

# THE CHOPPED LEAF

CHEF DESIGNED SALADS

MAKING THE WORLD  
GREENER,  
ONE SALAD AT A TIME.

TAKE OUT MENU

SUSTAINABLE  
QUALITY  
FRESH

## CHEF DESIGNED SALADS

### SIZES

Starter Salad	\$5 1/2
Full Salad	\$8 1/2
Add a Soup	\$3

ALL SALADS ARE TOPPED  
WITH A WHOLE WHEAT PITA CHIP

### ADD YOUR CHOICE OF PROTEIN add protein price to base salad price

Chicken, Tuna, Smoked Tofu	\$3
Prawns or Wild Salmon	\$4
No Protein	\$0
Extra Chopping	\$.50

\*Our recommended protein

### CHOPPED SIGNATURE

Romaine, onion, cranberries, roasted pecans, feta & croutons with Chopped Balsamic \*Grilled chicken

### POPEYE

Spinach, pecans, oranges, apples, feta & cranberries with Fruit Vinaigrette \*Prawns

### SOUTHWEST

Romaine, cherry tomatoes, black bean corn salsa, peppers, cheddar, & pita chips with Chipotle Lime Citrus \*Grilled chicken

### BANGKOK

Romaine, iceberg, peppers, snow peas, onion, noodles, peanuts, cilantro with Evil Peanut \*Prawns

### PEGASUS

Romaine, cucumbers, peppers, tomatoes, feta & olives with Greek Vinaigrette \*Grilled chicken

### SUNSHINE

Spring mix, cucumbers, mozza, avocado & apples with Goddess \*Grilled chicken

### CAESAR

Romaine, bacon bits, parmesan & croutons with Creamy Caesar \*Grilled chicken

### THE SPA

Spring mix, tomatoes, carrots, chickpeas, cranberries & walnuts with Chopped Balsamic \*Tuna

## DESIGN YOUR OWN SALADS

### 6 STEPS

Step 1: Choose a Size  
Step 2: Add a Protein  
Step 3: Choose a Green

Step 4: Choose a Cheese  
Step 5: Choose 3 Choppings  
Step 6: Choose a Dressing

### 1 SIZES

Starter Salad	\$5 1/2
Full Salad	\$8 1/2

### 2 PROTEINS

\*add protein price to base salad price

Chicken, Tuna, Smoked Tofu	\$3
Prawns or Wild Salmon	\$4
No Protein	\$0
Extra Chopping	\$.50

### 3 GREENS

Romaine  
Spinach  
Iceberg  
Spring Mix

### 4 CHEESE

Blue cheese  
Cheddar  
Mozzarella  
Parmesan  
Feta

### 5 CHOPPINGS

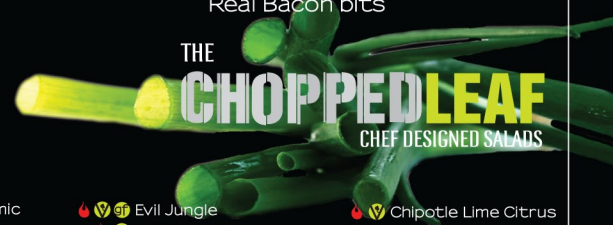
Oranges	Croutons
Carrots	Chick peas
Cucumbers	Apples
Mushrooms	Avocado
Olives	Red Onions
Peppers	Pea Pods
Almonds	
Cherry tomatoes	
Roasted Pecans	
Sunflower seeds	
Walnuts	
Black bean corn salsa	
Sundried cranberries	
Chowmein noodles	
Real Bacon bits	

### 6 DRESSINGS

Chopped Balsamic  
 Creamy Lemon Dill  
 Ranch  
 Chipotle Ranch  
Caesar

Evil Jungle  
 Evil Peanut  
 Goddess  
 Honey Mustard

Chipotle Lime Citrus  
 Fruit Vinaigrette  
 Greek Vinaigrette  
 Peanut



## QUESADILLAS

served with ranch & salsa \$9 1/2

ADD A SOUP \$3

**PESTO:** chicken, peppers, cheddar, pesto

**BBQ CHICKEN:** chicken, hot peppers, cheddar, onions, mushrooms, bbq sauce

**BAJA:** chicken, peppers, black bean corn salsa, cheddar

## SALAD ROLLS

served with evil peanut

**VEGETARIAN:** carrots, lettuce, peppers & basil \$5 1/2

**PRAWN:** carrots, lettuce, green onions & cilantro \$6



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## WHOLE BOWLS

served on warm brown basmati rice \$7 1/4  
ADD CHICKEN \$3

**NO. 1:** black bean corn salsa, avocado, cheddar, cilantro, pita chips, sour cream, salsa

**NO. 2:** spinach, roasted pecans, sundried cranberries, tahli sauce

## SOUPS

Added	\$3
Small	\$3 1/2
Large	\$5 1/2



spicy gluten free and vegan menu options