

Chop't Custom Hand Craft \$6.75

- Step #1 Choose Lettuce
Step #2 Choose Any 4 Items (Each Additional Item 0.50)
Step #3 Choose A Dressing
**One Free Chopping If Ordered Before 12pm*

Lettuce

- Mesclun Mix
Spinach
Arugula
Iceberg
Romaine

Choppings

- Anchovy Fillets
Artichoke Hearts
Asparagus
Avocado
Beets
Broccoli
Carrots
Celery
Corn (sweet)
Chickpeas
Cucumbers
Chinese Noodles
Croutons
Crumbled Egg
Fried Onions
Grilled Portabello Mushrooms
Hearts of Palm
Mandarin Oranges
Olives (mixed)
Radishes
Red Onions
Red & Green Peppers
Red Bliss Potatoes
Smoked Bacon
Snow Peas
String Beans
Sundried Tomatoes
Tomatoes
White Beans
Item Availability Dependent On Season

Nuts

- Slivered Almonds
Sunflower Seeds
Walnuts
Raisins
Dried Cherries 50

Meats + Non Meats

- Grilled Chicken 1.50
Grilled Steak 3.00
Grilled Shrimp 3.00
Grilled Tuna 3.00
Home Fried Chicken 2.00
Black Forest Ham 1.50
Italian Salami 1.50
Roasted Turkey 1.50
Tuna Fish Salad 2.50

- Smoked Tofu 1.50
Egg Whites 1.50

Cheeses

- Crumbled Blue Cheese
Feta Cheese
White Cheddar
Mozzarella Cheese 1.00
Shaved Parmesan 1.00
Goat Cheese 1.00

Chop't Chef Designed Salads

No Substitutions Please

- Bistro Salad *Romaine Lettuce, Grilled Tuna, Red Bliss Potatoes, String Beans, Red Onions, Tomatoes, Crumbled Egg, Olives (Recommended Dressing: Chop't Red Wine Vinaigrette or Chop't Secret House Blend)* 8.95
Caesar Salad *Romaine Lettuce, Grilled Chicken, Steak or Shrimp, Shaved Parmesan Cheese, House Croutons (Recommended Dressing: Chop't Caesar or Spa Caesar)* 8.45
Cobb Salad *Iceberg & Romaine Lettuce, Grilled Chicken, Avocado, Sweet Corn, Smoked Bacon Crumbled Egg, Tomatoes (Recommended Dressing: Chop't Dijon Vinaigrette or Steakhouse Blue Cheese)* 8.25
Tuscan Country Salad *Arugula, Artichoke Hearts, White Beans, Shaved Parmesan (Recommended Dressing: Chop't Balsamic Vinaigrette or Spa Balsamic)* 7.95
Mediterranean Salad *Iceberg Lettuce, Radishes, Red Onion, Tomatoes, Feta Cheese, Olives, Cucumbers, Red & Green Peppers, Anchovy Fillets (Recommended Dressing: Chop't Red Wine Vinaigrette)* 7.95
Steakhouse Salad *Romaine Lettuce, Grilled Steak, Fried Onions, Tomatoes (Recommended Dressing: Chop't Steakhouse Blue Cheese Dressing)* 8.95
Chop't 10 Vegetable Salad *Iceberg Lettuce, Asparagus, Artichoke, Tomatoes, Feta Cheese, Olives, Cucumbers, Red & Green Peppers, Cucumbers, Tomatoes, Sweet Corn, Mozzarella Cheese (Recommended Dressing: Chop't Secret House Blend)* 8.95
Gotham Salad *Iceberg Lettuce, Grilled Chicken, Black Forest Ham, White Cheddar, Tomatoes, Beets, Crumbled Egg, Smoked Bacon (Recommended Dressing: Chop't Smokey Bacon Russian or Spa Russian)* 8.95
Tuna Garden Salad *Romaine Lettuce, Homeade Tuna Fish Salad, Broccoli, Carrots, Celery, Red Onions, Cucumbers, String Beans (Recommended Dressing: Chop't Balsamic Vinaigrette)* 8.95
Beverly Hills Chef Salad *Iceberg Lettuce, Grilled Chicken, Italian Salami, Mozzarella Cheese, Tomatoes, Chickpeas (Recommended Dressing: Chop't Red Wine Vinaigrette or Dijon Vinaigrette)* 8.95
Grilled Asian Salad *A Blend of Spinach & Romaine Lettuce, Grilled Chicken, Steak or Shrimp, Carrots, Slivered Almonds, Mandarin Oranges, Snow Peas, Crispy Chinese Noodles (Recommended Dressing: Chop't 5 Flavor Asian or Chop't Carrot Ginger Dressing)* 8.45

