

## 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.originalchopshop.com](http://www.originalchopshop.com)

### EMAIL

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 [linkedin.com/company/original-chopshop](https://linkedin.com/company/original-chopshop)

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.

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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.  
**FUEL 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