

## Protein Shakes

24oz / served with whey protein powder

### SUBSTITUTES:

almond milk {50¢}  
soy milk {50¢}  
coconut water {50¢}

plant-based protein powder {\$2} - organic,  
non-GMO, lactose, dairy, gluten, animal, soy-free

### MUSCLE MALT 5.75

banana, all-natural peanut butter, malt,  
chocolate whey protein powder,  
sugar-free chocolate syrup, non-fat milk  
add cold brew {\$1}

### BEACH BURN 5.75

strawberry, pineapple, vanilla whey protein  
powder, sugar-free strawberry syrup,  
coconut water

### JACKED UP PB + J 5.75

strawberry, banana, all-natural peanut butter,  
strawberry whey protein powder, agave nectar,  
sugar-free strawberry syrup, non-fat milk

### PIÑA-KALE-ADA 5.75

kale, banana, pineapple, apple juice,  
vanilla whey protein powder, soy milk

## Coffee + Lemonade + Tea

**STUMPTOWN**  
COFFEE ROASTERS

12oz/20oz  
DRIP COFFEE 2.5/3

16oz/24oz  
COLD BREW 4/5  
NITRO COLD BREW 5/6

**Lemonade** 16oz/32oz 3/4

TRADITIONAL SEASONAL  
STEVIA ARNOLD PALMER

**Iced Tea** 16oz/32oz

SEASONAL SELECTIONS 2.5/3

**GT's Kombucha - ON TAP** 16oz/24oz 5/6

## Fresh Juices

16oz {\$5.75} / 32oz {\$11}

### COLD BUSTER

carrot, orange, ginger, turmeric, lemon

### KALE CLEANSE

kale, orange, apple, lime, ginger

### DAILY DETOX

golden beet, apple, ginger, lemon,  
orange, parsley, aloe vera

### POWER GREEN

kale, cucumber, celery,  
apple, ginger, parsley, lemon

### COOL DOWN

watermelon, pineapple, apple, lime, ginger

### SLIM SQUEEZE

pear, strawberry, orange, apple,  
kiwi, lemon, mint

### GREEN GLORY

kale, red grape, kiwi, apple,  
cucumber, lime, ginger

### FACE LIFT

golden beet, carrot, pear,  
pineapple, ginger, lemon

### GREEN NO. 4

kale, romaine, spinach,  
pineapple, coconut water

### HYDRATOR

cucumber, pineapple, lemon,  
coconut water, aloe vera

### WEBSITE

www.chopshopco.com

### EMAIL

info@chopshopco.com



www.facebook.com/originalchopshopco



@chopshopcompany



@chopshopcompany

ALLERGY WARNING: Although efforts are made to avoid cross-contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation.

\*These items are served cooked-to-order or undercooked. Consuming undercooked meats or seafood may increase your risk of foodborne illness, especially if you have certain medical conditions.

© 2016 by ChopShop Holdings, LLC  
All Rights Reserved



WE ARE COMMITTED TO SERVING  
THE FRESHEST FOODS POSSIBLE.  
EVERYTHING IS MADE TO ORDER  
USING WHOLE INGREDIENTS.

EVERYONE IS WELCOME!  
SIMPLY COME AS YOU ARE  
AND FEED YOUR WELL-BEING.

### SCOTTSDALE

7158 E 5th Ave  
Scottsdale, AZ 85251  
480.794.1536

### TEMPE

222 E University Dr  
Tempe, AZ 85281  
480.307.9336

### CHANDLER

35 W Boston St  
Chandler, AZ 85225  
480.426.0216

COMING SOON!

### QUEEN CREEK

21227 S Ellsworth Loop Rd  
Queen Creek, AZ 85142

### ARCADIA

4503 N 32nd St  
Phoenix, AZ 85016

## The Chops

add chicken or tofu {\$2} / steak or shrimp\* {\$3}  
SUBSTITUTES: whole wheat wrap / gluten-free wrap {\$1}

### KALE CAESAR\* 7

kale, romaine, tomato, crouton,  
parmesan, lemon-dijon vinaigrette

### DANISH 8

house greens, arugula, smoked almond,  
Danish bleu, pear, apple, black currant,  
date, red wine vinaigrette

### AMERICAN 7

house greens, tomato, onion, cucumber, corn chips,  
bacon, white cheddar, egg, thousand island

### RAW VEGETABLE 7

house greens, carrot, tomato, avocado, broccoli,  
cauliflower, cucumber, corn, pistachio,  
parmesan, red wine vinaigrette

### BEET 8

house greens, arugula, golden beet, sour apple,  
goat cheese, cashew, golden raisin,  
red wine vinaigrette

### BBQ CHICKEN 9

house greens, chicken, cheddar, corn, green onion,  
tomato, corn nuts, cilantro, BBQ ranch

### ASIAN 7

house greens, bok choy, snap pea, carrot,  
green onion, cashew, sesame seed, radish,  
red chili vinaigrette

