CHOPT MENU

SALADS
& SALAD SANDWICHES

★ FIRST TIME FAVORITES

★ **MEXICAN CAESAR**
410CALS
FreeBird grilled chicken • cotija cheese • jalapeño peppers • tortilla chips • romaine
MEXICAN CAESAR

★ **KEBAB COBB**
530CALS
FreeBird grilled chicken • local feta • charred red onion • Mama Lil's spicy peppers • pita chips • romaine
GREEK YOGURT TZATZIKI

★ **SANTA FE**
510CALS
Avocado • grape tomatoes • corn • pepperjack • homemade fried onions • romaine
SWEET & SMOKY CHIPOTLE VINAIGRETTE

CALIFORNIA STEAKHOUSE
230CALS
BN Ranch grass-fed steak • Mama Lil's spicy peppers • charred red onion • CHOPT lettuce blend & romaine
CALIFORNIA GODDESS

PALM BEACH
w/ shrimp 240CALS
w/ chicken 320CALS
Avocado • grape tomatoes • English cucumbers • hearts of palm • romaine
HOT HONEY VINAIGRETTE

MEXICALI VEGAN
360CALS
Avocado • hearts of palm • grape tomatoes • black beans • tortilla chips • jalapeño peppers • romaine & spinach
MEXICAN GODDESS

KALE CAESAR
290CALS
Parmesan • Hot Bread Kitchen croutons • kale & romaine
CREAMY CAESAR

CLASSIC COBB
670CALS
FreeBird grilled chicken • avocado • Niman Ranch smoked bacon • cage-free egg • blue cheese • grape tomatoes • romaine
DIJON

TEXAS PO'BOY
680CALS
FreeBird panko fried chicken • grape tomatoes • charred red onion • cheddar • romaine
TEX-MEX RANCH

CHOPT MENU

BOWLS

★ FIRST TIME FAVORITES

GRAIN & NOODLE

★ **MEDITERRANEAN FALAFEL**
350CALS
Chickpea falafel • Mama Lil's spicy peppers • celery • quinoa cauliflower "rice" • kale, broccoleaf & purple cabbage
GREEK YOGURT TZATZIKI + a drizzle of **ZHUG**

MENDOCINO MARKET
540CALS
Roasted seasonal squash • charred red onion • parmesan • quinoa, lentil & millet blend • kale, broccoleaf & purple cabbage
DIJON

SMOKY SANTA CRUZ
560CALS
FreeBird grilled chicken • avocado • corn • scallions • tri-color quinoa • black beans • kale, broccoleaf & purple cabbage
SWEET & SMOKY CHIPOTLE VINAIGRETTE
+ a drizzle of **MEXICAN GODDESS** & a wedge of lime

SPICY CASHEW SOBA NOODLE
240CALS
Soba noodles • rainbow carrots • edamame • celery • scallions • kale, broccoleaf & purple cabbage
CHILI CASHEW
+ a drizzle of **SRIRACHA**

WARM KALE & QUINOA

★ **CHICKEN TINGA**
540CALS
Braised FreeBird chicken tinga • southwest quinoa blend • avocado • scallions • tortilla chips • cotija cheese • kale, broccoleaf & purple cabbage
MEXICAN GODDESS

SPICY SANTORINI
480CALS
Braised FreeBird spicy Greek chicken • quinoa, lentil & millet blend • local feta • pita chips • kale, broccoleaf & purple cabbage
SPICY TAHINI GODDESS
& a wedge of lemon

DESTINATION SALADS

Our destination salads change every 60 days. See the menu boards to find out where we've traveled to this round.

Calories reflect nutrition information for undressed salads. For bread side, add 70 calories. For all undressed salad sandwiches, add 280 calories. 2,000 calories a day is used for general nutrition advice, but calories needs vary. Additional nutrition information is available upon request. All menu items have been prepared in a facility that handles dairy, eggs, fish/shellfish, peanuts, tree nuts, sesame, soy and gluten. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. If you have an allergy, please alert the Manager or your Chopr.