



FRESH · HEALTHY · DELICIOUS

chop-chop® bowls

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

salads

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

our fresh (never frozen) boneless chicken breasts and thighs meet the USDA "All Natural" regulatory requirements and are never processed with any artificial or coloring ingredients, no chemical preservatives and are minimally processed, resulting in a much healthier, superior & delicious tasting product

wrapito® (our burritos)

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

chicken breast favorites

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

drinks

bottled water	1.99
sodas: fountain or cans	2.79
various bottled beverages	3.29

cheesadilla® (our quesadillas)

plain cheesadilla® melted cheddar cheese in a grilled tortilla served w/ side of sour cream & fresh salsa	500 cal	7.59
chicken cheesadilla® 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
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	32.19	
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	32.19	46.19

healthy kids meals

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

sides & desserts

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