

# Chop Stop Nutritional Information

CHOPS	With Dressing (Y or N)	Serving Size (oz)	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salmon Chop	N	13.5	382	310	85	15	0	0	0	140	25	4	6	2
	Y	15.5	439	410	90	15	0	0	0	160	25	4	7	2
Santa Fe Chop	N	16.1	456	620	250	30	5	0	80	500	52	10	8	35
	Y	18.1	513	810	440	50	8	0	80	1130	56	10	10	35
BBQ Chop	N	16.5	468	520	110	12	1	0	95	520	51	8	15	40
	Y	18.5	524	630	210	23	4	0	100	670	47	6	13	40
Viva Mexico Chop	N	14.5	411	450	80	18	6	0	75	1560	36	4	5	32
	Y	16.5	468	560	180	30	9	0	85	1760	32	3	3	30
Cobb Chop	N	16.1	456	560	240	37	8	0	280	1320	20	6	6	45
	Y	18.1	513	790	440	60	12	0	290	1920	24	6	8	47
Asian Chop	N	15.5	439	470	80	17	2	0	110	360	35	5	7	51
	Y	17.5	496	610	80	21	2	0	110	980	47	5	18	52
Caesar Chop	N	14.2	402	390	120	16	8	0	255	1170	26	4	4	42
	Y	16.2	459	720	120	50	14	0	275	1730	30	4	6	44
Chop Stop Classic	N	16	454	460	160	27	7	0	90	1410	24	6	10	39
	Y	18	510	560	160	27	6	0	90	1440	25	6	11	39
Greek Chop	N	14	397	210	110	11	6	0	20	820	19	4	9	8
	Y	16	454	310	110	11	6	0	20	850	20	4	10	8
Tuna Salad Chop	N	14.7	417	380	200	25	3	0	25	570	22	<1	4	12
	Y	16.7	473	480	200	25	3	0	25	600	23	<1	5	12
Chef's Chop	N	15.5	439	450	150	26	12	0	310	1500	14	2	7	45
	Y	15.5	439	670	160	27	12	0	310	1530	14	2	8	45
Roasted Garlic Chop	N	14.2	403	350	90	12	6	0	80	620	26	2	7	34
	Y	16.2	459	670	90	47	12	0	100	1190	30	2	9	36
CHOPURRITOS	With Dressing (Y or N)	Serving Size (oz)	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vegan Chopurrito	N	21	595	720	210	32	2	0	0	1420	113	20	16	23
	Y	23	652	730	210	32	2	0	0	1640	116	21	17	23
South Western Chopurrito	N	19	538	800	210	32	8	0	140	1970	64	4	4	52
	Y	21	595	810	210	32	8	0	140	2190	66	5	5	52
Cilantro Onion Chopurrito	N	18	405	770	280	36	6	0	80	1400	70	9	3	37
	Y	20	566	780	280	36	6	0	80	1620	72	10	4	37
Chopurrito Classic	N	17.5	496	710	210	31	8	0	140	1400	65	4	3	52
	Y	19.5	552	720	210	31	8	0	140	1620	68	5	4	52
Italian Garlic Chopurrito	N	18.7	530	650	200	25	7	0	80	1820	72	8	7	42
	Y	20.7	586	660	200	25	7	0	80	2050	75	9	8	42

