Chipotle Allergen Menu 2026

Full allergen chart for every regular menu item · Chipotle Menu Guide

Menu item	Milk	Soy	Wheat/Gluten	Sulfites*
Flour tortilla (burrito)	–	–	X	X
Flour tortilla (taco)	–	–	X	X
Crispy corn tortilla	–	–	–	–
Tortilla chips	–	–	–	–
Cilantro-lime white rice	–	–	–	–
Cilantro-lime brown rice	–	–	–	–
Black beans	–	–	–	–
Pinto beans	–	–	–	–
Chicken	–	–	–	–
Steak	–	–	–	–
Barbacoa	–	–	–	–
Carnitas	–	–	–	–
Pollo Asado	–	–	–	–
Sofritas	–	X	–	X
Fajita veggies	–	–	–	–
Fresh tomato salsa	–	–	–	–
Roasted chili-corn salsa	–	–	–	–
Tomatillo-green chili salsa	–	–	–	–
Tomatillo-red chili salsa	–	–	–	–
Cheese (Monterey Jack)	X	–	–	–
Sour cream	X	–	–	–
Queso blanco	X	–	–	–
Guacamole	–	–	–	–
Romaine lettuce	–	–	–	–
Supergreens salad mix	–	–	–	–
Chipotle-honey vinaigrette	–	–	–	X

Not used as ingredients: eggs, peanuts, tree nuts, sesame, fish, shellfish and mustard.

X = contains the allergen. *Sulfites come only from vinegar; items with vinegar are marked as possible sources. Corn items (chips, crispy corn shells, corn salsa) may have traces of gluten. Food is made on a shared line, so tell the staff about any allergy at the start of your order. Limited-time items may contain other allergens.

Chipotle Menu Guide is an independent website, not affiliated with Chipotle Mexican Grill, Inc. Check chipotle.com/allergens for the latest info.