

family menu

family bowls 22.99 each (serves 3-4)

Add grilled chicken, tofu, boca plant-based crumble or lemon dill tuna to your family bowl for only 7.49

untraditional caesar

romaine, quinoa, grape tomatoes, bacon bits, parmesan, croutons & creamy caesar dressing

mexicana

romaine, brown basmati rice, red & yellow peppers, black bean corn salsa, feta & chipotle ranch dressing

chopped thai bowl

romaine, brown basmati rice, chow mein noodles, peanuts, red & yellow peppers, carrots, edamame, cilantro & evil peanut dressing

kelowna

spinach, brown basmati rice, pecans, chickpeas, sun-dried cranberries, carrots, cucumbers & goddess dressing

mediterranean

romaine, brown basmati rice, feta, cucumbers, grape tomatoes, red onions, tzatziki & greek vinaigrette dressing

add kids items 2.49 each

chickie quesadilla

whole wheat tortilla, grilled chicken, cheddar & ranch dip on the side

grilled cheese

your choice of multigrain or sourdough

chickie caesar salad or wrap*

grilled chicken, romaine, croutons, parmesan & creamy caesar dressing
*includes whole wheat tortilla

chickie ranch salad or wrap*

whole wheat tortilla, romaine, grilled chicken, cheddar & ranch dressing
*includes whole wheat tortilla

chickie bowl

brown basmati rice, grilled chicken & cheddar

*Only available with family ordering

design your own salad/bowl kit 34.99

Choose your choppings to design your own salad or bowl (serves up to 8)

1 greens

choose 1

romaine
spinach
chopped mix







2 choppings

choose 8

banana peppers
carrots
cheddar
chickpeas
chow mein noodles
croutons
cucumbers
edamame
feta
grape tomatoes
peanuts
pumpkin seeds
red onions
red & yellow peppers
sun-dried cranberries

3 dressings

choose 2

caesar
chipotle lime citrus **gf** 
chipotle ranch **gf** 
chopped balsamic **gf** 
creamy lemon dill **gf**
evil peanut **gf** 
fruit vinaigrette **gf** 
goddess **gf** 
greek vinaigrette **gf**
ranch **gf**
tzatziki **gf**

add:

(4 servings)

grilled chicken, lemon dill tuna or tofu 7.49
quinoa 4.99
tortillas (10) 4.99
brown basmati rice 4.99

design your own quesadilla kit

regular kit (10 tortillas) 34.99 | large kit (20 tortillas) 59.99

each kit contains:


gf gluten friendly
 spicy
 vegan

- tortillas
- cheddar
- mozzarella
- black bean corn salsa
- red & yellow peppers
- mushrooms
- banana peppers
- red onions
- salsa
- sour cream

add:

	regular (5 servings)	large (10 servings)
grilled chicken	7.49	14.99
tofu	7.49	14.99
brown basmati rice	4.99	9.99
guacamole	3.99	7.99

*Please make us aware if you have any dietary restrictions, allergies or any special instructions for your order.

To place your order, phone your local Chopped Leaf
or place your order through  DOORDASH :

FIND YOUR
LOCATION

ORDER THROUGH
DOORDASH