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CHOP WRAPS	With Dressing (Y or N)	Serving Size (oz)	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salmon Chop Wrap	N	16.4	464	475	140	20	3	0	0	630	60	8	6	8
	Y	18.4	521	480	150	20	3	0	0	650	60	8	7	8
Santa Fe Chop Wrap	N	16.25	460	840	330	37	8	0	70	1450	100	16	10	43
	Y	18.25	517	1030	510	58	11	0	70	2070	104	16	12	43
BBQ Chop Wrap	N	16.65	472	750	180	20	4	0	95	990	99	14	17	46
	Y	18.65	528	860	280	30	7	0	100	1160	97	13	17	46
Viva Mexico Chop Wrap	N	14.65	415	675	140	25	9	0	75	2040	72	7	4	37
	Y	16.65	472	790	240	36	12	0	90	2240	70	7	3	37
Cobb Chop Wrap	N	16.25	460	845	300	44	11	0	280	1790	56	9	4	50
	Y	18.25	517	1075	500	67	15	0	290	2390	60	9	6	52
Asian Chop Wrap	N	15.65	443	695	140	24	5	0	90	1780	73	9	6	60
	Y	17.65	500	835	140	28	6	0	90	2400	85	9	16	60
Caesar Chop Wrap	N	14.35	406	655	180	23	11	0	255	1650	62	7	3	47
	Y	16.35	463	975	180	44	15	0	275	2260	66	7	5	49
Chop Stop Classic Wrap	N	14.15	401	775	190	31	9	0	40	1320	59	9	8	24
	Y	16.15	457	875	200	32	9	0	40	1350	60	9	9	24
Greek Chop Wrap	N	14.15	401	430	170	18	9	0	20	1300	55	6	7	13
	Y	16.15	457	530	170	18	9	0	20	1320	56	6	8	13
Tuna Salad Chop Wrap	N	14.35	406	610	260	32	6	0	25	1060	60	5	4	18
	Y	16.35	463	710	260	33	6	0	25	1090	60	5	4	18
Chef's Chop Wrap	N	15.65	443	675	210	33	15	0	310	1970	50	5	6	50
	Y	17.65	500	895	220	34	15	0	310	2010	51	5	6	50
Roasted Garlic Chop Wrap	N	14.35	406	685	150	19	9	0	80	1090	62	5	6	39
	Y	16.35	463	1005	150	54	15	0	100	1660	66	5	8	41
CHOPURRITO WRAPS	With Dressing (Y or N)	Serving Size (oz)	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Vegan Chopurrito Wrap	N	22.5	637	955	280	40	5	0	0	1910	142	22	11	27
	Y	24.5	694	975	280	40	5	0	0	2130	145	23	12	27
South Western Chopurrito Wrap	N	21.9	620	1020	270	39	11	0	140	2160	103	8	4	58
	Y	23.9	677	1040	270	39	11	0	140	2680	105	9	5	58
Cilantro Onion Chopurrito Wrap	N	20.9	592	985	340	43	9	0	80	1890	109	13	3	43
	Y	22.9	649	1005	340	43	9	0	80	2110	111	14	4	43
Chopurrito Classic Wrap	N	20.4	578	1035	270	39	11	0	140	1890	104	8	3	58
	Y	22.4	635	1055	270	39	11	0	140	2110	107	9	4	58
Italian Garlic Chopurrito Wrap	N	21.6	612	985	260	32	10	0	80	2310	110	12	7	48
	Y	23.6	669	1005	260	32	10	0	80	2540	115	13	8	48

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LIMITED TIME OFFERS	With Dressing (Y or N)	Serving Size (oz)	Serving Size (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chop Lobster	N	15	425	270	60	8	0	0	30	700	35	3	8	11
	Y	17	480	490	70	9	0	0	30	735	35	3	9	11
Chop Lobster Wrap	N	15.25	432	500	160	20	2	0	30	1160	80	6	8	19
	Y	17.25	489	720	180	20	2	0	30	1190	80	6	9	19

