

**THE CHOPPED LEAF**

# Nutritionals & Allergens

If you have any additional questions or concerns,  
please feel free to reach out to us at [info@choppedleaf.ca](mailto:info@choppedleaf.ca)



# Nutritional Chart

Menu	Calories	Fat (g)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Sodium (mg)
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## Salads

Bold Buffalo	400	33	18	5	5	9	1260
Bangkok	390	20	45	7	12	12	500
Caesar	370	32	13	4	2	9	720
Harvest	400	32	25	7	10	7	610
Mediterranean	260	20	15	4	5	8	320
Signature	390	29	28	6	13	7	480
Southwest	370	26	27	6	7	9	340
Sunshine	350	31	15	7	5	7	500
Santa Fe	320	18	34	10	8	10	690
Cobb (with Ranch)	480	41	16	7	5	16	650
Cobb (with Chipotle Ranch)	500	43	16	7	5	16	680

## Bowls

Bold Buffalo	560	35	54	8	4	11	1430
Bangkok	620	27	84	10	14	15	810
Caesar	630	44	50	6	1	12	1010
Harvest	580	34	63	11	10	10	750
Mediterranean	550	34	52	6	4	11	550
Signature	600	35	64	8	13	10	680
Southwest	620	40	64	9	6	11	540
Sunshine	540	34	53	10	4	10	660
Santa Fe	490	20	70	13	7	13	850
Cobb (with Ranch)	690	51	45	9	4	18	860
Cobb (with Chipotle Ranch)	720	54	45	9	4	18	910

## Wraps

Bold Buffalo	650	39	64	13	6	17	1650
Bangkok	650	26	91	15	13	21	890
Caesar	640	39	60	12	3	17	1110
Harvest	660	38	73	16	12	15	980
Mediterranean	520	26	62	12	7	16	710
Signature	640	35	74	14	14	15	870
Southwest	620	32	74	14	8	17	730
Sunshine	620	37	63	15	6	15	880
Santa Fe	570	24	80	18	9	18	1080
Cobb (with Ranch)	740	47	62	15	6	24	1020
Cobb (with Chipotle Ranch)	760	49	62	15	6	24	1060

## Sandwiches

### Multigrain

Bold Buffalo	730	43	60	9	6	31	1930
Cranberry Pesto	850	49	73	10	16	35	1480
Spicy Chicken	820	53	59	8	5	31	1360
Tuna Melt	710	38	56	8	5	40	1240

### Sourdough

Bold Buffalo	770	40	74	4	5	30	2110
Cranberry Pesto	880	45	87	5	14	34	1660
Spicy Chicken	850	49	73	3	4	31	1540
Tuna Melt	740	34	70	3	3	39	1420

## 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

Menu	Calories	Fat (g)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Sodium (mg)
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### Soups

African Spiced Lentil - Small	100	2.5	16	5	4	5	390
African Spiced Lentil - Large	190	5	31	10	7	10	760
Chicken Noodle - Small	80	2	10	1	1	7	580
Chicken Noodle - Large	170	4.5	21	1	3	13	1170
Loaded Potato - Small	180	11	16	2	2	4	470
Loaded Potato - Large	340	21	32	4	4	7	950
Moroccan Chickpea - Small	130	2.5	24	4	4	4	580
Moroccan Chickpea - Large	250	5	47	7	7	7	1160
Spicy Creamy Tomato - Small	150	14	4	0	1	2	520
Spicy Creamy Tomato - Large	300	28	8	0	3	4	1030
Thai Curry Soup - Small	120	7	14	5	3	3	230
Thai Curry Soup - Large	250	14	38	10	7	7	450
Mushroom Chowder - Small	120	9	8	0	2	2	530
Mushroom Chowder - Large	240	18	15	0	3	4	1070

### Kids Menu

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
Grilled Cheese <small>Multi-grain</small>	380	10	59	7	7	17	800
Grilled Cheese <small>Sourdough</small>	410	6	73	2	6	17	980

### Dressings

Balsamic Vinaigrette	160	17	2	0	1	0.2	180
Buffalo Sauce	5	0	1	0	0	0.2	1330
Caesar Dressing	230	25	1	0	0	1	350
Chipotle Lime Citrus	250	27	5	0	0	0.1	115
Chipotle Ranch	280	29	5	1	0	1	160
Evil Peanut	170	14	10	0	8	0	450
Goddess	220	24	1	1	0	1	430
Greek Vinaigrette	230	25	1	0	0	0.4	135
Ranch dressing	210	23	0	0	0	0.1	250
Salsa	15	0	4	1	1	0	340
Sour Cream	45	3.5	2	0	1	1	25
Tzatziki	70	5	2	0	1	3	75
Pesto	80	7	1	0	0	2	200

