

Name _____

THE ENERGY BAR

Chop't Salads

Try
them
with

- ☐ Grilled Chicken \$4.50
- ☐ Turkey Breast \$4.50
- ☐ Tuna \$4.50
- ☐ Steamed Shrimp \$5.50

Enjoy it in a Bowl Or Wrap it UP!

Large Salad \$10.00 **Small** Salad \$8.50
(Salads include 4 regular toppings)

Add
a
Soup

- ☐ 12oz \$7.99
- ☐ 16oz \$9.99

1 Choose Your Lettuce

- ☐ Romaine
- ☐ Arugula
- ☐ Spinach
- ☐ The Energy Bar Mix
- ☐ Kale

2 Chop'n Toppers

Choose 4 Regular Toppings (additional toppings \$1)

- ☐ Croutons
- ☐ Corn
- ☐ Black Olives
- ☐ Hearts of Palm
- ☐ Sunflower Seeds
- ☐ Grape Tomatoes
- ☐ Cheddar Cheese
- ☐ Cucumbers
- ☐ Shaved Parmesan Cheese
- ☐ Fresh Red Delicious Apples
- ☐ Mushrooms
- ☐ Fresh Pears
- ☐ Chickpeas
- ☐ Black Beans
- ☐ Red Onions
- ☐ Red Peppers
- ☐ Carrots
- ☐ Beets
- ☐ Radishes

Premium Toppings

add \$1.50

- ☐ Crispy Bacon
- ☐ Boiled Egg
- ☐ Sliced Almonds
- ☐ Fresh Strawberries
- ☐ Artichoke Hearts
- ☐ Dried Cherries
- ☐ Dried Cranberries
- ☐ Roasted Red Peppers
- ☐ Crumbled Goat Cheese
- ☐ Fresh Mozzarella Cheese
- ☐ Feta Cheese
- ☐ Chia Seed
- ☐ Flax Seed
- ☐ Walnuts
- ☐ Pecans
- ☐ Avocado

3 Dressings

- ☐ Mixed in
- ☐ On the side

Choose 1 (Additional Dressings \$1.50 Each)

Dressings change daily, please check for availability.

- ☐ Rosemary Grapefruit
- ☐ Spicy Southwest Chipotle
- ☐ Spa Bleu Cheese
- ☐ Strawberry Mango
- ☐ Carrot Ginger Dressing
- ☐ Balsamic Vinaigrette
- ☐ Classic Fresh Herb Ranch
- ☐ Honey Dijon
- ☐ Strawberry Balsamic
- ☐ The Master Cleanse
- ☐ Sun Dried Tomato Tahini
- ☐ Meyer Lemon Basil
- ☐ Wasabi Scallion
- ☐ Creamy Italian
- ☐ Classic Caesar
- ☐ Classic Balsamic
- ☐ Avocado Herb
- ☐ Raspberry Vinaigrette
- ☐ Greek Herb Vinaigrette
- ☐ Roasted Red Pepper Remoulade
- ☐ Lucy's Panzanella Oil and Vinegar

Our dressings are prepared fresh daily with all natural ingredients.

Love Our Dressings? Take Them Home!

Ask one of our sales associates how.

CALL IN ORDERS 631-289-1113 • FAX IN ORDERS 631-289-1162

BEFORE PLACING YOUR ORDER, PLEASE INFORM US OF ANY FOOD ALLERGIES.