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FOOD	Serving Size (oz)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Almonds	1	28	160	130	14	1	0	0	0	6	4	1	6
Apples	2	57	30	0	0	0	0	0	0	8	2	6	0
Avocado	2.6	74	120	90	11	0	0	0	0	7	2	0	2
Bacon	1	28	120	80	9	4	0	50	650	0	0	0	10
Balsamic Vinaigrette Dressing	2	59	100	70	7	1	0	0	380	10	0	8	0
Balsamic Vinegar	2	59	40	0	0	0	0	0	0	7	0	4	0
BBQ Chicken	2	59	110	20	2	1	0	45	130	3	<1	2	16
BBQ Sauce	1	59	50	0	0	0	0	0	200	10	0	9	0
Beets	1.5	43	10	0	0	0	0	0	50	3	<1	2	<1
Bell Peppers (Red & Green Mix)	1	28	10	0	0	0	0	0	0	2	<1	1	0
Black Beans	2	57	60	0	0	0	0	0	160	10	3	<1	3
Black Beans - RECIPE (Warm)	5	142	70	0	0	0	0	0	220	10	3	<1	4
Black Olives	1.3	37	50	60	5	1	0	0	300	2	2	0	0
Blue Cheese Dressing	2	59	230	210	23	4	0	10	610	4	0	2	2
Broccoli	1.5	43	15	0	0	0	0	0	15	3	2	0	2
Caesar Dressing	2	59	320	0	0	0	0	0	0	0	0	0	0
Carrots	1	25	10	0	0	0	0	0	20	3	<1	1	<1
Celery	1	28	0	0	0	0	0	0	30	1	<1	<1	0
Cheddar Cheese	1	28	110	80	9	5	0	30	180	1	0	0	6
Chicken Noodle Soup	12	340	270	70	7	3	0	60	2280	35	3	9	12
Cilantro	1	28	5	0	0	0	0	0	15	<1	1	0	1
Cilantro Lime Dressing	2	59	190	190	21	3	0	0	625	4	0	2	0
Cilantro Lime Rice - RECIPE (Warm)	4	113	250	70	8	1	0	0	340	22	<1	<1	3
Classic Italian Dressing	2	59	100	90	10	0	0	0	630	4	0	4	0
Creamy Chipotle Dressing - RECIPE	2	59	110	100	11	3	0	10	225	1	0	<1	<1
Crispy Onions	1	28	180	80	14	0	0	0	100	12	0	0	0
Croutons	0.7	28	90	25	3	0	0	0	270	14	0	0	3
Cucumber	2	57	10	0	0	0	0	0	0	2	0	0	0
Dried Cranberry	1.3	37	80	0	0	0	0	0	0	21	1	17	0
Edamame	2	57	80	35	5	0	0	0	10	6	3	2	7
Egg Whites	2	57	30	0	0	0	0	0	190	2	0	0	6
Fat-Free Italian Dressing	2	59	60	0	0	0	0	0	700	16	0	4	0
Fat-Free Ranch Dressing	2	59	60	0	0	0	0	0	780	16	2	6	0
Fat-Free Raspberry Vinaigrette Dressing	2	59	50	0	0	0	0	0	500	10	0	12	0
Feta Cheese	1	28	80	60	6	4	0	20	320	1	1	0	5
Garbanzo Beans	2	57	30	0	1	0	0	0	110	6	2	<1	2
Green Olives	1	28	60	45	4	2	0	0	460	2	0	0	0
Green Peppers	0.5	14	0	0	0	0	0	0	0	<1	<1	<1	<1
Hard Boiled Egg	2	57	70	45	5	2	0	185	70	0	0	0	6
Homemade Ranch	2	59	110	100	11	3	0	10	190	1	0	<1	<1
Honey Dijon Dressing	2	59	190	0	0	0	0	0	0	0	0	0	0
Iceberg Lettuce (Base)	5.5	156	20	0	0	0	0	0	16	5	2	3	2
Iceberg/Kale Mix (Base)	4.25	120	30	0	0	0	0	0	25	6	2	2	2
Iceberg/Romaine Mix (Base)	5.5	156	20	0	0	0	0	0	15	5	2	3	2
Iceberg/Spinach Mix (Base) HOUSE MIX	5.5	156	25	0	0	0	0	0	70	5	0	2	3
Italian Salami	1.5	43	170	130	14	5	0	45	710	1	0	1	10
Jalapeños	1	28	0	0	0	0	0	0	570	0	0	0	0
Kale (Base)	3	85	30	0	0	0	0	0	30	8	2	1	3
Lemon Juice	2	59	0	0	0	0	0	0	0	0	0	0	0
Lemon Vinaigrette Dressing - RECIPE	2	59	45	45	5	0	0	0	320	2	0	2	0
Lobster Seafood	2	59	50	0	0	0	0	30	530	7	<1	2	7
Molcajete Salsa	2	59	10	0	0	0	0	0	220	3	1	2	<1
Mushrooms	1	28	5	0	0	0	0	0	0	1	0	0	1
Olive Oil	2	59	500	500	57	8	0	0	0	0	0	0	0
Oil & Vinegar	2	59	270	250	28	4	0	0	0	4	0	4	0
Parmesan Cheese	1	28	100	50	5	5	0	25	230	0	0	0	10
Pepper Jack Cheese	1	28	100	70	8	4	0	25	160	1	0	0	6
Pepperoncini	1	28	5	0	0	0	0	0	390	1	1	0	0
Plain Tuna (by request)	1.5	43	50	10	0	0	0	15	110	0	0	0	10
Pretzel Stick - Plain	2.4/Ea.	68	170	0	2	0	0	0	370	32	1	1	6
Pretzel Stick - Salted	2.4/Ea.	68	180	0	2	1	0	0	1210	32	1	0	6
Quinoa (Topping)	2.2	62	80	10	3	0	0	0	4	13	2	0	3
Quinoa (Base)	6	170	200	30	3	0	0	0	12	36	5	0	8
Quinoa/House Mix (Base)	5.75	171	110	15	2	0	0	0	37	20	2	0	5
Quinoa/Iceberg Mix (Base)	5.75	171	110	15	2	0	0	0	14	20	3	2	5
Quinoa/Kale Mix (Base)	4.5	136	120	15	2	0	0	0	22	22	3	<1	5
Quinoa/Romaine Mix (Base)	5.75	171	110	15	2	0	0	0	12	21	4	<1	5
Quinoa/Spinach Mix (Base)	5.75	171	120	20	2	0	0	0	68	21	2	0	6
Red Cabbage	2	57	20	0	0	0	0	0	15	4	2	2	0

