

RISE + SHINES

check your local Shop for breakfast hours!

AVOCADO TOAST* 665 cal

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

ABC TOAST* 840 cal

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

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

ZEN BOWL 630 cal

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

BALANCED BOWL 655-710 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


THE BREKKIE WRAP 893 cal

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

SUNRISE WRAP 760 cal

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

SUPERFRUIT BOWLS + PARFAITS

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

ACAI BOWL

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

PITAYA BOWL

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

PB + J GREEK YOGURT

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

COCONUT CHIA PUDDING

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

NANNER CRUNCH CHIA PUDDING

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

FRESH JUICES

16oz/32oz

All juices are:



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

PROTEIN SHAKES

24oz / served with whey protein powder

MUSCLE MALT 460 cal

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

BEACH BURN 160 cal

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

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

PIÑA-KALE-ADA 270 cal

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

SUBSTITUTES:

almond milk

soy milk

coconut water

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



Feel Good Food
For Every/Body

From Sunrise To Sundown

BREAKFAST | LUNCH | SNACK | DINNER



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THE CHOPS

add chicken or tofu / steak or shrimp

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

CITRUS THAI 250 cal

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

DANISH 320 cal

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

AMERICAN 590 cal

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

RAW VEGETABLE 310 cal

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

BEET 260 cal




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

BBQ CHICKEN 390 cal

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

MAKE IT A WRAP

whole wheat or gluten-free wrap

+ all chops can be modified to be:   

On The Side

RED PEPPER HUMMUS 200-460 cal

choice of house-baked tortilla chips or raw vegetables

QUINOA + VEGGIE 260 cal

sugar snap pea, lemon vinaigrette

SWEET POTATO HASH 270 cal

kale, onion

SIMPLE SIDE SALAD 60 cal

house greens, red wine vinaigrette

THE BOWLS

MADE FOR YOU

HOT HONEY CHICKEN + HUMMUS 790 cal

brown rice, house greens tossed in red wine vinaigrette, cucumber, tomato, banana pepper, red pepper hummus, hot honey sauce, yogurt sauce, house-baked tortilla chips sprinkled with parmesan

MAKE IT ORIGINAL

Select Your Bowl + Choose 2 Bases

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

RED CHILI LIME SHRIMP 570-830 cal

cilantro, green onion

SPICY KOREAN STEAK 520-780 cal

green onion, bok choy, sesame seed

GREEN CURRY TOFU 560-820 cal

green onion, cilantro, sugar snap pea, sesame seed

Base Your Bowl

roasted veggies {broccoli, carrot, onion}
house greens
brown rice
jasmine rice
sweet potato hash
cauliflower rice
quinoa

Dietary Key

 = Gluten-Free  = Vegetarian  = Vegan

*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.
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.

BETWEEN BREAD

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

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

SUBSTITUTES: whole wheat or gluten-free wrap

KIDS

served with seasonal fresh fruit

TERIYAKI CHICKEN BOWL 250-290 cal

brown rice or jasmine rice

add carrot, broccoli or half/half

substitute steak, shrimp or tofu

WHOLE WHEAT CHEESE CRISP 510 cal

add chicken, steak, shrimp or tofu

PB + J SANDWICH 510 cal


all-natural peanut butter, jelly, multi-grain

HAM SANDWICH 470 cal

ham, white cheddar, multi-grain

TURKEY SANDWICH 450 cal

turkey, provolone, multi-grain

 crisps + sandwiches can be made with a gluten-free wrap