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The Chopped Leaf (CA)

Menu Prices — October 23, 2026

The Chopped Leaf (CA) menu with prices in Canada, updated February 2026:
74 items across 11 categories, prices from $2.30 to $13.79.

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The Chopped Leaf (CA) Menu with Prices (Canada)

The Chopped Leaf (CA) menu with prices in Canada, updated February 2026: 74 items across 11 categories, prices from $2.30 to $13.79. Prices are collected by PriceListo and may vary by location. See the latest prices online at ca.pricelisto.com/menu-prices/the-chopped-leaf-ca

Menu categories: Featured items · Bowls · Wraps · Salads · Design Your Own Bowl, Wrap, or Salad · Sandwiches · Quesadillas · Kids' Menu · Soups · Snacks · Beverages

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**

ITEM	PRICE
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**

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

Sandwiches

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

Quesadillas

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

Kids' Menu

ITEM	PRICE
Chickie Quesadilla (Kids' Menu) Poulet grillé et fromage cheddar fondant enfermés dans une tortilla de blé entier, accompagnés de sauce ranch.	**$6.89**
Chickie Caesar Wrap Romaine, grilled chicken, parmesan, croutons, and creamy Caesar dressing wrapped in a whole wheat tortilla.	**$6.89**

ITEM	PRICE
Grilled Cheese On your choice of multigrain or sourdough bread with a side of ketchup.	**$6.89**
Chickie Ranch Wrap Romaine, grilled chicken, cheddar, and ranch wrapped in a whole wheat tortilla.	**$6.89**
Chickie Bowl Brown basmati rice, grilled chicken, and cheddar.	**$6.89**
Chickie Caesar Salad Romaine, grilled chicken, parmesan, croutons, and creamy Caesar dressing.	**$6.89**

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**

Snacks

ITEM	PRICE
Chocolate Chunk Cookie Un biscuit fondant parsemé de généreux morceaux de chocolat. Contient du blé, du soja et des œufs. Préparé dans une inst...	**$3.21**
Peanut Butter Cookie A chewy and gluten free peanut butter cookie. Please note this cookie contains milk, peanuts, and eggs. It is also made...	**$3.21**
Oatmeal Raisin Cookie A chewy oatmeal cookie with raisins throughout. Please note this cookie contains wheat, milk, and eggs. It is also made...	**$3.21**
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**
Dasani Water Bottle (591 ml)	**$3.44**
Naked Smoothie	**$5.74**