

LIGHT FAVORITES **ALL UNDER 500 CALORIES!**

KALE CAESAR ★

Parmesan, artisan croutons, kale & romaine with

Creamy Caesar

\$8.69 (300 CALS)

with grilled chicken \$10.69 (420 CALS)

SESAME GINGER CRUNCH

Grilled chicken, rainbow carrots, broccoli, pickled red onions, crispy shallots, romaine, cabbage & cilantro blend with

Sesame Ginger Dressing

\$10.39 (245 CALS)

PALM BEACH

Avocado, grape tomatoes, English cucumbers, hearts of palm, romaine with

White Balsamic Vinaigrette

with grilled chicken

\$11.89 (285 CALS)

with wild-caught shrimp

\$13.39 (245 CALS)

MEXICALI VEGAN

Roasted sweet potatoes, hearts of palm, grape tomatoes, black beans, tortilla chips, jalapeño peppers, romaine & spinach with

Mexican Goddess

\$10.29 (400 CALS)

WRAP ANY SALAD IN A WARM, TOASTED TORTILLA!

CHOPT CLASSICS

MEXICAN CAESAR ★

Cotija cheese, jalapeño peppers, tortilla chips, romaine with

Mexican Caesar

\$8.99 (265 CALS)

with grilled chicken \$10.99 (385 CALS)

CLASSIC COBB

Grilled chicken, avocado, all-natural smoked bacon, cage-free egg, blue cheese, grape tomatoes, romaine with

Buttermilk Ranch

\$11.59 (635 CALS)

KEBAB COBB ★

Local feta, pickled red onions, Mama Lil's spicy peppers, pita chips, romaine with

Greek Yogurt Tzatziki

with grilled chicken \$11.39 (430 CALS)

with falafel \$10.39 (450 CALS)

SANTA FE ★

Avocado, grape tomatoes, corn, pepperjack, crispy shallots, romaine with

Sweet & Smoky Chipotle Vinaigrette

\$10.19 (450 CALS)

THE ORCHARD

Grilled chicken, local goat cheese, seasonal apples, walnuts, romaine, Chopt lettuce blend with

Balsamic Vinaigrette

\$10.59 (530 CALS)

CRISPY CHICKEN RANCH

Panko fried chicken, Mama Lil's spicy peppers, pepperjack, celery, Chopt lettuce blend with

Chimichurri Ranch

\$11.09 (645 CALS)

WARM BOWLS **YOUR CHOICE! WARM GRAIN BLEND OR WARM CAULIFLOWER RICE (+\$1.79)**

CHICKEN TINGA ★

Warm grains or cauliflower rice drizzled with Mexican Goddess and topped with braised chicken tinga, avocado, black beans, tortilla chips, scallions, cotija cheese, marinated kale with

Mexican Goddess

\$11.99/\$13.78 (700/520 CALS)

HARVEST

Warm grains or cauliflower rice drizzled with Creamy Lemon Herb Dressing and topped with warm roasted chicken, roasted Brussels sprouts and sweet potatoes, marinated kale, toasted pumpkin seeds with

White Balsamic Vinaigrette

\$11.39/\$13.18 (715/535 CALS)

MEDITERRANEAN

Warm grains or cauliflower rice drizzled with Lemon Tahini Dressing and topped with warm roasted chicken, cucumber & tomato salad, local feta, Mama Lil's spicy peppers, cabbage & cilantro blend, crispy chickpeas with

House Vinaigrette

\$10.99/\$12.78 (610/430 CALS)

SOUTHWEST HATCH CHILE PORK

Warm grains or cauliflower rice drizzled with Jalapeño Yogurt Crema and topped with spicy braised pork, corn, black beans, pepperjack, crispy shallots, cabbage & cilantro blend with

Sweet & Smoky Chipotle Vinaigrette

\$11.89/\$13.68 (865/685 CALS)

CHINESE CHICKEN

Warm grains or cauliflower rice drizzled with Sesame Ginger Dressing and topped with warm roasted chicken, rainbow carrots, broccoli, pickled red onions, crispy wontons, cabbage & cilantro blend with

Sesame Ginger Dressing

\$10.99/\$12.78 (470/290 CALS)

CHOOSE WARM CAULIFLOWER RICE FOR A LIGHT, LOW-CARB OPTION

SOUPS

MEXICAN CHICKEN SOUP \$3.49 (130 CALS)

CREAMY TOMATO BASIL SOUP \$3.49 (270 CALS)

DESTINATION SALADS

There's no place we won't visit, no culture we won't explore, and no food we won't taste to find the freshest, most creative flavors. Visit choptsalad.com to see where we are exploring today.

