



The Chopped Leaf (CA)

Menu Prices — August 22, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

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

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

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

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

Design Your Own Bowl, Wrap, or Salad	
ITEM	PRICE

Design Your Own (Wrap)	\$11.49
Concevez votre propre wrap en choisissant parmi votre sélection favorite d'ingrédients frais. Accompagnez votre création...	
Design Your Own (Bowl (includes warm brown basmati rice))	\$13.79
Créez votre bol personnalisé avec notre riz basmati brun réconfortant.	
Design Your Own (Salad (includes a whole wheat pita chip))	\$13.79
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
Spicy Chicken Sandwich	\$12.06
Grilled chicken, chipotle ranch dressing, mushrooms, red onions, cheddar, and romaine. Lightly toasted on your choice of...	
Cranberry Pesto Sandwich (Sandwiches)	\$12.06
Grilled chicken, cranberry sauce, pesto, red and yellow peppers, cheddar, mozzarella, and romaine. Lightly toasted on yo...	
Chopped Tuna Melt Sandwich	\$12.06
Lemon dill tuna, cheddar, cucumbers, carrots, and romaine. Lightly toasted on your choice of sourdough or multigrain bre...	
Bold Buffalo Chicken Sandwich	\$12.06
Romaine, buffalo chicken, bacon bits, red and yellow peppers, red onions, parmesan, carrots, and ranch dressing....	

Quesadillas

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

Kids' Menu

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

Soups

ITEM	PRICE
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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