

PREMIUM ADD-ONS

Grilled Chicken Breast*	2.29
Rotisserie* (80 cal.)	
Lemon Pepper* (80 cal.)	
Honey Chipotle* (80 cal.)	
(Double your chicken + \$1.50)	
Smokey Bacon* (110 cal.)	1.29
Roasted Turkey (80 cal.)	1.99
Premium Pepperoni (180 cal.)	1.29
Seasoned Shrimp (50 cal.)	3.49
Cooked & Seasoned Tofu (70 cal.)	1.29
Hass Avocado (160 cal.)	1.79

* Warm item

FLAVORFUL, UNIQUE DRESSINGS

1.1 oz. per serving. If you'd like more, just ask!

CHOPS SIGNATURES

Chipotle Ranch (90 cal.)	GF
Ancho Chili Lime Ranch (90 cal.)	
Honey Sriracha Ranch (100 cal.)	
Citrus Dijon Vinaigrette (130 cal.)	GF
Strawberry Balsamic Vinaigrette (160 cal.)	GF
Jalapeno Lime Vinaigrette (170 cal.)	GF
Lemon Poppy Seed Vinaigrette (180 cal.)	GF
Smokey & Spicy Honey Mustard (100 cal.)	GF

CLASSIC

Ranch (110 cal.)	GF
Blue Cheese (140 cal.)	
Caesar (160 cal.)	GF
Honey Mustard (100 cal.)	GF
Greek Feta Vinaigrette (70 cal.)	
Sesame Ginger (120 cal.)	
Italian (160 cal.)	
Oil & Vinegar (180 cal.)	GF
Fat Free Raspberry Vinaigrette (30 cal.)	GF

CHOPS DRIZZLES

1/2 oz. per serving. If you'd like more, just ask!

Cholula Hot Sauce (0 cal.)	
Sriracha Sauce (10 cal.)	GF
Buffalo Sauce (0 cal.)	GF
Fresh Squeezed Lemon (5 cal.)	GF
Fresh Squeezed Lime (5 cal.)	GF
BBQ Sauce (25 cal.)	GF
Honey Chipotle Drizzle (20 cal.)	GF
Spicy Teriyaki Glaze (20 cal.)	GF
Curry Sauce (20 cal.)	GF
Peanut Sauce (60 cal.)	GF
Pesto (90 cal.)	GF

Spicy GF Gluten Friendly V Vegan

Dressing samples available upon request.

KIDS MENU

(12 and under please)

KIDS BUILD YOUR OWN
WITH 3 INGREDIENTS 4.79

ADDITIONAL INGREDIENTS .49

PREMIUM ADD-ONS

Grilled Chicken Breast	1.59
Roasted Turkey Breast	1.59
Hass Avocado	1.79
Smokey Bacon	.89
Premium Pepperoni	.89
Seasoned Shrimp	1.99
Cooked & Seasoned Tofu	.89

Make any chop salad
or crave-a-bowl a wrap!

CATERING

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- *Entice you with fresh ingredients.
- *Provide you with excellent service.

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CHOP 5
SALAD KITCHEN

TM

EAT WITH NO REGRETS



ORDER ONLINE AND SKIP THE LINE!
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SIGNATURE SALADS

ANTIPASTO CHOP (340 cal.) 8.99

Romaine, Pepperoni, Garbanzo Beans, Diced Roma Tomatoes, Black Olives, Cucumbers, Grated Parmesan
Dressing: Italian & Pesto Drizzle (250 cal.)

GF AVOCADO CALI CHOP (270 cal.) 8.49

Spring Mix/Red Cabbage, Hass Avocado, Shredded Carrots, Diced Roma Tomatoes, Blue Cheese Crumbles
Dressing: Strawberry Balsamic Vinaigrette (160 cal.)

KALE BACON CAESAR CHOP (300 cal.) 8.99

Kale/Romaine, Smokey Bacon, Grated Parmesan, Fresh Lemon, Sunflower Seeds
Dressing: Caesar (160 cal.)

