Chipotle Allergen Menu Guide with Prices and Calories 2026

Chipotle Mexican Grill · Updated November 2026 · jakessmokehousebbq.com

Gluten-Free Proteins

Item	Price	Calories
Chicken Bowl	$7.50	180
Steak Tacos	$8.00	150
Barbacoa Bowl	$7.95	150
Carnitas Bowl	$7.95	210
Adobo Chicken Bowl	$8.25	180
Honey Chicken Bowl	$8.25	180

Soy-Containing Items

Item	Price	Calories
Sofritas Burrito Bowl	$7.95	150
Sofritas Burrito	$8.50	620
Chipotle-Honey Vinaigrette (contains soy)	$0.75	90

Dairy Items

Item	Price	Calories
Monterey Jack Cheese	$1.50	110
Sour Cream	$1.50	120
Queso Blanco	$2.00	110
Carnitas Quesadilla	$8.50	710
Chicken Quesadilla	$8.50	690

Gluten-Containing Items

Item	Price	Calories
Flour Tortilla Burrito	$7.95	320
Flour Tortilla Tacos (2)	$8.00	310
Flour Tortilla Burrito Bowl	$7.95	320

Vegan & Vegetarian Options

Item	Price	Calories
White Rice	$2.50	210
Brown Rice	$2.50	180
Fajita Vegetables	$2.95	20
Fresh Tomato Salsa	$1.00	25
Guacamole	$3.95	230
Black Beans Bowl	$7.50	130
Pinto Beans Bowl	$7.50	130
Sofritas Bowl	$7.95	150

Salsas and Sauces

Item	Price	Calories
Tomatillo Green Chili Salsa	$1.00	15
Tomatillo Red Chili Salsa	$1.00	25
Roasted Chili-Corn Salsa	$1.00	80
Chipotle-Honey Vinaigrette	$0.75	90

Chips and Sides

Item	Price	Calories
Corn Tortilla Chips	$2.50	540
Guacamole and Chips	$3.95	770
Crispy Corn Tortilla	$1.95	150

Low Allergen Salads and Bowls

Item	Price	Calories
Barbacoa Salad	$8.50	350
Chicken Salad	$8.50	370
Carnitas Salad	$8.50	400
Sofritas Salad	$8.50	350
Black Beans Salad	$7.95	330

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.