

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 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.™

TO FIND YOUR NEAREST LOCATION

VISIT US AT:

WWW.ORIGINALCHOPSHOP.COM

EMAIL US AT:

INFO@ORIGINALCHOPSHOP.COM

The Chops

add chicken or tofu {+3} / steak or shrimp {+4}

KALE CAESAR 8

kale, romaine, tomato, crouton, corn, golden raisin, parmesan, lemon-dijon dressing, add quinoa {+1}

DANISH 9

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

AMERICAN 9

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 11

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

PRO TIP: MAKE IT A WRAP!

whole wheat wrap {+1}/ gluten-free wrap {+1.25}

all chops can be modified to be:



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

served on multi-grain or a house bun

SUBSTITUTES: whole wheat wrap

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

THE CLUB 9.5

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

MOROCCAN TURKEY 9.5

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

GRINDER 10.5

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

TUNA SALAD 9.5

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

VEGGIE + HUMMUS 9.5

red pepper hummus, raw vegetable, house greens
tomato, feta, cucumber, olive tapenade,
red wine vinaigrette, multi-grain

CHICKEN + PROSCIUTTO 10.5

grilled chicken, prosciutto, fontina,
arugula, fig mostarda, dijon, house bun

CHICKEN + KALE 9.5

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

GRILLED STEAK 11

grilled sirloin, caramelized onion, fontina,
arugula, apple, mushroom, horseradish crème, soy
sesame sauce, house bun

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* 1.75

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,
arugula, 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

