

**CHOP<sup>T</sup>**®

**NUTRITIONAL  
INFORMATION**

# SEASONAL SPECIALS



FreeBird LOCAL & NATURALLY RAISED

## austin food truck cobb™

FreeBird chipotle fried chicken, tomato, black beans, cotija cheese and frito chips chop't with romaine lettuce

we recommend **mexican goddess dressing** (90 cals)



FreeBird LOCAL & NATURALLY RAISED

## san sebastian cobb™

FreeBird grilled chicken, piparras peppers, aged mahon cheese and slivered almonds chop't with romaine lettuce

we recommend **smoky honey mustard dressing** (180 cals)



VEGETARIAN

## the melrose™

Quinoa, avocado, broccoli, peas, cucumber and feta cheese chop't with romaine and mesclun lettuce

we recommend **basil mint pesto** (140 cals)

SEASONAL 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)
Austin Food Truck Cobb	588	860	440	49	13	0	115	1560	63	13	7	44	460	30	35	30
San Sebastian Cobb	454	480	250	28	12	0	100	720	18	9	4	35	450	15	45	25
The Melrose	595	470	210	23	9	0	45	620	52	16	10	21	280	220	40	35
ARTISANAL DRESSINGS																
Mexican Goddess Dressing	30	90	80	9	0.5	0	0	230	1	1	1	0	2	10	0	0
Smoky Honey Mustard Dressing	30	180	180	20	2	0	0	120	2	0	1	0	0	0	0	0
Basil Mint Pesto	30	140	130	15	2	0	0	200	1	0	0	0	8	8	2	2
ARTISANAL CHOPPINGS																
FreeBird Chipotle Fried Chicken	170	510	290	32	7	0	95	980	28	2	1	27	0	2	2	8
Frito Chips	21	120	70	8	1	0	0	130	11	<1	<1	2	0	0	2	0
Piparras Peppers	57	10	0	0	0	0	0	230	4	0	0	0	0	0	0	0
Aged Mahon Cheese	28	120	90	10	10	0	30	310	0	0	0	0	6	0	30	0
Farro	113	140	10	1	0	0	0	5	30	4	3	6	0	0	2	10
Quinoa	113	140	20	2	0	0	0	10	24	3	1	5	0	0	2	10

# CHOP'T CLASSICS

	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)
Caesar	312	280	120	13	7	0	30	1,140	22	7	5	21	450	100	50	20
Caesar (Grilled Chicken)	404	430	150	16	7	0	110	1,310	22	7	5	49	450	100	50	25
Caesar (Roasted Shrimp)	383	400	160	18	8	0	85	1,470	22	7	5	38	450	100	50	30
Caesar (Grilled Steak)	383	350	120	14	7	0	165	1,520	22	7	5	35	450	110	50	30
Caesar (Roast Turkey)	390	370	140	16	8	0	75	1,690	23	7	6	35	450	100	50	25
Chop't Po'Boy	539	650	370	41	14	0	125	1,080	37	8	8	36	470	120	45	20
Cobb	610	670	370	41	15	0	375	1,430	18	9	7	58	260	90	30	25
Fall Classic	397	420	250	28	9	0	70	1,080	20	7	10	29	260	100	30	20
Grilled Asian	390	370	180	20	1	0	0	220	39	11	12	15	520	170	25	35
Grilled Asian (Grilled Chicken)	482	520	210	23	2	0	75	400	39	11	12	43	520	170	25	40
Grilled Asian (Roasted Shrimp)	461	490	220	25	3	0	50	560	40	11	12	33	520	170	25	45
Grilled Asian (Grilled Steak)	461	440	180	20	1.5	0	135	610	40	11	12	29	520	170	25	45
Grilled Asian (Roast Turkey)	461	450	200	22	2.5	0	40	730	40	11	13	28	520	170	25	40
Harvest Cobb	376	540	300	33	10	0	100	430	20	6	12	45	190	50	20	25
Kebab Cobb	510	480	180	20	9	0	120	1,020	36	8	8	42	450	160	35	25
Mexican Caesar	213	260	140	15	6	0	25	600	21	3	2	12	230	70	30	8
Mexican Caesar (Grilled Chicken)	305	420	170	19	7	0	105	770	21	3	2	41	230	70	30	15
Mexican Caesar (Roasted Shrimp)	283	390	180	20	8	0	75	930	21	3	2	30	230	70	30	20
Mexican Caesar (Grilled Steak)	283	330	140	16	7	0	160	980	21	3	2	27	230	80	35	20
Mexican Caesar (Roast Turkey)	291	350	160	18	8	0	70	1,150	22	3	3	27	230	70	30	10
Modern Greek	432	570	260	29	10	0	45	1,080	62	21	17	21	450	180	35	25
Monterey	489	500	210	24	10	0	120	520	28	4	7	45	35	20	45	15
Palm Beach Shrimp	567	240	100	11	1.5	0	135	610	20	12	6	21	460	130	15	35
Santa Fe	517	510	290	33	14	0	50	480	41	12	9	20	460	130	50	20
Steakhouse	447	370	150	17	7	0	60	650	33	6	5	24	460	120	15	30
Vegetarian Powerhouse	510	590	300	33	3	0	0	135	64	17	39	20	570	190	25	45
<b>All of our salads come with a free side of Grilled Honey Wheat Flatbread!</b>																
Grilled Honey Wheat Flatbread (side)	2 pcs.	75	6	3	0	0	0	140	12	1	1	2	0	0	2	4
<b>CHOP'T CLASSIC SALAD SANDWICHES</b>																
Whether you choose a Chop't 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 Honey Wheat Flatbread!																
Grilled Honey Wheat Flatbread	1 each	300	25	8	1.5	0	0	560	49	4	4	8	0	0	6	15