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FOOD	Serving Size (oz)	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Red Onions	1.5	43	20	0	0	0	0	0	0	5	0	2	0
Red Peppers	0.5	14	0	0	0	0	0	0	0	<1	<1	<1	0
Red Wine Vinegar	2	59	0	0	0	0	0	0	0	0	0	0	0
Roasted Chicken	2	57	100	20	2	0	0	55	85	0	0	0	18
Roasted Chicken - RECIPE (Warm)	2	57	100	20	2	1	0	55	210	<1	0	<1	19
Roasted Corn	2	57	70	10	1	0	0	0	0	12	3	4	2
Roasted Garlic - RECIPE	1	28	20	15	2	0	0	0	0	0	0	0	0
Romaine Lettuce (Base)	5.5	156	25	5	0	0	0	0	10	5	3	2	2
Romaine/Kale Mix (Base)	4.25	120	30	5	0	0	0	0	20	7	3	1	2
Romaine/Spinach Mix (Base)	5.5	156	30	5	0	0	0	0	70	5	2	<1	3
Salad Oil	2	59	470	470	54	8	0	0	0	0	0	0	0
Salmon	2	57	60	15	1	0	0	25	160	<1	0	<1	11
Sesame Teriyaki Dressing	2	59	140	10	0	1	0	0	1020	16	<1	15	2
Soy Chorizo	1	28	60	30	3	0	0	0	190	3	<1	<1	5
Spinach (Base)	5.5	156	40	0	0	0	0	0	120	6	0	0	5
Spinach/Kale Mix (Base)	4.25	120	30	0	0	0	0	0	80	7	<1	<1	4
Strawberries	1	28	10	0	0	0	0	0	0	2	1	0	0
Sunflower Seeds	1	28	110	80	9	1	0	0	0	4	2	<1	4
Thousand Island Dressing	2	59	220	180	20	3	0	20	520	10	0	8	0
Tofu	2	57	50	30	3	0	0	0	0	1	<1	<1	6
Tomato	2	57	10	0	0	0	0	0	0	2	0	2	0
Tortilla Strips	1	28	140	60	8	0	0	0	60	16	0	0	0
Tuna Salad	2	57	120	100	11	2	0	10	135	0	0	0	5
White Beans - RECIPE (Warm)	5	142	110	0	0	0	0	0	80	20	5	<1	7
Whole Wheat Tortilla 12"	2.9	83	240	60	7	3	0	0	490	39	4	0	6
Wonton Strips	1	28	140	70	8	0	0	0	120	16	0	0	4

