



Rise + Shines

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

BREAKFAST WRAPS

SMALL

610-1000 cals per person
{serves 8-10}

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

LARGE

610-1070 cals per person
{serves 15-20}

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

THE BREKKIE WRAP

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

CHEAT DAY WRAP

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

VEG SUNRISE WRAP

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

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

BREAKFAST BOWLS

505-710 cals per person
{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.

5 cals per person

REGULAR or DECAF

(served with half & half)
non-fat, soy or almond milk

Desserts

SEASONAL COOKIES

125-135 cals per person

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

10-20 cals per person {serves 8-10}

ASSORTED FLAVORS

Fresh Juices

GALLON JUICE OF CHOICE

95-250 cals per person {serves 8-10}

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

COLD BUSTER // KALE CLEANSE // DAILY DETOX //

FACE LIFT // POWER GREEN //

COOL DOWN // SLIM SQUEEZE // GREEN GLORY //

GREEN NO.4 // HYDRATOR

NO SUBSTITUTIONS

Lemonade

1 GALLON
5-255 cals per person
{serves 8-10}

TRADITIONAL

STEVIA

SEASONAL

Bottled Water

Parfaits

280-380 cals per person

VEG PB + J GREEK YOGURT

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

VEG NANNER CRUNCH CHIA PUDDING

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

VEG COCONUT CHIA PUDDING

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

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

Dietary Key

GF = GLUTEN-FREE **VEG** = VEGETARIAN **V** = VEGAN

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.

*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

© ChopShop Holdings, LLC

All Rights Reserved 11.1.2022

**Just
Feel Good
Catering**

JOIN CHOPS CATERING REWARDS TO
EARN 10% BACK ON A VISA GIFT CARD!
SIGN UP + PLACE YOUR ORDER AT:
ORIGINALCHOPSHOP.COM/CATERING



Grilled Protein Bowls

425-880 cals per person {serves 8-10}

1. Pick a Protein

GF **THAI COCONUT CHICKEN**
peanut, cilantro

TERIYAKI CHICKEN
avocado, brussels sprout, sesame seed

SWEET SOY SESAME STEAK
green onion, sugar snap pea, sesame seed

GF **SPICY KOREAN STEAK**
green onion, sesame seed, bok choy

GF **RED CHILI LIME SHRIMP**
cilantro, green onion

GF VEG **GREEN CURRY TOFU**
green onion, sesame seed, cilantro, sugar snap pea

2. Pick a Base

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

ADD EXTRA SAUCE

The Chops

add chicken or tofu / steak or shrimp

SIDE CHOP
120-235 cals per person
{serves 8-10 as a side}

FULL CHOP
295-590 cals per person
{serves 8-10 as a meal}

GF VEG **GREEK-ISH**

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

KALE CAESAR

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

GF VEG **CITRUS THAI**

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

GF VEG **DANISH**

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

GF **AMERICAN**

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

GF VEG **RAW VEGETABLE**

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

GF VEG **BEET**

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

GF VEG **BBQ RANCH**

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

ADD EXTRA DRESSING

pro
TIP

MAKE IT A WRAP
whole wheat wrap / gluten-free wrap



Original Box Lunches

OPTION 1

1/2 wrap or sandwich
520-765 cals

OPTION 2

whole wrap or sandwich
835-1255 cals

{choose whole wheat wrap or 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

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

SMALL

410-980 cals per person
{serves 8-10}

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

LARGE

410-1045 cals per person
{serves 15-20}

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

THE CLUB

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

MOROCCAN TURKEY

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

GRINDER

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

TUNA SALAD

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

VEGGIE + HUMMUS

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

CHICKEN + PROSCIUTTO

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

CHICKEN + KALE

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

GRILLED STEAK

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

On The Side

SMALL

65-270 cals per person
{serves 8-10}

LARGE

65-290 cals per person
{serves 8-10}

all sides are: **GF VEG**

QUINOA + VEGGIE

sugar snap pea,
lemon vinaigrette

SWEET POTATO HASH

kale, onion

SEASONAL FRESH FRUIT

ROASTED BRUSSELS SPROUT

AVOCADO

Chips

GF VEG **KETTLE CHIPS**

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

Our
Pick



Teriyaki Chicken Bowl