# SUNDAES

BURSTING WITH FUN

## THE COLORUSH $6.95

•Vanilla Ice Cream •Vanilla 'n' Cherry Ice Cream
Topped with •Whipped Cream •Fruit Loops •M&M's •Raspberry Sauce •Cherry

## THE COOKIE CRUMBLE $7.95

•Crumbled Oreo Cookies •Vanilla Ice Cream •Cookies 'n' Cream Ice Cream
Topped with •Whipped Cream •Hot Fudge •Mini Oreo Cookies •Cherry

## THE S'MORES THE BETTER $7.95

•Graham Crackers •Vanilla Ice Cream •Chocolate Ice Cream
Topped with •Hot Fudge •Marshmallow •Whipped Cream •Nut Crunch •Cherry

## THE PEANUT BUTTER CUP $7.95

•Chopped Peanuts •Butter Pecan Ice Cream •Tiramisu Ice Cream
Topped with •Peanut Butter Sauce •Whipped Cream •Hot Fudge •Cherry

## BOURBON CARAMEL $9.95

•Butter Pecan Ice Cream •Vanilla Ice Cream •Chinese Pecans •Bourbon Caramel Sauce
Topped with •Hot Caramel Sauce •Whipped Cream •Coffee liqueur •Cherry

## SPIKED CHOCOLATE BROWNIES $9.95

•Brownie Fudge •Chocolate Ice Cream •Caramel Fudge Ice Cream
Topped with •Chocolate liqueur •Hot Fudge •Whipped Cream •Brownie Crumbs •Cherry

## FRAPP IN A BOWL $9.95

•Tiramisu Ice Cream •Chocolate Ice Cream
Topped with •Caramel Sauce •Coffee Sauce •Whipped Cream •Cappuccino Chips •Cherry

## BANANA SPLIT $9.95

•1 Banana Split •Vanilla Ice Cream •Mint Chip Ice Cream •Vanilla Cherry Ice Cream
Topped with •Whipped Cream •Chocolate Sauce •Caramel Sauce •Strawberry Sauce •Coconut Crunch •Cherry

WELCOME TO CHOP & CHILL

Here at Chop & Chill we are never satisfied with our achievements, instead always pushing the limits of creativity and taste to the next level.

We have redefined the meaning of salad and refreshed the concept of ice cream, as well as our signature smoothies, chillers and grillers.

Every item bursting with flavor & goodness.
It's our signature promise.

Follow Us

CHOP & CHILL
SALAD DAY. SUNDAE. Everyday

59 Route 59, Monsey NY **845-517-3565**

# SALADS

BURSTING WITH GOODNESS

All salads are available chopped or tossed, in a bowl or in a wrap (whole wheat or regular)

### CREATE YOUR OWN $10.95
•Leafy Green Upgrades $1.50
•Deluxe Toppings $2.50
•Premium Toppings $6.50

### EXOTIC EURO SALAD $11.95
•Grilled Peaches •Cubed Mango •Craisins
•Popped Quinoa •Glazed Almond Sticks •Baby Arugula
•Romaine Lettuce Raspberry Vinaigrette

### ROASTED MUSHROOM SALAD $11.95
•Portabella Mushrooms •Cremini Mushrooms •Red Onions
•Fire Roasted Red Peppers •Nish Nosh Crackers
•Romaine Lettuce Balsamic Vinaigrette

### HEARTS OF PALM SALAD $11.95
•Cubed Hearts of Palm •Avocado •Red Onions •Tomatoes
•Persian Cucumbers •Mini Croutons
•Baby Arugula •Iceberg Lettuce Red Wine Vinaigrette

### EGGPLANT PARMESAN SALAD $11.95
•Sliced Roasted Eggplant •Homemade Croutons
•Roasted Grape Tomatoes •Parmesan Cheese
•Shredded Cheese •Romaine Lettuce Herbed Vinaigrette

### SWEET POTATO SALAD $11.95
•Roasted Sweet Potato •Roasted Butternut Squash
•Julienned Fennel •Granny Smith Apples
•Glazed Almond Sticks •Baby Arugula Maple Dijon Dressing

