) |
|---------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SANTA FE | 305 | 350 | 180 | 20 | 6 | 0 | 65 | 390 | 22 | 6 | 5 | 23 | 240 | 25 | 20 | 15 |
| KEBAB COBB w/ CHICKEN | 298 | 360 | 160 | 18 | 5 | 0 | 60 | 690 | 29 | 6 | 10 | 23 | 270 | 240 | 20 | 20 |
| KEBAB COBB w/ FALAFEL | 294 | 380 | 190 | 21 | 5 | 0 | 20 | 770 | 41 | 10 | 11 | 12 | 270 | 240 | 20 | 15 |
| CALIFORNIA STEAKHOUSE | 170 | 120 | 45 | 5 | 1 | 0 | 25 | 240 | 8 | 3 | 3 | 11 | 210 | 90 | 6 | 15 |
| PALM BEACH w/ SHRIMP | 283 | 130 | 50 | 6 | 1 | 0 | 75 | 550 | 10 | 6 | 3 | 11 | 230 | 25 | 10 | 15 |
| PALM BEACH w/ CHICKEN | 294 | 160 | 60 | 7 | 1 | 0 | 40 | 200 | 10 | 6 | 3 | 17 | 230 | 25 | 8 | 15 |
| MEXICALI VEGAN | 259 | 180 | 70 | 8 | 1 | 0 | 0 | 140 | 24 | 8 | 3 | 6 | 150 | 70 | 8 | 15 |
| KALE CAESAR | 174 | 220 | 110 | 12 | 9 | 0 | 40 | 1010 | 13 | 4 | 3 | 14 | 240 | 90 | 45 | 10 |
| KALE CAESAR w/ CHICKEN | 220 | 290 | 120 | 14 | 10 | 0 | 75 | 1090 | 13 | 4 | 3 | 28 | 240 | 90 | 45 | 15 |
| CLASSIC COBB | 446 | 380 | 200 | 22 | 8 | 0 | 225 | 620 | 14 | 6 | 6 | 32 | 250 | 60 | 20 | 20 |
| TEXAS PO'BOY | 291 | 400 | 230 | 26 | 6 | 0 | 55 | 270 | 23 | 5 | 6 | 20 | 230 | 25 | 25 | 15 |
| MEXICAN CAESAR | 170 | 140 | 70 | 8 | 3 | 0 | 15 | 310 | 13 | 3 | 2 | 7 | 230 | 35 | 15 | 8 |
| MEXICAN CAESAR w/ CHICKEN | 216 | 220 | 90 | 10 | 3.5 | 0 | 50 | 390 | 13 | 3 | 2 | 21 | 230 | 35 | 20 | 10 |

| COMBO BOWLS | SERVING SIZE (G) | 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) |
|--------------------------|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| MEDITERRANEAN FALAFEL | 170 | 170 | 70 | 8 | 1 | 0 | 0 | 310 | 21 | 8 | 4 | 6 | 40 | 110 | 6 | 6 |
| MENDOCINO MARKET | 227 | 340 | 120 | 14 | 4 | 0 | 20 | 850 | 41 | 9 | 5 | 15 | 200 | 80 | 25 | 20 |
| SMOKY SANTA CRUZ | 206 | 210 | 45 | 5 | 0.5 | 0 | 0 | 25 | 34 | 8 | 2 | 9 | 30 | 60 | 6 | 15 |
| SPICY CASHEW SOBA NOODLE | 191 | 120 | 15 | 1.5 | 0 | 0 | 0 | 85 | 22 | 5 | 3 | 7 | 120 | 60 | 8 | 10 |
| CHICKEN TINGA | 195 | 300 | 140 | 15 | 5 | 0 | 50 | 520 | 21 | 5 | 2 | 22 | 50 | 50 | 20 | 10 |
| SPICY SANTORINI | 145 | 240 | 90 | 10 | 4.5 | 0 | 50 | 540 | 20 | 3 | 2 | 17 | 30 | 50 | 15 | 10 |

| TEAS & LEMONADE | 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 BREWED BLACK TEA | 8oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| FRESH BREWED GREEN TEA | 8oz | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LIGHT LEMONADE | 8oz | 40 | 0 | 0 | 0 | 0 | 0 | 2.5 | 4.5 | .5 | 9 | 0 | 0 | 50 | 1 | 1 |
| RASPBERRY HIBISCUS COOLER | 8oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| GINGER TURMERIC TONIC | 8oz | 25 | 0 | 0 | 0 | 0 | 0 | 5 | 7 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
| MINT LEMONADE | 8oz | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 1 | 8 | 0 | 0 | 50 | 2 | 2 |

| SWEETS | 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) |
|------------------|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SEA SALT CARAMEL | .55oz | 65 | 30 | 3 | 3 | 0 | 13 | 62 | 7 | 0 | 6 | 0 | 2 | 0 | 1 | 0 |
| BROWNIE | 1 each | 160 | 80 | 9 | 5 | 0 | 55 | 45 | 21 | 1 | 16 | 2 | 8 | 0 | 2 | 6 |

Nutritional information provided in this brochure is based on Chopt Creative Salad Company's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, including the fact that our menu items are handcrafted and may be customized, variations in serving sizes, preparation techniques, ingredient substitutions, product testing and sources of supply, as well as regional and seasonal differences.