GF ASIAN CHOP (100 cal.) 7.49 New Recipe!

Romaine/Napa Cabbage/Red Cabbage, Green Onions, Shredded Carrots, Red Bell Pepper, Snow Peas, Chow Mein Noodles
Dressing: Sesame Ginger & Peanut Sauce Drizzle (180 cal.)
 Add Rotisserie Chicken Breast (180 cal.) 2.00

BF BUFFALO CHICKEN CHOP (280 cal.) 9.49

Romaine/Red Cabbage, Honey Chipotle Chicken Breast, Smokey Bacon, Red Onions, Celery, Banana Peppers, Croutons
Dressing: Ranch & Buffalo Sauce (110 cal.)

BF SOUTHWEST CHIPOTLE CHOP (330 cal.) 9.49

Romaine, Honey Chipotle Chicken Breast, Black Beans, Red Onions, Corn, Diced Roma Tomatoes, Tortilla Strips
Dressing: Chipotle Ranch (90 cal.)

V KALE QUINOA CHOP (375 cal.) 7.99

Kale/Spring Mix, Quinoa, Cucumbers, Red Onions, Diced Roma Tomatoes, Red Peppers, Garbanzo Beans, Shredded Carrots
Dressing: Jalapeno Lime Vinaigrette (170 cal.)

COBB CHOP (440 cal.) 10.39

Romaine, Roasted Turkey, Smokey Bacon, Hardboiled Egg, Diced Roma Tomatoes, Blue Cheese Crumbles, Croutons
Dressing: Blue Cheese (140 cal.)

GREEK CHOP (330 cal.) 9.99

Romaine, Rotisserie Chicken Breast, Cucumbers, Red Onions, Kalamata Olives, Diced Roma Tomatoes, Feta Cheese Crumbles.
Dressing: Greek Feta Vinaigrette (70 cal.)

BBQ CHICKEN CHOP (320 cal.) 8.99

Romaine, Rotisserie Chicken Breast, Corn, Black Beans, Green Onions, Celery, Tortilla Strips
Dressing: Ranch & BBQ Sauce (107 cal.)

BF BACON BLUE CHEESE CHOP (200 cal.) 8.49

Romaine/Red Cabbage, Smokey Bacon, Diced Roma Tomatoes, Blue Cheese Crumbles
Dressing: Smokey & Spicy Honey Mustard & Honey Chipotle Drizzle (120 cal.)

GF CAESAR CHOP (160 cal.) 7.39

Romaine, Diced Roma Tomatoes, Grated Parmesan Cheese, Fresh Squeezed Lemon, Croutons, Cracked Black Pepper
Dressing: Caesar (160 cal.)

Add Lemon Pepper Chicken Breast (240 cal.) 2.00

Spicy Gluten Friendly Vegan

*Dressing serving size is 1.1 oz. If you'd like more, just ask!

SIGNATURE GRAVE-A-BOWLS

BF SPICY TERIYAKI CHICKEN BOWL (310 cal.) 8.99

Cilantro Brown Rice, Napa Cabbage, Honey Chipotle Chicken Breast, Steamed Shredded Carrots, Green Onions, Broccoli Florets, Snow Peas & Edamame
Dressing: Sesame Ginger & Spicy Teriyaki Glaze (140 cal.)

CURRY CHICKEN BOWL (340 cal.) 8.99

Cilantro Brown Rice, Red Cabbage, Rotisserie Chicken Breast, Steamed Broccoli Florets, Shredded Carrots, Edamame & Garbanzo Beans
Dressing: Curry Drizzle (40 cal.)

