

# chop'd

## NUTRITIONAL INFORMATION

### SALADS

**Falafel & houmous v vg** £4.50  
Mixed leaf, mint, parsley, sunflower seeds, baked falafel, houmous, sweet potato, chickpeas, tomato, red onion, cumin  
**381 kcals** 19.1g fat **2.2g sat fat** 37g carbs **6.3g sugars** 18.4g protein **2g salt**  
Allergens: **gluten, sesame**

**Chicken & avocado GF** £4.95  
Mixed leaf, Mexican bean mix, roast chicken, avocado, sunflower seeds & parsley  
**368 kcals** 19.9g fat **4.2g sat fat** 21.9g carbs **8.3g sugars** 26.7g protein **1.4g salt**  
Allergens: -

**Parma ham & mozzarella** £5.75  
Mixed leaf, parma ham, mozzarella, fusilli pasta, sun-dried & fresh tomato, pesto dressing, sunflower seeds & basil  
**662 kcals** 30g fat **9.3g sat fat** 63.9g carbs **5.3g sugars** 38.3g protein **3.5g salt**  
Allergens: **gluten, milk, nuts**

**Harissa chicken & falafel** £5.95  
Mixed leaf, roast chicken, chickpeas, harissa paste, baked falafel, baked sweet potato, roast red peppers, mint & tarragon  
**373 kcals** 13.8g fat **2.3g sat fat** 40.3g carbs **14.3g sugars** 24.7g protein **1.8g salt**  
Allergens: **gluten**

**Tuna niçoise GF** £4.50  
Mixed leaf, cannellini beans, tuna, green beans, free range egg, cherry tomatoes, chives, green olives & marinated anchovy  
**249 kcals** 6.2g fat **1.4g sat fat** 21.4g carbs **5.3g sugars** 28.4g protein **3.1g salt**  
Allergens: **egg, fish**

**Jerk chicken GF** £5.25  
Mixed leaf, roast chicken in a fresh jerk spice rub, roast red pepper, roast sweet potato, chilli & coriander  
**284 kcals** 7g fat **1.6g sat fat** 36.4g carbs **18.7g sugars** 20.9g protein **1.5g salt**  
Allergens: -

**Louisiana pulled pork GF** £5.95  
Mixed leaf, red camargue rice, British pulled pork in a spiced chilli rub, roast tomato, sweet corn, pomegranate & roast red peppers  
**213 kcals** 4.3g fat **0.8g sat fat** 25.7g carbs **7.7g sugars** 19.9g protein **1.5g salt**  
Allergens: -

**Roast pancetta w/ apple slaw GF** £5.75  
Mixed leaf, supergrain (quinoa, puy lentil, red rice), roast pancetta, cherry tomato, apple coleslaw (apple, red cabbage, onion, carrot, lemon juice, chilli), chives  
**307 kcals** 4.8g fat **0.5g sat fat** 42.3g carbs **10g sugars** 26g protein **1g salt**  
Allergens: -

**Chop'd classic cobb GF** £5.50  
Mixed leaf, roast chicken, bacon, free range boiled egg, blue cheese, sweetcorn, chives  
**421 kcals** 29.3g fat **14g sat fat** 5.5g carbs **4g sugars** 34.6g protein **3g salt**  
Allergens: **egg, milk**

**Pear & stilton v vg GF** £4.95  
Mixed leaf, blue cheese, pear, walnuts, green beans, tarragon  
**438 kcals** 25.8g fat **10.5g sat fat** 29.8g carbs **10.9g sugars** 23.7g protein **1g salt**  
Allergens: **milk, nuts**

### PROTEIN PACKS

**Roast beef, broccoli & beets** £4.25  
Roast topside of British beef, tenderstem broccoli, cooked beetroot, baked sweet potato, free range hard-boiled egg, cashew nuts  
**244 kcals** 9g fat **1.9g sat fat** 22.1g carbs **12.6g sugars** 21.1g protein **0.4g salt**  
Allergens: **egg, nuts**

