



FRESHLY
CHOPPED

THE HEALTHY FOOD COMPANY

MENU ALLERGEN LISTINGS

2023

INTRODUCTION

At Chopped we aim to cater for the nutritional needs of all of our valued customers, including those who have specific food allergies or intolerances.

Please note however that the following ingredients and allergens listings are given in good faith and are intended for informational purposes only. They have been formulated through careful consultation and through the provision of product specifications from raw material manufacturers and suppliers. Please be aware that all our food at Chopped is freshly prepared in a common working environment, meaning that there is a possibility of allergen cross-contamination to menu items otherwise free-from such allergens.

To minimize this risk, please inform your 'Chopper' of your specific allergen requirements and we will ensure your order is prepared with the utmost care.

KEY































TRACE: **T**

NUTS: **A**LMONDS, **C**ASHEWS, **W**ALNUTS

CEREALS CONTAINING GLUTEN: **O**ATS, **R**YE, **W**HEAT, **B**ARLEY

															KCALS
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES	

HOUSE SALADS

THE CHOPPED CAESAR	T						 W								552 KCALS
FIERY MEXICAN STREET	T														229 KCALS
THE SMOKEY PIG	T						 W								214 KCALS
TERIYAKI SALMON NOODLE	T						 W								220 KCALS
MOROCCAN FALAFEL	T						 W	 A							493 KCALS
PLANT MEXICANO	T						 W								210 KCALS
THE STICKY DUCK	T						 W								416 KCALS
TANGY THAI TUNA	T						 W								230 KCALS
ITALIAN CONNECTION	T														337 KCALS



PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES

KCALS

BAKED BURRITOS

THE MEXICAN	T							W							721 KCALS
KOREAN CHICKEN	T							W							716 KCALS
ALL DAY BREAKFAST	T							W							792 KCALS
PLANT CHICK'N CHEESE	T							W							590 KCALS
WILD CHIMICHURRI TUNA	T							W							711 KCALS
SMOKIN' HOT PIG	T							W							790 KCALS
CHEESY CHICKEN &BACON	T							W							683 KCALS

															KCALS
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES	

BUDDHA BOWLS

MOROCCAN BUDDHA BOWL	T							W								890 KCALS
SMOKED SALMON POKE NOODLE	T							W								281 KCALS
CHICKEN SATAY								W								305 KCALS
VEGAN CHICKEN SATAY								W								

NOODLE SOUPS

THAI CHICKEN & LIME	T							W								235 KCALS
HUNTERS HARVEST	T							W								247 KCALS
ORIENTAL SALMON	T							W	T							345 KCALS
HOT & SPICY CHICKEN NOODLE	T							W								305 KCALS

															KCALS
PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES		

HOUSE WRAPS

THE CHOPPED CAESAR	T														790 KCALS
FIERY MEXICAN STREET	T														467 KCALS
THE SMOKEY PIG	T														452 KCALS
TERIYAKI SALMON NOODLE	T														458 KCALS
MOROCCAN FALAFEL	T														731 KCALS
PLANT MEXICANO	T														448 KCALS
THE STICKY DUCK	T														642 KCALS
TANGY THAI TUNA	T														468 KCALS
ITALIAN CONNECTION	T														575 KCALS

							 CEREALS CONTAINING GLUTEN O,R,W,B	 NUTS A,C,WA	 CRUSTACEANS	 EGGS	 SOYA	 LUPIN	 SESAME	 SLUPHER DIOXIDE & SULPHITES	KCALs 50ML SERVING
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DRESSINGS

CHOPPED VINAIGERETTE	T														183 KCALS
REBEL CHILLI	T														60 KCALS
CAESAR	T						 W								160 KCALS
MEXICAN	T														152 KCALS
CHIMICHURRI	T														203 KCALS
KOREAN BBQ	T						 W								250 KCALS
SWEET SIRACHA	T						 W								56 KCALS
ORIENTAL	T						 W								343 KCALS
LIGHT MAYO	T														152 KCALS



PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN <small>O,R,W,B</small>	NUTS <small>A,C,WA</small>	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES




KCALs
50ML SERVING

BREAKFAST

AROUND THE CLUCK	T													411 KCALS
DON'T GO BACON MY HEART	T													475 KCALS
AVO GOOD DAY	T													418 KCALS
THE WHOLE FARM	T													425 KCALS
PROTEIN OATS	T													89 KCALS
PROTEIN PANCAKES	T													704 KCALS

															KCALs 50ML SERVING
PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	O,R,W,B A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES		

HEALTHY SUBS

CLUB CAESAR	T							W							1035 KCALS
BBQ PULLED PORK	T							W							720 KCALS
FIERY MEXICANO	T							W							735 KCALS
TUNA MELT	T							W							681 KCALS
PLANT MEXICANO	T							W							498 KCALS




PEANUTS


FISH


MILK


CELERY


MUSTARD


MOLLUSCS


CEREALS
CONTAINING
GLUTEN O,R,W,B


NUTS A,C,WA


CRUSTACEANS


EGGS




SOYA


LUPIN


SESAME













SULPHUR
DIOXIDE &
SULPHITES

CREATE YOUR OWN

ORANGE	T													
BANANA	T													
JALAPENOS	T													
MIXED PEPPERS	T													
CORIANDER	T													
STRAWBERRIES	T													
MINT	T													
ASIAN TAPENADE	T													
SUN DRIED TOMATOES	T													

														
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES

CREATE YOUR OWN






WALNUTS	T						T						T	T
CASHEW NUTS	T						T						T	T
TOASTED ALMONDS	T						T						T	T
ASSORTED SEEDS	T							T						
CRISPY ONIONS	T													
SPICY PEANUTS														
SESAME SEEDS	T													
BACON	T													
HUMMUS	T													

														
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SLUPHER DIOXIDE & SULPHITES

TORTILLA WRAPS

PLAIN TORTILLA	T						 W							
WHOLE MEAL TORTILLA	T						 W							
SPINACH TORTILLA	T						 W							
TOMATO TORTILLA	T						 W							

KIDS WRAPS

BACON & CHEESE							 W							
CHICKEN & CHEESE							 W							
FALAFEL & CHEESE							 W							

KCALS
436 KCALS
372 KCALS
567 KCALS