

## SUPREME SALADS



Our fresh crispy salads prepared daily using fresh produce for healthy enjoyment. All salads are served with choice of flour or wheat pita

### Garden Salad . . . . . **Chicken 8.49. . . Steak 9.99**

Our boneless marinated grilled chicken breast or grilled steak is served over a bed of garden greens, shredded carrots, red cabbage, vine ripe tomatoes and cucumbers. Served with your choice of dressing and fresh pita.

### **Caesar Salad. . .Chicken 8.49 .Steak 9.99. Shrimp 10.99**

Our juicy boneless marinated grilled chicken breast or grilled steak is served atop romaine lettuce, freshly shredded Parmesan cheese and croutons. Served with Caesar dressing and fresh pita.

### **Buffalo Chicken Salad . . . . . 8.99**

Deep-fried chicken breast cutlets tossed in our zesty Buffalo sauce, served atop mixed field greens, cucumbers, plum tomatoes, red onions, crumbled bleu cheese and garnished with toasted almonds. Served with bleu cheese dressing and fresh pita.

### **Greek Chicken Salad . . . . . 9.99**

Our boneless marinated grilled chicken breast is served atop garden greens, shredded carrots, red cabbage, red onions, plum tomatoes, cucumbers, sliced red and green peppers, Greek olives, pepperoncini and crumbled feta cheese. Served with Greek dressing and fresh pita.

### **Cancun Salad "Ole" . . . . . 8.99**

Ground beef cooked in our special zesty tomato sauce with fresh herbs and spices, black olives, corn, guacamole, sour cream and cheddar cheese. Garnished with fresh cilantro and served with Fiesta Hot Salsa.

### **Tortellini Spinach Chicken Salad . . . . . 8.49**

Grilled chicken breast chopped over a mix of cheese tortellini, fresh spinach leaves, red peppers, black olives tossed in light Italian vinaigrette and topped with shredded Parmesan cheese and fresh pita.

### **NEW Oriental Chicken Salad. . . . . 8.99**

Breaded boneless chicken breast sliced over Asian greens, cucumbers, tomatoes, mandarin orange segments topped with oriental noodles and toasted almonds, served with Oriental Vinaigrette dressing.

### **NEW Grilled Salmon Salad . . . . . 10.95**

Fresh grilled salmon filet served atop a bed of field greens, cucumbers, plum tomatoes and topped with toasted almonds, served with vinaigrette dressing.

## MEDITERRANEAN SHAWARMA "GYROS"



This exotic recipe contains Mediterranean herbs and spices. Irresistible!

### **Gyro STUFFED-PITA™ . . . 7.99**

Slowly rotated on flamed skewer, thinly sliced and stuffed in fresh pita with lettuce, cucumber, tomatoes and house cucumber sauce.

### **Chicken Gyro STUFFED-PITA™ . . . . . 7.49**

Grilled marinated boneless chicken breast, thinly sliced stuffed in fresh pita with lettuce, cucumber, tomatoes and house cucumber sauce

### **Gyro Platter . . . . . 8.99**

Slowly roasted on flamed skewer, thinly sliced, served with lettuce, cucumber, tomatoes, pita and house cucumber sauce and side of French fries.

## CHICK 'N CHOP SIDE ORDERS



Our side orders are made fresh daily, using only market fresh products with no artificial additives

Hot Sides	Small	Large
Baked Beans . . . . .	1.99	3.49
Baked Potato . . . . .	1.99	
Black Beans . . . . .	1.99	3.49

