chopped**leaf**

Nutritional & Allergen Guide

If you have any questions, or concerns
please feel free to reach out to us at **info@choppedleaf.ca**

Bowls

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Goddess	1026	77.3	75	15.4	8.9	22.4	1488		✓		✓					✓		✓
Cobb	844	65.6	32	7.3	3	35.2	1123		✓	✓								
Bangkok	698	37.3	64.2	5.9	14	32.4	878	✓		✓	✓	✓			✓	✓		✓
Harvest	770	59.9	46.2	6.4	12.9	21.7	830				✓		✓			✓		✓
Mediterranean	825	66.7	49.9	8.5	7.6	12.3	1187		✓								✓	✓
Santa Fe	508	27.3	45.9	9.3	6.9	24.8	1168	✓	✓									✓
Southwest	726	53.4	40.2	5.6	4.5	23.4	890	✓	✓								✓	
Sunshine	706	55.4	32.9	6.6	3	26.8	1106		✓		✓					✓		✓
Bold Buffalo	767	58.2	33.2	4.3	5.7	32.6	1766	✓	✓	✓								
Caesar	728	56.1	29	3.4	1.2	32.1	1254	✓	✓	✓	✓			✓			✓	✓
Signature	752	56.4	43.5	5.5	13.4	27.2	888	✓	✓				✓				✓	✓
Bistro	770	48	64	8	8	24	1340	✓	✓	✓								
Autumn	456	16.8	60.7	6.5	9	26	1172		✓								✓	✓

Salads

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Goddess	906	67	61.6	15.5	9.5	21.6	1500		✓		✓					✓		✓
Cobb	666	52.7	15.5	7.5	3.6	33.8	690		✓	✓								
Bangkok	561	28.2	48.6	6	12.7	31.3	960	✓		✓	✓	✓			✓	✓		✓
Caesar	583	45	15.6	3.5	1.8	31.1	920	✓	✓	✓	✓			✓			✓	✓
Mediterranean	665	53.7	36.5	8.6	8.2	11.6	1080		✓								✓	✓
Santa Fe	418	22.6	31.5	9.2	6.6	23.9	940	✓	✓									✓
Signature	609	45.5	29.7	5.6	13.6	26.4	720	✓	✓				✓				✓	✓
Sunshine	583	46.9	18.6	6	3	25.9	680		✓		✓					✓		✓
Bold Buffalo	604	45.2	19.7	4.4	5.9	31.5	740	✓	✓	✓								
Harvest	648	51.4	31.9	6	12.7	21.2	1030				✓		✓			✓		✓
Southwest	591	43.3	26.9	5.8	5.1	22.7	1010	✓	✓								✓	

Wraps

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Bangkok	824	34	91.3	11.6	13.8	38.9	1083	✓		✓	✓	✓			✓	✓		✓
Bold Buffalo	867	51	62.4	9.9	7	39.1	1974	✓	✓	✓								
Caesar	846	50.8	58.3	9	3	38.6	1467	✓	✓	✓	✓			✓			✓	✓
Mediterranean	928	59.5	79.2	14.2	9.3	19	1441	✓	✓								✓	✓
Santa Fe	681	28.4	74.2	15	7.8	31.5	1334	✓	✓									✓
Signature	872	51.3	72.4	11.2	14.8	34	1120	✓	✓				✓				✓	✓
Southwest	854	49	69.5	11.3	6.2	30.3	1145	✓	✓								✓	
Sunshine	850	52.7	62	12.3	4.7	33.5	1333	✓	✓		✓					✓		✓
Goddess	1170	74.7	104	21	10.6	29	1715	✓	✓		✓					✓		✓
Cobb	944	58.5	61.2	13	4.8	42	1326	✓	✓	✓								
Harvest	914	57.3	75.4	12	14.6	28.4	1057	✓			✓		✓			✓		✓
Creamy Ranch	703	36.4	59.2	9.5	8.7	32.3	1363	✓	✓	✓								✓
Chipotle Ranch	703	36.4	59.2	9.5	7.4	31.6	1375	✓	✓	✓								✓