BF MEXICAN BOWL (440 cal.) 8.79

Cilantro Brown Rice, Black Beans, Honey Chipotle Chicken Breast, Green Onions, Corn, Fresh Squeezed Lime, Cheddar Cheese, Pico De Gallo
Dressing: Chipotle Ranch & Cholula Hot Sauce Drizzle (90 cal.)
 Add Hass Avocado (600 cal.) 1.00

V QUINOA VEGGIE BOWL (635 cal.) 7.99

Romaine, Black Beans, Quinoa, Hass Avocado, Cucumber, Red Onions, Diced Roma Tomatoes, Shredded Carrots
Dressing: Citrus Dijon Vinaigrette (130 cal.)

MEDITERRANEAN BOWL (410 cal.) 9.49

Cilantro Brown Rice, Spinach, Lemon Pepper Chicken Breast, Cucumbers, Red Onions, Diced Roma Tomatoes, Kalamata Olives, Feta Cheese Crumbles
Dressing: Greek Feta Vinaigrette (70 cal.)

Make any chop salad or crave-a-bowl a wrap!

*Steamed veggies available upon request.

Spicy Gluten Friendly Vegan

BEVERAGES/MORE

CHOP5 SOUPS

Small (80-260 cal.) 2.99
 Large (130-410 cal.) 4.99

DRINKWELL

Infused Teas (0 cal.) 2.29
 Organic Lemonades 2.29

BOTTLED DRINKS

Bottled Sodas (0-240 cal.) 2.29
 Sanpellegrino (120-140 cal.) 2.29
 Fiji Water (0 cal.) 2.29
 Bottled Tea (0 cal.) 2.79

COOKIES

Chocolate Chip (370 cal.) 1.39

BUILD YOUR OWN CUSTOM

\$7.49



SALAD GREENS



RICE AND BEANS



WRAP

1

CHOOSE YOUR BASE

Romaine (25 cal.)	CHOP5 Blend (Romaine, Spring Mix, Napa Cabbage, 35 cal.)	Spring Mix (20 cal.)
Napa Cabbage (5 cal.)	Mix, Napa Cabbage, 35 cal.)	Spinach (20 cal.)
Kale (30 cal.)	Warm Black Beans (90 cal.)	Wrap (300 cal.)
Red Cabbage (10 cal.)	Cilantro Brown Rice (170 cal.)	

2

CHOOSE 5 INGREDIENTS

PRODUCE

Celery (0 cal.)
 Shredded Carrots (5 cal.)
 Bean Sprouts (70 cal.)
 Cucumbers (0 cal.)
 Green Onions (0 cal.)
 Corn (40 cal.)
 Red Onions (10 cal.)
 Fresh Red Peppers (10 cal.)
 Fresh Mushrooms (0 cal.)
 Radish (0 cal.)
 Diced Roma Tomatoes (5 cal.)
 Black Beans (35 cal.)
 Broccoli Florets (5 cal.)
 Jalapeno Peppers (0 cal.)
 Banana Peppers (5 cal.)
 Garbanzo Beans (35 cal.)
 Edamame (45 cal.)
 Kalamata Olives (90 cal.)
 Black Olives (30 cal.)
 Pico de Gallo (10 cal.)
 Snow Peas (5 cal.)

FRUITS/GRAINS

Apples (15 cal.)
 Mandarin Oranges (30 cal.)
 Strawberries (10 cal.)
 Dried Cranberries (90 cal.)
 Quinoa (240 cal.)

CHEESE/DAIRY

Blue Cheese
 Crumbles (100 cal.)
 Shredded Cheddar (60 cal.)
 Feta Cheese
 Crumbles (60 cal.)
 Grated Parmesan (50 cal.)
 Hardboiled Eggs (45 cal.)

NUTS/CRUNCHES

Sunflower Seeds (100 cal.)
 Sliced Almonds (80 cal.)
 Tortilla Strips (90 cal.)
 Croutons (60 cal.)
 Chow Mein
 Noodles (45 cal.)

3

CHOOSE PREMIUM ADD-ONS (OPTIONAL)

4

CHOOSE FLAVORFUL, UNIQUE DRESSINGS

(See reverse side for add-ons and dressings)