### Proteins

Chicken	90	2	3	0	1	14	240
Steak	120	6	3	0	0	13	340
Tuna	340	30	0	0	0	17	510
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

# Allergen Chart

Our restaurants contain nuts, peanuts, soy, egg, milk, wheat, fish, mustard, & sesame that are not individually packaged. Meals at all Chopped Leaf restaurants may come into contact with any or all of these allergens. We have chosen the term “gluten-friendly” as opposed to gluten-free because we cannot guarantee that cross-contamination with a gluten product in our restaurants will not occur. Although our dressings and soups are gluten-friendly, they are made in a facility that may come in contact with all allergens previously listed. If you are unsure of any products, please ask a staff member or contact [info@choppedleaf.ca](mailto:info@choppedleaf.ca) for more information.

Menu	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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## Salads

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X		X
Caesar	X	X	X	X			X			X	X
Harvest	X			X		X			X		
Mediterranean	X	X								X	X
Signature	X	X				X				X	X
Southwest	X	X								X	X
Sunshine	X	X		X					X		
Santa Fe	X	X									X
Cobb	X	X	X	X							X

## Bowls

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X		X
Caesar	X	X	X	X			X			X	X
Harvest				X		X			X		
Mediterranean	X	X								X	X
Signature	X	X				X				X	X
Southwest	X	X								X	X
Sunshine		X		X					X		
Santa Fe	X	X									X
Cobb	X	X	X	X							X

## Wraps

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X		X
Caesar	X	X	X	X			X			X	X
Harvest	X			X		X			X		
Mediterranean	X	X		X						X	X
Signature	X	X		X		X				X	X
Southwest	X	X		X						X	X
Sunshine	X	X		X					X		
Santa Fe	X	X		X							X
Cobb	X	X	X	X							X

## Sandwiches

### Multigrain

Bold Buffalo	X	X	X	X					X		
Cranberry Pesto	X	X	X	X					X		
Spicy Chicken	X	X	X	X					X		
Tuna Melt	X	X	X	X			X		X		

### Sourdough

Bold Buffalo	X	X	X	X							
Cranberry Pesto	X	X	X	X							
Spicy Chicken	X	X	X	X							
Tuna Melt	X	X	X	X			X				

## Quesadillas

Baja	X	X	X	X							X
BBQ	X	X	X	X						X	X
Pesto	X	X	X	X							
Veggie	X	X	X	X							

Menu Category	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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### Soups

African Spiced Lentil	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Chicken Noodle	X		X	X							
Loaded Potato	MC	X	MC	MC	MC	MC	MC		MC	MC	MC
Moroccan Chickpea	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Spicy Creamy Tomato	MC	X	MC	MC	MC	MC	MC		MC	MC	MC
Thai Curry Soup	MC	MC	MC	MC	MC	MC	MC		MC	MC	X
Wild Mushroom Chowder	MC	X	MC	MC	MC	MC	MC		MC	MC	MC

### Kids Menu

Chickie Bowl		X									
Chickie Caesar Salad	X	X	X	X			X			X	X
Chickie Caesar Wrap	X	X	X	X			X			X	X
Chickie Quesadilla	X	X									
Chickie Ranch Wrap	X	X	X	X							
Grilled Cheese <small>Multi-grain</small>	X	X	X	X					X		
Grilled Cheese <small>Sourdough</small>	X	X									

### Dressings

Balsamic Vinaigrette	MC	MC	MC	MC	MC	MC	MC		MC	X	X
Buffalo Sauce											
Caesar Dressing	MC	X	X	X	MC	MC	X		MC	X	X
Chipotle Lime Citrus	MC	MC	MC	MC	MC		MC		MC	X	X
Chipotle Ranch	MC	MC	X	X	MC	MC	MC		MC	MC	MC
Evil Peanut	MC	MC	MC	X	X	MC	MC		X	MC	X
Goddess	MC	MC	MC	X	MC	MC	MC		X	MC	MC
Greek Vinaigrette	MC	X	MC	MC	MC	MC	MC		MC	X	X
Ranch dressing	MC	MC	X	X	MC	MC	MC		MC	MC	MC
Salsa											
Sour Cream		X									
Tzatziki		X									
Pesto		X									

### Proteins

Chicken											
Steak											
Tuna			X	X			X				
Falafel											
Eggs			X								
Shrimp								X			X
Tofu	X			X							

### MC - May Contain

We use the term “may contain” for our dressings and soups because they are made in a facility that contains nuts, peanuts, soy, egg, milk, wheat, fish, mustard, and sesame. Therefore, we cannot guarantee that cross-contamination with these allergens will **not occur** in our manufacturing facility.

