

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

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



FEEL GOOD FOOD

made with

WHOLE INGREDIENTS

that are

CHOPPED-IN-SHOP

daily for

BREAKFAST

LUNCH

SNACK

+ DINNER

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

FOOD FOR EVERY/BODY

Dietary Key

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

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TO FIND YOUR NEAREST LOCATION

VISIT US AT:

WWW.ORIGINALCHOPSHOP.COM

EMAIL US AT:

INFO@ORIGINALCHOPSHOP.COM

Grilled Protein Bowls

ALL BOWLS ARE SERVED WITH:
roasted broccoli, cauliflower, onion, carrot,
mushroom or romaine + spring mix

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** **Y** **GREEN CURRY TOFU** 560-820 cal
green onion, sesame seed, cilantro, sugar snap pea

TRY A
NEW FAVE:
HOT HONEY CHICKEN
+ HUMMUS

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

GF **VEG** **Y** **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, white 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** **Y**

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 900 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** **Y** **QUINOA + VEGGIE** 260 cal
sugar snap pea, lemon vinaigrette

GF **VEG** **Y** **SWEET POTATO HASH** 270 cal
kale, onion

GF **VEG** **Y** **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

check your local Shop for breakfast hours.

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