# CUSTOMER CRAFT

<b>LETTUCES</b>	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)
Arugula	170	45	10	1.0	0	0	0	45	6	3	3	4	80	45	25	15
Iceburg	283	40	5	0.0	0	0	0	30	8	3	5	3	30	15	6	6
Mesclun Mix	170	40	5	0.0	0	0	0	45	8	4	3	3	70	90	8	10
Romaine	255	45	5	1.0	0	0	0	20	8	5	3	3	440	100	8	15
Spinach	170	40	5	0.5	0	0	0	135	6	4	1	5	320	80	15	25
<b>CHOPPINGS</b>																
Artichokes	57	15	0	0	0	0	0	180	3	2	0	1	2	2	2	6
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
Carrots	50	20	0	0	0	0	0	35	5	1	2	0	170	4	2	0
Chickpeas	57	90	15	1.5	0	0	0	0	16	4	3	5	0	2	2	10
Chinese Noodles	21	110	40	4.5	0	0	0	120	12	0	0	3	0	0	0	6
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
Craisins	35	120	0	0	0	0	0	0	29	2	27	0	0	0	0	0
Crumbled Blue Cheese	35	130	90	10	7	0	25	490	1	0	0	8	6	0	20	0
Crumbled Egg	57	90	50	6	2	0	240	70	1	0	1	7	6	0	2	4
Cucumber	57	5	0	0	0	0	0	0	1	0	1	0	0	4	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
Feta Cheese	50	130	100	11	7	0	45	550	2	0	2	7	4	0	25	2
FreeBird Ancho Chile Chicken	92	170	45	5	1	0	75	115	2	1	0	27	0	0	0	45
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
Fresh Beets	67	25	0	0	0	0	0	45	6	1	5	1	0	4	0	2
Fresh Mozzarella	50	150	100	11	7	0	40	310	1	0	1	11	6	0	25	2
Fried Onions	35	120	60	7	3	0	5	180	13	0	0	2	0	0	4	2
Gigante Beans	57	215	110	12.5	2	0	0	115	21	13	3	7	0	20	0	6

# CUSTOMER CRAFT

<b>CHOPPINGS (CONT.)</b>	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)
Goat Cheese	50	130	90	10	7	0	25	180	0	0	0	9	10	0	6	6
Granny Smith Apples	50	20	0	0	0	0	0	0	6	1	5	0	0	4	0	0
Grilled Asparagus	50	50	30	3.5	0	0	0	690	3	2	1	2	8	2	2	6
Hearts of Palm	57	10	0	0	0	0	0	200	2	1	0	1	0	2	2	6
Homemade Croutons	21	80	20	2	0	0	0	580	12	2	2	4	0	0	4	4
House Roasted Turkey	78	90	25	3	1.5	0	45	550	1	0	1	15	0	2	0	4
Jalapenos	28	10	0	0	0	0	0	0	2	1	1	0	4	20	0	2
Kalamata Olives	43	120	100	11	1.5	0	0	690	4	0	0	1	0	0	2	2
Naturally Raised Ham	50	50	20	2	1	0	25	280	0	0	0	8	0	2	0	2
Naturally Raised Steak	71	130	45	5	2	0	50	330	0	0	0	18	0	2	0	10
Oranges	57	25	0	0	0	0	0	0	7	1	5	1	2	50	2	0
Organic Tofu	57	60	25	3	0	0	0	0	1	1	0	6	0	0	4	6
Peas	50	40	0	0	0	0	0	160	7	3	2	3	20	8	2	4
Pecorino	35	150	90	10	6	0	30	540	1	0	0	14	6	0	40	2
Peppadew Peppers	28	30	0	0	0	0	0	60	8	0	6	0	0	45	0	0
Pepper Jack Cheese	50	190	140	16	9	0	55	300	2	0	0	11	15	0	25	0
Pita Chips	28	130	45	5	0.5	0	0	270	19	1	1	3	0	0	0	4
Red & Green Peppers	43	10	0	0	0	0	0	0	2	1	1	0	4	60	0	0
Red Onion	43	15	0	0	0	0	0	0	4	1	2	0	0	6	0	0
Roasted Shrimp	71	70	5	0.5	0	0	135	380	0	0	0	14	4	4	2	10
Roasted Tomato	57	100	50	4	0	0	0	230	12	4	6	2	0	6	0	20
Slivered Almonds	28	160	130	14	1	0	0	0	6	3	1	6	0	0	8	6
Smoked Bacon	28	150	110	12	4	0	30	650	0	0	0	11	0	0	0	2
Smoked Tofu	57	80	20	2	1	0	0	15	5	1	0	10	2	0	40	8
Snow Peas	35	15	0	0	0	0	0	0	3	1	1	1	0	30	2	4
Sunflower Seeds	21	120	100	11	1	0	0	0	4	2	1	4	0	0	2	6
Tomato	64	10	0	0	0	0	0	0	3	1	2	1	10	15	0	0
Tortilla Chips	21	110	40	4.5	0	0	0	45	15	0	0	2	0	0	0	0
Walnuts	28	190	170	18	1.5	0	0	0	4	2	1	4	0	0	2	4
White Cheddar Cheese	50	190	140	16	9	0	55	320	2	0	0	12	10	0	35	0

