Chipotle Salad Menu Prices & Calories 2026 USA

Chipotle Mexican Grill · Updated November 2026 · redmondzeekspizza.com

Classic Chipotle Salads

Item	Price	Calories
Veggie Salad (with free guac)	$11.35	650
Sofritas Salad	$11.35	610
Chicken Salad	$11.35	670
Carnitas Salad	$11.70	730
Steak Salad	$12.45	640
Barbacoa Salad	$12.45	660
Carne Asada Salad	$12.95	680

Popular Protein Options

Item	Price	Calories
Adobo Chicken (4 oz)	$0	180
Steak (4 oz)	$0	150
Barbacoa (4 oz)	$0	170
Carnitas (4 oz)	$0	210
Carne Asada (4 oz)	$0	160
Sofritas (4 oz)	$0	150

Base Salad Components

Item	Price	Calories
Supergreens Salad Mix (3 oz)	$0	15
Chipotle-Honey Vinaigrette (2 fl oz)	$0	220

Rice & Beans Toppings

Item	Price	Calories
Cilantro-Lime White Rice (4 oz)	$0	210
Cilantro-Lime Brown Rice (4 oz)	$0	210
Black Beans (4 oz)	$0	130
Pinto Beans (4 oz)	$0	130
Fajita Vegetables	$0	20

Cheese & Dairy Add-Ons

Item	Price	Calories
Monterey Jack Cheese (1 oz)	$0	110
Sour Cream (2 oz)	$0	110
Queso Blanco (2 oz)	$2.95	120

Salsas & Guacamole

Item	Price	Calories
Fresh Tomato Salsa (3.5 oz)	$0	25
Roasted Chili-Corn Salsa (3.5 oz)	$0	60
Tomatillo-Green Chili Salsa (3.5 oz)	$0	15
Tomatillo-Red Chili Salsa (3.5 oz)	$0	30
Guacamole (4 oz)	$2.95	230

Limited Time & Specialty Proteins

Item	Price	Calories
Pollo Asado Salad	$10.25	570
Smoked Brisket Salad	$14.50	360

Salad Pricing Overview by Protein

Item	Price	Calories
Chicken, Sofritas, or Veggie	$9.65 - $11.35	540 - 670
Carnitas	$10.40 - $11.70	600 - 730
Steak or Barbacoa	$11.75 - $12.45	540 - 660
Carne Asada	$12.95	680
Pollo Asado (Limited Time)	$10.25	570

Custom Salad Building Extras

Item	Price	Calories
Additional Chipotle-Honey Vinaigrette	$1.50 - $2.00	220
Cilantro Lime Sauce	$1.00	80

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.