

Protein Shakes

24oz / served with whey protein powder

SUBSTITUTES:

almond milk
soy milk
coconut water
plant-based protein powder - organic,
non-GMO, lactose, dairy, gluten, animal, soy-free

VEG MUSCLE MALT

banana, all-natural peanut butter, malt,
chocolate whey protein powder,
sugar-free chocolate sauce, non-fat milk
add cold brew {+1}

GF VEG BEACH BURN

strawberry, pineapple, vanilla whey protein
powder, sugar-free strawberry sauce,
coconut water

GF VEG JACKED UP PB + J

strawberry, banana, all-natural peanut butter,
strawberry whey protein powder, agave nectar,
sugar-free strawberry sauce, non-fat milk

GF VEG PIÑA-KALE-ADA

kale, banana, pineapple, apple juice,
vanilla whey protein powder, soy milk

Coffee + Lemonade + Tea

	12oz/20oz
	DRIP COFFEE
Coffee	16oz/24oz
	COLD BREW
	NITRO COLD BREW
Lemonade	16oz/24oz/32oz
TRADITIONAL	SEASONAL
STEVIA	ARNOLD PALMER

Iced Tea 16oz/24oz/32oz

Bottled Beverages

Fresh Juices

16oz/32oz

all juices are: **GF** **VEG** **V**

COLD BUSTER

carrot, orange, ginger, turmeric, lemon

KALE CLEANSE

kale, orange, apple, lime, ginger

DAILY DETOX

golden beet, apple, ginger, lemon,
orange, parsley, aloe vera

POWER GREEN

kale, cucumber, celery,
apple, ginger, parsley, lemon

COOL DOWN

watermelon, pineapple, apple, lime, ginger

SLIM SQUEEZE

pear, strawberry, orange, apple,
kiwi, lemon

GREEN GLORY

kale, red grape, kiwi, apple,
cucumber, lime, ginger

FACE LIFT

golden beet, carrot, pear,
pineapple, ginger, lemon

GREEN NO. 4

kale, romaine, spinach,
pineapple, coconut water





HYDRATOR

cucumber, pineapple, lemon,
coconut water, aloe vera

FOOD FOR EVERY/BODY

Dietary Key

GF = GLUTEN FREE **VEG** = VEGETARIAN **V** = VEGAN

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WE ARE COMMITTED TO INSPIRING
YOU TO JUST FEEL GOOD BY
USING WHOLE INGREDIENTS THAT
ARE CHOPPED-IN-SHOP DAILY.

EVERYONE IS WELCOME!
SIMPLY COME AS YOU ARE
FUEL YOUR WELL-BEING.™

TO FIND YOUR NEAREST LOCATION

VISIT US AT:

WWW.ORIGINALCHOPSHOP.COM

EMAIL US AT:

INFO@ORIGINALCHOPSHOP.COM

The Chops

add chicken or tofu / steak or shrimp

KALE CAESAR

kale, romaine, tomato, crouton, corn, golden raisin, parmesan, lemon-dijon dressing, add quinoa

GF VEG DANISH

house greens, arugula, smoked almond, Danish bleu, pear, apple, black currant, date, red wine vinaigrette

GF AMERICAN

house greens, tomato, green onion, cucumber, corn chips, bacon, white cheddar, egg, thousand island

GF VEG RAW VEGETABLE

house greens, carrot, tomato, avocado, broccoli, cauliflower, cucumber, corn, smoked almond, parmesan, red wine vinaigrette

GF VEG BEET

house greens, arugula, golden beet, apple, goat cheese, cashew, golden raisin, red wine vinaigrette

GF BBQ CHICKEN

house greens, chicken, cheddar, corn, green onion, tomato, corn nuts, cilantro, BBQ ranch

PRO TIP: MAKE IT A WRAP!

whole wheat wrap / gluten-free wrap

all chops can be modified to be:



Grilled Protein Bowls

ALL BOWLS ARE SERVED WITH:
roasted broccoli, cauliflower,
onion, carrot, mushroom