# HOMEMADE 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)
5 Flavor Asian	28	160	140	16	1	0	0	150	3	0	2	0	0	0	0	0
Balsamic Vinaigrette	28	140	120	14	1	0	0	80	3	0	3	0	0	0	0	0
Buttermilk Ranch	28	140	140	15	2.5	0	10	90	1	0	0	0	2	2	2	0
Caesar Dressing	28	150	150	17	2	0	0	90	1	0	0	0	0	0	2	0
Carrot Ginger Dressing	28	160	160	18	15	0	0	290	< 1	0	0	0	0	0	0	0
Chile-Lime Dressing	28	150	140	16	1	0	0	190	3	0	2	0	0	4	0	0
Cider Vinaigrette	30	150	140	16	1.5	0	0	190	3	0	2	0	0	0	0	2
Dijon Vinaigrette	28	120	120	13	1	0	0	115	1	0	0	0	0	0	0	0
Extra Virgin Olive Oil	28	250	250	28	4	0	0	0	0	0	0	0	0	0	0	2
Lemon Tahini Dressing	30	80	60	6	1	0	0	190	4	1	0	2	0	2	2	4
Mexican Caesar	28	150	140	16	2	0	10	220	0	0	0	1	2	0	2	0
Red Wine Vinaigrette	28	130	120	13	1	0	0	100	2	0	1	0	0	0	0	0
Simple Lemon Vinaigrette	28	160	150	17	2	0	0	180	2	0	1	0	0	8	0	0
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
Sweet & Smoky Chipotle Vinaigrette	28	130	120	17	1	0	0	65	2	0	1	0	8	0	0	0
Tex-Mex Ranch	28	110	110	12	2	0	5	90	2	0	< 1	0	10	2	0	2
White Balsamic Vinaigrette	28	120	100	12	1	0	0	115	3	0	3	1	0	0	0	0
<b>SPA DRESSINGS</b>																
Balsamic Vinegar	28	25	0	0	0	0	0	5	5	0	4	0	0	0	2	2
Fresh Squeezed Lemon Juice	28	5	0	0	0	0	0	0	2	0	1	0	0	20	0	0
Red Wine Vinegar	28	5	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Spa Balsamic Vinaigrette	28	20	0	0	0	0	0	55	3	0	3	0	0	0	2	0
Spa Caesar	28	40	20	3	0	0	5	280	4	0	2	1	0	2	2	0
Spa Dijon	28	30	5	0	0	0	0	490	5	0	1	2	0	0	0	0
Spa Ranch	28	15	5	0	0	0	0	180	3	0	2	0	0	0	2	0
Spa Sesame Asian	28	30	10	1.5	0	0	0	800	2	0	1	2	0	0	0	0
Spa Tex-Mex Ranch	28	20	5	1	0	0	0	220	4	1	2	1	8	2	0	0
Spa Tzatziki Yogurt Dressing	28	15	5	0	0	0	0	100	1	0	1	2	0	2	2	0

# SOUPS + SWEETS

<b>SOUP</b>	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)
LF = low fat, V = vegan, DF = dairy free, GF = gluten free																
Chicken Noodle (LF)	8 oz	100	15	1.5	0.5	0	25	990	11	1	2	10	20	0	2	4
Lentil Soup (V, DF, GF)	8 oz	290	110	13	1.5	0	0	640	36	9	4	11	25	2	6	20
Three Bean Chili (LF, V, DF, GF)	8 oz	180	25	2.5	0	0	0	590	33	11	7	9	40	80	8	20
<b>SWEETS</b>																
Sea Salt Caramel	.55 oz	80	36	5	3	0	15	76	9	0	7	0	3	0	1	0
Blondie	1 ea.	170	50	6	3.5	0	30	50	27	1	18	2	4	0	2	6
Brownie	1 ea.	160	80	9	5	0	55	45	21	1	16	2	8	0	2	6

Nutritional information provided in this brochure is based on Chop't Creative Salad'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.

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