**Seared tuna, greens & beans** £3.95  
Seared yellow fin tuna, blanched broccoli & French beans, raw carrot, red cabbage in balsamic vinegar, edamame beans, fresh parsley, sunflower seeds  
**184 kcals** 14.2g fat **2.3g sat fat** 9.4g carbs **5g sugars** 15.6g protein **0.1g salt**  
Allergens: **fish, soya**

**Grilled halloumi, aubergine & peppers v** £3.75  
Grilled halloumi cheese, roasted red peppers, jalapeños, tomato, roast aubergine, supergrain (quinoa, puy lentil, red rice), fresh basil  
**361 kcals** 22.6g fat **5.4g sat fat** 27.5g carbs **4.6g sugars** 12.6g protein **1.3g salt**  
Allergens: **milk**

### WARM SALADS

**Jerk chicken GF** £5.95  
Mixed leaf, roast chicken in a fresh jerk spice rub, roast red pepper, roast sweet potato, chilli & coriander  
**284 kcals** 7g fat **1.6g sat fat** 36.4g carbs **18.7g sugars** 20.9g protein **1.5g salt**  
Allergens: -

**Falafel & houmous v vg** £5.95  
Mixed leaf, baked falafel, houmous, sweet potato, chickpeas, tomato, red onion, cumin, jalapeños, red cabbage, mint  
**355 kcals** 16.6g fat **1.9g sat fat** 37.3g carbs **7.1g sugars** 17.2g protein **2.3g salt**  
Allergens: **gluten, sesame**

**Chicken & chorizo GF** £5.95  
Mixed leaf, supergrain (quinoa, puy lentil, red rice), roast chicken, chorizo, roast tomato, chives  
**434 kcals** 18g fat **6.1g sat fat** 37.4g carbs **7.4g sugars** 33.3g protein **1g salt**  
Allergens: -

**Pesto mac & cheese v** £5.95  
Mixed leaf, macaroni cheese, kale, cherry tomato, walnuts, pesto, chives  
**318 kcals** 19.4g fat **7.9g sat fat** 23.7g carbs **8.1g sugars** 4.1g protein **0.4g salt**  
Allergens: **gluten, milk, nuts**

**Pulled pork & apple GF** £5.95  
Mixed leaf, pulled pork, apple chutney, kale, puy lentils, flatleaf parsley  
**292 kcals** 3.6g fat **0.9g sat fat** 40.7g carbs **22.8g sugars** 27g protein **1g salt**  
Allergens: **sulphites**

### WRAPS

**Jerk chicken** £3.25  
Roast chicken, jerk paste, mango puree, tomato salsa (tomato, red onion, coriander) mixed leaf, tortilla wrap  
**464 kcals** 6.6g fat **1.4g sat fat** 67.9g carbs **8.1g sugars** 22.9g protein **1.1g salt**  
Allergens: **gluten**

**Chicken caesar** £3.25  
Roast chicken, Caesar dressing, mixed leaf, parmesan cheese, tortilla wrap  
**432 kcals** 12g fat **5.1g sat fat** 61.2g carbs **2.3g sugars** 23.7g protein **1.3g salt**  
Allergens: **gluten, egg, milk, sulphites**

**Falafel & houmous v** £3.25  
Falafel, houmous, chickpeas, natural yoghurt, mixed leaf, mint, tortilla wrap  
**481 kcals** 12.9g fat **1.6g sat fat** 79.6g carbs **5.5g sugars** 17g protein **2g salt**  
Allergens: **gluten, milk, sesame**

### SOUPS

**Vegetable gyoza v** Small £3.50 Large £5.50  
Vegetable gyoza, pea shoots, Vietnamese coleslaw (rice noodles, carrot, savoy cabbage, red chilli, coriander) broccoli, green beans, edamame beans, mushroom, lemongrass, basil, lime  
**Small:** 219 kcals **2.9g fat** 0.7g sat fat **38.8g carbs** 2.3g sugars **7.1g protein** 1.1g salt  
**Large:** 352 kcals **4.5g fat** 1.1g sat fat **62.8g carbs** 3.8g sugars **11.4g protein** 1.7g salt  
Allergens: **gluten, soya, sesame**

