

ORIGINAL
ChopShop

NUTRITIONAL INFORMATION

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
CHOPS												
American	590	420	47	13	0	235	1000	24	5	13	19	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Flavoring May Contain Gluten.
Asian	280	220	25	4	0	0	730	12	4	5	4	Allergen Statement: Contains Soy, Tree Nuts (Cashews). Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
BBQ Chicken	390	180	19	7	0	85	770	26	5	12	29	Allergen Statement: Contains Egg, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Beef	260	120	14	4	0	15	1090	29	5	21	8	Allergen Statement: Contains Milk, Tree Nuts (Cashews). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Soy, Other Tree Nuts, Wheat, Gluten.
Danish	320	160	18	4.5	0	15	760	34	6	27	9	Allergen Statement: Contains Milk, Soy, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Kale & Quinoa	640	290	32	5	0	15	900	74	12	15	20	Allergen Statement: Contains Egg, Fish (Anchovies), Milk, Soy, Tree Nuts (Almonds). Gluten Statement: Flavoring May Contain Gluten.
Kale Caesar	250	160	18	4	0	15	480	17	5	6	7	Allergen Statement: Contains Egg, Fish (Anchovies), Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Raw Vegetable	310	180	20	3.5	0	5	690	28	10	14	9	Allergen Statement: Contains Milk, Tree Nuts (Pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
The Chops: Add Chicken	130	25	3	1	0	65	380	2	0	1	24	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
The Chops: Add Shrimp	200	130	15	2.5	0	120	490	0	0	0	15	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
The Chops: Add Steak	190	90	11	4		70	45	0	0	0	22	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May contain Shellfish.
The Chops: Add Tofu	250	190	21	3	0	0	110	4	4	0	13	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
PROTEIN BOWL												
Green Curry Tofu	400	260	29	7	0	0	600	20	9	8	18	Analysis does not include choice of base. Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Red Chili Lime Shrimp	410	170	19	2.5	0	240	1790	23	4	15	34	Analysis does not include choice of base. Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact may occur. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts.
Spicy Korean Steak	360	170	19	6	0	80	960	19	5	10	29	Analysis does not include choice of base. Allergen Statement: Contains Soy. Gluten Statement: Formulated with not gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Sweet Soy Sesame Steak	380	170	19	5	0	80	1360	26	5	16	29	Analysis does not include choice of base. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Teriyaki Chicken	370	130	15	2.5	0	75	1270	29	9	15	34	Analysis does not include choice of base. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.

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Thai Coconut Chicken	340	130	15	5	0	75	1010	20	5	9	34	Analysis does not include choice of base. Allergen Statement: Contains Peanuts, Shellfish, Soy, Tree Nuts (Coconut) Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact: May contain Egg, Fish, Milk, Other Shellfish, Other Tree Nuts
Protein Bowl Base: Brown Rice	360	35	4	0.5	0	0	150	73	3	0	7	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Base: Forbidden Rice	420	50	6	0	0	0	190	86	6	2	12	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Base: Quinoa	340	60	7	1	0	0	160	57	6	2	12	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Base: Sweet Potato Hash	160	5	0.5	0	0	0	105	36	6	11	4	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Protein Bowl Veggies: Roasted Veggies	66.9	19.7	2.2	0.4	0	0	335	10.8	3.8	4.9	3.4	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
BETWEEN BREAD												
Chicken & Kale	740	220	25	9	0	135	1990	66	4	5	59	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Fish (Anchovies), Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Chicken & Prosciutto	750	200	22	8	0	150	2690	67	3	8	64	Analysis and allergens include pickle spear. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
Grilled Steak	770	310	34	11	0	105	1680	72	4	11	42	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Grinder	980	490	55	15	0	175	3310	66	7	13	56	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Moroccan Turkey	630	220	24	4	0	80	1770	72	9	18	37	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
The Club	780	340	38	11	0	115	2290	68	9	15	48	Allergen Statement: Contains Milk, Tree Nuts (Pine Nuts), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Peanuts, Soy, Other Tree Nuts.
Tuna Salad	510	170	19	3	0	35	1600	58	6	11	27	Analysis and allergens include pickle spear. Allergen Statement: Contains Egg, Fish (Tuna), Soy, Wheat. Gluten Statement: Contains Gluten.
Veggie & Hummus	670	250	28	4.5	0	5	1900	87	13	18	21	Analysis and allergens include pickle spear. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
Add: Gluten-Free Wrap	230	50	6	3	0	0	460	38	7	5	6	Allergen Statement: Contains Egg. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Add: Ham (2.5 oz)	100	40	4.5	1.5	0	45	700	3	0	1	13	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Add: Prosciutto (1 oz)	70	35	4	1.5	0	25	510	1	0	1	7	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Add: Prosciutto (2 oz)	140	70	8	3	0	50	1020	2	0	2	14	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Add: Turkey (2.5 oz)	80	25	2.5	0.5	0	40	410	3	0	1	13	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Flavoring may contain gluten.
Add: Whole Wheat Wrap	290	60	7	3	0	0	750	50	6	0	9	Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten.
Add: Pickle Spear	5	0	0	0	0	0	330	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
RISE + SHINES												

