

## 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 7

banana, all-natural peanut butter, malt, chocolate whey protein powder, sugar-free chocolate sauce, non-fat milk add cold brew {+1}

### **GF VEG** BEACH BURN 7

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

### **GF VEG** JACKED UP PB + J 7

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

### **GF VEG** PIÑA-KALE-ADA 7

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

## Coffee + Lemonade + Tea

### Coffee

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

### Bottled Beverages 2-5

## Fresh Juices

16oz/32oz 6.75/12

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

### 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 EVERYBODY

### 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.™

TO FIND YOUR NEAREST LOCATION

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EMAIL US AT:

INFO@ORIGINALCHOPSHOP.COM

## The Chops

add chicken or tofu {+3} / steak or shrimp {+4}  
 SUBSTITUTES: whole wheat wrap {+1} / gluten-free wrap {+1.25}

### **KALE CAESAR** 8

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

### **DANISH** 9

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

### **AMERICAN** 8

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

### **RAW VEGETABLE** 8

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

### **BEET** 9

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

### **BBQ CHICKEN** 10

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

### **ASIAN** 8

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

### **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}

### **THAI COCONUT CHICKEN** 10.5

peanut, cilantro

### **TERIYAKI CHICKEN** 10.5

avocado, brussels sprout, sesame seed

### **SWEET SOY SESAME STEAK** 11.5

green onion, sugar snap pea, sesame seed

### **SPICY KOREAN STEAK** 11.5

green onion, sesame seed, bok choy

### **RED CHILI LIME SHRIMP** 11.5

cilantro, green onion

### **GREEN CURRY TOFU** 9.5

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,  
 red wine vinaigrette, multi-grain

### **VEGGIE + HUMMUS** 9

red pepper hummus, raw vegetable, tomato, feta,  
 cucumber, olive tapenade, red wine vinaigrette,  
 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

### **QUINOA + VEGGIE** 3

sugar snap pea + lemon vinaigrette

### **SWEET POTATO HASH** 3

kale, onion

### **SIMPLE SIDE SALAD** 3

house greens, red wine vinaigrette

## ask about our Fresh Baked Cookies

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.

\*\*Avocado pesto contains cashew.

## Superfruit Bowls + Parfaits

**GF** all can be made gluten-free with gluten-free granola {+2}

### **ACAI BOWL** 8.5

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

### **PITAYA BOWL** 8.5

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

### **PB + J GREEK YOGURT** 7

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

### **COCONUT CHIA PUDDING** 7

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

### **NANNER CRUNCH CHIA PUDDING** 7

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

## Rise + Shines

Monday - Friday: 7am - 11am  
 Saturday - Sunday: 7am - 2pm

### **AVOCADO TOAST** 7.75

two eggs over easy, smashed avocado,  
 red pepper flakes, tomato, house bread

### **THE BREKKIE WRAP** 9

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

### **EGG + VEGGIE HASH** 8

two eggs over easy, sweet potato hash, smashed  
 avocado, corn, onion, roasted red pepper,  
 spinach, whole wheat tortilla on the side

### **ZEN BOWL** 8

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

### **BALANCED BOWL** 10

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

### **CHEAT DAY WRAP** 9.75

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

### **SUNRISE WRAP** 8

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

### **ABC TOAST** 9.75

two eggs over easy, smashed avocado, bacon,  
 fontina, arugula, house bread

