

CLASSIC SALADS

SANTA FE

Avocado, tomato, corn, pepper jack cheese and fried onions chop't with romaine lettuce
WE RECOMMEND: sweet & smoky chipotle vinaigrette or tex-mex ranch

7.59
510 cals

MEXICAN CAESAR™

Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce
WE RECOMMEND: mexican caesar dressing

NAKED CHICKEN OR TURKEY STEAK OR SHRIMP
6.29 7.59 8.89
260 - 420 cals

CAESAR

Romaine lettuce with shaved pecorino cheese and homemade croutons
WE RECOMMEND: caesar dressing or spa caesar

NAKED CHICKEN OR TURKEY STEAK OR SHRIMP
5.99 7.29 8.59
280 - 430 cals

HARVEST COBB™

FreeBird grilled chicken, granny smith apples, walnuts, beets and goat cheese chop't with romaine lettuce and spinach
WE RECOMMEND: spa balsamic vinaigrette or spa dijon

9.29
540 cals

PALM BEACH SHRIMP™

Roasted shrimp, avocado, tomato, cucumber and hearts of palm chop't with romaine lettuce
WE RECOMMEND: chile-lime dressing or white balsamic vinaigrette

9.29
240 cals

KEBAB COBB™

FreeBird grilled chicken, feta cheese, red onion, peppers and pita chips chop't with romaine lettuce
WE RECOMMEND: spa tzatziki yogurt dressing or red wine vinaigrette

8.99
480 cals

STEAKHOUSE

Naturally raised steak, tomato and fried onions chop't with romaine lettuce
WE RECOMMEND: steakhouse blue cheese or smoky bacon russian

8.59
370 cals

MODERN GREEK™

Gigante beans, pita chips, peppadew peppers and feta cheese chop't with romaine lettuce
DRESSING: lemon tahini dressing or white balsamic vinaigrette

8.99
570 cals

CHOP'T PO'BOY™

FreeBird panko fried chicken, tomato, red onion and white cheddar cheese chop't with romaine lettuce
WE RECOMMEND: tex-mex ranch or spa tex-mex ranch

7.99
650 cals

GRILLED ASIAN

Spinach and romaine lettuce with carrots, slivered almonds, oranges, snow peas and crispy chinese noodles
WE RECOMMEND: 5 flavor asian or carrot ginger dressing

NAKED CHICKEN OR TURKEY STEAK OR SHRIMP
6.79 7.99 8.89
370 - 520 cals

MONTEREY

FreeBird grilled chicken, pepper jack cheese, red onion and tortilla chips chop't with iceberg lettuce
WE RECOMMEND: tex-mex ranch or sweet & smoky chipotle vinaigrette

8.29
500 cals

COBB

FreeBird grilled chicken, avocado, smoked bacon, crumbled egg, crumbled blue cheese and tomato chop't with iceberg and romaine lettuce
WE RECOMMEND: dijon vinaigrette or steakhouse blue cheese

9.09
670 cals

VEGETARIAN POWERHOUSE™

Broccoli, edamame, carrots, sunflower seeds, walnuts, raisins and apples chop't with spinach and romaine lettuce
WE RECOMMEND: spa balsamic vinaigrette or simple lemon vinaigrette

7.99
590 cals

FALL CLASSIC™

House roasted turkey, crumbled blue cheese, apples and walnuts chop't with romaine and mesclun lettuce
WE RECOMMEND: cider vinaigrette or dijon vinaigrette

8.99
420 cals

SALAD SANDWICHES

ANY SALAD CAN BE A SANDWICH IN OUR GRILLED HONEY WHEAT FLATBREAD. HERE ARE OUR FAVORITES:

SANTA FE

Avocado, tomato, corn, pepper jack cheese and fried onions chop't with romaine lettuce
WE RECOMMEND: sweet & smoky chipotle vinaigrette or tex-mex ranch

6.89
790 cals

MONTEREY

FreeBird grilled chicken, pepper jack cheese, red onion and tortilla chips chop't with iceberg lettuce
WE RECOMMEND: tex-mex ranch or sweet & smoky chipotle vinaigrette

7.49
780 cals

COBB

FreeBird grilled chicken, avocado, smoked bacon, crumbled egg, crumbled blue cheese and tomato chop't with iceberg and romaine lettuce
WE RECOMMEND: dijon vinaigrette or steakhouse blue cheese

8.39
950 cals

CHOP'T PO'BOY™

FreeBird panko fried chicken, tomato, red onion and white cheddar cheese chop't with romaine lettuce
WE RECOMMEND: tex-mex ranch or spa tex-mex ranch

7.39
930 cals

STEAKHOUSE

Naturally raised steak, tomato and fried onions chop't with romaine lettuce
WE RECOMMEND: steakhouse blue cheese or smoky bacon russian

7.79
650 cals

MEXICAN CAESAR™

Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce
WE RECOMMEND: mexican caesar dressing

NAKED CHICKEN OR TURKEY STEAK OR SHRIMP
5.79 6.99 8.19
540 - 700 cals

choptsalad.co

Please visit our website for st locations and contact informa