



Rise + Shines

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

WRAPS + SANDWICHES

SMALL 65
[serves 8-10]

assortment of 16 half wraps or sandwiches, pick up to 2 different options

LARGE 125
[serves 15-20]

assortment of 32 half wraps or sandwiches, pick up to 3 different options

THE BREKKIE

scrambled egg, provolone, avocado pesto, choice of turkey, ham, prosciutto or bacon, market bun

CHEAT DAY WRAP

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

VEG SUNRISE WRAP

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

SUBSTITUTES: whole wheat wrap

GF all can be made gluten-free with a gluten-free wrap (+10 | +20)

BOWLS

[SERVES 8-10]

GF BALANCED BOWL 80

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

GF VEG ZEN BOWL 55

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

Hot Coffee

96 OZ. [SERVES 10] 15

REGULAR or DECAF

Desserts

SEASONAL COOKIES

Small cookie bowl 25
(20 mini cookies)

Large cookie bowl 45
(40 mini cookies)

WE HAVE OPTIONS FOR EVERYBODY

Please allow 24 hours' notice when ordering so we can guarantee your order. // In a pinch + need something last minute? Give us a ring and we'll see how we can help.

Prices do not include tax or applicable delivery fees. Cancellations must be made 4 hours prior to pick up or delivery time. Cancellation charges may apply.

Iced Tea

1 GALLON [SERVES 8-10] 9

TRADITIONAL // JUICY PEACH ACAI
WATERMELON // BERRY HIBISCUS

Fresh Juices

GALLON JUICE OF CHOICE [SERVES 8-10] 40

all juices are: GF VEG V

COLD BUSTER // KALE CLEANSE // DAILY DETOX //
FACE LIFT // POWER GREEN //
COOL DOWN // SLIM SQUEEZE // GREEN GLORY //
GREEN NO.4 // HYDRATOR
NO SUBSTITUTIONS

Lemonade

1 GALLON [SERVES 8-10] 16

TRADITIONAL
STEVIA
SEASONAL

Bottled Water

NI WATER 3.5

50% of all profits will
be donated to a
charitable cause

Parfaits

MINI PARFAITS 3.5

GF all can be made gluten-free with gluten-free granola (+1)

VEG PB + J GREEK YOGURT

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

VEG COCONUT + MANGO GREEK YOGURT

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

VEG CHOCOLATE + MINT GREEK YOGURT

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

VEG COCONUT CHIA PUDDING

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

Dietary Key

GF = GLUTEN-FREE VEG = VEGETARIAN V = VEGAN

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.
*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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Just Feel Good Catering

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ORIGINALCHOPSHOP.COM



Grilled Protein Bowls

[SERVES 8-10]

1. Pick a Protein

GF **THAI COCONUT CHICKEN** 90

peanut, cilantro

TERIYAKI CHICKEN 90

avocado, brussels sprout, sesame seed

SWEET SOY SESAME STEAK 100

green onion, sugar snap pea, sesame seed

GF **SPICY KOREAN STEAK** 100

green onion, sesame seed

GF **RED CHILI LIME SHRIMP** 100

cilantro, green onion

GF VEG **GREEN CURRY TOFU** 90

green onion, sesame seed,

cilantro, sugar snap pea

2. Pick a Base

CHOOSE FROM:

brown rice or sweet potato hash, or
upgrade to forbidden rice or quinoa {+10}

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

EXTRA SAUCE {+7}

The Chops

add chicken or tofu +15 | +30 / steak or shrimp +20 | +40

SIDE CHOP 40
{serves 8-10}

FULL CHOP 70
{serves 8-10}

KALE CAESAR*

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

GF VEG **DANISH**

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

GF **AMERICAN**

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

GF VEG **RAW VEGETABLE**

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

GF VEG **BEET**

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

GF VEG **BBQ RANCH**

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

GF VEG **ASIAN**

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

GF **KALE + QUINOA***

kale, romaine, quinoa, snap pea, tomato, smoked almond, corn,
golden raisin, parmesan, lemon-dijon dressing

EXTRA DRESSING {+7}

pro
TIP

MAKE IT A

whole wheat wrap / gluten-free wrap {+4 | +8}

Add a
Protein

Original Box Lunches

OPTION 1 10

½ wrap or sandwich

OPTION 2 13

whole wrap or sandwich

whole wheat wrap / gluten-free wrap {+1.25 per wrap}

ALL BOX LUNCHES ARE SERVED WITH:
kettle chips or fruit,
mini cookie + pickle

must purchase a minimum of 10 box lunches

Between Bread

SUBSTITUTES: whole wheat wrap

GF all can be made gluten-free with a gluten-free wrap {+10 | +20}

SMALL 80

{serves 8-10}

assortment of 16 half wraps
or sandwiches, pick up to 2
different options

LARGE 150

{serves 15-20}

assortment of 32 half wraps
or sandwiches, pick up to 3
different options

THE CLUB

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

MOROCCAN TURKEY

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

GRINDER

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

TUNA SALAD

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

VEG **VEGGIE + HUMMUS**

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

CHICKEN + PROSCIUTTO

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

CHICKEN + KALE*

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

GRILLED STEAK

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

On The Side

SMALL: {serves 8-10} 25

LARGE: {serves 15-20} 45

GF VEG **QUINOA + VEGGIE**
sugar snap peas

GF VEG **SWEET POTATO HASH**
kale, onion

GF VEG **SEASONAL FRESH FRUIT**

Chips

GF VEG **KETTLE CHIPS** 1.5 {per bag}

Sea Salt

Sea Salt + Vinegar

Honey Dijon

BBQ

Jalapeño

Our
Pick



Chicken Teriyaki Bowl



GF **BBQ Ranch**
+
Chicken