Classic Dressings

- Balsamic Vinaigrette
White Balsamic Vinaigrette
Red Wine Vinaigrette
Dijon Vinaigrette
Lemon-Lime Vinaigrette
Basil Pesto Vinaigrette
Caesar Dressing
Steakhouse Blue Cheese Dressing
Ranch Dressing
Smokey Bacon Russian Dressing
Organic Honey Dijon Dressing
Extra-Virgin Olive Oil & Aged Balsamic Vinegar

- Fresh Squeezed Lemon Juice

Spa Dressings

Low In Fat

- Rocket Fuel *0 Fat, 5 Calories, 2 Carbs*
Balsamic *Fat Free*
Caesar *Fat Free*
Ranch *Fat Free*
Russian *Fat Free*
Raspberry *Fat Free*

Exotic Dressings

- Chop't Secret House Blend
Carrot Ginger Dressing
5 Flavor Asian Dressing *Low Sodium*
Tex Mex Ranch Dressing
Sweet & Smoky Chipolte Vinaigrette

Chop't Salad Sandwiches

Select from the following delicious Chop't Chef Designed Salads rolled into our Homemade Grilled Flatbread

- Bistro Salad Sandwich *Romaine Lettuce, Grilled Tuna, Red Bliss Potatoes, String Beans, Red Onions, Tomatoes, Crumbled Egg, Olives* 6.95
Caesar Salad Sandwich *Romaine Lettuce, Grilled Chicken, Steak or Shrimp, Shaved Parmesan Cheese, House Croutons* 6.95
Cobb Salad Sandwich *Iceberg & Romaine Lettuce, Grilled Chicken, Avocado, Sweet Corn, Smoked Bacon, Crumbled Egg, Tomatoes* 6.95
Gotham Salad Sandwich *Iceberg Lettuce, Grilled Chicken, Black Forest Ham, White Cheddar, Tomatoes, Beets, Crumbled Egg, Smoked Bacon* 6.95
Tuna Garden Salad Sandwich *Romaine Lettuce, Homemade Tuna Fish Salad, Broccoli, Carrots, Celery, Red Onions, Cucumbers, String Beans* 6.95
Steakhouse Salad Sandwich *Romaine Lettuce, Grilled Steak, Fried Onions, Tomatoes* 6.95
Beverly Hills Chef Salad Sandwich *Iceberg Lettuce, Grilled Chicken, Italian Salami, Mozzarella Cheese, Tomatoes, Chickpeas* 6.95
Feel free to custom craft your own sandwich

Chop't Soups

\$1 off with purchase of Salad or Sandwich

- Grandma Evelyn's Vegetarian Vegetable Soup (365 Days) sm 3.50 lg 5.50
Please ask about our other 6 daily soup specials sm 3.50 lg 5.50

Chop't Sweet Treats & Snacks

- William Greenberg Half Dollar Chocolate Chip Cookies 35
Terra Chips 1.95
Zapps Chips 1.50

Chop't Drinks

- Nantucket Nectars *Iced Tea, Diet Iced Tea, Lemonade, Half & Half (Lemonade & Iced Tea), Cranberry Juice* 1.95
San Pellegrino *Aranciata (Orange Soda), Limonata (Lemon Soda), Panna Natural Spring Water (Flat), San Pellegrino Sparkling Water (Fizz)* 1.50
Tea Bar95
Fresh Brewed Iced Tea 1.95
Iced Coffee 1.50
Fresh OJ 2.50
Coke, Diet Coke, Fresca, Ginger Ale, Diet Ginger Ale 1.00
Yoo-Hoo 1.00

