

Customer Craft™



chop't salad™
\$5.99



chop't salad sandwich™
\$5.79

1 Choose Your Lettuce

romaine | iceberg | mesclun mix | arugula **+.49** | spinach

2 Choose Your 4 FREE Choppings™

one additional free chopping if ordered before noon

vegetables

fresh beets
fried onions
jalapenos
broccoli
carrots
celery
corn
cucumber
red onion
green peas
snow peas
string beans

tomato

red + green peppers
white mushrooms
yukon gold potatoes

beans

black beans
chickpeas
white beans

cheeses

white cheddar cheese
pepper jack cheese

fruit

grapes
oranges
granny smith apples

crunch

homemade croutons
chinese noodles
pita chips
sunflower seeds
tortilla chips

each additional chopping: **+.49**

premium choppings™

Niman Ranch ham **+ 1.79**
Applegate Farms salami **+ 1.79**
smoked bacon **+ .99**
all natural angus steak **+ 3.29**
grilled shrimp **+ 3.29**
Wild Planet tuna **+ 2.49**
grilled chicken **+ 2.29**
cajun chicken **+ 2.29**
panko fried chicken **+ 2.29**
house roasted turkey **+ 2.29**
tofu/smoked tofu **+ 1.49**
egg whites **+ .99**

fruits and nuts

slivered almonds **+ .49**
craisins **+ .79**
walnuts **+ .49**

vegetables

peppadew peppers **+ 1.19**
artichokes **+ 1.19**
grilled asparagus **+ .79**
avocado **+ 1.19**
edamame **+ .49**
hearts of palm **+ 1.19**
kalamata olives **+ .79**
sundried tomato **+ 1.19**

cheeses

crumbled blue **+ .79**
feta cheese **+ .79**
goat cheese **+ .99**
fresh mozzarella **+ .99**
pecorino **+ .99**
cotija cheese **+ .99**

3 Choose Your Dressing

Chop't Classics™

santa fe

Avocado, tomato, corn, pepper jack cheese and fried onions chop't with romaine lettuce

we recommend sweet+smoky chipotle vinaigrette or tex-mex ranch

salad **7.29**
salad sandwich **6.69**

mexican caesar™

Cotija cheese, jalapeno and tortilla chips chop't with romaine lettuce

with mexican caesar dressing

naked **6.29**
chicken **7.29**
steak **8.59**
shrimp **8.59**
roast turkey **7.29**
5.79
6.59
7.79
7.79
6.59

caesar

Romaine lettuce with shaved pecorino cheese and homemade croutons

with caesar dressing or spa caesar

naked **5.99**
chicken **6.99**
steak **8.29**
shrimp **8.29**
roast turkey **6.99**
5.49
6.29
7.49
7.49
6.29

harvest cobb™

Grilled chicken, granny smith apples, walnuts, beets and goat cheese chop't with romaine lettuce and spinach

with spa balsamic vinaigrette or spa dijon

8.99 **8.29**

palm beach shrimp™

Grilled shrimp, avocado, tomato, cucumber and hearts of palm chop't with romaine lettuce

with chile-lime dressing or white balsamic vinaigrette

8.99 **8.29**

kebab cobb™

Grilled chicken, feta cheese, red onions, peppers, and pita chips chop't with romaine lettuce

we recommend tzatziki yogurt dressing or red wine vinaigrette

8.79 **7.99**

steakhouse

All natural angus steak, tomato, and fried onions chop't with romaine lettuce

with our steakhouse blue cheese or chimichurri

8.29 **7.49**

vegetarian powerhouse™

Broccoli, edamame, carrots, sunflower seeds, walnuts, craisins, and apples chop't with spinach and romaine lettuce

we recommend spa balsamic vinaigrette or detox dressing

salad **7.79**
salad sandwich **7.49**

chop't po'boy™

Panko fried chicken, tomato, red onions and white cheddar cheese chop't with romaine lettuce

