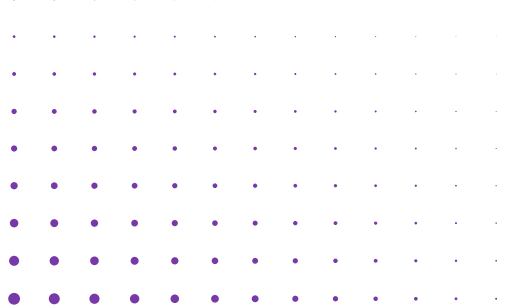




Chop Shop

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salads (dressing not included)						
Beet	260	4	1090	29	5	8
Danish	320	4.5	760	34	6	9
Greek-ish	298	3	624	25	11	13
Kale Ceasar	360	4	494	31	15	9
Citrus Thai	250	1.5	600	33	10	9
Raw Vegetable	310	3.5	690	28	10	9
Salad Proteins						
Chicken	130	1	380	2	0	24
Shrimp	200	2.5	490	0	0	15
Steak	190	4	45	0	0	22
Tofu	250	3	110	4	4	13
Bowls (bases not included)						
Red Chili Lime Shrimp	322	2.5	1790	23	4	34
Teriaki Chicken	403	2.5	1270	29	9	34
Thai Coconut Chicken	340	5	1010	20	5	34
Hot Honey Chicken and Hummus	507	3	1132	51	5	45

Fall 2025





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Bases						
Brown Rice	360	1	152	73	3	7
Jasmine Rice	410	0	870	77	0	4
Cauliflower Rice	101	0.5	232	7	3	3
Sweet Potatoes	430	0.5	970	90	7	7
Black Beans	280	0	1240	62	16	18
House Greens w/Red Wine Vinaigrette	105	1	510	9	2	1
Roasted Veggies	67	0.5	335	11	4	3.4
Sandwiches (sides not included)						
Moroccan Turkey	630	4	1770	72	9	37
For the Kiddos						
Kids Ham	450	4	1450	63	2	24
Kids PB & J	490	2	680	77	4	13
Kids Taryaki Bowl	220	0	1220	14	0	28
Kids Turkey	430	3.5	1200	63	2	24
Superfruit Bowls & Partaits						
Acai Bowl	560	2.5	55	112	14	7
PB & J Parfait	560	1.5	95	89	7	27
Dragonfruit Bowl	550	1.5	40	117	14	8

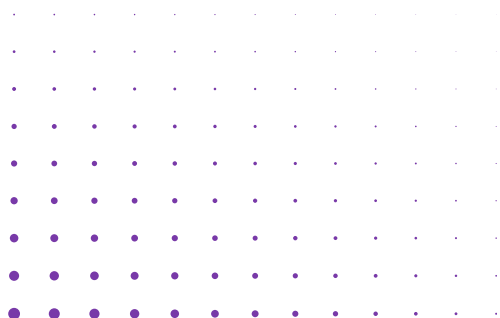
Fall 2025





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Protein Shakes						
Jacked Up PB & J	430	1.5	220	68	6	24
Muscle Malt	460	3.5	250	55	6	26
Pina-Kale-Ada	270	0	110	51	4	15
Fresh Juices						
Cold Buster	250	0	120	57	2	5
Cool Down	170	0	10	41	1	2
Daily Detox	180	0	45	43	2	3
Kale Cleanse	180	0	20	44	1	2
Power Green	140	0	45	34	1	1
Slim Squeeze	190	0	10	46	1	2
Sides						
Red Pepper Hummus	200	0	480	16	4	8
House Baked Chips	260	3	841	32	4	6
Hummus Veggies	40	0	85	9	3	1

Fall 2025





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Dressings - 2oz						
Red Wine Vinaigrette	180	1	1140	13	0	0
BBQ Ranch	202	3	456	11	0	0
Thai Peanut Dressing	196	2	740	22	2	4
Lemon Vinaigrette	310	2.5	960	2	0	0
Sauces & Spreads - 2oz						
Hot Honey	131	0.5	57	27	1	1
Spicy Korean BBQ	60	0	500	12	0	0
Red Chili Lime	100	0	980	24	0	2
Teriyaki	140	0	980	32	0	2
Salsa Roja	15	0	470	3	0	1

Fall 2025

