

SUPER FRESH READY TO GO SALADS

we make it. you take it.

falafel & humous (v) £4.00
grilled falafel, humous, spicy chickpeas and mixed leaves

tuna nicoise £4.00
classic tuna salad, olives, egg and marinated anchovy

smoked mackerel kedgereee £4.25
natural smoked mackerel, brown rice, peas, sultanas and egg

superfoods (v) £4.75
fresh avocado salsa, edemame beans, broccoli and sprouts

jerk chicken £4.75
roast chicken in a fresh jerk spice rub, baked sweet potato

roast chicken caesar £4.75
roast chicken, parmesan shavings and homemade croutons

classic cobb £5.25
crispy bacon, roast chicken, egg and avocado

tarragon chicken £5.25
roast chicken, puy lentils, roasted onions and sundried tomato

bang bang chicken £5.25
roast chicken with Asian spice rub, soba noodles in lime, mint and chilli marinade

Parma ham & mozzarella £5.50
Parma ham, mozzarella, sundried tomatoes and pine nuts

watch out for seasonal specials every month

chop'd

REAL *good* FOOD *fast*

CREATE YOUR OWN SALAD

you create it. we make it. £5.50

choose your base

house leaves, deli leaves pasta, rice noodles, couscous, new potatoes

+ 3 house items (extra portion +25p)

carrot, beetroot, tomato, cucumber, red onion, spring onion, celery, mushroom, mixed peppers, broccoli, green beans, peas, roast red peppers, Vietnamese coleslaw, gherkin, spiced chickpeas, sweet corn, three bean mix, alfalfa sprouts, sun-dried tomato, marinated olives, free range egg,

+ 1 deli item (extra portion +£1)

cheddar, mozzarella, feta, goats cheese, parmesan, tuna, crayfish, smoke roast salmon, real roast chicken, gammon, bacon, chorizo, Parma ham, avocado salsa, pine kernels

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opening times, stores, menus, promotions and more

feedback@chopd.co.uk

share your comments or suggestions with us

WARM SALADS

hot topping + cold base £5.50

mexican bean (v)
spicy three bean mix, mature cheddar, fresh tomato salsa, sour cream,

jerk chicken
roast chicken in a fresh jerk spice rub, baked sweet potato

chestnut mushroom
grilled chestnut mushroom, Parma ham roast chicken

FRESHLY MADE SOUPS

original. tasty. £3.50/£5.50

Thai salmon & coconut
fresh salmon and Vietnamese coleslaw in a Thai red coconut broth

chicken & prawn gumbo
chicken, prawn, chorizo in a lightly spiced chicken broth

BREAKFAST

fruits, nuts and sometimes a dash of honey. freshly made, everyday.

fruit mueslis £1.75/£2.75
all natural sugars

yoghurt pots £1.65
low fat bio

hot porridge £1.50
slow release energy