we recommend tabasco ranch or spa tex-mex ranch

7.79 **6.99**

st. tropez

Wild Planet tuna, crumbled egg, string beans, kalamata olives, red onions and yukon gold potatoes chop't with romaine lettuce

with dijon vinaigrette or simple lemon vinaigrette

8.49 **8.29**

grilled asian

Spinach and romaine lettuce with carrots, slivered almonds, oranges, snow peas and crispy chinese noodles

with 5 flavor asian or carrot ginger

naked **6.79**
chicken **7.79**
steak **8.59**
shrimp **8.59**
roast turkey **7.79**
5.99
6.99
7.79
7.79
6.99

monterey

Grilled chicken, pepper jack cheese, red onions and tortilla chips chop't with iceberg lettuce

with tex-mex ranch or sweet+smoky chipotle vinaigrette

7.99 **6.99**

cobb

Grilled chicken, avocado, smoked bacon, crumbled egg, crumbled blue cheese and tomato chop't with iceberg and romaine lettuce

with dijon vinaigrette or steakhouse blue cheese

8.79 **7.99**

Dressings

homemade small-batch dressings made daily

classic

balsamic vinaigrette
white balsamic vinaigrette
simple lemon vinaigrette
red wine vinaigrette
dijon vinaigrette
caesar dressing
steakhouse blue cheese
buttermilk ranch
smoky bacon russian
tremblay farm honey dijon
extra virgin olive oil

exotic

mexican caesar
chimichurri
5 flavor asian
carrot ginger dressing
tzatziki yogurt dressing

bold

tabasco ranch
chile-lime dressing
detox dressing
tex-mex ranch
sweet & smoky
chipotle vinaigrette

spa

spa sesame asian
spa dijon
spa balsamic vinaigrette
spa ranch
spa tex-mex ranch
spa caesar
red wine vinegar
balsamic vinegar
fresh squeezed
lemon juice

SPA DRESSINGS
LOW-FAT
LESS THAN
45 CALORIES
PER SERVING

No sugar.
No high-fructose corn syrup.

OUR DRESSINGS
THAT ARE SWEETENED
ARE MADE WITH
HONEY OR ORGANIC
AGAVE NECTAR.

Soup



Add-a-Soup
\$1.99
8oz cup

Medium
\$3.49
12oz

Large
\$4.49
16oz

*with the purchase of a salad or sandwich

Chicken Noodle LF

Chunky Tomato Vegetable V DF

LF low fat DF dairy free V vegetarian

Drinks

bottled water

\$1.29

snapple[®]

Lemon, Diet Lemon, Diet Peach

\$1.99

saratoga sparkling water

\$1.79

boylan[®] fountain soda

\$1.39

canned soda

Coke,[®] Diet Coke,[®]
Diet Dr. Pepper,[®] Fresca[®]

\$1.09

chop't beverages

Iced Tea, Lemonade,
Arnold Palmer
Strawberry Lemonade



\$1.99

\$2.49

Sweets and Snacks

boulder canyon potato chips

\$1.19

Totally Natural, Sea Salt & Malt Vinegar,
Hickory Barbecue, Jalapeno & Cheddar

terra chips

\$1.99

sweets

Blondies, Brownies, Cookies

\$1.19

stacy's pita chips

\$1.49

Simply Naked
Parmesan, Garlic & Herb

fruit cup

\$3.49

sea salt caramels 1/\$.59, 2/\$.99

••• **CHOP'T DRESSINGS AVAILABLE TO GO \$4.99** •••



Chinatown
730 7th St, NW
p 202.347.3225
f 202.347.8485

Dupont
1300 Connecticut Ave
p 202.327.2255
f 202.327.2257

19th and L
1105 1/2 19th St, NW
p 202.955.0665
f 202.955.1149

Metro Center
618 12th St, NW
Washington, DC 20005
p 202.783.0007
f 202.783.2683

Rosslyn
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Arlington, VA 22209
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