WE SOURCE
LOCALLY! SEE OUR
LOCAL BOARD TO
LEARN MORE

CUSTOMER CRAFT

Craft your own Salad or Salad Wrap (includes 4 choppings) \$9.29 (25-150/315-440 CALS)
Extra Choppings +\$0.79 each | Extra Goods +\$1.99-\$4.49 each

GREENS

Chopt Blend (Romaine, Spinach,
Purple Cabbage, Arugula, Kale)
+\$0.79 (70 CALS)

Romaine (45 CALS)
Kale (90 CALS)
Arugula +\$0.79 (30 CALS)

Spinach (25 CALS)
Cabbage & Cilantro Blend (70 CALS)
Marinated Kale (150 CALS)

FRUITS & VEGETABLES +\$0.79

Seasonal Apples (25 CALS)
Purple Beets (30 CALS)
Broccoli (15 CALS)
Rainbow Carrots (20 CALS)
Celery (5 CALS)
Corn (45 CALS)

English Cucumber (10 CALS)
Edamame (60 CALS)
Grape Tomatoes (10 CALS)
Hearts of Palm (20 CALS)
Jalapeño Peppers (10 CALS)
Mediterranean Olives (120 CALS)

Mama Lil's Spicy Peppers (50 CALS)
Pickled Red Onions (15 CALS)
Roasted Sweet Potato (130 CALS)
Roasted Brussels Sprouts (100 CALS)
Scallions (5 CALS)
Cucumber & Tomato Salad (10 CALS)

CHEESE & DAIRY +\$0.79

Local Goat Cheese (140 CALS)
Pepperjack (250 CALS)
Blue Cheese (100 CALS)

Local Feta (70 CALS)
Cotija Cheese (100 CALS)
Parmesan (120 CALS)

Cage-Free Egg (110 CALS)
Cage-Free Egg Whites (30 CALS)

GRAINS & BEANS +\$0.79

Chickpeas (40 CALS)

Tri-color Quinoa (100 CALS)

Black Beans (70 CALS)

CRUNCH +\$0.79

Artisan Croutons (110 CALS)
Crispy Shallots (20 CALS)
Dried Cranberries (130 CALS)
Pita Chips (130 CALS)

Sonoma Creamery Parmesan
Quinoa Crisps (90 CALS)
Crispy Chickpeas (130 CALS)
Crispy Wontons (70 CALS)

Toasted Pumpkin Seeds (120 CALS)
Tortilla Chips (110 CALS)
California Walnuts (190 CALS)

THE GOODS

Grilled Chicken
+\$2.99 (120 CALS)
Panko Fried Chicken
+\$2.99 (270 CALS)

Wild-Caught Shrimp
+\$4.49 (80 CALS)
All-Natural Smoked Bacon
+\$1.99 (170 CALS)

Chickpea Falafel +\$1.99 (140 CALS)
Organic Tofu +\$1.99 (45 CALS)
Avocado Market Price (80 CALS)

ADD A BOTTLE OF
DRESSING TO GO
FOR JUST \$4.99!

HOUSEMADE DRESSINGS

 Spicy  Vegan

Made from scratch in small batches every day.
All of our dressings are gluten-free.


CLASSICS

Creamy Caesar (140 CALS)
Buttermilk Ranch (100 CALS)

Balsamic Vinaigrette (150 CALS)
House Vinaigrette (130 CALS)  

White Balsamic Vinaigrette (140 CALS) 
Honey Dijon Vinaigrette (130 CALS)

BOLD




Mexican Caesar (150 CALS) 
Tex-Mex Ranch (140 CALS) 
Smoky Bacon Russian (140 CALS)


Chimichurri Ranch (160 CALS)
Sweet & Smoky Chipotle
Vinaigrette (100 CALS) 

Steakhouse Blue Cheese (120 CALS)
Sesame Ginger Dressing (100 CALS) 

LIGHT



80 calories or less per serving




Mexican Goddess (80 CALS)  
Lemon Tahini (70 CALS) 




Greek Yogurt Tzatziki (15 CALS)
Jalapeño Yogurt Crema (10 CALS) 

Creamy Lemon Herb Dressing
(15 CALS)

PANTRY

Olive Oil & Balsamic Vinegar
(130 CALS) 
Olive Oil & Red Wine Vinegar
(120 CALS) 

Extra Virgin Olive Oil (240 CALS) 
Balsamic Vinegar (25 CALS) 
Red Wine Vinegar (5 CALS) 

Olive Oil & Lemon Juice (245 CALS) 
Fresh Squeezed Lemon (5 CALS) 
Fresh Squeezed Lime (10 CALS) 

Calories reflect nutrition information for undressed salads and bowls. For bread side, add 70 calories. For all undressed salad wraps, add 290 calories. 2,000 calories a day is used for general nutrition advice, but calorie 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.