Sandwiches

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Spicy Chipotle Chicken	753	36	73	3	2	35	1625	✓	✓	✓								
Cranberry Pesto Chicken	743	28	80	4	6	44	1665	✓	✓									
Chicken Club	713	29	75	14	3	39	1415	✓	✓	✓								
Southwest Steak	789	41	73	3	1	33	1720	✓	✓	✓								
Jalapeño Popper	600	30	53	3	4	30	1420	✓	✓									
Tuna Melt	680	41	47	3	0	32	1230	✓	✓	✓	✓			✓				

Quesadillas

Baja	900	52	79	15	10	36	1820	✓	✓									
BBQ	860	53	68	12	10	33	2150	✓	✓									
Pesto	870	55	66	13	8	35	1890	✓	✓									
Veggie	770	44	81	15	23	21	1430	✓	✓								✓	

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Soup

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Creamy Tomato (S)	290	22	20	3	9	4	580	✓	✓									✓
Creamy Tomato (L)	500	38	36	5	15	7	1020	✓	✓									✓
Chicken Noodle (S)	80	2	10	1	1	7	580	✓		✓	✓							✓
Chicken Noodle (L)	170	4.5	21	1	3	13	1170	✓		✓	✓							✓
Curried Butternut Squash (S)	160	8	22	3	6	2	680		✓								✓	✓
Curried Butternut Squash (L)	280	13	39	6	11	4	1170		✓								✓	✓
Broccoli Cheddar (S)	190	12	7	2	2	6	760		✓								✓	✓
Broccoli Cheddar (L)	330	21	28	4	4	10	1310		✓								✓	✓

Kids Menu

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Chickie Bowl	210	5	26	2	1	16	380		✓									
Chickie Caesar Salad	300	23	7	2	1	16	600	✓	✓	✓	✓			✓			✓	✓
Chickie Caesar Wrap	500	30	39	5	2	21	940	✓	✓	✓	✓			✓			✓	✓
Chickie Quesadilla	300	10	35	3	2	19	610	✓	✓	✓								
Chickie Ranch Wrap	450	26	37	4	2	20	790	✓	✓	✓								
Chickie Grilled Cheese	410	6	73	2	6	17	980	✓	✓									

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Dressings

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Chopped Balsamic	225	24	3	0	1.5	0.3	225										✓	✓
Goddess	270	28.5	3	0	0	1.5	480				✓					✓		✓
Greek Vinaigrette	285	31.5	1.5	0	0	0.5	143		✓								✓	✓
Evil Peanut	210	18	10.5	0	7.5	1.5	345				✓	✓				✓		✓
Pesto	80	7	1	0	0	2	200		✓									
Caesar	270	28.5	1.5	0	0	1.5	345		✓	✓	✓			✓			✓	✓
Ranch	285	30	1.5	0	1.5	1.5	300		✓	✓								
Chipotle Lime Citrus	255	27	1.5	0	0	0.5	180										✓	
Chipotle Ranch	285	30	1.5	0	0	0.6	315			✓								
Salsa	15	0	4	1	1	0	340											
Sour Cream	45	3.5	2	0	1	1	25		✓									
BBQ Sauce	45	0.5	10	0	8	0.1	380										✓	
Tzatziki	70	5	2	0	1	3	75		✓									
Buffalo Sauce	5	0	1	0	0	0.2	420											

Proteins

	Calories	Fats(g)	Carbs(g)	Fibre(g)	Sugar(g)	Protein(g)	Sodium(mg)	Contains Wheat & Gluten	Contains Milk	Contains Egg	Contains Soy	Contains Peanuts	Contains Treenuts	Contains Fish	Contains Shellfish	Contains Sesame	Contains Mustard	Contains Sulphites
Chicken	90	2	3	0	1	14	240											
Steak	120	6	3	0	0	13	340											
Lemon Dill Tuna	340	30	0	0	0	17	510			✓	✓			✓				
Extra Firm Tofu	130	7	4	0	3	12	450				✓							
Falafel	200	11	22	5	4	6	360											
Eggs	150	10	2	0	1	12	125			✓								
Shrimp	60	0	0	0	0	15	190								✓			✓

Chopped Water

Strawberry Lemon	10	0	3	1	1	0.3	15											
Cucumber Lime Mint	15	0	3	0	1	0.3	15											
Mixed Berry	20	0	5	2	3	0.3	15											
Cherry Lime	27	0	7.2	1	5.8	0.5	15											

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