

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

PINA-KALE-ADA 5.75

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

Coffee + Lemonade + Tea



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 2/3

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

FOOD FOR EVERYBODY

WEBSITE

www.originalchopshop.com

EMAIL

info@chopshopco.com

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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
 480.794.1536

TEMPE
 480.307.9336

CHANDLER
 480.426.0216

QUEEN CREEK
 480.745.7350

PARADISE VALLEY
 480.653.9110

N SCOTTSDALE
 480.372.2333

ARCADIA
 480.565.4358

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 dressing

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 dressing

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 dressing

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

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.

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