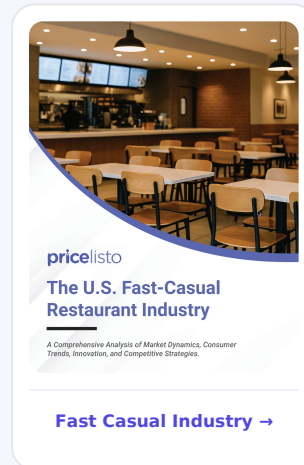




# The Chopped Leaf (CA)

Menu Prices — August 1, 2026

## Restaurant & Food Industry Reports



**Competitor Price Intelligence →**

| Featured items                                                                                                                                                 |                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
|                                                                                                                                                                |                |
| ITEM                                                                                                                                                           | PRICE          |
| <b>Santa Fe Bowl</b><br>Romaine, Black Bean Corn Salsa, Avocado, Cheddar, Sour Cream, Salsa, Crushed Pita Chip, Brown Basmati Rice...                          | <b>\$13.79</b> |
| <b>Southwest Bowl</b><br>Feuilles de romaine croquantes, tomates cerises juteuses, salsa de maïs aux haricots noirs, poivrons rouges et jaunes co...           | <b>\$13.79</b> |
| <b>Mediterranean Bowl</b><br>Un mélange rafraîchissant de laitue romaine croquante, feta crémeux, concombres croquants, tomates raisins juteuses, ron...       | <b>\$13.79</b> |
| <b>Chickie Quesadilla</b><br>Grilled chicken and cheddar pressed between a whole wheat tortilla with a side of ranch dressing.                                 | <b>\$6.89</b>  |
| <b>Broccoli and Cheese (Small Soup)</b>                                                                                                                        | <b>\$5.51</b>  |
| <b>Broccoli and Cheese (Large Soup)</b>                                                                                                                        | <b>\$7.92</b>  |
| <b>NEW Goddess Wrap</b><br>goddess dressing, romaine, roasted sweet potato, roasted pumpkin seed, chickpeas, feta...                                           | <b>\$11.49</b> |
| <b>Spicy Creamy Tomato (Small Soup)</b>                                                                                                                        | <b>\$5.51</b>  |
| <b>Spicy Creamy Tomato (Large Soup)</b>                                                                                                                        | <b>\$7.92</b>  |
| <b>Bangkok Wrap</b><br>Romaine, Red and Yellow Peppers, Edamame, Red Onion, Chow Mein, 12" Tortilla, Peanuts, Evil Peanut Dressing...                          | <b>\$11.49</b> |
| <b>Sunshine Bowl</b><br>Chopped Mix, Avocado, Cucumber, Mozzarella, Apples, Goddess Dressing, Brown Basmati Rice...                                            | <b>\$13.79</b> |
| <b>Cranberry Pesto Sandwich</b><br>Poulet grillé accompagné d'une sauce aux canneberges, pesto, poivrons rouges et jaunes, cheddar, mozzarella et laitue ro... | <b>\$12.06</b> |
|                                                                                                                                                                |                |
| Bowls                                                                                                                                                          |                |