### **Brown Rice. . . . . 2.29. . . 3.99**

### **Corn on the Cob . . . . . 1.49**

### **Creamed Spinach . . . . . 2.29. . . 3.99**

### **French Fries . . . . . 2.59**



### **Fried Yuca . . . . . 2.49. . . 3.99**

### **Garlic Green Beans 2.29. . . 3.99**

### **Macaroni & Cheese 2.29. . . 3.99**

### **Smashed Potatoes . 1.99. . . 3.99**

### **Red Beans . . . . . 2.49. . . 3.99**

### **Roasted Potatoes . . 2.29. . . 3.99**

### **Steamed Vegetables . . . . . 1.99. . . 3.99**

### **Sweet Corn. . . . . 1.99. . . 3.99**

### **Sweet Plantains . . . . . 2.49. . . 3.99**

### **Sweet Potato . . . . . 1.99**

### **Sweet Potato Casserole . . . . . 2.49. . . 3.99**

### **Sweet Potato Fries . . . . . 2.99. . . 4.99**

### **Tostones . . . . . 2.49. . . 3.99**

### **White Rice/Yellow Rice . . . . . 1.99. . . 2.99**

### **Vegetable Yellow Rice . . . . . 2.49. . . 4.99**



### **Cold Sides**

### **Caesar Salad . . . . 2.69. . . 4.99**

### **Cole Slaw . . . . . 2.19. . . 3.99**

### **Garden Salad . . 2.59. . . 4.99**

### **Hummus with Pita . . . . . 3.99**

### **Tortellini Spinach . 2.49. . . 3.99**

### **Seasoned Balsamic Cucumbers . . . 2.49. . . 3.99**

### **Seasoned Balsamic Tomatoes . . . . 2.49. . . 3.99**

### **Grape Leaves . . . . . 2.49. . . 4.99**

### **Greek Salad without Meat . . . . . 4.99**

### **Garbanzo Bean Salad . . . . . 2.49. . . 3.99**

### **Mozzarella & Cherry Tomatoes . . . . 2.49. . . 4.99**



### **Soups**

### **Chicken Noodle . . 2.99. . . 4.99**

### **Black Bean Soup. . 2.99. . . 4.99**

All prices and selections are subject to change.

Items prepared in accordance with the American Heart Association recommendations with regards to Cholesterol, Fat and Calories.

## JUNIOR MEALS

Kids 10 years and under

**Lunch - Dine In Only**

### JM #1 Chicken fingers, fries and drink . . . . . 4.49

### JM #2 1/2 Chicken stuffed pita, fries and drink. . . 4.49

### JM #3 Regular Grill-N-Chop™ and drink . . . . . 4.49

## BEVERAGES

### Soft Drinks/Fresh Iced Tea Med. 1.59. Lg. 1.85 X-Lg. 2.25

### Arizona (all flavors) . . . . . 1.99

### Bottled IBC Root Beer, Cream Soda and Crush . 1.99

### Brazilian Juices: Guava, Mango and Passion Fruit . . 2.29

### Gatorade: Orange, Fruit Punch, Lemon-Lime . . . . . 1.79

### Martinelli's Apple Juice . . . . . 1.89

### Monster Energy - Regular, No Carb . . . . . 2.49

### Can Soda . . . . . 1.25

### Odwalla Natural Juice. . . . . 3.99

### Snapple (all flavors) . . . . . 1.75

### Zephyrhills Water. . . . . 1.99

### Perrier Water . . . . . 1.99



## COFFEE

### Coffee . . . . . 1.59

### Espresso . . . . . 1.99

### Cortadito . . . . . 1.50

### Cafe con Leche. . . . . 1.99

### Capuccino . . . . . 2.75

## DESSERTS

### Cookies Freshly Baked 1.00

### White Chocolate Macadamia,

### Chocolate Chip, Oatmeal Raisin



### Carrot Cake . . . . . 2.99

### Chocolate Cake . . . . 2.99

### Godiva Marble Cake . 3.99

### Vanilla Butter-Rum Cake 3.99

### Flan (Homestyle) . . . 2.99

### Tres Leches. . . . . 3.49

### Key Lime Pie. . . . . 2.99

Please Ask for Our Catering Menu

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# CHICK 'N CHOP



## on the Grill

# MENU

## The Healthy Way to Eat™

### Mizner West

555 N. Federal Hwy., Boca Raton, FL

Ph: (561) 391-8700 / Fax: (561) 391-1500

Across from Mizner Park "West Side"

Mon. thru Sat. 10:30am - 10:00pm / Sun. 11:30am - 8:00pm

### Pembroke Pines

18255 Pines Blvd., Pembroke Pines, FL

Across from Super Wal-Mart, next to Publix

## DINE IN • TAKE-OUT CATERING • DELIVERY





www.chicknchop.com

## GRILL-N-CHOP™ FAVORITES



Marinated fresh, zesty chicken breast, boneless, skinless combined with special ingredients. Grilled and served over rice. Top it with any of our Selected Sauces for an unforgettable dining experience!

