

# CHOPPED LEAF

## MENU



+1 902-707-0780

57 Gale Terrace, Dartmouth, NS B3B 0C5,  
Canada

**OPEN**

10:00 AM - 08:00 PM

### SALADS

<b>Mediterranean Salad</b>	<b>CA\$14.39</b>	<b>Signature Salad</b>	<b>CA\$14.39</b>
<b>Sunshine Salad</b>	<b>CA\$14.39</b>	<b>Caesar Salad</b>	<b>CA\$14.39</b>
<b>Goddess Salad</b>	<b>CA\$14.39</b>		

### SANDWICHES

<b>Southwest Steak</b>	<b>CA\$17.99</b>	<b>Jalapeño Popper Grilled Cheese</b>	<b>CA\$15.59</b>
<b>Tuna Melt</b>	<b>CA\$15.59</b>	<b>Chicken Club</b>	<b>CA\$16.79</b>
<b>Cranberry Pesto Chicken</b>	<b>CA\$16.79</b>		

<b>Sunshine Bowl</b>	<b>CA\$14.39</b>	<b>Bangkok Bowl</b>	<b>CA\$14.39</b>
<b>Southwest Bowl</b>	<b>CA\$14.39</b>	<b>Caesar Bowl</b>	<b>CA\$14.39</b>

## BOWLS

Signature Bowl

CA\$17.99

## DESIGN YOUR OWN

Design Your Own Salad

CA\$14.39

Design Your Own Wrap

CA\$11.99

Design Your Own Bowl

CA\$14.39

## SOUPS

Soup Large

CA\$8.27

Soup Small

CA\$5.75

## SNACKS

Hardbite Salt&Vinegar

CA\$3.59

Fudge Brownie GF

CA\$4.79

Gluten Free Peanut  
Butter

CA\$3.59

Oatmeal Raisin

CA\$3.59

Hardbite BBQ

CA\$3.59

## COOKIE PLATTERS

Cookie Platter

CA\$29.99

## SANDWICH PLATTERS

Large Sandwich Platter

CA\$0.00

Small Sandwich Platter

CA\$0.00

## WRAP PLATTERS

Small Wrap Platters

CA\$0.00

Large Wrap Platter

CA\$0.00

## QUESADILLAS

Pesto Quesadilla

CA\$14.39

BBQ Chicken Quesadilla

CA\$14.39

Veggie Quesadilla

CA\$14.39

Baja Quesadilla

CA\$14.39

## SNACK PLATTERS

Regular Chips And Dips  
Platter

CA\$25.19

Large Chips And Dips  
Platter

CA\$39.59

## BEVERAGES

Mango Smoothie

CA\$5.99

Rise Hibiscus Rose

CA\$6.59

Cucumber Lemon Lime  
Mint Chopped Water

CA\$3.71

Orange Juice

CA\$3.95

Vitamin Water XXX Zero

CA\$4.91

## WRAPS

Sunshine Wrap

CA\$11.99

Bold Buffalo Wrap

CA\$11.99

Mediterranean Wrap

CA\$11.99

Bangkok Wrap

CA\$11.99

Caesar Wrap

CA\$11.99

## BOWL PLATTERS

**No Protein Caesar Bowl  
Platter**

**CA\$43.16**

**Chicken Bangkok Bowl  
Platter**

**CA\$58.73**

**No Protein Bangkok  
Bowl Platter**

**CA\$43.16**

**Chicken Caesar Bowl  
Platter**

**CA\$58.73**

**Chicken Mediterranean  
Bowl Platter**

**CA\$58.73**

## KIDS MENU

**Chickie Bowl**

**CA\$7.19**

**Chickie Caesar Wrap**

**CA\$7.19**

**Chickie Caesar Salad**

**CA\$7.19**

**Chickie Quesadilla**

**CA\$7.19**

**Chickie Grilled Cheese**

**CA\$7.19**

## SALAD PLATTERS

**No Protein Southwest  
Salad Platter**

**CA\$43.16**

**No Protein Sunshine  
Salad Platter**

**CA\$43.16**

**Chicken Bangkok Salad  
Platter**

**CA\$58.73**

**No Protein Signature  
Salad Platter**

**CA\$43.16**

**No Protein Bangkok  
Salad Platter**

**CA\$43.16**

# Objective Reviews

Chopped Leaf Menu brings a vibrant mix of fresh and flavorful salads and bowls to Dartmouth's dining scene. The Signature Salad and Bold Buffalo Salad deliver bold tastes with wholesome ingredients, while the Chicken Cobb Bowl Platter and Mediterranean Bowl with Chicken and Chopped Water offer satisfying heartiness. For those craving something different, the Barbecue Quesadilla and Baja Quesadilla provide a tasty twist, and the Chopped Tuna Melt rounds out the selection with rich flavors. The attentive service and bright setting at 57 Gale Terrace make dining here a relaxed and gratifying experience. Chopped Leaf invites everyone seeking healthy yet hearty meals to come enjoy these creatively prepared dishes full of freshness and flair.