| ITEM                                                                                                                                                          | PRICE          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>NEW Goddess Bowl</b><br>Généreuse portion de riz basmati brun assaisonné et tendre sur un lit de romaine fraîche. Des pois chiches et patates do...        | <b>\$13.79</b> |
| <b>Santa Fe Bowl (Bowls)</b><br>Romaine, Black Bean Corn Salsa, Avocado, Cheddar, Sour Cream, Salsa, Crushed Pita Chip, Brown Basmati Rice...                 | <b>\$13.79</b> |
| <b>Mediterranean Bowl (Bowls)</b><br>Romaine, Feta, Cucumber, Grape Tomatos, Red Onion, Crushed Pita Chip, Tzatziki, Greek Vinaigrette, Brown Basmati Rice... | <b>\$13.79</b> |
| <b>Harvest Bowl</b><br>Spinach, Roasted Pecan, Chick Peas. Sun Dried Cranberries. Carrots. Cucumber. Goddess Dressing, Brown Basmati Rice...                  | <b>\$13.79</b> |
| <b>Caesar Bowl</b><br>Romaine, Bacon Bits, Parmesan, Croutons, Caesar Dressing, Brown Basmati Rice...                                                         | <b>\$13.79</b> |
| <b>Bangkok Bowl</b><br>Romaine, Red and Yellow Peppers, Edamame, Red Onion, Chow Mein, Peanuts, Evil Peanut Dressing, Brown Basmati Rice...                   | <b>\$13.79</b> |
| <b>Southwest Bowl (Bowls)</b><br>Romaine, Grape Tomatos, Black Bean Corn Salsa, Red and Yellow Peppers, Cheddar, Crushed Pita Chip, Chipotle Lime Dressin...  | <b>\$13.79</b> |
| <b>Sunshine Bowl (Bowls)</b><br>Chopped Mix, Avocado, Cucumber, Mozzarella, Apples, Goddess Dressing, Brown Basmati Rice...                                   | <b>\$13.79</b> |
| <b>Signature Bowl</b><br>Romaine, Sun Dried Cranberries, Roasted Pecan, Red Onion, Feta, Croutons, Balsamic Dressing, Brown Basmati Rice...                   | <b>\$13.79</b> |
| <b>Bold Buffalo Bowl</b><br>Un lit de riz basmati brun accueille des éclats de romaine fraîche et croustillante. Des poivrons rouges et jaunes, des...        | <b>\$13.79</b> |

| Wraps                                                                                                                                                          |                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| ITEM                                                                                                                                                           | PRICE          |
| <b>NEW Goddess Wrap (Wraps)</b><br>Un généreux mélange de romaine croquante, patate douce rôtie, et graines de citrouille grillées s'enroule dans ce wrap s... | <b>\$11.49</b> |
| <b>Santa Fe Wrap</b><br>Romaine, Black Bean Corn Salsa, Avocado, Cheddar, Sour Cream, Salsa, Crushed Pita Chip, 12" Tortilla...                                | <b>\$11.49</b> |
| <b>Mediterranean Wrap</b><br>Romaine, Feta, Cucumber, Grape Tomatos, Red Onion, Crushed Pita Chip, Tzatziki, 12" Tortilla, Greek Vinaigrette...                | <b>\$11.49</b> |
| <b>Harvest Wrap</b><br>Spinach, Roasted Pecan, Chick Peas, Sun Dried Cranberries, Carrots, Cucumber, Goddess Dressing, 12" Tortilla...                         | <b>\$11.49</b> |
| <b>Caesar Wrap</b><br>Romaine, Bacon Bits, Parmesan, Croutons, Caesar Dressing, 12" Tortilla                                                                   | <b>\$11.49</b> |
| <b>Bangkok Wrap (Wraps)</b><br>Romaine, Red and Yellow Peppers, Edamame, Red Onion, Chow Mein, 12" Tortilla, Peanuts, Evil Peanut Dressing...                  | <b>\$11.49</b> |
| <b>Southwest Wrap</b><br>Romaine, Grape Tomatos, Black Bean Corn Salsa, Red and Yellow Peppers, Cheddar, 12" Tortilla, Crushed Pita Chip, Chipotl...           | <b>\$11.49</b> |
| <b>Sunshine Wrap</b><br>Chopped Mix, Avocado, Cucumber, Mozzarella, Apples, Goddess Dressing, 12" Tortilla...                                                  | <b>\$11.49</b> |
| <b>Signature Wrap</b><br>Romaine, Sun Dried Cranberries, Roasted Pecan, Red Onion, Feta, Croutons, Balsamic Dressing, 12" Tortilla...                          | <b>\$11.49</b> |
| <b>Bold Buffalo Wrap</b><br>Romaine croquante, poivrons rouges et jaunes, carottes, oignons rouges, parmesan, morceaux de bacon et croûtons se réuni...        | <b>\$11.49</b> |

