

Chop'd & Wrap'd Bowls & Wraps

Served from 11am

Signature Salads & Wraps

Chop'd Caesar – Halal chicken, romaine lettuce, bacon bits, parmesan cheese, croutons, creamy Caesar dressing \$11.29, 620 Cals

Chop'd Greek – Halal chicken, romaine lettuce, cucumber, bell peppers, onion, feta cheese, tomatoes, Kalamata olives, Greek feta & oregano dressing \$11.29, 580 Cals

Chop'd southwest– Halal chicken, romaine lettuce, black beans, corn, tomatoes, bell peppers, cheddar cheese, peppercorn ranch dressing \$11.29, 580 Cals

Chop'd chick'p – Fresh spinach, carrots, chickpeas, cucumbers, dried cranberries, feta cheese & balsamic vinaigrette \$10.99, 600 Cals

Create Your Own Wrap or Salad \$11.29

1. Wrap or bowl
2. Choose your base
3. Pick 6 veggies
4. Top with 1 cheese
5. Select a dressing
6. Choose your protein

Add Halal chicken \$2.99, 140 Cals

Add falafel ball \$2.79, 210 Cals

Add whole boiled egg \$1.99, 70 Cals

White tortilla 280 cals

Whole wheat tortilla 280 Cals

Make it a combo – combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and fries or a side salad
Add \$4.99, 120-650 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

CHOP'D & WRAP'D

BOWLS + WRAPS

BUILD YOUR OWN \$11.29

1. WRAP OR BOWL
2. CHOOSE YOUR BASE
3. PICK 6 VEGGIES
4. TOP WITH 1 CHEESE
5. SELECT A DRESSING
6. CHOOSE YOUR PROTEIN

MAKE IT A COMBO

Combo with a dole juice, 500ml milk, 591ml pop, 473ml bubly or montellier slim water and fries or a side salad

Add \$4.99 (120 - 650 Cals)

SIGNATURE SALADS & WRAPS

CHOP'D CAESAR \$11.29 620 Cals

Halal chicken, Romaine lettuce, bacon bits, parmesan cheese, croutons, creamy Caesar dressing

CHOP'D GREEK \$11.29 580 Cals

Halal chicken, romaine lettuce, cucumber, bell peppers, onion, Feta cheese, tomatoes, Kalamata olives, Greek Feta and Oregano dressing

CHOP'D SOUTHWEST \$11.29 580 Cals

Halal chicken, romaine lettuce, black beans, corn, tomatoes, bell peppers, cheddar cheese, peppercorn ranch dressing

CHOP'D CHICK'P \$10.99 600 Cals

Fresh spinach, carrots, chickpeas, cucumbers, dried cranberries, Feta cheese, balsamic vinaigrette

ADD-ON PROTEINS

Halal chicken	\$2.99	140 Cals
Falafel ball	\$2.79	210 Cals
Whole boiled egg	\$1.99	70 Cals

WRAP IT!

White tortilla	+280 Cals
Whole wheat tortilla	+280 Cals