

Chop-Chop® Bowls

	small	large
Original Chop-Chop Freshly grilled chopped chicken breast served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread. This was the first Chop-Chop® ever created back in 1989!	370 cal / 500 cal 8.99	500 cal / 650 cal 12.19
Skirt Steak Chop-Chop Tender, juicy & tasty skirt steak served over yellow rice or your choice of base. Served with our new Chimichurri sauce or your choice of sauces & pita bread	470 cal / 600 cal 17.99	600 cal / 750 cal 20.99
Half Chicken & Steak Chop-Chop Freshly grilled chopped chicken breast & skirt steak served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	420 cal / 560 cal 14.59	560 cal / 700 cal 17.79
Dark Meat Roast Chop-Chop Roasted dark meat chicken thighs marinated in lemon, spices & herbs served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	390 cal / 520 cal 8.99	520 cal / 650 cal 12.19
Deluxe Chop-Chop Freshly grilled chopped chicken breast, lettuce and tomatoes served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	390 cal / 540 cal 9.99	540 cal / 680 cal 13.19
Cuban Chop-Chop Freshly grilled chopped chicken breast, lettuce, tomatoes and black beans served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	440 cal / 680 cal 10.69	680 cal / 820 cal 13.89
Mexican Chop-Chop Freshly grilled chopped chicken breast, lettuce, tomatoes, black beans, sour cream and cheddar cheese served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	600 cal / 770 cal 12.49	770 cal / 940 cal 15.69
Bazooka Chop-Chop Chopped chicken breast, lettuce, tomatoes, black beans, sour cream, guacamole & cheddar cheese over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread. An explosion of flavors in your mouth!	650 cal / 820 cal 13.59	820 cal / 990 cal 16.79
Stuffed Sweet Potato Chop-Chop Your choice of protein served on top of a baked sweet potato that you can customize with your favorite toppings. Or simply order it vegetarian. Served with 2 Signature Sauces & pita bread	280 cal / 360 cal w/protein: 13.59 vegetarian: 7.29	
No-Carb Chop-Chop Freshly grilled chopped chicken breast, served over diced tomatoes and your choice of shredded lettuce, romaine or romaine & kale mix. Served with 2 Signature Sauces or dressings & pita bread	280 cal / 360 cal 9.99	360 cal / 440 cal 13.29
Asian Chop-Chop Freshly baked Teriyaki chicken thighs, lettuce, tomatoes, scallions & sesame seeds served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	280 cal / 360 cal 10.69	360 cal / 440 cal 13.89
Teriyaki Chop-Chop Freshly baked Tangi Teriyaki chicken thighs served over yellow rice or your choice of base. Served with 2 Signature Sauces & pita bread	520 cal / 660 cal 8.99	660 cal / 800 cal 12.19
Make Your Own Chop-Chop or Burrito Customize your favorite Chop-Chop® bowl or Burrito by choosing your base, your favorite protein & then add all the toppings that you love. Served with 2 free Signature Sauces & pita bread	480 cal / 770 cal starting at: 8.99	

Make any Small Chop-Chop a Burrito: add \$0.99

Substitute for Skirt Steak: add \$9.00

Our fresh (never frozen) boneless chicken breasts, thighs, and skirt steaks meet the USDA "All Natural" legal requirements & are never processed with artificial or coloring ingredients, no chemical preservatives & are minimally processed. This results in a much healthier and superior tasting product!

Salads or Salad Wraps

	salad or wrap only	with chicken breast
Baja Mexican Salad Romaine, Kale, Coleslaw, Grape Tomatoes, Peppers, Corn Kernels, Cilantro, Black Beans, Scallions, Red Onions, Cheddar Cheese and Crunchy Tortilla Chips served with your choice of a Signature Dressing. The Chief Chickenologist® recommends the Chipotle Lime Vinaigrette with this salad	370 cal / 500 cal 10.39	500 cal / 650 cal 15.59
Mykonos Greek Salad Romaine, Grape Tomatoes, Crumbled Feta Cheese, Cucumbers, Kalamata Greek Olives, Peppers, Red Onions, Oregano Mix served with your choice of a Signature Dressing. The Chief Chickenologist® recommends the Apple-Cider Vinaigrette or the House-Pink Vinaigrette with this salad	440 cal / 680 cal 12.49	680 cal / 820 cal 17.69
Asian Thai Salad Coleslaw, Romaine, Cucumbers, Broccoli, Carrots, Scallions, Cilantro, Mandarin Wedges, Sliced Almonds and Crunchy Asian Chips served with your choice of a Signature Dressing. The Chief Chickenologist® recommends the Sesame-Ginger Vinaigrette or the Mustard'n Curry Vinaigrette with this salad	600 cal / 770 cal 12.49	770 cal / 940 cal 17.69
Classic Caesar Salad Romaine, Shaved Parmesan Cheese and Multi-Grain Croutons served with your choice of a Signature Dressing. The Chief Chickenologist® recommends the Classic Caesar Dressing or Cilantro-Garlic Vinaigrette with this salad	280 cal / 360 cal 10.39	360 cal / 440 cal 15.59
Make Your Own Salad Customize your favorite salad by starting with your choice of base & then add as many extra toppings as you want! Order it plain, with grilled chicken breast or our skirt steak. Served with your choice of Signature Dressing	280 cal / 770 cal starting at: 10.39	

