



FRESH • HEALTHY • DELICIOUS

## chop-chop® bowls

		small	large
<b>original chop-chop®</b> chopped chicken breast served over yellow rice with your choice of 2 sauces	370 cal / 500 cal	8.69	10.79
<b>deluxe chop-chop®</b> chopped chicken breast, lettuce & tomatoes served over yellow rice	390 cal / 540 cal	9.69	11.79
<b>cuban chop-chop®</b> chopped chicken breast, lettuce, tomatoes & black beans served over yellow rice	440 cal / 680 cal	10.29	12.39
<b>mexican chop-chop®</b> chopped chicken breast, lettuce, tomatoes, black beans, sour cream & cheese over yellow rice	600 cal / 770 cal	11.89	13.99
<b>bazooka chop-chop®</b> our mexican chop-chop® plus guacamole... an explosion of flavors in your mouth!	650 cal / 820 cal	12.89	14.99
<b>no-carb chop-chop®</b> chopped chicken breast served over a bed of lettuce or romaine & diced tomatoes	280 cal / 360 cal	9.69	11.79
<b>asian chop-chop®</b> our tangy teriyaki chicken thighs, lettuce, tomatoes, scallions & sesame seeds over yellow rice	520 cal / 660 cal	10.29	12.39
<b>teriyaki chop-chop®</b> our tangy teriyaki chicken thighs served over yellow rice	480 cal / 610 cal	8.69	10.79
<b>vegetarian chop-chop®</b> lettuce, tomatoes, black beans, sour cream, guacamole & cheddar cheese over yellow rice	480 cal / 570 cal	9.69	11.69
<b>make your own chop-chop®</b> customize your own chop-chop® by adding all your favorite toppings	<b>starting at:</b>	8.69	10.79

## salads

		just plain	with chicken
<b>garden salad</b> mixed greens, tomatoes, cucumbers, peppers & shredded carrots	40 cal / 230 cal	7.59	11.89
<b>caesar salad</b> romaine lettuce, croutons & parmesan cheese w/	180 cal / 370 cal	8.69	12.89
<b>make your own salad</b> customize your own salad by adding all your favorite toppings	<b>starting at:</b>	7.59	11.89

our fresh (never frozen) grade-A chickens are 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)

<b>original wrapito®</b> chopped chicken breast & yellow rice in a tortilla	500 cal	9.29
<b>deluxe wrapito®</b> chopped chicken breast, lettuce, tomatoes & yellow rice in a tortilla	680 cal	10.29
<b>cuban wrapito®</b> chopped chicken breast, lettuce, tomatoes, black beans & yellow rice in a tortilla	730 cal	10.79
<b>caesar wrapito®</b> chopped chicken breast, romaine lettuce, parmesan cheese & caesar dressing in a tortilla	570 cal	10.79
<b>mexican wrapito®</b> chopped chicken breast, lettuce, tomatoes, black beans, sour cream, cheese & yellow rice in a tortilla	900 cal	12.49
<b>bazooka wrapito®</b> our mexican chop-chop® plus guacamole in a tortilla... an explosion of flavors in your mouth!	970 cal	13.49
<b>no-rice wrapito®</b> chopped chicken breast, lots of lettuce & tomatoes in a tortilla	510 cal	10.29
<b>vegetarian wrapito®</b> lettuce, tomatoes, black beans, sour cream, guacamole, cheddar cheese & yellow rice in a tortilla	720 cal	10.69
<b>make your own wrapito®</b> customize your own wrapito® by adding all your favorite toppings	<b>starting at:</b>	9.29

## chicken breast favorites

	small	large
<b>chopped chicken breast only</b> your choice of a small or large portion of chopped chicken breast	280cal / 600 cal	8.69 16.99
<b>chopped chicken breast platter</b> chopped chicken breast served on a platter with your choice of 2 small side orders	280cal / 600 cal	12.89 15.99
<b>single chicken breast filet platter</b> a single half chicken breast filet served on a platter with your choice of 2 small side orders	280cal / 600 cal	15.99
<b>chicken breast filet only (single or double)</b> your choice of a single our double grilled chicken breast filet	280cal / 600 cal	10.69 20.39

## drinks

<b>bottled water</b>	1.99
<b>sodas: fountain or cans</b>	2.79
<b>various bottled beverages</b>	3.29

## cheesadilla® (our quesadillas)

<b>plain cheesadilla®</b> melted cheddar cheese in a grilled tortilla served w/ side of sour cream & fresh salsa	500 cal	7.59
<b>chicken cheesadilla®</b> chicken breast & cheese in a grilled tortilla served w/ side of sour cream & fresh salsa	580 cal	10.79

## healthy family meals

	just plain	with chicken
<b>double chicken breast family meal</b> (serves 2-3) double chicken breast fillet served w/ your choice of 2 large side orders, 3 pita breads & 3 signature sauces	32.19	
<b>family-size cheesadilla® tray</b> (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	32.19	46.19

## healthy kids meals

	just plain	with chicken
<b>original mini-chop®</b> chopped chicken breast served over yellow rice	200 cal / 345 cal	7.59
<b>teriyaki mini-chop®</b> our tangy teriyaki chicken thighs served over yellow rice	320 cal / 405 cal	7.59
<b>cheesadilla® kids meal</b> melted cheddar cheese in a grilled tortilla	500 cal / 585 cal	7.59 10.79

## sides & desserts

	small	large
<b>balsamic tomatoes</b>	3.19	5.99
<b>corn mix/corn kernels</b>	3.29	6.29
<b>baked sweet plantains</b>	3.19	5.99
<b>steamed broccoli</b>	3.19	5.99
<b>coleslaw</b>	3.19	6.29
<b>mashed potatoes</b>	3.19	5.99
<b>baked sweet potato</b>	3.19	5.99
<b>black beans</b>	2.79	5.19
<b>yellow rice</b>	2.59	4.99
<b>plain brown rice</b>	3.09	5.79
<b>cilantro brown rice</b>	3.19	5.99
<b>fresh guacamole</b>	8.69	16.79
<b>chopped chicken breast</b>	8.69	16.99
<b>sauce by the pint</b>	3.39	6.29
<b>heavenly chocolate brownie</b>		3.29