- |  |       |       |
|--|-------|-------|
|  | Small | Large |
|  <b>Regular Grill-N-Chop™</b> . . . . .   | 5.79  | 6.99  |
| Chopped zesty breast over yellow rice  |       |       |
|  <b>Superior Grill-N-Chop™</b> . . . . .  | 6.79  | 8.49  |
| Chopped zesty breast, lettuce & tomato over yellow rice  |       |       |
| <b>Latin Grill-N-Chop™</b> . . . . .   | 6.99  | 8.99  |
| Chopped zesty breast, black beans, lettuce and tomato over white rice  |       |       |
| <b>Cancun Grill-N-Chop™</b> . . . . .  | 7.49  | 8.99  |
| Chopped zesty breast, lettuce, tomato, sour cream, guacamole and cheddar cheese over yellow rice (add black beans for .69) |       |       |

**Veggie Chop** . . . . . 5.89 . . . 6.99  
Black beans, sour cream, guacamole, cheddar cheese, lettuce and tomato over white rice

**Oriental Sesame Chop** . . . . . 6.99 . . . 8.49  
Tender fresh chicken thigh baked with oriental spices. Served over white rice, with lettuce, tomatoes, scallions, sesame seed sprinkles and topped with tangy teriyaki sauce

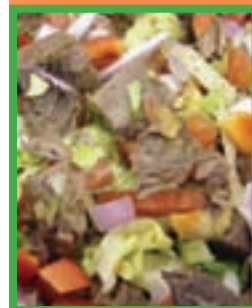
**Chick 'N Chop Favorite "Fricasse"** . . . . 7.49 . . . 8.99  
Chopped chicken breast in a tomato sauce with red & green bell peppers, onions, chunky tomatoes, cilantro, served over white rice A Must Try!

**NEW Greek Grill-N-Chop** . . . . . 7.49 . . . 9.49  
Chopped zesty breast, lettuce, tomato, Greek olives, pepperoncini, peppers and feta cheese over yellow rice. Served with Greek vinaigrette dressing

**NEW Healthy Grill-N-Chop** . . . . . 9.49 . . . 11.99  
Marinated grilled steak, chopped zesty breast, black beans, lettuce and tomatoes over brown rice. Protein Power!

Sauces served one for small, two for large  
Brown Rice Substitutions . . . . . Small .49 Large .69

## WHERE'S THE BEEF?



**Churrasco Grill-N-Chop** . . . . 7.99 . . 9.99  
Marinated chopped grilled steak, black beans, lettuce & tomato over white rice. This is awesome!!!

**Ropa Vieja "Shredded Beef"** .7.49 . 8.99  
Shredded beef with red & green peppers, onions, chunky tomatoes in our special sauce over white rice

**Picadillo "Ground Beef Creole"** 6.49 8.49  
Ground beef cooked with red & green peppers, onions, tomatoes, olives in our special sauce over white rice

**NEW Steak Pizziola** . . . . . 10.99 . 12.99  
Tender strips of grilled steak sautéed in a marinara wine sauce with mushrooms, red & green peppers, capers served with white rice and garden salad

## WRAP-IT-UP



**Healthy Wrap** . . . . . 7.99  
Grilled chicken breast chopped, brown rice, black beans, lettuce, tomatoes wrapped up in a low-carb wheat tortilla and served with your favorite sauce. A Healthy, Sensible Sandwich!

**Chicken or Steak Wrap** . . . . . **chicken 6.99. steak 7.99**  
Chicken breast or grilled steak chopped, lettuce, tomatoes wrapped up and served with your favorite sauce

**Chicken Caesar Wrap** . . . . . 7.49  
Chicken breast chopped, romaine lettuce, tomatoes and shredded Parmesan cheese wrapped up and served with Caesar dressing

**Chicken or Steak Fajita Wrap** . **chicken 7.99. steak 8.49**  
Chicken breast or grilled steak chopped, lettuce, tomatoes, onions, bell pepper, guacamole, sour cream and cheddar cheese wrapped up and served with our Fiesta Hot Salsa

**Oriental Wrap** . . . . . 7.49  
Chicken thigh baked with oriental spices, white rice, shredded carrots, lettuce, and tomatoes wrapped up and served with zesty Teriyaki sauce