Make any Salad into a Salad Wrap

Substitute for Skirt Steak: add \$9.00

Protein Platters

	small	large
Chopped Chicken Breast Platter Freshly grilled chopped chicken breast served on a platter, with your choice of 2 small side orders & 2 Signature Sauces. One of the healthiest meals on the planet!	280 cal / 600 cal 13.59	600 cal / 740 cal 17.69
Dark Meat Roast Chicken Platter Roasted dark meat chicken served on a platter with your choice of 2 small side orders & 2 Signature Sauces	280 cal / 600 cal 13.59	600 cal / 740 cal 17.69
Skirt Steak Platter Tender, juicy & tasty skirt steak served on a platter with your choice of 2 small side orders & 2 Signature Sauces	480 cal / 800 cal 22.19	800 cal / 940 cal 25.29
Single Chicken Breast Filet Platter Our tender, juicy & freshly grilled single Chicken Breast Filet served on a platter with 2 small side orders of your choice & 2 Signature Sauces. The "Filet Mignon" of chicken!	280 cal / 600 cal 17.69	
Double Chicken Breast Family Meal (serves 2-3) Double chicken breast served with 2 large side orders, 3 pita breads & 3 Signature Sauces. Serves 3-4 people	360 cal / 800 cal 33.49	

Signature Sauces

Mustard'n Curry
Garlic-Cilantro
Spicy-Chipotle
Fresh Salsa
Spicy Mustard'n Curry
Spicy Salsa-Verde
Sweet-Chili
BBQ
Cholula Hot Sauce (packet)

Dressings

Apple Cider Vinaigrette
House-Pink Vinaigrette
Sesame-Ginger Vinaigrette
Garlic-Cilantro Vinaigrette
Spicy-Chipotle Vinaigrette
Mustard'n Curry Vinaigrette
Olive Oil & Vinegar
Caesar Dressing

Healthy Kids Meals

Original Mini-Chop Freshly grilled chopped chicken breast served over yellow rice or your choice of base. Served with a Signature Sauce. The Healthiest meal on the planet for your precious kid!	200 cal / 345 cal 7.89
Dark Meat Roast Mini-Chop Roasted dark meat chicken thighs served over yellow rice or your choice of base. Served with a Signature Sauce. The Tastiest meal on the planet for your precious kid!	260 cal / 380 cal 7.89
Teriyaki Mini-Chop Teriyaki chicken thighs served over yellow rice or your choice of base. Served with a Signature Sauce. The Sweetest meal on the planet for your precious kid!	320 cal / 405 cal 7.89
Plain Cheesadilla (Our Quesadilla) Cheddar cheese melted in a white tortilla. Served with sour cream & fresh salsa	500 cal / 585 cal 7.89
Chicken Cheesadilla (Our Quesadilla) Chopped chicken breast & cheddar cheese melted in a white tortilla. Served with sour cream & fresh salsa. The classic quesadilla mixed with our delicious grilled chicken breast!	580 cal / 685 cal 11.29

Sides & Desserts

	8oz. small	16oz. large
Balsamic Tomatoes	3.59	6.89
Corn Mix/Corn Kernels	3.59	6.89
Baked Sweet Plantains	3.39	6.59
Steamed Broccoli	3.39	6.59
Coleslaw	3.39	6.59
Mashed Potato	3.59	6.89
Baked Sweet Potato (Half or Whole)	3.79	6.99
Black Beans	3.39	6.59
Yellow Rice	2.99	5.99
Brown Rice	3.39	6.59
Cilantro White Rice	3.39	6.59
Fresh Guacamole	9.19	17.69
Chopped Chicken Breast	8.99	17.99
Dark Meat Roast Chicken	8.99	17.99
Sauces by the Pint	3.99	7.99
Crispy Chicken Skin		0.99
Heavenly Chocolate Brownie		3.99
Half Heavenly Chocolate Brownie		1.99

Drinks

Bottled Water	1.99
Sodas: Fountain Drinks or Cans	2.99
Various Bottled Beverages	3.69

Chicken Kitchen®
CATERING
CALL or TEXT | 786-338-0505