**Chicken gyoza** Small £3.50 Large £5.50  
Chicken gyoza, pea shoots, Vietnamese coleslaw (rice noodles, carrot, savoy cabbage, red chilli, coriander) broccoli, green beans, edamame beans, mushroom, lemongrass, basil, lime  
**Small:** 208 kcals **2.9g fat** 0.7g sat fat **35.5g carbs** 2.9g sugars **8g protein** 0.4g salt  
**Large:** 336 kcals **4.5g fat** 1g sat fat **58g carbs** 4.7g sugars **12.8g protein** 0.7g salt  
Allergens: **gluten, soya, sesame**

**Thai salmon GF** Small £3.50 Large £5.50  
Sashimi grade salmon, Vietnamese coleslaw (rice noodles, carrot, savoy cabbage, red chilli, coriander) pea shoots, broccoli, green beans, edamame beans, red chilli, coriander  
**Small:** 192 kcals **4.9g fat** 1.3g sat fat **23.6g carbs** 1.7g sugars **11.4g protein** 0g salt  
**Large:** 320 kcals **8.1g fat** 2.2g sat fat **39.3g carbs** 2.8g sugars **19g protein** 0g salt  
Allergens: **soya, fish**

**Chicken gumbo GF** Small £3.50 Large £5.50  
Chicken, prawns, chorizo, supergrain (quinoa, puy lentil, red rice), tomato, kimchee, tarragon  
**Small:** 233 kcals **7.9g fat** 3g sat fat **26.2g carbs** 1.9g sugars **15.5g protein** 1.3g salt  
**Large:** 333 kcals **8.7g fat** 3g sat fat **43.7g carbs** 3.3g sugars **22.3g protein** 1.8g salt  
Allergens: **crustaceans**

**Sweet onion** Small £3.50 Large £5.50  
Supergrain (quinoa, puy lentil, red rice), bacon, cheddar cheese, croutons, red onion confit  
**Small:** 278 kcals **12.1g fat** 5.8g sat fat **12.8g carbs** 1g sugars **16g protein** 1.2g salt  
**Large:** 434 kcals **18.9g fat** 9g sat fat **49.2g carbs** 0g sugars **18.7g protein** 1.9g salt  
Allergens: -

**Chicken ramen** Small £3.50 Large £5.50  
Ramen noodles, chicken, egg, sweetcorn, edamame beans, spinach, spring onion  
**Small:** 165 kcals **5.8g fat** 1.5g sat fat **31.4g carbs** 1g sugars **16g protein** 0.8g salt  
**Large:** 274 kcals **9.6g fat** 2.5g sat fat **21.4g carbs** 1.7g sugars **26.7g protein** 1.3g salt  
Allergens: **egg, gluten, soya**

**Beef & tomato GF** Small £3.50 Large £5.50  
Puy lentils, roast topside of British beef, tomato, kale  
**Small:** 139 kcals **2g fat** 0.1g sat fat **16.5g carbs** 1.4g sugars **16.1g protein** 0g salt  
**Large:** 222 kcals **3.2g fat** 0.2g sat fat **25.9g carbs** 2.3g sugars **26g protein** 0g salt  
Allergens: -

Nutritional information does not include dressings - see back page. Due to the seasonality of our food and the nature of our production, these values are provided as a guide only. Protein packs are made in a kitchen that also handles soya, sesame, eggs, nuts and gluten.

## STEWES

### Butternut, lentil & spinach **v vg gf**

Supergrain (quinoa, puy lentil, red rice) butternut, lentil & spinach stew, coconut, garlic, ginger, chilli

**477 kcals** 10.7g fat **7.3g sat fat** 70.7g carbs **8.3g sugars** 21.6g protein **1.4g salt**

Allergens: **celery, mustard, sulphites**

### Chicken katsu

Breaded chicken breast, supergrain (quinoa, puy lentil, red rice) pea shoots, Indonesian Java curry sauce