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ITEM NAME	SERVINGS PER CONTAINER	SERVING SIZE (oz or fl oz)	CALORIES PER SERVING	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTIEN (g)
<b>BEVERAGES (Bottled or Canned)</b>													
CANNED - Crush - Orange Soda	1	12	160	0	0	0	0	0	70	43	0	43	0
CANNED - Diet Pepsi	1	12	0	0	0	0	0	0	35	0	0	0	0
CANNED - Mtn Dew	1	12	170	0	0	0	0	0	60	46	0	46	0
CANNED - Mug Root Beer	1	12	160	0	0	0	0	0	65	43	0	43	0
CANNED - Pepsi	1	12	150	0	0	0	0	0	30	41	0	41	0
CANNED - Pepsi - Zero Sugar	1	12	0	0	0	0	0	0	40	0	0	0	0
CANNED - Sierra Mist	1	12	140	0	0	0	0	0	35	37	0	37	0
CANNED - Sierra Mist - Zero Sugar	1	12	0	0	0	0	0	0	35	0	0	0	0
Pepsi	1	20	250	0	0	0	0	0	55	66	0	66	0
Bubly - Strawberry	1	16	0	0	0	0	0	0	0	0	0	0	0
Bubly - Grapefruit	1	16	0	0	0	0	0	0	0	0	0	0	0
Bubly - Lime	1	16	0	0	0	0	0	0	0	0	0	0	0
Aquafina	1	20	0	0	0	0	0	0	0	0	0	0	0
Lifewtr	1	20	0	0	0	0	0	0	0	0	0	0	0
Gatorade - Fruit Punch	1	20	140	0	0	0	0	0	270	36	0	34	0
Pure Leaf Tea - Black Unsweetened	1	18.5	0	0	0	0	0	0	0	0	0	0	0
Pure Leaf Tea - Mango Hibiscus (decaf)	1	18.5	110	0	0	0	0	0	0	28	0	27	0
Voss - Still Water	1	27	0	0	0	0	0	0	0	0	0	0	0
Pure Leaf Tea - Green Fuji Apple	1	14	80	0	0	0	0	0	0	20	0	20	0
Pure Leaf Tea - Sicilian Lemon	1	14	90	0	0	0	0	0	0	21	0	20	0
Tropicana - Watermelon	1	12	120	0	0	0	0	0	35	29	0	29	0
Kevita Sparkling Probiotic - Lemon Ginger	1	15.2	90	0	0	0	0	0	5	22	0	20	0
Taste Nirvana - Coconut Water (no pulp)	1	16.2	80	0	0	0	0	0	50	10	0	9	0
Taste Nirvana - Coconut Water (no pulp)	1	9.5	45	0	0	0	0	0	60	11	0	10	0
<b>CHIPS (Standard)</b>													
Dirty Chips - BBQ	1	2	300	140	16	3	0	0	420	32	2	1	4
Dirty Chips - Jalapenos	1	2	290	140	16	2	0	0	660	32	2	2	4
Dirty Chips - Maui Onion	1	2	290	140	16	2	0	0	340	33	2	2	4
Dirty Chips - Sea Salt	1	2	300	160	18	2.5	0	0	170	32	2	0	4
Pop Chips - BBQ	1	0.8	100	36	5	0	0	0	170	160	0	2	1
Zapp's - Voodoo Chips	1	1.5	220	110	12	2	0	0	360	25	1	1	3
<b>CHIPS (Alternates)</b>													
Cheetos - Flamin' Hot Crunchy	2	1	170	100	11	1.5	0	0	250	15	1	0	1
Deep River - Jalapeno	2	1	140	63	7	0.5	0	0	125	17	1	0	2
Deep River - Sea Salt	2	1	150	80	9	1	0	0	95	17	1	1	2
Metro Deli - Jalapeno Cheddar Gluten-free	1	1.5	230	100	13	1	0	0	350	25	2	1	3
Metro Deli - Original Sea Salt Gluten-free	1	1.5	230	100	13	1.5	0	0	180	25	2	0	3
<b>DESSERTS</b>													
Sweet Street - Chocolate Chunk Cookie	1	2.8	380	170	19	11	0	45	430	50	2	28	5
Sweet Street - Gluten-Free Brownie	1	2.8	350	160	18	9	0	70	140	61	2	31	4
Sweet Street - Gluten-Free Rice Crispy	1	2.1	230	50	5	3	0	15	240	45	0	24	2
Sweet Street - Salted Caramel Cookie	1	2.8	390	150	17	10	0	50	620	57	1	31	4
Sweet Street - Toffee Crunch Brownie	1	2.8	350	150	17	9	0	65	350	46	1	30	4

# Chop Stop Nutritional Information

## ROUNDED NUTRITION INFORMATION FOR FOUNTAIN BEVERAGES

The information below is based on a cup filled with 24 fluid ounces of beverage and NO ice. Item availability varies per location.

<b>From PepsiCoBeverageFacts.com:</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>
BIG RED	360	0	98	96	0	90
BRISK RASPBERRY ICED TEA	140	0	36	36	0	95
BRISK STRAWBERRY MELON	140	0	37	36	0	115
BRISK UNSWEETENED NO LEMON ICED TEA	0	0	0	0	0	100
DIET PEPSI	0	0	0	0	0	115
DR PEPPER	290	0	78	77	0	90
MTN DEW	330	0	88	88	0	100
MUG ROOT BEER	290	0	77	76	0	115
PEPSI	300	0	83	83	0	65
SIERRA MIST	310	0	81	81	0	65
SOBE LIFEWATER YUMBERRY POMEGRANATE - 0 CAL	0	0	<1	0	0	95
TROPICANA LEMONADE	300	0	80	80	0	310
TROPICANA PINK LEMONADE	300	0	81	81	0	320
<b>From Chop Stop Recipe:</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Total Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Sodium (mg)</b>
BLACK & ORANGE PEKOE ICED TEA - SWEETENED	110	0	30	30	0	0
BLACK & ORANGE PEKOE ICED TEA - UNSWEETENED	0	0	0	0	0	0

\*Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, or dietary fiber.

