

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

VEG 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}

GF VEG BEACH BURN 5.75

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

GF VEG 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

GF VEG PIÑA-KALE-ADA 5.75

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

Fresh Juices

16oz {\$5.75} / 32oz {\$11}
all juices are: **GF** **VEG** **V**

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



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™**

Coffee + Lemonade + Tea



12oz/20oz
DRIP COFFEE 2.5/3

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

Lemonade 16oz/24oz/32oz 3/3.5/4

TRADITIONAL STEVIA SEASONAL ARNOLD PALMER

Iced Tea 16oz/24oz/32oz 2/2.5/3

Kombucha - ON TAP 16oz/24oz 5/6

FOOD FOR EVERY BODY

Dietary Key

GF = GLUTEN FREE **VEG** = VEGETARIAN **V** = VEGAN

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TO FIND YOUR NEAREST LOCATION

VISIT US AT:

WWW.ORIGINALCHOPSHOP.COM

EMAIL US AT:

INFO@CHOPSHOPCO.COM

The Chops

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

VEG **KALE CAESAR** 7

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

GF VEG **DANISH** 8

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

GF **AMERICAN** 7

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

GF VEG **RAW VEGETABLE** 7

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

GF VEG **BEET** 8

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

GF **BBQ CHICKEN** 9

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

GF VEG **ASIAN** 7

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

GF VEG **KALE + QUINOA** 10

kale, romaine, quinoa, snap pea, tomato, smoked almond, 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}

GF **THAI COCONUT CHICKEN** 9

peanut, cilantro

TERIYAKI CHICKEN 10

avocado, brussels sprout, sesame seed

GF **SWEET SOY SESAME STEAK** 11

green onion, sugar snap pea, sesame seed

GF **SPICY KOREAN STEAK** 11

green onion, sesame seed, bok choy

GF **RED CHILI LIME SHRIMP** 11

cilantro, green onion

GF VEG **GREEN CURRY TOFU** 7

green onion, sesame seed,
 cilantro, sugar snap pea

Between Bread

enjoy on locally sourced bread delivered daily
 SUBSTITUTES: whole wheat wrap

GF all can be made gluten-free with a gluten-free wrap {\$1}

The CLUB 9

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

MOROCCAN TURKEY 9

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

GRINDER 9

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

TUNA SALAD 9

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

VEG **VEGGIE + HUMMUS** 7

hummus, raw veggie, tomato, feta,
 cucumber, olive tapenade, multi-grain

CHICKEN + PROSCIUTTO 10

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

CHICKEN + KALE 9

grilled chicken, kale, romaine, tomato,
 parmesan, fontina, lemon-dijon dressing, ciabatta

GRILLED STEAK 10

grilled sirloin, caramelized onion, fontina,
 arugula, apple, mushroom, horseradish crème, soy
 sesame sauce, ciabatta

Sides

GF VEG **QUINOA** 2.5

sugar snap pea

GF VEG **SWEET POTATO HASH** 2.5

kale, onion

GF VEG **SIMPLE SIDE SALAD** 2

house greens, red wine vinaigrette

ASK ABOUT OUR FRESH BAKED PASTRIES

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, seafood or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Superfruit Bowls + Parfaits

GF all can be made gluten-free with gluten-free granola {\$2}

VEG **ACAI BOWL** 7.25

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

VEG **PITAYA BOWL** 7.25

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

VEG **PB + J GREEK YOGURT** 6

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

VEG **COCONUT + MANGO GREEK YOGURT** 6

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

VEG **CHOCOLATE + MINT GREEK YOGURT** 6

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

VEG **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

VEG **AVOCADO TOAST** 6

one egg over easy, smashed avocado,
 red pepper flakes, tomato, house bread

THE BREKKIE 7

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

EGG + VEGGIE HASH 7

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

GF VEG **ZEN BOWL** 6

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

GF **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

VEG **SUNRISE WRAP** 7

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

OPEN-FACED SANDWICH 7

basted egg, grilled ham, arugula,
 avocado, fontina, market bun