THE CHOPPEDLEAF

chef designed SALADS | WRAPS | SOUPS

MAKING THE WORLD GREENER, ONE SALAD AT A TIME.

TAKE OUT MENU

FRESH QUALITY SUSTAINABLE

CHEF DESIGNED SALADS &WRAPS

SIZES

Starter Salad	$5 1/2
Full Salad	$8 1/2
Wrap	$6
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 & WRAPS

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
Wrap	$6

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

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

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

$9 1/2

served with ranch & salsa — 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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SANDWICHES

lightly toasted on your choice of sourdough or multigrain bread

$7 1/4

ADD A SOUP $3

SPICY CHICKEN: chicken, chipotle aioli, mushrooms, onions, cheddar & romaine

CRANBERRY PESTO: chicken, cranberry sauce, pesto, peppers, cheddar, mozzarella & romaine

SOUPS

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

spicy gf gluten free and vegan menu options