Actual calorie counts may vary based on cup fill level, the type and precise amount of ice used, and fountain equipment performance.

Beverages labeled zero calorie contain a small number of calories (always less than 5) that are rounded to zero per FDA labeling rules. In larger sizes, these calories may round to more than zero.

# Chop Stop Nutritional Information

We rely on Chop Stop-approved food manufacturers for accurate allergen information. Variations may occur due to differences in suppliers, ingredient substitutions, and recipe changes. As our operations include shared preparation areas, cross-contact may occur. If you have a severe allergy you are at a much greater risk of a serious reaction; please consult with your doctor and proceed at your own risk. Our restaurants are not gluten-free-certified facilities and we make no claims that any menu item prepared by us is gluten-free. For further assistance, contact us at info@chopstop.com.

DRESSINGS	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Balsamic Vinaigrette						(soybean oil)			
BBQ Sauce	*	*	*	*	*	*	*	*	*
Blue Cheese	*	*	X	*	*	(soybean oil)	*	*	*
Caesar	X		X			(soybean oil)			
Creamy Chipotle	X		X			(soybean oil)			
Cilantro Lime						(soybean oil)			
Fat-Free Italian									
Fat-Free Ranch			X						
Fat-Free Raspberry	*	*	*	*	*	*	*	*	*
Honey Mustard	X	*	*	*	*	(soybean oil)	*	*	*
Classic Italian	*	*	*	*	*	(soybean oil)	*	*	*
Homemade Ranch	X		X		*	(soybean oil)			
Salsa									
Sesame Teriyaki	X	X	X	X	X	X	X	X	X
Thousand Island	X					(soybean oil)			
BEANS & GRAINS	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Black Beans									
Cilantro Lime Rice						X			
Edamame									
Garbanzo Beans									
Quinoa									
White Beans									
PROTEINS	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Bacon									
BBQ Chicken									
Chicken			X						
Lobster Seafood	X		X		X	X		X	
Salami									
Salmon		X							
Tofu						X			
Tuna	X	X				(soybean oil)			
VEGGIES & FRUIT	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	GLUTEN
Apples									
Avocado									
Beets									
Bell Peppers									
Black Olives									
Broccoli									
Carrots									
Celery									
Cilantro									
Cucumber									
Dried Cranberries									
Green Olives									
Iceberg									
Jalapeños									
Kale									
Mushrooms									



# Chop Stop Nutritional Information

Pepperoncini									
Red Cabbage									
Roasted Corn									
Roasted Garlic									
Romaine									
Spinach									
Strawberries									
Tomatoes									
<b>CHEESE</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Cheddar			X						
Feta			(pasteurized)						
Pepper Jack			X						
Shaved Parmesan			(cultured)						
<b>CRUNCHES</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Almonds									
Crispy Onions								X	X
Croutons			X				*	X	X
Sunflower Seeds				X		(soybean oil)			X
Tortilla Strips									
Wonton Strips						(soybean oil)	*	X	X
<b>SOUP</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Chicken Noodle	X		X			X		X	
<b>MISC</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Pretzels								X	X
Tortilla - Whole Wheat						(soybean oil)		X	X
<b>CHIPS (STANDARD)</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Dirty Chips - BBQ				(peanut oil)					
Dirty Chips - Jalapeno				(peanut oil)					
Dirty Chips - Maui Onion			X	(peanut oil)		(soybean oil)			
Dirty Chips - Sea Salt				(peanut oil)					
Pop Chips - BBQ									
Zapp's Voodoo Chips				(peanut oil)					
<b>CHIPS (ALTERNATES)</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Cheetos - Flamin' Hot Crunchy			X						
Deep River - Jalapeño									
Deep River - Sea Salt									
Metro Deli - Jalapeno Cheddar Gluten-free			X						
Metro Deli - Original Sea Salt Gluten-free									
<b>DESSERTS</b>	<b>EGGS</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>GLUTEN</b>
Sweet Street - Chocolate Chunk Cookie	X		X	*			*	X	X
Sweet Street - Gluten-Free Brownie	X		X	*			*		
Sweet Street - Gluten-Free Rice Crispy				*			*		
Sweet Street - Salted Caramel Cookie	X		X	*			*	X	X
Sweet Street - Toffee Crunch Brownie	X		X	*		(soybean oil)	*	X	X

**KEY:** X contains allergen  
 ( ) contains this hypoallergenic derivative  
 \* produced in a facility where cross-contact with allergen may occur