**Chicken Veggie Wrap** . . . . . 6.99  
Grilled chicken breast chopped over mixed steamed vegetables, tossed with cheddar cheese and your choice of selected sauce

**NEW Chicken Greek Wrap** . . . **chicken 8.49. steak 9.99**  
Chicken breast chopped, romaine lettuce, tomatoes, black olives, bell peppers, red onions and feta cheese wrapped up and served with Greek vinaigrette dressing

**NEW Buffalo Wrap** . . . . . 8.99  
Boneless chicken breast lightly breaded and tossed in our hot Buffalo wing sauce, romaine lettuce, tomatoes, red onions and toasted almonds, wrapped up and served with bleu cheese dressing

Choice of whole wheat, flour or spinach tortilla

## PICK-A-PITA



Absolutely mouth-watering chopped 100% grilled pure chicken breast or grilled steak stuffed in a fresh pita or wrap with shredded lettuce and diced tomatoes. Accompanied with one of our awesome tasting selected sauces. Something You Can't Resist!!!

 **Chicken Stuffed-Pita™** . . . 6.49 . . 7.39 . . 8.79  
Marinated skinless breast, lettuce and tomato in a fresh pita

**Churrasco Stuffed-Pita™** . . . . 6.99 . . 7.89 . . 9.29  
Marinated grilled chicken, lettuce, and tomato in a fresh pita

**Chicken Caesar Stuffed-Pita™** . . 6.49 . . 7.89 . . 9.29  
Marinated juicy skinless breast chopped, romaine lettuce and tomatoes tossed with freshly shredded Parmesan cheese in a fresh pita

**Chicken Fajita Stuffed-Pita™** . . . 6.99 . . 8.39 . . 9.79  
Marinated grilled chicken, lettuce, tomato, onion, bell pepper, sour cream, guacamole and cheddar cheese in a fresh pita

**Churrasco Fajita Stuffed-Pita™** . . 7.49 . . 8.89 . 10.29  
Marinated grilled steak, lettuce, tomato, onion, bell pepper, sour cream, guacamole and cheddar cheese in a fresh pita

**NEW Chicken Greek Pita™** . . . 7.49 . . 8.89 . 10.29  
Marinated juicy skinless breast chopped, romaine lettuce, tomatoes, black olives, bell peppers, red onions and feta cheese in a fresh pita

**NEW Falafel Pita** . . . . . 7.49 . . 8.89 . 10.29  
Vegetarian patties served with tomato, shredded lettuce and tahini sauce served with French fries

## PLATTER LOVERS



 **Breast Platter** . . . . . 6.99 . . 8.49 . . 9.99  
Marinated boneless skinless breast, served on a platter with lettuce, tomato and fresh pita

**Churrasco Platter** . . . . 8.49 . . 9.89 . 11.29  
Marinated grilled steak, served on a platter with lettuce, tomato and fresh pita

**Chicken Tender Platter 6.99**  
Served with French fries

**NEW Kibbeh Platter** . . . 9.99  
Fried meat and cracked wheat shells stuffed with a beef mixture and served with hummus, salad and pita

## SEAFOOD LOVERS

**NEW Blackened Salmon** . . . . . 10.99  
Fresh grilled salmon filet seasoned with Cajun spices on a platter served with vegetable rice pilaf and garden field green salad

**NEW Tilapia Artichoke** . . . . . 10.99  
Lightly breaded filet of tilapia in a lemon wine sauce with capers and topped with artichoke hearts, served with vegetable rice pilaf and Caesar salad

**NEW Grilled Shrimp Platter** . . . . . 11.99  
Fresh grilled skewer of jumbo shrimp on a platter served over vegetable rice and garden field green mix salad

**NEW Shrimp Creole** . . . . . 10.99  
Tender shrimp simmered in a tomato wine sauce with red & green peppers and onions served with white rice and garden field green salad

**NEW Shrimp Parmigiana** . . . . . 10.99  
Lightly breaded shrimp topped with our home-style marinara sauce baked with mozzarella cheese and served with penne marinara and side Caesar salad

**Fish Platter** . . . . . 10.99  
Fresh tilapia sautéed with garlic, parsley and fresh herbs in a light wine sauce served on a platter with steamed vegetables and roasted potatoes

**Fried Shrimp Platter** . . . . . 9.99  
Served with French fries and coleslaw

**NEW Eggplant Parmigiana** . . . . . 9.99  
Breaded eggplant, deep-fried in olive oil and topped with homemade marinara sauce baked with mozzarella cheese served with penne marinara pasta and Caesar salad

## GRILLED CHICKEN SAVORS

Zesty chicken marinated in our special blend of seasoning, herbs and spices then grilled for a juicy, yummy delight. Leaves you craving more and more!

