

CUSTOMER CRAFT

CHOPT SALAD™ \$5.99 / 40 - 45 cals¹ SALAD SANDWICH™ \$5.79 / 280 cals¹
For base item with lettuce

1. CHOOSE YOUR LETTUCE

romaine | iceberg | mesclun mix | arugula +.49 | spinach

2. CHOOSE YOUR 4 FREE CHOPPINGS

one additional free chopping if ordered before noon

vegetables	cals	tomato	fruit	cals
fresh beets	25	red & green peppers	oranges	25
jalapenos	10	peppers	granny smith apples	20
broccoli	15	beans	crunch	cals
carrots	20	black beans	homemade croutons	80
corn	50	chickpeas	chinese noodles	110
cucumber	5	crumbled egg	pita chips	130
red onion	15	cheeses	sunflower seeds	120
green peas	40	white cheddar	tortilla chips	110
snow peas	15	pepper jack		

each additional chopping: +.49

premium choppings™	cals	vegetables	cals
FreeBird grilled chicken	+ 2.59 150	peppadew peppers	+ 1.29 30
FreeBird ancho chile chicken	+ 2.69 170	gigante beans	+ 1.29 215
FreeBird panko fried chicken	+ 2.69 380	roasted tomato	+ 1.49 100
house roasted turkey	+ 2.59 90	edamame	+ .59 60
naturally raised ham	+ 1.89 50	artichokes	+ 1.29 15
smoked bacon	+ 1.19 150	grilled asparagus	+ .79 50
naturally raised steak	+ 3.29 130	avocado	+ 1.49 100
roasted shrimp	+ 3.49 70	hearts of palm	+ 1.29 10
organic tofu	+ 1.59 60	kalamata olives	+ .79 120
smoked tofu	+ 1.59 80	fried onions	+ .59 120
egg whites	+ 1.09 30	cheeses	

fruits and nuts

slivered almonds	+ .59 160	feta cheese	+ .79 130
craisins	+ .89 120	crumbled blue	+ .79 130
walnuts	+ .59 190	goat cheese	+ 1.09 130
		fresh mozzarella	+ 1.09 150
		pecorino	+ 1.09 150
		cotija cheese	+ 1.09 130

3. CHOOSE YOUR HOMEMADE DRESSING

HOMEMADE DRESSINGS

CALORIES

CLASSICS

balsamic vinaigrette	140
white balsamic vinaigrette	120
dijon vinaigrette	120
cider vinaigrette	150
simple lemon vinaigrette	160
red wine vinaigrette	130
caesar dressing	150
steakhouse blue cheese	120
buttermilk ranch	140
smoky bacon russian	130
extra virgin olive oil	250

EXOTIC

mexican caesar	150
lemon tahini dressing	80
5 flavor asian	160
carrot ginger dressing	160

BOLD

tex-mex ranch	110
sweet & smoky chipotle vinaigrette	130
chile-lime dressing	150

SPA

spa sesame asian	30
spa dijon	30
spa balsamic vinaigrette	20
spa ranch	15
spa tex-mex ranch	20
spa caesar	40
spa tzatziki yogurt dressing	15
red wine vinegar	5
balsamic vinegar	25
fresh squeezed lemon juice	5

AVAILABLE IN BOTTLES
TO GO! \$4.99 EACH

KID CRAFT

STEP 1: CHOOSE 1 PREMIUM CHOPPING (30 - 380s cals) **4.99**

STEP 2: CHOOSE 2 OTHER CHOPPINGS (5 - 215 cals each)

STEP 3: CHOOSE YOUR DRESSING FOR DIPPING (5 - 250 cals)

SOUPS

CHICKEN NOODLE

All Natural, Low Fat

add soup* (8 oz.) **2.29**
medium (12 oz.) **3.99**
large (16 oz.) **4.99**
100 - 460 cals
*with the purchase of a salad or sandwich

WHITE BEAN & ESCAROLE

Vegan, Dairy Free

THREE BEAN CHILI

Low Fat, Vegan, Dairy Free

SNACKS

BOULDER CANYON POTATO CHIPS

Totally Natural, **1.19** / 210 - 300 cals
Sea Salt & Malt Vinegar,
Hickory Barbecue, Jalapeno & Cheddar

STACY'S PITA CHIPS

Simply Naked, Parnesan, Garlic & Herb **1.49** / 200 cals

TERRA CHIPS

1.99 / 150 cals

SWEETS

MINI BLONDIES & BROWNIES

1.19 / 160 - 170 cal

COOKIES

1.19, 1.79 / 160 - 250 cal

FRUIT CUP

3.49 / 100 - 120 cal

SEA SALT CARAMELS

1/5.59, 2/5.9
80 - 160 cal

DRINKS

WATER

Kepper Springs Bottled Water **1.29** / 0 cal
Saratoga Sparkling Water **1.79** / 0 cal

CANNED SODA

Coke; Diet Coke;
Diet Dr. Pepper; Fresca **1.09** / 0 - 140 cal

BOYLAN® FOUNTAIN SODA

1.39 / 0 - 310 cal

SNAPPLE®

Lemon, Diet Lemon,
Diet Peach **1.99** / 0 - 160 cal

CHOPT BEVERAGES

Iced Tea, Lemonade, Iced Tea & Lemonade **1.99** / 10 - 170 cal
Strawberry Lemonade **2.49** / 170 cal