# ALL DAY BREAKFAST

AVOCADO TOAST\* 665 cal

two eggs over easy, smashed avocado, tomato, red pepper flakes, multi-grain

#### CHEAT DAY WRAP 1000 cal

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

#### **BREKKIE WRAP** 893 cal

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

### SUBSTITUTES:

whole wheat or gluten free wrap

# BUILD YOUR ORIGINAL BREAKFAST BOWL

#### **BASES** CHOOSE 2

brown rice, jasmine rice, sweet potatoes, arugula, black beans, cauliflower rice

#### FGGS

scrambled or egg whites

### EGG MIX-INS CHOOSE UP TO 4

broccoli, onion, mushroom, marinated tomato, corn pico, roasted red pepper

#### SAUCE/SPREAD

salsa roja, avocado pesto\*\*, jalapeño goat cheese spread, smashed avocado

### **EXTRAS**

white cheddar, goat cheese, feta, ham, bacon, turkey, prosciutto, chicken, steak

**GET IT IN A WRAP!** whole wheat or gluten free

# PROTEIN SHAKES

# MUSCLE MALT 460 cal

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

+ add cold brew

## JACKED UP PB + J @ 430 cal

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

# PIÑA-KALE-ADA @ 270 cal

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

V SUBSTITUTE: plant-based protein powder

# FRESH JUICES

160z/32oz

### POWER GREEN 140/280 cal kale, cucumber, celery, apple,: ginger, parsley, lemon

KALE CLEANSE 180/360 cal kale, orange, apple, lime, ginger

# COLD BUSTER 250/500 cal

carrot, orange, ginger, turmeric, lemon

### DAILY DETOX 180/360 cal

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

## **COOL DOWN** 170/340 cal

watermelon, pineapple, apple, lime, ginger

### SLIM SQUEEZE 190/380 cal

pear, strawberry, orange, apple, kiwi, lemon

# SUPERFRUIT BOWLS + PARFAITS

## ACAI BOWL 560 cal

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

### PITAYA BOWL 550 cal

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

# COCONUT CHIA PUDDING @ 720 cal

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

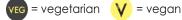
### PB + J GREEK YOGURT 560 cal

non-fat Greek yogurt, stevia, all-natural peanut butter, sugar free strawberry syrup, strawberry, blueberry, banana, granola

G SUBSTITUTE: gluten free granola

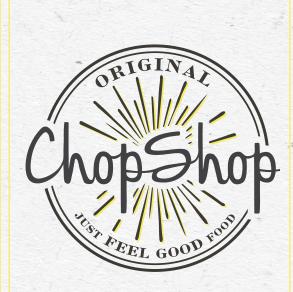
# Dietary Key











# Feel Good Food For Every/Body

From Sunrise To Sundown

BREAKFAST | LUNCH | SNACK | DINNER







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add chicken or tofu / steak or shrimp\*

GREEK-ISH GP vs 295 cal

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

### KALE CAESAR 315 cal

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

CITRUS THAI @ V 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, marinated tomato, green onion, cucumber, corn chips, bacon, white cheddar, egg, thousand island

RAW VEGETABLE @ 310 cal

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

BEET GP vs 260 cal

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

BBQ RANCH @ 390 cal

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

**PRO TIP**: Make ANY salad a wrap! whole wheat or gluten free

# **SNACKS + COOKIES**

ORIGINAL DIPS + CHIPS 100-580 cal

choice of JALAPEÑO GOAT CHEESE SPREAD @ 100,

RED PEPPER HUMMUS or SALSA ROJA @ V



+ choice of HOUSE-BAKED TORTILLA CHIPS sprinkled with parmesan or RAW VEGGIES V

**KETTLE CHIPS @** 130-150 cal

SHOP-BAKED COOKIES 370-400 cal

# BOWLS

# MADE FOR YOU

### **HOT HONEY CHICKEN + HUMMUS** 790 cal

brown rice, house greens tossed in red wine vinaiarette, cucumber, marinated tomato, banana pepper, red pepper hummus, hot honey sauce, Greek yogurt sauce, housebaked tortilla chips sprinkled with parmesan

**CHOP-RITO CHICKEN WITH** SALSA ROJA @ 1120 cal

igasmine rice, black beans, corn pico, salsa roja, jalapeño goat cheese spread, white cheddar, cilantro

# MAKE IT ORIGINAL

TERIYAKI CHICKEN 530-790 cal avocado, brussels sprout, sesame seed

THAI COCONUT CHICKEN @ 500-760 cal peanut, cilantro

GREEN CURRY CHICKEN @ 560-820 cal green onion, cilantro, sesame seed

**RED CHILI LIME SHRIMP\* G** 570-830 cal cilantro, green onion

SPICY KOREAN STEAK @ 520-780 cal green onion, bok choy, sesame seed

# **BASE YOUR BOWL CHOOSE 2**

roasted veggies {broccoli, carrot, onion}, house greens, brown rice, jasmine rice, sweet potatoes, black beans, cauliflower rice

**FEEL FREE TO SWAP YOUR PROTEIN!** steak, shrimp\*, tofu or chicken

# SANDWICHES Z

### 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, Greek 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

### CHICKEN + PROSCIUTTO 750 cal

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

### **GRILLED STEAK 770 cal**

grilled steak, caramelized onion, fontina, aruqula, apple, mushroom, horseradish crème, soy sauce, house bun

SUBSTITUTES: whole wheat or gluten free wrap



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

### WHITE CHEDDAR CHEESE CRISP VIII



510-760 cal

add chicken, steak, shrimp\* or tofu

PB + J vs V 490 cal all-natural peanut butter, jelly, multi-grain

# **SAMMIE** 450-470 cal

choice of ham or turkey, provolone, multi-grain

G SUBSTITUTE: gluten free wrap

\*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.

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