

CHOP'T

www.choptsalad.com

CLASSIC SALADS & SANDWICHES

SANTA FE

SALAD / SANDWICH
8.49 / 7.99
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™

6.99 / 6.49
CHICKEN 8.49 / 7.99
260 - 420 cals

Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce

WE RECOMMEND: mexican caesar dressing

KEBAB COBB™

9.99 / 9.49
480 cals

FreeBird grilled chicken, feta cheese, red onion, peppers and pita chips chop't with romaine lettuce

WE RECOMMEND: spa greek yogurt tzatziki or red wine vinaigrette

HARVEST COBB™

9.99 / 9.49
540 cals

FreeBird grilled chicken, apples, walnuts, beets and goat cheese chop't with romaine lettuce and spinach

WE RECOMMEND: spa balsamic vinaigrette or spa dijon

CHOP'T PO'BOY™

8.99 / 8.49
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

COBB

9.99 / 9.49
670 cals

FreeBird grilled chicken, avocado, naturally raised smoked bacon, hard-boiled egg, crumbled blue cheese and tomato chop't with romaine lettuce

WE RECOMMEND: dijon vinaigrette or steakhouse blue cheese

MODERN ASIAN™

SALAD / SANDWICH
7.99 / 6.99
ORGANIC TORO 8.99 / 7.99
CHICKEN 9.49 / 8.49
390 - 540 cals

Edamame, pickled broccoli & carrot slaw, crispy chinese noodles and slivered almonds chop't with spinach and romaine lettuce

WE RECOMMEND: creamy sriracha dressing or 5 flavor asian

MEXICALI VEGAN™

8.49 / 7.99
360 cals

Avocado, hearts of palm, tomato, black beans, tortilla chips and jalapeno chop't with romaine and mesclun lettuce

WE RECOMMEND: mexican goddess dressing

PALM BEACH

8.49 / 7.49
SHRIMP 10.99 / 9.99
CHICKEN 9.99 / 8.99
170 - 320 cals

Avocado, tomato, cucumber and hearts of palm chop't with romaine lettuce

WE RECOMMEND: jalapeno pesto dressing or white balsamic vinaigrette

CAESAR

6.99 / 6.49
CHICKEN 8.49 / 7.99
280 - 430 cals

Romaine lettuce with shaved pecorino cheese and homemade croutons

WE RECOMMEND: creamy caesar dressing

VEGETARIAN POWERHOUSE™

8.99 / 8.49
590 cals

Broccoli, edamame, carrots, sunflower seeds, walnuts, raisins and apples chop't with spinach and romaine lettuce

WE RECOMMEND: spa balsamic vinaigrette or extra virgin olive oil & fresh lemon

STEAKHOUSE

9.49 / 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

HOMEMADE DRESSINGS

CHOP'T CLASSICS

CALORIES

mexican caesar	150
creamy sriracha dressing	90
mexican goddess dressing	80
lemon tahini dressing	70
tex-mex ranch	110
sweet & smoky chipotle vinaigrette	130
5 flavor asian	160
jalapeno pesto dressing	140
chile-lime dressing	150

SPA DRESSINGS

spa dijon	30
spa ranch	15
spa balsamic vinaigrette	20
spa tex-mex ranch	15
spa greek yogurt tzatziki	20
spa sesame asian	30
spa caesar	40

ALL-TIME CLASSICS

CALORIES

balsamic vinaigrette	140
white balsamic vinaigrette	120
dijon vinaigrette	120
red wine vinaigrette	130
creamy caesar dressing	130
steakhouse blue cheese	120
buttermilk ranch	140
smoky bacon russian	130
extra virgin olive oil (california)	250
red wine vinegar	5
balsamic vinegar	25
fresh squeezed lemon juice	5

OUR DRESSINGS ARE
HOMEMADE IN
SMALL BATCHES EVERYDAY.

DRINKS & SNACKS

SARATOGA SPRING WATER*

Natural Spring Water 1.49 / 0 cals
Sparkling Water 1.99 / 0 cals

PUCK'S® FOUNTAIN SODA

1.49 / 0 - 310 cals

CANNED SODA

Coke®, Diet Coke®, Diet Dr. Pepper®, Fresca® 1.29 / 0 - 140 cals

SNAPPLE®

Lemon, Diet Lemon, Diet Peach 1.99 / 0 - 160 cals

SPINDRIFT SELTZERS & SODAS

2.49 - 2.79 / 0 - 120 cals

CHOP'T BEVERAGES

Iced Tea, Lemonade, Iced Tea & Lemonade, Lemon Green Tea 1.99 / 10 - 170 cals
Chop't Seasonal Beverages 2.49 / 170 cals

WAY BETTER® CHIPS

Multi-Grain Tortilla, Sweet Potato, Sweet Chili 1.99 / 170 cals

BOULDER CANYON® POTATO CHIPS

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

STACY'S® PITA CHIPS

1.49 / 200 cals

CHOP'T BARS & BROWNIES

1.29 / 160 - 170 cals

COOKIES

Chocolate Chip, Honey Oatmeal Raisin 1.29 / 160 - 200 cals

SEA SALT CARAMELS

1 / \$.69, 2 / \$.99
65 - 130 cals

Calories reflect nutrition information for undressed salads. For flatbread portion (2 pieces), add 75 calories. For all undressed salad sandwiches, add 280 calories. Additional nutrition information is available on request. All foods have been prepared in a facility that processes dairy, eggs, fish/shellfish, peanuts, tree nuts, sesame, soy and gluten. If you have an allergy, please alert the manager or your Chop't.