

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

BREAKFAST WRAPS

[serves 8-10]

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

[serves 15-20]

assortment of 32 half wraps, pick up to 4 different options

scrambled egg, provolone, avocado pesto**, choice of turkey, ham, prosciutto or bacon, arugula

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

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

all can be made gluten-free with a gluten-free wrap

BREAKFAST BOWLS

[SERVES 8-10]

GF BALANCED BOWL

grilled chicken or steak, scrambled egg, avocado pesto**, roasted vegetables, tomato, brown rice

GF VEG ZEN BOWL

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

Hot Coffee

96 OZ. [SERVES 10] REGULAR or DFFAF (served with half & half)

non-fat, soy or almond milk

Desserts

SFASONAL COOKIFS

Small cookie bowl (20 mini cookies)

Large cookie bowl (40 mini cookies)

WE HAVE OPTIONS FOR EVERY/BODY

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

I GALLON [SERVES 8-10]

TRADITIONAL // JUICY PEACH ACAI WATERMELON // BERRY HIBISCUS

Fresh Juices

GALLON JUICE OF CHOICE [SERVES 8-10]

all juices ove: @ 1000

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

NO SUBSTITUTIONS

Lemonade

I GALLON [SERVES 8-10] TRADITIONAL STFVIA SEASONAL

Bottled Water

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

Parfaits

all can be made gluten-free with gluten-free granola

VEG PB + J GREEK YOGURT

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

NANNER CRUNCH CHIA PUDDING

chia seed, coconut milk, banana, chocolate suace, almond, granola

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

Dietory Key







ALLERGY WARNING: Although efforts are made to avoid cross-contact ALLERGY WARNING: Allmough 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.

**Avocado Pesto Contains Cashew

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TO LEARN MORE OR PLACE YOUR ORDER VISITUS AT:

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ORIGINAL CHOPSHOP. COM



Grilled Protein Bowls

[SERVES 8-10]
1. Pick or Protein

GF THAI COCONUT CHICKEN

peanut, cilantro

TERIYAKI CHICKEN

avocado, brussels sprout, sesame seed

SWFFT SNY SESAME STEAK

green onion, sugar snap pea, sesame seed

GF SPICY KOREAN STEAK

green onion, sesame seed

GF RED CHILI LIME SHRIMP

cilantro, green onion

GF VEG V GREEN CURRY TOFU

green onion, sesame seed, cilantro, sugar snap pea

2. Pick or Borse

CHOOSE FROM:

brown rice or sweet potato hash, or upgrade to forbidden rice or quinoa

ALL BOWLS ARE SERVED WITH:

roasted broccoli, cauliflower, onion, carrot, mushroom

EXTRA SAUCE



The Chops

add chicken or tofu / steak or shrimp

SIDE CHOP {serves 8-10}

FULL CHOP {serves 8-10} Addon

Protein

KALE CAESAR*

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

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

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

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

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

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

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

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

EXTRA DRESSING



MAKE IT A WRAP

whole wheat wrap / qluten-free wrap



Original Box Lunches

OPTION I

½ wrap or sandwich

OPTION 2

whole wrap or sandwich whole wheat wrap / gluten-free 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 all can be made gluten-free with a gluten-free wrap

{serves 8-10}

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

LARGE {serves 15-20}

assortment of 32 half wraps or sandwiches, pick up to 4 different options

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

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

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

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]

LARGE: [serves 15-20]

SEASONAL FRESH FRUIT

oll sides ove: @ V

QUINOA + VEGGIE sugar snap peas

SWEET POTATO HASH

kale, onion

AVOCADO

ROASTED BRUSSELS SPROUT

Chips



Sea Salt, Sea Salt + Vinegar, Honey Dijon, BBQ + Jalapeño