**528 kcals** 18.8g fat **6.4g sat fat** 66.4g carbs **8.3g sugars** 28.3g protein **2.5g salt**

Allergens: **gluten, egg, milk, peanut, soya**

### Chilli con carne **gf**

Minced beef, tomato sauce, cheddar, celery, red kidney beans, chilli powder, garlic, cayenne pepper, paprika, cumin

**435 kcals** 13.4g fat **7g sat fat** 43.5g carbs **3.4g sugars** 26.9g protein **1.7g salt**

Allergens: **celery, milk, soya**

### Pulled pork & apple **gf**

Mashed potato, puy lentils, pulled pork, kale, apple chutney

**437 kcals** 9g fat **4.5g sat fat** 65g carbs **26.2g sugars** 27.8g protein **1g salt**

Allergens: **sulphites**

### Moroccan chicken **gf**

Sweet potato, chickpeas, tomato, red onion, roast chicken, grilled aubergine, harrissa sauce, natural yoghurt, calamata olives, dried cranberries, mint

**563 kcals** 35.1g fat **4.6g sat fat** 39.9g carbs **14.8g sugars** 23.4g protein **1.8g salt**

Allergens: **milk**

### Grilled halloumi & aubergine **v gf**

Supergrain (quinoa, puy lentil, red rice), Halloumi cheese, grilled aubergine, deli leaf, roast red peppers, jalapeños, basil

**607 kcals** 39.7g fat **10.1g sat fat** 41.6g carbs **5.1g sugars** 22.5g protein **2.1g salt**

Allergens: **milk**

## YOGHURTS

### Blueberry & honey **v gf**

Natural yoghurt, blueberries, blueberry puree, honey

**198 kcals** 2.1g fat **1.3g sat fat** 45.4g carbs **44.4g sugars** 9.9g protein **0.4g salt**

Allergens: **milk**

### Raspberry & almond **v gf**

Natural yoghurt, raspberries, raspberry puree, almonds

**256 kcals** 13.2g fat **2.2g sat fat** 21.2g carbs **19.8g sugars** 14.2g protein **0.3g salt**

Allergens: **milk, nuts**

### Honey & walnut **v gf**

Natural yoghurt, walnuts, honey

**239 kcals** 8.9g fat **2.1g sat fat** 30.6g carbs **30.5g sugars** 11.2g protein **0.3g salt**

Allergens: **milk, nuts**

### Mango & coconut **v gf**

Natural yoghurt, mango puree, desiccated coconut, sesame seeds

**309 kcals** 9.9g fat **7g sat fat** 24.1g carbs **24.1g sugars** 10.7g protein **0.3g salt**

Allergens: **milk, sesame**

## MUESLIS

### Apple & raspberry **v vg gf**

Oats, apple, raisins, mixed seeds, orange juice, raspberry puree, almonds

**298 kcals** 8.2g fat **1g sat fat** 52.7g carbs **32.1g sugars** 6.5g protein **0.1g salt**

Allergens: **nuts, sesame**

### Blueberry, kiwi & grape **v vg gf**

Oats, kiwi, red grapes, apple juice, blueberry puree, mixed seeds

**237 kcals** 5.5g fat **0.8g sat fat** 56.4g carbs **35.7g sugars** 5.1g protein **0.2g salt**

Allergens: **sesame**

### Cranberry & fig **v vg gf**

Oats, pear, apple juice, mixed nuts, dried figs, cranberries, raisins, mixed seeds

**365 kcals** 12.3g fat **1.9g sat fat** 57g carbs **23.2g sugars** 9.7g protein **0.1g salt**

Allergens: **nuts, sesame**

### Mango & coconut **v vg gf**

Oats, banana, mango puree, desiccated coconut, orange juice, mixed seeds, raisins

**368 kcals** 8.5g fat **3.5g sat fat** 48.5g carbs **27.1g sugars** 5.6g protein **0g salt**

Allergens: **sesame**

## DRESSINGS

**£4.75**

### Blue cheese (55ml) **v gf**

Blue cheese, mayonnaise, dijon mustard, white wine vinegar

**242 kcals** 24.2g fat **6.9g sat fat** 0.8g carbs **0.6g sugars** 0.5g protein **0.9g salt**

Allergens: **milk, egg, mustard, sulphites**

**£5.25**

### Caesar (55ml) **gf**

Mayonnaise, anchovy, parmesan, dijon mustard, white wine vinegar, Worcester sauce, dried tarragon, balsamic vinegar, garlic, tabasco