# Product Claims

Menu	Gluten Friendly	Vegetarian	Vegan
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**Salads** Any salad can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mien Noodles.

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest		X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine		X	
Santa Fe		X	

**Bowls** Any bowl can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mien Noodles.

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest	X	X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine	X	X	
Santa Fe		X	

## Wraps

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest		X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine		X	
Santa Fe		X	

## Sandwiches

### Multigrain

Bold Buffalo			
Cranberry Pesto			
Spicy Chicken			
Tuna Melt			

### Sourdough

Bold Buffalo			
Cranberry Pesto			
Spicy Chicken			
Tuna Melt			

## Quesadillas

Baja			
BBQ			
Pesto			
Veggie		X	

## Soups

African Spiced Lentil	X	X	X
Chicken Noodle			
Loaded Potato	X		
Moroccan Chickpea	X	X	X
Spicy Creamy Tomato	X	X	
Thai Curry Soup	X	X	X
Wild Mushroom Chowder	X		

Menu Category	Gluten Friendly	Vegetarian	Vegan
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### Kids Menu

Chickie Bowl	X		
Chickie Caesar Salad			
Chickie Caesar Wrap			
Chickie Quesadilla			
Chickie Ranch Wrap			
Grilled Cheese <small>Multigrain</small>		X	
Grilled Cheese <small>Sourdough</small>		X	

### Dressings

Balsamic Vinaigrette	X	X	X
Buffalo Sauce	X	X	X
Caesar Dressing	X		
Chipotle Lime Citrus	X	X	X
Chipotle Ranch	X	X	
Evil Peanut	X	X	X
Goddess	X	X	X
Greek Vinaigrette	X	X	
Ranch dressing	X	X	
Salsa	X	X	X
Sour Cream	X	X	
Tzatziki	X	X	
Pesto			

### Proteins

Chicken	X		
Steak	X		
Tuna	X		
Falafel	X	X	X
Eggs	X	X	
Shrimp	X		
Tofu		X	X

We use the term gluten-friendly for our dressings and soups because they are made in a facility that contains nuts, peanuts, soy, egg, milk, wheat, fish, mustard, and sesame. Therefore, we cannot guarantee that cross-contamination with a gluten product in our manufacturing facility will **not occur**.

# Dietary Restriction Menu Suggestions

## Vegetarian

A diet which does not include meat, and occasionally other animal byproducts.

- Sante Fe\*\* (contains Cheddar & Sour Cream)
- Harvest
- Bangkok\*\* (remove Chow Mein Noodles)
- Mediterranean\*\* (contains Feta, Tzatziki, Greek Vinaigrette Dressing)
- Southwest\*\* (contains Cheddar Cheese)
- Sunshine \*\* (contains Mozzarella Cheese)
- Signature\*\* (contains Feta Cheese)
- Vegetarian Proteins/Add ons: Falafel, Tofu, Avocado, Quinoa, Brown Basmati Rice

## Gluten Friendly

A diet that excludes the protein gluten.

Any Salad or bowl can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mein Noodles.

### Examples:

Bangkok Salad - Remove Chow Mein Noodles and Pita Chip

Signature Salad - Remove Pita Chip and Croutons

Caesar Salad - Remove Croutons and Pita Chip

**Gluten-friendly Protein/Add ons:** Chicken, Sirloin Steak, Tuna, Falafel, Eggs, Shrimp, Quinoa, Brown Basmati Rice

## Keto

A diet that is high-fat, adequate-protein, and low-carbohydrate and low sugar.

Any Salad can be made Keto with the removal of Pita Chips, Croutons, and Chow Mien Noodles.

**Upsell opportunities:** Double protein

### Examples:

Sunshine Salad - remove Pita Chip, add double Chicken

Harvest Salad - remove Pita Chip, add double Chicken

## Vegan

A diet that does not include meat, eggs, dairy products and other animal-derived substances.

- Harvest Salad
- Southwest Salad - Remove Cheddar
- Signature Salad - Remove Feta & Croutons
- Sunshine Salad - Remove Mozzarella
- Bangkok Salad - Remove Chow Mein Noodles

\*\*\* Croutons contain butter, wraps contain yeast