

## Protein Shakes

24oz / served with whey protein powder

### SUBSTITUTES:

almond milk  
soy milk  
coconut water

plant-based protein powder - organic,  
non-GMO, lactose, dairy, gluten, animal, soy-free

### **VEG** MUSCLE MALT 460 cal

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 160 cal

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

### **GF VEG** JACKED UP PB + J 430 cal

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

### **GF VEG** PINA-KALE-ADA 270 cal

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

## Coffee + Lemonade + Tea

Coffee  
5 cal

12oz/20oz

DRIP COFFEE

16oz/24oz

COLD BREW  
NITRO COLD BREW

Lemonade  
10-510 cal

16oz/24oz/32oz

TRADITIONAL  
STEVIA  
SEASONAL  
ARNOLD PALMER

Iced Tea  
5 cal

16oz/24oz/32oz

### Bottled Beverages

## Fresh Juices

16oz/32oz

all juices are: **GF** **VEG** **V**

### **COLD BUSTER** 250-500 cal

carrot, orange, ginger, turmeric, lemon

### **KALE CLEANSE** 180-360 cal

kale, orange, apple, lime, ginger

### **DAILY DETOX** 180-360 cal

golden beet, apple, ginger, lemon,  
orange, parsley, aloe vera

### **POWER GREEN** 140-280 cal

kale, cucumber, celery,  
apple, ginger, parsley, lemon

### **COOL DOWN** 170-340 cal

watermelon, pineapple, apple, lime, ginger

### **SLIM SQUEEZE** 190-380 cal

pear, strawberry, orange, apple,  
kiwi, lemon

### **GREEN GLORY** 180-360 cal

kale, red grape, kiwi, apple,  
cucumber, lime, ginger

### **FACE LIFT** 190-380 cal

golden beet, carrot, pear,  
pineapple, ginger, lemon

### **GREEN NO. 4** 120-240 cal

kale, romaine, spinach,  
pineapple, coconut water

### **HYDRATOR** 160-320 cal

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

VISIT US AT:

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## The Chops

add chicken or tofu / steak or shrimp

**GF VEG GREEK-ISH** 295 cal

house greens, chickpea, roasted red pepper, kalamata olive, feta, banana pepper, cucumber, onion, lemon vinaigrette

**KALE CAESAR** 315 cal

kale, romaine, tomato, crouton, corn, golden raisin, parmesan, lemon-dijon dressing, add quinoa

**GF VEG DANISH** 320 cal

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

**GF AMERICAN** 590 cal

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

**GF VEG RAW VEGETABLE** 310 cal

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

**GF VEG BEET** 260 cal

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

**GF BBQ CHICKEN** 390 cal

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

**PRO TIP: MAKE IT A WRAP!**

whole wheat wrap / gluten-free wrap

all chops can be modified to be:

**GF VEG V**

## 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

**GF THAI COCONUT CHICKEN** 500-760 cal

peanut, cilantro

**TERIYAKI CHICKEN** 530-790 cal

avocado, brussels sprout, sesame seed

**SWEET SOY SESAME STEAK** 540-800 cal

green onion, sugar snap pea, sesame seed

**GF SPICY KOREAN STEAK** 520-780 cal

green onion, sesame seed, bok choy

**GF RED CHILI LIME SHRIMP** 570-830 cal

cilantro, green onion

**GF VEG V GREEN CURRY TOFU** 560-820 cal

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

**THE CLUB** 780 cal

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

**MOROCCAN TURKEY** 630 cal

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

**GRINDER** 980 cal

ham, turkey, soppressata, provolone, mayo, tomato, house greens, onion, banana pepper, red wine vinaigrette, whole wheat wrap

**TUNA SALAD** 510 cal

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

**VEG VEGGIE + HUMMUS** 670 cal

red pepper hummus, raw vegetable, house greens tomato, feta, cucumber, olive tapenade, red wine vinaigrette, whole wheat wrap

**CHICKEN + PROSCIUTTO** 750 cal

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

**CHICKEN + KALE** 740 cal

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

**GRILLED STEAK** 770 cal

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

## On The Side

**GF VEG V QUINOA + VEGGIE** 260 cal

sugar snap pea, lemon vinaigrette

**GF VEG V SWEET POTATO HASH** 270 cal

kale, onion

**GF VEG V SIMPLE SIDE SALAD** 60 cal

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

**VEG Acai BOWL** 560 cal

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

**VEG PITAYA BOWL** 550 cal

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

**VEG PB + J GREEK YOGURT** 560 cal

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

**VEG COCONUT CHIA PUDDING** 720 cal

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

**VEG NANNER CRUNCH CHIA PUDDING** 760 cal

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

## Rise + Shines

Monday - Friday: 7am - 11am

Saturday - Sunday: 7am - 2pm

**VEG AVOCADO TOAST\*** 660 cal

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

**THE BREKKIE WRAP** 890-1030 cal

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

**VEG EGG + VEGGIE HASH\*** 1000 cal

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

**GF VEG ZEN BOWL** 630 cal

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

**GF BALANCED BOWL** 650-710 cal

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

**CHEAT DAY WRAP** 1000 cal

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

**VEG SUNRISE WRAP** 760 cal

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

**ABC TOAST\*** 840 cal

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

