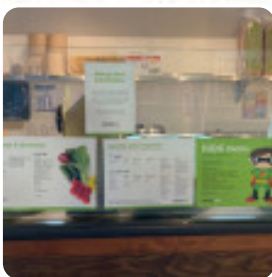




The Chopped Leaf Menu

<https://menulist.menu>

531 Sixth St, New Westminster, BC V3L 3B9, Canada
(+1)6045534575 - <https://www.choppedleaf.ca/>



	Calories	Fat(g)	Sat.Fat(g)	Total.Fat(g)	Sugars(g)	Cholesterol(mg)	Fiber(g)	Protein(g)	Phenols
er Soup									
0	8	0.8	0.5	0.6	0.4	0.5	0.6	0.6	
1	8	0.8	0.7	0.6	0.2	0.8	0.6	0.6	
2	8	0.8	0.8	0.8	0.5	0.7	0.6	0.6	
3	8	0.8	0.8	0.8	0.5	0.8	0.6	0.6	
4	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
5	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
6	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
7	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
8	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
9	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
10	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
11	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
12	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
13	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
14	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
15	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
16	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
17	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
18	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
19	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
20	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
21	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
22	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
23	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
24	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
25	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
26	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
27	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
28	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
29	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
30	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
31	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
32	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
33	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
34	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
35	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
36	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
37	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
38	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
39	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
40	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
41	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
42	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
43	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
44	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
45	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
46	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
47	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
48	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
49	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
50	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
51	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
52	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
53	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
54	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
55	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
56	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
57	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
58	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
59	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
60	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
61	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
62	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
63	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
64	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
65	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
66	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
67	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
68	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
69	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
70	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
71	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
72	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
73	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
74	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
75	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
76	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
77	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
78	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
79	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
80	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
81	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
82	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
83	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
84	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
85	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
86	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
87	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
88	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
89	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
90	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
91	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
92	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
93	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
94	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
95	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
96	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
97	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
98	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
99	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	
100	8	0.8	0.9	0.9	0.5	0.8	0.6	0.6	

Here you can find the [menu](#) of **The Chopped Leaf** in New Westminster. At the moment, there are **6** dishes and drinks on the food list. You can inquire about **changing offers** via phone. What [User](#) likes about The Chopped Leaf:

I really liked this place! Service was fast, staff was super friendly and the food was delicious. Last time I went there I ordered their popular Chopped Leaf Signature salad. The salad was amazing! Super fresh ingredients and a good 'salad size' serving that doesn't leave you hungry 3-4 hours later. Definitely coming back here on a regular basis! [read more](#). What [User](#) doesn't like about The Chopped Leaf:

Very stingy wraps, not like the pictures. If you ask for avocado, you might get one piece at the end of the wrap and leave hungry. Not enough value for the money. [read more](#). In the modern world many are thinking about a healthier diet; specifically for such thoughts The Chopped Leaf's food menu provides a wide selection of *healthy light dishes*, tasty [vegetarian](#) meals are also in the menu available. Would you rather enjoy the food at home or at a special place like a celebration? Thanks to the in-house catering, that's easily possible.

The Chopped Leaf Menu



Non alcoholic drinks

WATER

Appetizers

SPRING ROLLS

Burgers

BIG MAC

Cereals

STARTING

Restaurant Category

VEGETARIAN

GREEK

These types of dishes are being served

WRAP

SALAD

Ingredients Used

AVOCADO

VEGETABLES

ONIONS

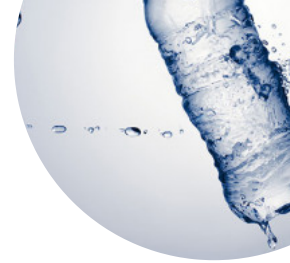
TOMATOES

TRAVEL

FETA

BASMATI RICE

The Chopped Leaf Menu



The Chopped Leaf

531 Sixth St, New Westminster,
BC V3L 3B9, Canada

Opening Hours:

Monday 07:00 -20:00
Tuesday 07:00 -20:00
Wednesday 07:00 -20:00
Thursday 07:00 -20:00
Friday 07:00 -20:00
Saturday 11:00 -19:00
Sunday 11:00 -19:00

Made with menulist.menu