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Avocado Toast (AZ)	550	370	41	7	0	185	650	34	6	2	13	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten.
Balanced Bowl, Chicken	620	270	31	7	0	545	850	43	3	4	43	Allergen Statement: Contains Egg. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Balanced Bowl, Steak	680	340	38	10	0	555	510	41	3	3	41	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May Contain Shellfish.
Cheat Day Wrap	1000	540	60	19	0	540	2060	81	12	6	40	Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Egg & Veggie Hash	930	520	58	13	0	370	1230	82	11	10	25	Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten.
Open Faced Sandwich	930	650	73	18	0	435	1690	31	4	5	38	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten.
Sunrise Wrap	760	360	40	12	0	25	1600	74	12	8	32	Wheat. Gluten Statement: Contains Gluten.
The Brekkie	880	560	62	14	0	395	1350	51	4	6	29	Analysis and allergens do not include optional protein choices. Allergen Statement: Contains Egg, Milk, Tree Nuts (Pine Nuts), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Soy, Other Tree Nuts.
Zen Bowl	630	360	41	12	0	505	520	41	2	2	24	Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
FOR THE KIDDOS												
Kids Cheese Crisp	510	190	21	12	0	45	1020	66	7	12	20	Analysis does not include choice of protein. Allergen Statement: Contains Milk, Soy, Wheat. Gluten Statement: Contains Gluten.
Kids Ham	470	130	14	4	0	55	1450	63	2	18	24	Gluten Statement: Contains Gluten. Cross Contact: May contain Soy.
Kids PB & J	490	140	15	2	0	0	680	77	4	31	13	Allergen Statement: Contains Milk, Peanut, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Tree Nuts.
Kids Turkey	450	110	13	3.5	0	50	1200	63	2	18	24	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten.
FRESH JUICES												
Cold Buster	250	15	1.5	0	0	0	120	57	2	36	5	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Cool Down	170	5	0	0	0	0	10	41	1	33	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Daily Detox	180	5	0.5	0	0	0	45	43	2	33	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Face Lift	190	5	0	0	0	0	80	47	2	33	3	allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Green #4	120	0	0	0	0	0	45	28	0	24	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Green Glory	180	5	0.5	0	0	0	20	44	1	35	2	Allergen Statement: Does not contain any of the 8 major food allergens.
Hydrator	160	0	0	0	0	0	85	39	0	31	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Kale Cleanse	180	5	1	0	0	0	20	44	1	34	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Power Green	140	5	0.5	0	0	0	45	34	1	25	1	allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Slim Squeeze	190	5	0	0	0	0	10	46	1	35	2	allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
SUPERFRUIT BOWLS + PARFAITS												

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Acai Bowl	560	110	12	2.5	0	0	55	112	14	72	7	Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Milk, Peanuts, Other Tree Nuts, Wheat, Gluten.
Chocolate Mint Parfait	510	160	18	4.5	0	5	160	60	7	35	27	Allergen Statement: Contains Milk, Soy, Tree Nuts (Pistachios). Gluten Statement: Flavoring May Contain Gluten. Cross Contact: May Contain Peanuts, Other Tree Nuts, Wheat, Gluten.
Coconut & Mango Parfait	460	90	10	4.5	0	5	115	69	5	49	23	Gluten Statement: Formulated with no gluten-containing ingredients.
Coconut Chia Pudding Parfait	720	430	48	28	0	0	80	56	10	27	12	Gluten Statement: Formulated with no gluten-containing ingredients.
PB&J Parfait	560	130	14	1.5	0	5	95	89	7	53	27	Gluten Statement: Formulated with no gluten-containing ingredients.
Pitaya Bowl	550	70	7	1.5	0	0	40	117	14	59	8	Gluten Statement: Formulated with no gluten-containing ingredients.
PROTEIN SHAKES												
Beach Burn	160	0	0	0	0	0	135	31	3	19	11	Gluten Statement: Formulated with no gluten-containing ingredients. Allergen Statement: Contains Milk, Peanuts, Soy.
Jacked Up PB&J	430	90	10	1.5	0	5	220	68	6	50	24	Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Tree Nuts, Wheat, Gluten. Allergen Statement: Contains Milk, Peanuts, Soy.
Muscle Malt	460	170	19	3.5	0	5	250	55	6	28	26	Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Tree Nuts, Wheat.
Pina-Kale-Ada	270	15	2	0	0	0	110	51	4	30	15	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Peanuts, Tree Nuts, Wheat, Gluten.
LEMONADES												
Lemonade, Original, Large	510	0	0	0	0	0	20	134	0	129	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Original, Medium	310	0	0	0	0	0	10	80	0	77	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Original, Small	210	0	0	0	0	0	5	54	0	51	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Stevia, Large	25	0	0	0	0	0	10	8	0	3	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Stevia, Medium	15	0	0	0	0	0	5	5	0	2	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Stevia, Small	10	0	0	0	0	0	0	3	0	1	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Strawberry Ginger, Large	540	5	0	0	0	0	20	141	1	131	1	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Strawberry Ginger, Medium	330	0	0	0	0	0	10	84	1	79	1	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.

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Lemonade, Strawberry Ginger, Small	220	0	0	0	0	0	10	56	0	53	0	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Watermelon & Mint, Large	400	5	0	0	0	0	15	104	1	98	2	Allergen Statement: Does not include any of the 8 major food allergens.
Lemonade, Watermelon & Mint, Medium	240	5	0	0	0	0	10	62	1	59	1	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Lemonade, Watermelon & Mint, Small	160	0	0	0	0	0	5	42	0	39	1	Analysis does not include ice. Allergen Statement: Does not include any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
SIDES												
Quinoa + Veggie	630	360	41	12	0	505	520	41	2	2	24	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur. Cross Contact: May Contain Soy.
Simple Side Salad	320	60	6	1	0	0	150	54	6	2	12	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.
Sweet Potato Hash	60	30	3.5	0.5	0	0	260	5	1	4	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross-contact may occur.