

SPRING MENU

NUTRITIONAL INFORMATION

SPICIER SONOMA CAESAR SALAD WITH FRESNO CHILI CAESAR

chipotle chicken, spicy pickled peppers, snap peas, parmesan crisps, crispy shallots, avocado, romaine, kale & purple cabbage

LEMON CRUSH BOWL WITH ENZO EUREKA LEMON CRUSH OLIVE OIL & LEMON WEDGE

your choice of base drizzled with California Goddess and topped with warm roasted chicken, feta, crispy shallots, roasted almonds, fresh radish, pickled red onion, marinated kale

SPICY SONOMA CAESAR SALAD WITH CREAMY CAESAR

chipotle chicken, avocado, parmesan crisps, spicy pickled peppers, romaine, kale & purple cabbage

NUTRITIONAL INFORMATION

SALADS/BOWLS	SERV- ING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATU- RATED FAT (G)	TRANS FAT (G)	CHOLE- STEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SPICIER SONOMA CAESAR SALAD	1 SALAD	425	180	20	6	0	80	1003	35	14	9	34	347	280	39	31
SPICY SONOMA CAESAR SALAD	1 SALAD	385	170	19	5	0	80	1003	28	11	6	32	335	218	35	21
LEMON CRUSH BOWL WARM GRAINS	1 BOWL	575	195	23	7	0	115	1930	65	7	6	33	54	64	26	19
LEMON CRUSH BOWL CAULIFLOWER RICE	1 BOWL	375	180	21	7	0	115	1115	21	8	9	30	54	194	26	15
FEATURED CHOPPINGS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATU- RATED FAT (G)	TRANS FAT (G)	CHOLE- STEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
CHIPOTLE CHICKEN	1 PORTION	130	45	5	1	0	60	340	2	0	0	20	10	0	0	4
SPICY PICKLED PEPPERS	1 PORTION	15	0	0	0	0	0	460	3	0	0	0	0	0	0	0
SNAP PEAS	1 PORTION	20	0	0	0	0	0	0	4	2	2	2	12	60	4	8
FEATURED DRESSINGS	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATU- RATED FAT (G)	TRANS FAT (G)	CHOLE- STEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
FRESNO CHILI CAESAR	30g	155	142	16	2	0	19	198	1	0	1	1	2	2	2	0
CALIFORNIA GODDESS	30g	130	118	13	1	0	14	169	2	0	1	1	0	0	2	0
EUREKA LEMON OIL + LEMON WEDGE	30g	260	252	28	4	0	0	0	0	0	0	0	0	0	0	0

FOOD ALLERGIES + SPECIAL DIETARY NEEDS

IMPORTANT FACTS TO HELP YOU CHOOSE

- All foods have been prepared in a facility that processes dairy, eggs, fish/shellfish, peanuts, tree nuts, sesame, soy and gluten.
- All Chopt dressings are gluten-free. Unless otherwise stated, all fruits and vegetables are gluten-free. See chart for any other items that fall within this category.
- All cheeses are pasteurized.

VEGAN/VEGETARIAN OPTIONS

Chopt has loads of options for vegetarian and vegan eaters, including all our vegetables, fruit and nut chopplings, as well as our chickpea falafel and organic tofu. All beans, seeds, grains and grain blends are vegan. See chart for our 9 vegan dressings.

SALADS/BOWLS	DAIRY	EGGS	FISH	SHELL- FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	ONION	GARLIC
SPICIER SONOMA CAESAR SALAD	X										X	X
SPICY SONOMA CAESAR SALAD	X											X
LEMON CRUSH BOWL WARM GRAINS	X					X					X	X
LEMON CRUSH BOWL CAULIFLOWER RICE	X					X					X	X
FEATURED CHOPPINGS	DAIRY	EGGS	FISH	SHELL- FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	ONION	GARLIC
CHIPOTLE CHICKEN												X
SPICY PICKLED PEPPERS										X		
SNAP PEAS										X		
FEATURED DRESSINGS	DAIRY	EGGS	FISH	SHELL- FISH	PEANUTS	TREE NUTS	SESAME	SOY	GLUTEN	VEGAN	ONION	GARLIC
FRESNO CHILI CAESAR	X	X	X								X	X
CALIFORNIA GODDESS	X	X									X	X
EUREKA LEMON OIL + LEMON WEDGE										X		