

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

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 PIÑA-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 10-30 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

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WWW.ORIGINALCHOPSHOP.COM

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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 V **CITRUS THAI** 250 cal

house greens, orange segments, roasted red pepper, pickled carrot, jicama, cucumber, green onion, peanut, cilantro, sesame seed, Thai peanut dressing

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, salami, provolone, mayo, tomato, house greens, onion, banana pepper, red wine vinaigrette, multi-grain

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 - 12pm

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, 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