

## 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 6.75

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 6.75

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

### **GF VEG** JACKED UP PB + J 6.75

strawberry, banana, all-natural peanut butter, strawberry whey protein powder, agave nectar, sugar-free strawberry syrup, non-fat milk

### **GF VEG** PINA-KALE-ADA 6.75

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/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

## Fresh Juices

16oz/32oz 6.5/12

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

## FOOD FOR EVERY BODY

## Dietary Key

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

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WE ARE COMMITTED TO INSPIRING  
YOU TO **JUST FEEL GOOD** BY  
USING WHOLE INGREDIENTS THAT  
ARE **CHOPPED-IN-SHOP** DAILY.

EVERYONE IS WELCOME!  
SIMPLY COME AS YOU ARE  
**FUEL YOUR WELL-BEING.**<sup>TM</sup>

TO FIND YOUR NEAREST LOCATION

VISIT US AT:

WWW.ORIGINALCHOPSHOP.COM

EMAIL US AT:

INFO@ORIGINALCHOPSHOP.COM

## The Chops

add chicken or tofu {+2} / steak or shrimp {+3}  
SUBSTITUTES: whole wheat wrap / gluten-free wrap {+1.25}

### **KALE CAESAR\*** 8

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

### **GF VEG DANISH** 9

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

### **GF AMERICAN** 8

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

### **GF VEG RAW VEGETABLE** 8

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

### **GF VEG BEET** 9

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

### **GF BBQ CHICKEN** 10

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

### **GF VEG V ASIAN** 8

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

### **GF 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** 10

peanut, cilantro

### **TERIYAKI CHICKEN** 10

avocado, brussels sprout, sesame seed

### **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** 9

green onion, sesame seed,  
cilantro, sugar snap pea

## Between Bread

enjoy on locally sourced bread delivered daily served on 12 grain

SUBSTITUTES: whole wheat wrap

**GF** all can be made gluten-free with a gluten-free wrap {+1.25}

### **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** 10

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 V VEGGIE + HUMMUS** 9

red pepper hummus, raw vegetable, 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

## On The Side

### **GF VEG V QUINOA + VEGGIE** 3

sugar snap pea + lemon vinaigrette

### **GF VEG V SWEET POTATO HASH** 3

kale, onion

### **GF VEG V SIMPLE SIDE SALAD** 3

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** 8

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

### **VEG PITAYA BOWL** 8

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

### **VEG PB + J GREEK YOGURT** 6.5

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

### **VEG COCONUT + MANGO GREEK YOGURT** 6.5

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

### **VEG CHOCOLATE + MINT GREEK YOGURT** 6.5

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

### **VEG COCONUT CHIA PUDDING** 6.5

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

## Rise + Shines

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

### **VEG AVOCADO TOAST\*** 6.5

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

### **VEG 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** 7

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** 8

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

### **VEG SUNRISE WRAP** 8

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

### **OPEN-FACED SANDWICH\*** 7

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