

Chipotle Menu with Prices

Complete 2026 printable menu · National-average pricing · Updated September 2026

How to use this menu

Prices are 2026 US national averages. Your local store may vary by \$1–3 per item, especially in California, NYC, and airports. Nutrition figures are for the base item unless noted — add-ons like guac, queso, and double protein change the totals. Full nutrition calculator at chipootlemenuprices.com/chipotle-nutrition-calculator.

Entrées (Base Prices)

Same protein price whether you pick burrito, bowl, tacos, or salad. Pick by taste and portion, not price.

Entrée	From	Description
Burrito	\$10.70	13" flour tortilla, hand-wrapped
Burrito Bowl	\$10.70	No tortilla — more room for toppings
Tacos (3)	\$9.95	Soft flour, soft corn, or crispy corn
Salad	\$10.70	Romaine base + honey vinaigrette on side
Quesadilla	\$8.70	App-only. Includes chips + 1 salsa
Kids' Build Your Own	\$5.65	1 protein, 2 sides, milk or juice
Kids' Cheese Quesadilla Meal	\$6.15	Quesadilla + 2 sides + drink

Proteins

Portion is ~4 oz per single serving. Double protein adds ~\$4.50–\$5.00 for 30+ grams more.

Protein	Calories	Protein	Sodium	Notes
Chicken	180 cal	32 g	310 mg	Marinated thigh, best macros/\$
Steak	150 cal	21 g	330 mg	Sirloin, lean and juicy
Barbacoa	170 cal	24 g	530 mg	Spicy, shredded beef
Carnitas	210 cal	23 g	450 mg	Slow-braised pork, fattier
Chicken al Pastor	190 cal	32 g	550 mg	Marinated grilled chicken
Sofritas	150 cal	8 g	560 mg	Plant-based, spiced tofu
Veggie (no protein)	0 cal	0 g	0 mg	Free guac included

Rice, Beans & Fillings

Item	Calories	Fiber	Sodium	Notes
White Rice (cilantro-lime)	210 cal	0 g	350 mg	Classic
Brown Rice	210 cal	2 g	370 mg	Higher fiber
No Rice	0 cal	0 g	0 mg	Save ~200 cal
Black Beans	130 cal	7 g	210 mg	Higher fiber
Pinto Beans	130 cal	8 g	210 mg	Slightly more fiber
No Beans	0 cal	0 g	0 mg	Keto-friendly
Fajita Veggies (free)	20 cal	1 g	170 mg	Bell peppers + onions

Salsas (All Free)

Salsa	Heat	Calories	Sodium	Notes
Fresh Tomato	Mild	25 cal	550 mg	Pico de gallo
Roasted Chili-Corn	Medium	80 cal	330 mg	Sweet & smoky
Tomatillo-Green Chili	Medium	15 cal	260 mg	Bright & tangy
Tomatillo-Red Chili	Hot	30 cal	500 mg	Smokiest heat

Toppings & Extras

Topping	Price	Calories	Notes
Guacamole	+\$2.85	230 cal	Real avocado, healthy fats
Queso Blanco	+\$1.80	120 cal	Melted white cheese
Shredded Cheese	Free	110 cal	Monterey jack blend
Sour Cream	Free	110 cal	Cultured
Romaine Lettuce	Free	5 cal	Free bulk
Double Protein	+\$4.50–\$5.00	+150–210 cal	Best macros per dollar

Sides & Drinks

Item	Price	Calories	Notes
Chips	\$2.15	540 cal	Fried tortilla, fresh daily
Chips & Guac	\$4.95	770 cal	Bag of chips + guac
Chips & Queso Blanco	\$4.75	660 cal	Chips + queso
Chips & Salsa	\$2.95	560 cal	Chips + 1 side salsa
Large Chips & Guac	\$8.15	1,240 cal	Party-size
Bottled Water	\$2.85	0 cal	16.9 oz
Fountain Drink (Reg)	\$3.15	0–330 cal	Refillable in-store
Fountain Drink (Lrg)	\$3.65	0–440 cal	Refillable in-store
Mexican Coke	\$3.65	150 cal	Cane sugar, 12 oz
Modelo / Corona	\$5.25	145 cal	12 oz, in-store only

Chipotle Ordering Hacks

1. Ask for “a little more” rice, beans, or veggies — free bump, works 90% of the time.
2. Double protein is the best macros-per-dollar move on the menu.
3. Guac on the side keeps it from browning if you meal-prep.
4. Order in the app for Chipotle Rewards points — free entrée after ~\$100 spent.
5. Skip the tortilla, save 300 calories, and pile more on the bowl.

Popular Meal Builds

Ready-made orders with exact numbers you can copy at the counter.

Meal	Ingredients	Calories	Protein	Price
Gym Bowl	Bowl + double chicken + white rice + black beans + fajita veg + tomatillo red salsa + cheese + guac	910	72 g	~\$14.50
Cutting Bowl	Bowl + chicken + no rice + black beans + fajita veg + tomatillo red salsa + guac	495	38 g	~\$13.55
Cheat Day Burrito	Burrito + steak + white rice + pinto beans + all salsas + cheese + sour cream + guac + chips	1,500	55 g	~\$17.90
Low-Carb Salad	Salad + barbacoa + no rice + black beans + tomatillo red salsa + fajita veg + guac	550	40 g	~\$14.00
Budget Bowl	Bowl + chicken + white rice + black beans + tomato salsa + cheese	665	42 g	~\$10.70
Kids' Meal	Kids' quesadilla meal + fruit + milk	555	24 g	~\$6.15

Regional Price Ranges (Chicken Bowl)

Region	Base Bowl	+ Guac	+ Chips & Drink
Midwest (OH, IL, MI)	\$9.75 – \$10.25	\$12.60 – \$13.10	\$15.90 – \$16.40
Southeast (GA, FL, NC)	\$10.20 – \$10.90	\$13.05 – \$13.75	\$16.35 – \$17.05
Texas / Southwest	\$10.50 – \$11.20	\$13.35 – \$14.05	\$16.65 – \$17.35
West Coast (CA, WA)	\$11.80 – \$13.50	\$14.65 – \$16.35	\$17.95 – \$19.65
NYC / Manhattan	\$13.20 – \$14.20	\$16.05 – \$17.05	\$19.35 – \$20.35
Airports / Stadiums	\$13.50 – \$15.75	\$16.35 – \$18.60	\$19.65 – \$22.90

Nutrition at a Glance

Daily Values Reference (2,000-cal diet)

Calories: 2,000 Protein: 50 g Sodium: 2,300 mg Fat: 65 g Carbs: 300 g Fiber: 28 g

A standard Chicken Bowl runs ~665 cal, 42 g protein, and 1,780 mg sodium — that's 77% of the daily sodium cap. Watch queso, chips, and double protein — each pushes sodium past the limit.

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