- |   |         |        |              |
|---|---------|--------|--------------|
|   | Chicken | 1 side | 2 sides      |
|  <b>Quarter Dark</b> . . . . .             | 4.79    | . .    | 6.19         |
|  <b>Quarter White</b> . . . . .            | 5.39    | . .    | 6.79         |
|  <b>Half Chicken</b> . . . . .             | 5.99    | . .    | 7.39 . 8.79  |
|  <b>Half Chicken – All White</b> . . . . . | 7.59    | . .    | 8.99 . 10.39 |
|  <b>Half Chicken – All Dark</b> . . . . .  | 5.49    | . .    | 6.89 . 8.29  |
|  <b>Boneless Breast Chopped (8-oz.)</b>    | 5.99    |        |              |
|  <b>Double Breast Chopped (16-oz.)</b>     | 7.99    |        |              |
|  <b>Whole Chicken</b> . . . . .            | 9.89    |        |              |
|  <b>Whole Chicken – All White</b>          | 12.99   |        |              |
|  <b>Whole Chicken – All Dark</b>           | 8.99    |        |              |
|  <b>Chicken Wings (10 pieces)</b>          | 6.99    |        |              |



## CHICKEN

**NEW Chicken Parmigiana** . . . . . 10.99  
Lightly breaded chicken breast topped with our home-style marinara sauce baked with mozzarella cheese and served with penne pasta marinara and side Caesar salad

**NEW Blackened Chicken Penne Pasta** . . . . . 9.99  
Chicken breast sautéed in Cajun spices, tossed with sliced red & green peppers, and asparagus over whole wheat penne pasta

**NEW Chicken Marsala** . . . . . 9.99  
Grilled chicken sliced and sautéed in a marsala wine sauce with mushrooms, served with mashed potato and steamed vegetables

**NEW Chicken Francese** . . . . . 9.99  
Chicken breast lightly egg battered and sautéed in a white wine lemon butter sauce served with yellow rice and a roasted potato

**NEW Chicken Piccata** . . . . . 8.95  
Boneless breast of chicken sautéed in a white wine lemon sauce with capers served with yellow rice and a roasted potato

**NEW Chicken Artichoke** . . . 10.95  
Boneless breast of chicken sautéed in a white wine lemon sauce with capers topped with artichokes served with yellow rice and steamed vegetables



## FAMILY VALUE MEALS



- Deal for Three** . . . . . 19.99  
1 Chicken + 3 Large sides + pita + 4 sauces
- Deal for Four** . . . . . 22.99  
1 Chicken + 4 Large sides + pita + 4 sauces
- Deal for Five** . . . . . 27.99  
1 1/2 Chicken + 5 Large sides + pita + 5 sauces
- Deal for Six** . . . . . 32.99  
2 Chickens + 6 Large sides + pita + 8 sauces
- All white meat per chicken . . . add 3.99

## SAUCES-DRESSINGS-TOPPINGS




Our selected sauces and dressings are freshly made daily to give you exclusive taste to your meals! Passionate!!!

**Selected Sauces:** . . . . . .55  
Fiesta Hot Salsa, Sweet 'n Sour, Cran' Orange, Curry Mustard, BBQ, Mediterranean Garlic, Chimichurri, Zesty Teriyaki

**Dressings:** . . . . . .55  
House Vinaigrette, House Balsamic, Ranch, Fat-Free Ranch, Caesar, Thousand Island, Honey Mustard, Bleu Cheese, Golden Italian

**Toppings:** . . . . . .69  
Cheddar Cheese, Sour Cream, Parmesan, Guacamole, Feta Cheese

**Bleu Cheese** . . . . . .69

 Items prepared in accordance with the American Heart Association recommendations with regards to Cholesterol, Fat and Calories.