**253 kcals** 26g fat **4.9g sat fat** 0.7g carbs **0.5g sugars** 3.7g protein **0.8g salt**

Allergens: **egg, fish, milk, sulphites**

**£4.95**

### French (35ml) **v vg gf**

Dijon mustard, vegetable oil, dried mixed herbs, white wine vinegar

**224 kcals** 24.3g fat **2.8g sat fat** 0.6g carbs **0.4g sugars** 0.4g protein **0.5g salt**

Allergens: **mustard, sulphites**

**£5.25**

### Sesame soy (35ml) **v vg**

Sesame oil, garlic, soy sauce, honey, rice vinegar, water, sugar

**27 kcals** 0g fat **0g sat fat** 5.9g carbs **5g sugars** 0.5g protein **2.9g salt**

Allergens: **sesame, soya, gluten**

**£4.95**

### Thai (35ml)

Red cayenne chilli puree, fish sauce, soy sauce, lemon & lime juice, garlic white wine vinegar, sugar,

**28 kcals** 0g fat **0g sat fat** 5.7g carbs **5.2g sugars** 0.7g protein **0g salt**

Allergens: **fish, soya, sulphites, gluten**

**£5.25**

### Ranch (55ml) **v gf**

Mayonnaise, buttermilk, lemon juice, garlic powder, tabasco, dried dill, cayenne pepper, black pepper, salt

**187 kcals** 19.4g fat **2.9g sat fat** 1.8g carbs **1.6g sugars** 1.2g protein **0.5g salt**

Allergens: **milk, egg**

**£1.75**

### Pesto (35ml) **gf**

Pesto, vegetable oil, white wine vinegar

**240 kcals** 26g fat **2.7g sat fat** 0.2g carbs **0g sugars** 1.1g protein **0.1g salt**

Allergens: **milk, nuts**

**£1.75**

### Mango (35ml) **v vg gf**

Mango puree, vegetable oil, white wine vinegar

**223 kcals** 19.1g fat **2.2g sat fat** 3.6g carbs **3.6g sugars** 0g protein **0g salt**

Allergens: -

**£1.75**

### Balsamic dressing (35ml) **v vg gf**

Balsamic vinegar, vegetable oil

**244 kcals** 26.2g fat **3.1g sat fat** 1.5g carbs **1.3g sugars** 0g protein **0g salt**

Allergens: -

**£1.75**

### Balsamic vinegar (35ml) **v vg gf**

Balsamic vinegar

**31 kcals** 0g fat **0g sat fat** 5.9g carbs **5.3g sugars** 0g protein **0g salt**

Allergens: -

**£1.95**

### Lemon juice (35ml) **v vg gf**

Lemon juice

**3 kcals** 0g fat **0g sat fat** 0.6g carbs **0.6g sugars** 0g protein **0g salt**

Allergens: -

**£1.95**

### Lemon & oil (35ml) **v vg gf**

Lemon juice, extra virgin olive oil

**237 kcals** 26.2g fat **3.8g sat fat** 0g carbs **0g sugars** 0g protein **0g salt**

Allergens: -

**£1.95**

### Extra virgin olive oil (35ml) **v vg gf**

Extra virgin olive oil

**314 kcals** 34g fat **5g sat fat** 0g carbs **0g sugars** 0g protein **0g salt**

Allergens: -

**£1.95**

### Sweet chilli sauce (35ml) **v vg gf**

Sweet chilli sauce

**72 kcals** 0g fat **0g sat fat** 17.3g carbs **17g sugars** 0g protein **0.8g salt**

Allergens: -

**£1.95**

### Yoghurt & mint (35ml) **v gf**

Natural yoghurt, dried mint, lemon

**62 kcals** 1g fat **0g sat fat** 7.9g carbs **2.8g sugars** 5.4g protein **0g salt**

Allergens: **milk**

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