

Chop Stop Nutritional Information

CHOPS	w/Dressing (Y/N)	Calories	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	310	15	0	0	0	140	25	4	6	16
	Y	410	15	0	0	0	160	25	4	7	16
Santa Fe Chop	N	620	30	5	0	80	500	52	10	8	35
	Y	810	50	8	0	80	1130	56	10	10	35
BBQ Chop	N	490	12	2	0	80	1300	48	6	12	40
	Y	710	34	7	0	100	1600	49	6	13	41
Viva Mexico Chop	N	440	18	6	0	75	1240	31	3	3	30
	Y	660	40	11	0	95	1690	34	3	4	31
Cobb Chop	N	560	3760	8	0	280	1320	20	6	6	45
	Y	790	15	12	0	290	1920	24	6	8	47
Asian Chop	N	460	16	2	0	90	1270	30	4	4	52
	Y	620	24	3	0	90	2430	53	4	23	53
Caesar Chop	N	390	16	8	0	255	1170	26	4	4	42
	Y	720	50	14	0	275	1730	30	4	6	44
Chop Stop Classic	N	460	27	7	0	90	1410	24	6	10	39
	Y	560	27	6	0	90	1440	25	6	11	39
Greek Chop	N	210	11	6	0	20	820	19	4	9	8
	Y	310	11	6	0	20	850	20	4	10	8
Chef's Chop	N	450	26	12	0	310	1500	14	2	7	45
	Y	670	27	12	0	310	1530	14	2	8	45
Goddess Chop	N	350	10	3	0	29	300	26	6	6	13
	Y	590	40	8	0	29	640	28	6	8	13
Shrimp Chop	N	310	3	<1	0	110	260	37	7	9	16
	Y	550	32	6	0	110	600	40	7	11	16

CHOPURRITOS	w/Dressing (Y/N)	Calories	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	880	27	<1	0	0	1230	144	17	7	23
	Y	990	27	<1	0	0	1450	146	18	8	23
South Western Chopurrito	N	960	24	7	0	120	2430	117	6	4	58
	Y	970	24	7	0	120	2660	119	7	5	58
Cilantro Onion Chopurrito	N	910	28	5	0	70	1680	121	11	3	42
	Y	920	28	5	0	70	1900	123	12	4	42
Chopurrito Classic	N	970	24	7	0	120	2160	118	6	3	58
	Y	980	24	7	0	120	2380	120	7	4	58

CHOPANINIS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chipotle Chopanini	990	55	12	0	60	1420	102	20	15	46
Extra Chicken	1070	60	14	0	85	1440	102	20	15	53
BBQ Chicken	1140	50	9	0	80	1820	146	47	38	60
Cobb Chopanini	860	65	14	0	270	1510	60	10	11	30
Extra Chicken	940	71	16	0	300	1540	60	10	11	37
Salami Club Chopanini	980	59	12	0	80	2250	94	14	19	41
Extra Chicken	1060	64	15	0	105	2280	94	14	19	48
Extra Salami	1160	74	19	0	110	3060	94	14	20	50
Extra Chicken & Salami	1240	80	21	0	140	3080	94	14	20	57
Greek Chopanini	860	50	11	0	50	1920	94	14	18	29
Extra Chicken	940	57	13	0	75	1950	94	14	18	36
Caesar Chopanini	840	60	14	0	285	2200	58	7	10	35
Extra Chicken	920	66	17	0	315	2220	58	7	11	42
Tex-Mex Chopanini	1280	72	14	0	55	1540	137	50	28	55
Extra Chicken	1360	77	16	0	80	1560	137	50	28	62
Chicken-Rice-Bean Chopanini	1310	55	14	0	99	2520	167	16	11	50

QUESADILLAS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepper Jack Quesadilla	460	22	12	0	60	1060	26	1	2	16
Cheddar Quesadilla	470	27	14	<1	60	1080	50	3	4	21
Chicken & Pepper Jack Quesadilla	560	31	15	<1	90	1080	50	3	4	29
Chicken & Cheddar Quesadilla	570	32	15	<1	80	1110	50	3	4	28

TOPPINGS	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seasoned Chicken	100	2	0	0	55	85	0	0	0	18
Jumbo Shrimp	0	0	0	0	80	100	0	0	0	8
Hard-Boiled Egg	70	5	2	0	185	70	0	0	0	6
Bacon	120	9	4	0	50	650	3	0	0	10
BBQ Chicken	110	2	1	0	45	130	3	<1	2	16
Italian Salami	170	14	5	0	45	710	1	0	1	10
Egg Whites	30	0	0	0	0	190	2	0	0	6
Tofu	50	3	0	0	0	0	1	<1	<1	6
Grilled Salmon	60	1	0	0	25	160	<1	0	<1	11
Tuna Salad	120	11	2	0	10	135	0	0	0	5
Seasoned Croutons	90	2	0	0	55	85	0	0	0	18
Sunflower Seeds	110	9	1	0	0	0	4	2	<1	4
Crispy Onions	180	14	0	0	0	100	12	0	0	0
Tortilla Strips	140	8	0	0	0	60	16	0	0	0
Wonton Strips	140	8	0	0	0	120	16	0	0	4
Roasted Almonds	160	14	1	0	0	0	6	4	1	6
Cheddar	110	9	5	0	30	180	1	0	0	6
Feta Crumbles	80	6	4	0	20	320	1	1	0	5
Shaved Parmesan	100	5	5	0	25	230	0	0	0	10
Pepper Jack	100	8	4	0	25	160	1	0	0	6
Garbanzo Beans	30	1	0	0	0	110	6	2	<1	2
Black Beans	60	0	0	0	0	160	10	3	<1	3
Edamame	80	5	0	0	0	10	6	3	2	7