| Salads                                                                                                                                                   |                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| ITEM                                                                                                                                                     | PRICE          |
| <b>NEW Goddess Salad</b><br>Romaine croquante, patates douces rôties, et graines de citrouille grillées mêlées à des pois chiches tendres et du feta...  | <b>\$13.79</b> |
| <b>Santa Fe Salad</b><br>Romaine, Black Bean Corn Salsa, Avocado, Cheddar, Sour Cream, Salsa, Crushed Pita Chip, Pita Chip...                            | <b>\$13.79</b> |
| <b>Mediterranean Salad</b><br>Romaine, Feta, Cucumber, Grape Tomatos, Red Onion, Pita Chip, Tzatziki, Crushed Pita Chip, Greek Vinaigrette, Pita Chip... | <b>\$13.79</b> |
| <b>Harvest Salad</b><br>Spinach, Roasted Pecan, Chick Peas, Sun Dried Cranberries, Carrots, Cucumber, Goddess Dressing, Pita Chip...                     | <b>\$13.79</b> |
| <b>Caesar Salad</b><br>Romaine, Bacon Bits, Parmesan, Croutons, Caesar Dressing, Pita Chip                                                               | <b>\$13.79</b> |
| <b>Bangkok Salad</b><br>Romaine, Red and Yellow Peppers, Edamame, Red Onion, Chow Mein, Peanuts, Evil Peanut Dressing, Pita Chip...                      | <b>\$13.79</b> |
| <b>Southwest Salad</b><br>Romaine, Grape Tomatos, Black Bean Corn Salsa, Red and Yellow Peppers, Cheddar, Chipotle Lime Dressing, Crushed Pita Chi...    | <b>\$13.79</b> |
| <b>Signature Salad</b><br>Romaine, Sun Dried Cranberries, Roasted Pecan, Red Onion, Feta, Croutons, Balsamic Dressing, Pita Chip...                      | <b>\$13.79</b> |
| <b>Bold Buffalo Salad</b><br>Romaine, Red and Yellow Peppers, Carrots, Red Onion, Parmesan, Bacon Bits, Croutons, Ranch Dressing, Buffalo Sauce, Pita... | <b>\$13.79</b> |

| Design Your Own Bowl, Wrap, or Salad |       |
|--------------------------------------|-------|
| ITEM                                 | PRICE |

|                                                                                                                             |                |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Design Your Own (Wrap)</b>                                                                                               | <b>\$11.49</b> |
| Concevez votre propre wrap en choisissant parmi votre sélection favorite d'ingrédients frais. Accompagnez votre création... |                |
| <b>Design Your Own (Bowl (includes warm brown basmati rice))</b>                                                            | <b>\$13.79</b> |
| Créez votre bol personnalisé avec notre riz basmati brun réconfortant.                                                      |                |
| <b>Design Your Own (Salad (includes a whole wheat pita chip))</b>                                                           | <b>\$13.79</b> |
| Design your own wrap, bowl, or salad. All salads are topped with a whole wheat pita chip. All bowls are served with brow... |                |

Sandwiches

| ITEM                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Spicy Chicken Sandwich</b>                                                                                               | <b>\$12.06</b> |
| Grilled chicken, chipotle ranch dressing, mushrooms, red onions, cheddar, and romaine. Lightly toasted on your choice of... |                |
| <b>Cranberry Pesto Sandwich (Sandwiches)</b>                                                                                | <b>\$12.06</b> |
| Grilled chicken, cranberry sauce, pesto, red and yellow peppers, cheddar, mozzarella, and romaine. Lightly toasted on yo... |                |
| <b>Chopped Tuna Melt Sandwich</b>                                                                                           | <b>\$12.06</b> |
| Lemon dill tuna, cheddar, cucumbers, carrots, and romaine. Lightly toasted on your choice of sourdough or multigrain bre... |                |
| <b>Bold Buffalo Chicken Sandwich</b>                                                                                        | <b>\$12.06</b> |
| Romaine, buffalo chicken, bacon bits, red and yellow peppers, red onions, parmesan, carrots, and ranch dressing....         |                |