CHOOSE FROM:

brown rice or sweet potato hash, or
upgrade to forbidden rice or quinoa

GF THAI COCONUT CHICKEN

peanut, cilantro

TERIYAKI CHICKEN

avocado, brussels sprout, sesame seed

SWEET SOY SESAME STEAK

green onion, sugar snap pea, sesame seed

GF SPICY KOREAN STEAK

green onion, sesame seed, bok choy

GF RED CHILI LIME SHRIMP

cilantro, green onion

GF VEG GREEN CURRY TOFU

green onion, sesame seed,
cilantro, sugar snap pea

Between Bread

served on multi-grain or a house bun

SUBSTITUTES: whole wheat wrap

GF all can be made gluten-free with a gluten-free wrap

THE CLUB

turkey, bacon, provolone, tomato,
onion, house greens, avocado pesto**,
red wine vinaigrette, multi-grain

MOROCCAN TURKEY

turkey, avocado, roasted red pepper,
red grape, cucumber, house greens,
yogurt sauce, red wine vinaigrette, multi-grain

GRINDER

ham, turkey, soppressata, provolone, mayo,
tomato, house greens, onion, banana pepper,
red wine vinaigrette, multi-grain

TUNA SALAD

tuna salad, onion, celery, olive tapenade,
roasted red pepper, house greens, cucumber,
red wine vinaigrette, multi-grain

VEG VEGGIE + HUMMUS

red pepper hummus, raw vegetable, house greens
tomato, feta, cucumber, olive tapenade,
red wine vinaigrette, multi-grain

CHICKEN + PROSCIUTTO

grilled chicken, prosciutto, fontina,
arugula, fig mostarda, dijon, house bun

CHICKEN + KALE

grilled chicken, kale, romaine, tomato,
parmesan, fontina, lemon-dijon dressing, house bun

GRILLED STEAK

grilled sirloin, caramelized onion, fontina,
arugula, apple, mushroom, horseradish crème, soy
sesame sauce, house bun

On The Side

GF VEG QUINOA + VEGGIE

sugar snap pea, lemon vinaigrette

GF VEG SWEET POTATO HASH

kale, onion

GF VEG SIMPLE SIDE SALAD

house greens, red wine vinaigrette

ask about our Fresh Baked Cookies

ALLERGY WARNING: Although efforts are made to avoid cross-contact
of allergens, we cannot guarantee that food items will not inadvertently
come in contact with one another during preparation.

*These items are served cooked-to-order or undercooked. Consuming
undercooked meats, seafood or eggs may increase your risk of foodborne illness,
especially if you have certain medical conditions.

**Avocado pesto contains cashew.

Superfruit Bowls + Parfaits

GF all can be made gluten-free with gluten-free granola

VEG ACAI BOWL

acai blended with apple juice, blueberry, banana,
topped with granola, strawberry, banana, shredded
coconut, agave nectar

VEG PITAYA BOWL

pitaya blended with apple juice, pineapple,
banana, topped with granola, kiwi, banana,
shredded coconut, agave nectar

VEG PB + J GREEK YOGURT

non-fat Greek yogurt, stevia, all-natural
peanut butter, strawberry preserves, blueberry,
banana, granola

VEG COCONUT CHIA PUDDING

chia seed, coconut milk, strawberry, blueberry,
shredded coconut, agave nectar, granola

VEG NANNER CRUNCH CHIA PUDDING

chia seed, coconut milk, banana, chocolate sauce,
almond, granola

Rise + Shines

Monday - Friday: 7am - 11am

Saturday - Sunday: 7am - 2pm

VEG AVOCADO TOAST*

two eggs over easy, smashed avocado,
red pepper flakes, tomato, house bread

THE BREKKIE WRAP

scrambled egg, provolone, avocado pesto**,
choice of turkey, ham, prosciutto or bacon,
arugula

VEG EGG + VEGGIE HASH*

two eggs over easy, sweet potato hash, smashed
avocado, corn, onion, roasted red pepper, spinach,
arugula, whole wheat tortilla on the side

GF VEG ZEN BOWL

scrambled egg, spinach, mushroom,
onion, white cheddar, arugula, brown rice

GF BALANCED BOWL

grilled chicken or steak, scrambled egg, roasted
vegetables, tomato, brown rice, avocado pesto**

CHEAT DAY WRAP

scrambled egg, bacon, white cheddar, avocado,
tomato, choice of turkey or ham, brown rice

VEG SUNRISE WRAP

egg white, tomato, onion, sweet potato,
white cheddar, avocado pesto**

ABC TOAST*

two eggs over easy, smashed avocado, bacon,
fontina, arugula, house bread