### KALE + QUINOA 10

kale, quinoa, snap pea, tomato, smoked almond,  
dehydrated corn, golden raisin, parmesan,  
lemon-dijon vinaigrette

## Grilled Protein Bowls

ALL BOWLS ARE SERVED WITH:  
roasted broccoli, cauliflower,  
onion, carrot, mushroom

### CHOOSE FROM:

brown rice or sweet potato hash, or  
upgrade to forbidden rice or quinoa {\$1}

### THAI COCONUT CHICKEN 9

peanut, cilantro

### TERIYAKI CHICKEN 10

avocado, brussels sprout, sesame seed

### SWEET SOY SESAME STEAK 11

green onion, sugar snap pea, sesame seed

### SPICY KOREAN STEAK 11

green onion, sesame seed

### RED CHILI LIME SHRIMP 11

cilantro, green onion

### GREEN CURRY TOFU 7

green onion, sesame seed,  
cilantro, sugar snap pea

## Between Bread

served on 12 grain ciabatta

SUBSTITUTES: whole wheat wrap / gluten-free wrap {\$1}

### The CLUB 9

turkey, bacon, provolone, tomato,  
onion, house greens, avocado pesto,  
red wine vinaigrette

### MOROCCAN TURKEY 9

turkey, avocado, roasted red pepper,  
red grape, cucumber, house greens,  
yogurt sauce, red wine vinaigrette

### GRINDER 9

ham, turkey, soppressata, provolone, mayo,  
tomato, house greens, onion, banana pepper,  
red wine vinaigrette

### CHICKEN + PROSCIUTTO 10

grilled chicken, prosciutto, fontina,  
arugula, fig mostarda, dijon

### CHICKEN + KALE\* 9

grilled chicken, kale, romaine, tomato,  
parmesan, fontina, lemon-dijon vinaigrette

### GRILLED STEAK 10

grilled sirloin, caramelized onion, fontina,  
arugula, apple, mushroom, horseradish crème

### TUNA SALAD 9

tuna salad, onion, celery, olive tapenade,  
roasted red pepper, house greens, cucumber

### VEGGIE + HUMMUS 7

hummus, raw veggie, tomato, feta,  
cucumber, olive tapenade

## Sides

### QUINOA 2.5

sugar snap pea

### SWEET POTATO HASH 2.5

kale, onion

### SIMPLE SIDE SALAD 1

house greens, red wine vinaigrette

## ASK ABOUT OUR FRESH BAKED PASTRIES

GLUTEN-FREE, VEGAN  
AND PROTEIN-PACKED OPTIONS

## FOOD FOR EVERY/BODY

## Superfruit Bowls + Parfaits

### ACAI BOWL 7.25

acai blended with apple juice, mixed berry,  
banana, topped with granola, strawberry, banana,  
shredded coconut, agave nectar

### PITAYA BOWL 7.25

pitaya blended with apple juice, pineapple and  
banana, topped with granola, kiwi, banana,  
shredded coconut, agave nectar

### PB + J GREEK YOGURT 6

non-fat Greek yogurt, stevia, all-natural  
peanut butter, strawberry preserves, blueberry,  
banana, granola

### COCONUT + MANGO GREEK YOGURT 6

non-fat Greek yogurt, stevia, fresh coconut meat,  
mango, shredded coconut, granola

### CHOCOLATE + MINT GREEK YOGURT 6

non-fat Greek yogurt, stevia, dark chocolate  
shavings, fresh mint, pistachio, granola

### COCONUT CHIA PUDDING 6

chia seeds, coconut milk, strawberry, blueberry,  
shredded coconut, agave nectar, granola

## Rise + Shines

Monday - Friday: 7am - 12pm  
Saturday - Sunday: 7am - 2pm

### AVOCADO TOAST\* 5

one egg over easy, smashed avocado,  
red pepper flakes, tomato, 12 grain ciabatta

### TOASTED SPROUTED GRAIN BAGEL 4

all-natural peanut butter or light cream cheese

### SPROUTED GRAIN BAGEL SANDWICH\* 7

eggs your way, provolone, avocado pesto,  
choice of turkey, ham, prosciutto or bacon

### EGG + VEGGIE HASH\* 7

sunny side up egg, sweet potato, corn,  
onion, roasted red pepper, spinach,  
whole wheat tortilla on the side

### ZEN BOWL 6

scrambled egg, spinach, mushroom,  
onion, white cheddar, brown rice

### BALANCED BOWL 9

grilled chicken or steak, scrambled egg,  
roasted vegetables, brown rice

### CHEAT DAY WRAP 7

scrambled egg, bacon, white cheddar, avocado,  
tomato, choice of turkey or ham, brown rice

### SUNRISE WRAP 7

egg white, tomato, onion, sweet potato,  
white cheddar, avocado pesto

### OPEN-FACED SANDWICH\* 7

basted egg, grilled ham, arugula,  
avocado, fontina, 12 grain ciabatta