### ITALIAN SALAD $11.95
•Sliced Persian Cucumbers •Fresh Mushrooms
•Grape Tomatoes •Julienned Carrots •Homemade Croutons
•Iceberg Lettuce •Romaine Lettuce Creamy Italian Dressing

### CITRUS SALAD $11.95
•Sliced Orange •Sliced Grapefruit •Cubed Avocados
•Candied Beets •Craisins
•Romaine Lettuce Lemon Poppy Dressing

### BENIHANA SALAD $11.95
•Mandarin Oranges •Baby Corn •Fresh Tomatoes
•Persian Cucumbers •Glazed Almonds •Chinese Noodles
•Baby Arugala Ginger Dressing

### SEA BREEZE SALAD $16.95
•Five Spice Salmon •Cucumbers •Julienned Carrots
•Purple Cabbage •Chinese Noodles
•Baby Spinach •Iceberg Lettuce Orange Vinaigrette

### DRESSING OPTIONS
•Orange Vinaigrette
•Raspberry Vinaigrette
•Lemon Poppy Dressing
•Creamy Italian
•Herbed Vinaigrette
•Maple Dijon Dressing
•Red Wine Vinaigrette
•Balsamic Vinaigrette
•Ginger Dressing
•Caesar Dressing
•Spicy Mayo
•Ranch Dressing
•Diet Caesar Dressing
•Pesto Herbed Vinaigrette Sugar Free
•Asian Vinaigrette Fat Free

# GRILLERS

Our Signature Wraps PANINI PRESSED

BURSTING WITH TASTE

### ITALIAN PARMESAN $8.95
•Grilled Eggplant •Baby Arugula
•Sliced Tomatoes •Crispy Fried Onions
•Shredded Cheese •Parmesan Cheese

### AUTHENTIC MEXICAN $8.95
•Sliced Avocado •Sliced Tomato
•Fresh Peppers •Surprise Jalepeno
•Red Cabbage •Pepper Jack Cheese
•Baby Spinach

### GREEK ISLAND $8.95
•Black Olives •Feta Cheese •Cucumbers
•Roasted Button Mushrooms
•Red Onions •Tomatoes
•Romaine lettuce •Baby Spinach

### AMERICAN 3 CHEESE $10.95
•Mozzerella Cheese •Pepper Jack Cheese
•Parmesan Cheese •Sliced Tomatoes
•Fresh Sliced Mushrooms

### MIDDLE EASTERN TILAPIA $10.95
•Schwarma Tilapia •Sliced Tomatoes
•Cucumbers •Chick Peas •Sour Pickles
•Red Onions •Hot Peppers (optional)

### ASIAN SALMON $10.95
•Five Spice Salmon •Red Cabbage
•Cucumbers •Julienned Carrots
•Baby Spinach •Romaine Lettuce

### TUNA MELT $10.95
•Tuna •Tomatoes •Cucumbers
•Red Pepper •Sour Pickles •Red Onions
•Shredded Cheese •Hot Peppers (optional)

### CHOP STYLE $10.95
•Grilled Portabella Mushrooms
•Grilled Tomatoes •Roasted Red Peppers
•Crispy Fried Onions •Baby Spinach
•Shredded Cheese

### KIDDIE GRILLER $5.95
•Pizza Sauce and Cheese

Lead Time For Grillers is 7 minutes

# DRINKS

BURSTING WITH FLAVOR

## MIXED CHILLERS

DOUBLE CHOCOLATE $6.95
CREAMY PEANUT BUTTER $6.95
COOKIES `N' CREAM $6.95
WILD STRAWBERRY $6.95
THE ULTIMATE CHILLER $7.95
Create YOUR OWN RAZZLE $7.95

## GO LITE

LIMONANA ON THE ROCKS $3.99
(Sugar Free)
FROZEN LIMONANA $3.99
(Sugar Free)

## FRUIT SMOOTHIES

TROPICAL CHILL $6.95
GO MANGO $6.95
BLUE BANANA (Made with Milk) $6.95
STRAWBANA (Made with Milk) $6.95
STRAWBERRY SUB`LIME' $6.95
JUST PEACHY $6.95

BLUE MANGO SMOOTHIE $7.95
(No Sugar Added)
GO MANGO SMOOTHIE $7.95
(No Sugar Added)