



SALADS | WRAPS

CHOOSE A BOWL OR WRAP

MEXICAN STREET

Iceberg, Mexican Chicken, Sundried Tomatoes, Pineapple, Jalapeños, Bell Peppers & Mexican Dressing

€8,50

SUPERFOOD SALMON

Spinach, Kale, Smoked Salmon, Wild Rice, Avocado, Cucumber, Cherry Tomatoes & Honey Mustard Dressing

€9,75

ASIAN CHICKEN

Spinach, Asian Chicken, Noodles, Spring Onion, Sugar Snaps, Pineapple, Bell Peppers & Thai Adventure Dressing

€9,50

PEAR, WALNUT & GOAT CHEESE

Mixed House, Goat Cheese, Walnuts, Pear, Cherry Tomatoes, Carrots & Balsamic Vinaigrette

€9,95

CREATE YOUR OWN

Choose your greens, one protein (meat/fish/vegetarian), three other deli-items and a dressing!

€8,95



LEBANESE FALAFEL

Romaine, Falafel, Wild Rice, Cherry Tomatoes, Red Onion, Cashew Nuts, Mint & Cajun Lemon Dressing

€8,75

PERFECT PLANT PROTEIN

Spinach, Kale, Plant Based Chicken, Beet, Carrots, Radish, Courgette, Spring Onion & Red Chili and Ginger Dressing

€9,75

THE CHOPPED CAESAR

Romaine, Lemon and Garlic Chicken, Bacon, Cheese, Croutons & Caesar Dressing

€9,95

ITALIAN CONNECTION

Iceberg, Lemon and Garlic Chicken, Mozzarella, Avocado, Cucumber, Red Onion & Pesto Dressing

€9,95

 VEGETARIAN
 SPICY

NOODLE SOUPS

€7,75



HOT & SPICY CHICKEN

Mexican Chicken, Tex-Mex Seasoning, Bell Peppers, Spring Onion, Jalapeños, Lime, Coriander & Noodles



THAI CHICKEN & LIME

Asian Chicken, Bell Peppers, Spring Onion, Sugar Snaps, Lime, Coriander, Soy Sauce, Fish Sauce & Noodles



ORIENTAL SALMON

Smoked Salmon, Sugar Snaps, Cucumber, Spinach, Bell Peppers, Seaweed Seasoning, Mixed Seeds, Lime, Soy Sauce, Fish Sauce & Noodles



NO CHICKEN SOUP

Plant Based Mexican Chicken, Cherry Tomatoes, Spring Onion, Carrots, Bell Peppers & Noodles

ALLERGIES? CHECK OUR ALLERGEN MENU AT WWW.FRESHLYCHOPPED.NL



WARM BURRITOS

WRAP OR BOX €9,50

MEXICANO

Mexican Chicken, Sundried Tomatoes, Jalapeños, Avocado, Pineapple, Wild Rice, Cheese & Mexican Dressing

Box served with Iceberg

CHICKEN & BACON

Lemon & Garlic Chicken, Bacon, Red Onion, Cherry Tomatoes, Cheese & Light Mayonnaise Dressing

Box served with Iceberg

WILD CHIMICHURRI TUNA

Chili & Ginger Tuna, Cheese, Sundried Tomatoes, Spring Onion, Spinach, Wild Rice & Chimichurri Dressing

FIT FALAFEL

Falafel, Carrots, Spinach, Cherry Tomatoes, Wild Rice, Feta & Cajun Lemon Dressing

EGG & BACON

Boiled Eggs, Bacon, Cheese, Cherry Tomatoes, Spinach & Spring Onion

WANT TO MAKE IT VEGETARIAN OR VEGAN?
REPLACE MEAT/FISH FOR PLANT BASED CHICKEN!



JUICES

REGULAR: €4,25 | LARGE: €5,25

ORANGE BOOST

Carrot, Mango, Ginger and Apple

VERY BERRY

Blueberries, Strawberries and Apple

TROPICAL POWER

Pineapple, Mango, Turmeric and Apple

GREEN GLOW

Celery, Cucumber, Spinach, Avocado and Apple



SMOOTHIES

REGULAR: €4,75 | LARGE: €5,75

STRAWBERRY COOLER

Strawberries, Banana, Yoghurt and Semi-Skimmed Milk

MANGO MADNESS

Mango, Banana, Yoghurt and Semi-Skimmed Milk

BLUEBERRY BURST

Blueberries, Banana, Yoghurt and Semi-Skimmed Milk

GREEN MACHINE

Avocado, Spinach, Pineapple, Banana, Yoghurt and Semi-Skimmed Milk

PEANUT LOVER

Peanut Butter, Banana, Oats, Yoghurt and Semi-Skimmed Milk

AÇAÏ BOWLS

€9,95



NUTTY HEAVEN

Frozen Açaï, Banana, Peanut Butter, Granola and Cacao Nibs



THE RIO

Frozen Açaï, Banana, Strawberries, Granola and Chia Seeds



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MENU

Eat good, feel good



SALADS | WRAPS | BURRITOS | NOODLE SOUPS | SMOOTHIES | JUICES | AÇAÏ
ORDER ONLINE FOR COLLECTION | WWW.FRESHLYCHOPPED.NL