Chipotle Menu 2026

Prices · Calories · Allergens · Catering

Average US prices · Updated October 2026
chipotlemenu.online

Entrées: Bowl · Burrito · Salad · 3 Tacos

Protein	Entrée	Quesadilla	Double
Chicken	$10.85	$11.85	+$4.05
Pollo Asado (limited time)	$11.35	$12.35	+$4.25
Steak	$12.25	$13.25	+$5.25
Barbacoa	$12.25	$13.25	+$5.25
Carnitas	$11.45	$12.45	+$4.55
Sofritas (vegan)	$10.85	$11.85	+$4.05
Veggie (guac included)	$10.85	$11.85	—

Included free: rice, beans, fajita veggies, 4 salsas, sour cream, cheese, lettuce.
Guacamole +$2.95 · Queso blanco +$1.95 · Single taco from ~$3.65

High Protein Menu & Lifestyle Bowls

Item	Price	Protein
Double High Protein Bowl (760 cal)	~$14.90	81g
Double High Protein Burrito (840 cal)	~$14.90	79g
High Protein–High Fiber Bowl (540 cal)	~$10.85	46g
High Protein–Low Calorie Salad (470 cal)	~$13.80	36g
Adobo Chicken Taco (190 cal)	from $3.50	15g
High Protein Cup (4 oz chicken)	~$3.82	32g
Keto / Whole30 / Paleo Salad Bowls	$14.50–15.50	30–42g
Vegan / Vegetarian Bowls	$11.75–12.75	20–24g

Sides & Dips

Item	Price	Cal
Chips	$2.15	540
Chips & Guacamole	$4.95	770
Chips & Queso Blanco	$4.85	780
Chips & Salsa	$2.65	555–620
Chili Lime Chips (limited time)	~$2.45	~550
Large Chips & Large Guac	~$8.45	~1,270
Side of Guacamole (4 oz)	$2.95	230
Side of Queso Blanco (4 oz)	$2.65	240
Side Tortilla / Side Salsa	$0.40 / $0.60	320 / 15–80

Drinks

Drink	Price	Cal
Fountain Soda (22 / 32 oz)	$2.95 / $3.35	0–360
Mexican Coca-Cola	$3.45	150
Organic Lemonade	$3.35	~170
Bottled Water	$2.65	0
Beer / Margarita (select stores)	$4.50–7.50	150–300

Kids Menu (12 & under)

Meal (includes chips or fruit + organic juice or milk)	Price
Kid's Build Your Own (chicken / sofritas / veggie)	$6.20
Kid's Build Your Own (steak / barbacoa / carnitas)	$6.95
Kid's Cheese Quesadilla	$6.20
Kid's Chicken / Steak Quesadilla	$6.95 / $7.25

Catering (minimum ~10 people)

Package	Approx. Price
Build Your Own: chicken, sofritas, veggie	$12.75–13.75 /person
Build Your Own: steak, barbacoa, carnitas	$14.25–15.50 /person
Burritos by the Box	~$12.25–13.50 each
Chips & Salsa / Guac / Queso trays (serve ~10)	$25–45

Chipotle Nutrition & Allergens

Per standard serving · US

chipotlemenu.online/chipotle-nutrition-calculator/

Calories & Macros by Ingredient

Ingredient	Cal	Prot	Carb	Fat	Fiber	Na mg
Flour Tortilla (burrito)	320	8	50	9	3	600
Crispy Corn Shells (3)	210	3	30	9	3	0
Soft Flour Taco Tortillas (3)	240	6	39	7.5	0	480
Chicken	180	32	0	7	0	310
Steak	150	21	1	6	1	330
Barbacoa	170	24	2	7	1	530
Carnitas	210	23	0	12	0	450
Sofritas	150	8	9	10	3	560
White Rice	210	4	40	4	1	350
Brown Rice	210	4	36	6	2	190
Black Beans	130	8	22	1.5	7	210
Pinto Beans	130	8	21	1.5	8	210
Fajita Veggies	20	1	5	0	1	150
Fresh Tomato Salsa	25	0	4	0	1	550
Roasted Chili-Corn Salsa	80	3	16	1.5	3	330
Tomatillo-Green Chili Salsa	15	0	4	0	0	260
Tomatillo-Red Chili Salsa	30	0	4	0	1	500
Sour Cream	110	2	2	9	0	30
Cheese	110	6	1	8	0	190
Guacamole	230	2	8	22	6	375
Queso Blanco (entrée)	120	5	4	9	0	250
Romaine Lettuce	5	0	1	0	1	0
Supergreens	15	1	3	0	2	15
Chipotle-Honey Vinaigrette	220	1	18	16	1	850
Chips (regular)	540	7	73	25	7	390

Allergen Chart

Ingredient	Wheat	Milk	Soy
Flour tortillas	✔	—	—
Sour cream, cheese, queso blanco	—	✔	—
Sofritas	—	—	✔
All other ingredients	—	—	—

No peanuts, tree nuts, eggs, fish, shellfish or sesame on the standard US menu. Shared prep areas mean cross-contact is possible. Honey vinaigrette is not vegan.

Popular Orders

Order	Price	Cal	Prot
Chicken bowl: white rice, black beans, mild, cheese, lettuce	$10.85	660	50g
Classic chicken burrito with sour cream & cheese	$10.85	1,085	60g
Double chicken bowl: brown rice, beans, fajitas, 2 salsas	$14.90	765	77g
Chicken salad: beans, fajitas, mild salsa	$10.85	370	42g
Crispy chicken tacos: mild, cheese, lettuce	$10.85	530	41g
Chicken quesadilla + fajita veggies	$11.85	740	53g

Hours

Most locations: **10:45 AM – 10:00 PM daily**. Closed Thanksgiving Day and Christmas Day; early close Christmas Eve & New Year's Eve.

Prices are average US prices collected October 2026 and vary by location, especially in large cities, airports and on delivery apps. Nutrition per Chipotle's published US standard servings. ChipotleMenu.online is an independent guide, not affiliated with or endorsed by Chipotle Mexican Grill, Inc. Always confirm in the official Chipotle app.