



FRESH · HEALTHY · DELICIOUS

chop-chop® bowls

	small	large
original chop-chop® chopped chicken breast served over yellow rice with your choice of 2 sauces	7.99	9.99
deluxe chop-chop® chopped chicken breast, lettuce & tomatoes served over yellow rice	8.99	10.99
cuban chop-chop® chopped chicken breast, lettuce, tomatoes & black beans served over yellow rice	9.59	11.59
mexican chop-chop® chopped chicken breast, lettuce, tomatoes, black beans, sour cream & cheese over yellow rice	10.99	12.99
bazooka chop-chop® our mexican chop-chop® plus guacamole... an explosion of flavors in your mouth!	11.99	13.99
no-carb chop-chop® chopped chicken breast served over a bed of lettuce or romaine & diced tomatoes	8.99	10.99
asian chop-chop® our tangy teriyaki chicken thighs, lettuce, tomatoes, scallions & sesame seeds over yellow rice	8.99	10.99
teriyaki chop-chop® our tangy teriyaki chicken thighs served over yellow rice	7.99	9.99
vegetarian chop-chop® lettuce, tomatoes, black beans, sour cream, guacamole & cheddar cheese over yellow rice	8.99	10.99
make your own chop-chop® customize your own chop-chop® by adding all your favorite toppings	starting at: 7.99	9.99

salads

	just plain	with chicken
garden salad mixed greens, tomatoes, cucumbers, peppers & shredded carrots	6.99	10.99
caesar salad romaine lettuce, croutons & parmesan cheese w/ caesar dressing	7.99	11.99
make your own salad customize your own salad by adding all your favorite toppings	starting at: 6.99	10.99

our fresh (never frozen) grade-A chicken is raised on an all natural diet of grains without any hormones or antibiotics which results in a much healthier & superior tasting product

wrapito® (our burritos)

original wrapito® chopped chicken breast & yellow rice in a tortilla	8.59
deluxe wrapito® chopped chicken breast, lettuce, tomatoes & yellow rice in a tortilla	9.59
cuban wrapito® chopped chicken breast, lettuce, tomatoes, black beans & yellow rice in a tortilla	9.99
caesar wrapito® chopped chicken breast, romaine lettuce, parmesan cheese & caesar dressing in a tortilla	9.99
mexican wrapito® chopped chicken breast, lettuce, tomatoes, black beans, sour cream, cheese & yellow rice in a tortilla	11.59
bazooka wrapito® our mexican chop-chop® plus guacamole in a tortilla... an explosion of flavors in your mouth!	12.59
no-rice wrapito® chopped chicken breast, lots of lettuce & tomatoes in a tortilla	9.59
vegetarian wrapito® lettuce, tomatoes, black beans, sour cream, guacamole, cheddar cheese & yellow rice in a tortilla	9.59
make your own wrapito® customize your own wrapito® by adding all your favorite toppings	starting at: 8.59

grilled chicken breasts

	small	large
chopped chicken breast platter chopped chicken breast served on a platter with your choice of 2 small side orders	11.99	14.99
chicken breast fillet platter a single half chicken breast fillet served on a platter with your choice of 2 small side orders	14.99	
chopped chicken breast only your choice of a small or large portion of chopped chicken breast	7.99	15.99
chicken breast fillet only (single or double) your choice of a single our double grilled chicken breast fillet	9.99	18.99

drinks

bottled water	1.99
sodas: fountain or cans	2.59
various bottled beverages	2.99

cheesadilla® (our quesadillas)

plain cheesadilla® melted cheddar cheese in a grilled tortilla served w/ side of sour cream & fresh salsa	6.99
chicken cheesadilla® chicken breast & cheese in a grilled tortilla served w/ side of sour cream & fresh salsa	9.99

healthy family meals

	just plain	with chicken
double chicken breast family meal (serves 2-3) double chicken breast fillet served w/ your choice of 2 large side orders, 3 pita breads & 3 signature sauces	29.99	29.99
family-size cheesadilla® tray (serves 4-5) 12 large slices of our plain or chicken cheesadilla® served in a catering tray w/ 2 large sides of sour cream & fresh salsa	29.99	42.99

healthy kids meals

	just plain	with chicken
original mini-chop® chopped chicken breast served over yellow rice		6.99
teriyaki mini-chop® our tangy teriyaki chicken thighs served over yellow rice		6.99
cheesadilla® kids meal melted cheddar cheese in a grilled tortilla	6.99	9.99

sides & desserts

	small	large
balsamic tomatoes	2.99	5.59
corn mix/corn kernels	2.99	5.59
baked sweet plantains	2.99	5.59
steamed brocoli	2.99	5.59
coleslaw	2.99	5.59
mashed potatoes	2.99	5.59
baked sweet potato	2.99	4.99
black beans	2.59	4.79
yellow rice	2.39	4.59
plain brown rice	2.79	5.39
cilantro brown rice	2.99	5.59
fresh guacamole	7.99	15.59
chopped chicken breast	7.99	15.99
sauce by the pint	3.19	5.99
heavenly chocolate brownie		2.99