Quesadillas

| ITEM                                                                                                                        | PRICE          |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Baja Quesadilla</b>                                                                                                      | <b>\$12.64</b> |
| Grilled chicken, red, yellow peppers, black bean corn salsa, and cheddar. Served with a side of ranch dressing and salsa... |                |
| <b>BBQ Chicken Quesadilla</b>                                                                                               | <b>\$12.64</b> |
| Grilled chicken, banana peppers, red onions, mushrooms, cheddar, and BBQ sauce. Served with a side of ranch dressing and... |                |
| <b>Pesto Quesadilla</b>                                                                                                     | <b>\$12.64</b> |
| Grilled chicken, red, yellow peppers, cheddar, and pesto. Served with a side of ranch dressing and salsa.                   |                |
| <b>Vegetarian Quesadilla</b>                                                                                                | <b>\$12.64</b> |
| Champignons, poivrons rouges et jaunes, oignons rouges et canneberges séchées, le tout fondu avec de la mozzarella et du... |                |

Kids' Menu

| ITEM                                                                                                           | PRICE         |
|----------------------------------------------------------------------------------------------------------------|---------------|
| <b>Chickie Quesadilla (Kids' Menu)</b>                                                                         | <b>\$6.89</b> |
| Poulet grillé et fromage cheddar fondant enfermés dans une tortilla de blé entier, accompagnés de sauce ranch. |               |
| <b>Chickie Caesar Wrap</b>                                                                                     | <b>\$6.89</b> |
| Romaine, grilled chicken, parmesan, croutons, and creamy Caesar dressing wrapped in a whole wheat tortilla.    |               |
| <b>Grilled Cheese</b>                                                                                          | <b>\$6.89</b> |
| On your choice of multigrain or sourdough bread with a side of ketchup.                                        |               |
| <b>Chickie Ranch Wrap</b>                                                                                      | <b>\$6.89</b> |
| Romaine, grilled chicken, cheddar, and ranch wrapped in a whole wheat tortilla.                                |               |
| <b>Chickie Bowl</b>                                                                                            | <b>\$6.89</b> |
| Brown basmati rice, grilled chicken, and cheddar.                                                              |               |
| <b>Chickie Caesar Salad</b>                                                                                    | <b>\$6.89</b> |
| Romaine, grilled chicken, parmesan, croutons, and creamy Caesar dressing.                                      |               |

Soups

| ITEM | PRICE |
|------|-------|
|------|-------|

|                                          |        |
|------------------------------------------|--------|
| Spicy Creamy Tomato (Small Soup) (Soups) | \$5.51 |
| Spicy Creamy Tomato (Large Soup) (Soups) | \$7.92 |
| Broccoli and Cheese (Small Soup) (Soups) | \$5.51 |
| Broccoli and Cheese (Large Soup) (Soups) | \$7.92 |
| false                                    |        |

Snacks

| ITEM                                                                                                                        | PRICE  |
|-----------------------------------------------------------------------------------------------------------------------------|--------|
| Chocolate Chunk Cookie                                                                                                      | \$3.21 |
| Un biscuit fondant parsemé de généreux morceaux de chocolat. Contient du blé, du soja et des œufs. Préparé dans une inst... |        |
| Peanut Butter Cookie                                                                                                        | \$3.21 |
| A chewy and gluten free peanut butter cookie. Please note this cookie contains milk, peanuts, and eggs. It is also made...  |        |
| Oatmeal Raisin Cookie                                                                                                       | \$3.21 |
| A chewy oatmeal cookie with raisins throughout. Please note this cookie contains wheat, milk, and eggs. It is also made...  |        |
| Hardbite BBQ                                                                                                                | \$2.30 |
| Hardbite Natural                                                                                                            | \$2.30 |

Beverages

| ITEM                         | PRICE  |
|------------------------------|--------|
| Bottled Pop (500 ml)         | \$3.44 |
| Vitamin Water                | \$4.59 |
| Rise Kombucha                | \$6.31 |
| Bottled Juice                | \$3.44 |
| Perrier                      | \$4.13 |
| false                        |        |
| Dasani Water Bottle (591 ml) | \$3.44 |
| false                        |        |
| Naked Smoothie               | \$5.74 |