TOPPINGS <i>(continued)</i>	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Organic Quinoa	80	3	0	0	0	4	13	2	0	3
Cucumbers	10	0	0	0	0	0	2	0	0	0
Avocado	120	11	0	0	0	0	7	2	0	2
Tomato	10	0	0	0	0	0	2	0	2	0
Red Onion	20	0	0	0	0	0	5	0	2	0
Roasted Corn	70	1	0	0	0	0	12	3	4	2
Carrots	10	0	0	0	0	20	3	<1	1	<1
Black Olives	50	5	1	0	0	300	2	2	0	0
Bell Peppers	10	0	0	0	0	0	2	<1	1	0
Mushrooms	5	0	0	0	0	0	1	0	0	1
Broccoli Florets	15	0	0	0	0	15	3	2	0	2
Cilantro	5	0	0	0	0	15	<1	1	0	1
Fresh Beets	10	0	0	0	0	50	3	<1	2	<1
Dried Cranberries	80	0	0	0	0	0	21	1	17	0
Celery	0	0	0	0	0	30	1	<1	<1	0
Pepperoncini	5	0	0	0	0	390	1	1	0	0
Green Apples	30	0	0	0	0	0	8	2	6	0
Red Cabbage	20	0	0	0	0	15	4	2	2	0
Fresh Jalapeños	0	0	0	0	0	570	0	0	0	0
Green Olives	60	4	2	0	0	460	2	0	0	0

SNACKS, DRINKS, DESSERTS	Servings Per Container	Serving Size (oz or fl oz)	Calories Per Serving	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi	1	12	0	0	0	0	0	25	0	0	0	0
Proud Source Sparkling Water	1	16	0	0	0	0	0	0	0	0	0	0
Bubly - Mango	1	12	0	0	0	0	0	0	0	0	0	0
Bubly - Lime	1	16	0	0	0	0	0	0	0	0	0	0
Aquafina	1	20	0	0	0	0	0	0	0	0	0	0
Kevita - Pineapple Peach	1	15.2	40	0	0	0	0	25	9	0	9	0
Gatorade - Cool Blue	1	20	140	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
Pure Leaf Tea - Raspberry	1	18.5	180	0	0	0	0	5	46	0	46	0
Celsius - Sparkling Orange	1	12	10	0	0	0	0	5	0	0	0	0
Taste Nirvana - Coconut Water (No Pulp)	1	16.2	80	0	0	0	0	50	10	0	9	0
Dirty Chips - Sour Cream & Onion	1	1	150	8	1	0	0	170	16	1	1	2
Dirty Chips - Jalapenño Heat	1	2	290	16	2	0	0	660	32	2	2	4
Pop Chips - BBQ	1	0.8	100	5	0	0	0	170	160	0	2	1
Pop Chips - Sea Salt	1	0.8	100	3.5	0	0	0	150	16	<1	0	1
Zapp's - Voodoo Heat	1	1.5	220	12	2	0	0	360	25	1	1	3
Sweet St. - Choco Chunk Cookie	1	2.8	380	19	11	0	45	430	50	2	28	5
Sweet St. - Gluten-Free Brownie	1	2.8	350	18	9	0	70	140	61	2	31	4
Sweet St. - Gluten-Free Chewy Marshmallow	1	2.1	230	5	3	0	15	240	45	0	24	2
Sweet St. - Salted Caramel Cookie	1	2.8	390	17	10	0	50	620	57	1	31	4
Zoe's Chocolate, Toffee & Miso Ginger Cookie	1	1	260	16	6	0	25	340	36	2	17	4
Pretzel Stick	1	2.4	170	2	1	0	0	410	31	1	0	6

VEGGIES and FRUIT <i>(continued)</i>	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Dried Cranberries										
Green Olives										
Fresh Jalapeños										
Mushrooms										
Pepperoncini										
Red Cabbage										
Roasted Corn										
Red Onions										
Tomato										
CHEESE	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Cheddar	X		X	*			*		X	X
Feta Crumbles	X		X	*			*			
Pepper Jack				*			*			
Shaved Parmesan	X		X	*			*		X	X
CRUNCHES	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Roasted Almonds										
Crispy Onions									X	X
Seasoned Croutons			X				*		X	X
Sunflower Seeds				X		(soybean oil)				X
Tortilla Strips										
Wonton Strips						(soybean oil)	*		X	X
MISC.	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Pretzels									X	X
Tortilla - Flour									X	

CHIPS	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Dirty Chips - Sour Cream & Onion			X	(peanut oil)						
Dirty Chips - Jalapeño				(peanut oil)						
Pop Chips - Sea Salt										
Pop Chips - BBQ										
Zapp's Voodoo Chips				(peanut oil)						
DESSERTS	EGGS	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	SESAME	WHEAT	GLUTEN
Sweet St. - Choco Chunk Cookie	X		X	*			*		X	X
Sweet St. - GF Brownie	X		X	*			*			
Sweet St. - GF Chewy Marshmallow				*			*			
Sweet St. - Salted Caramel Cookie	X		X	*			*		X	X
Zoe's Chocolate, Toffee & Miso Ginger Cookie	X		X	*		(soybean oil)	*	X	X	X

KEY:

X CONTAINS ALLERGEN

() CONTAINS THIS HYPOALLERGENIC DERIVATIVE

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