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Chopt

Menu Prices — October 24, 2026

Chopt menu with prices in United States, updated April 2025: 75 items across 9 categories, prices from $0.89 to $20.49.

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Chopt Menu with Prices (United States)

Chopt menu with prices in United States, updated April 2025: 75 items across 9 categories, prices from $0.89 to $20.49. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/chopt

Menu categories: Winter Menu · High-Protein Picks · Salads · Warm Bowls · Wraps · Craft Your Own · Drinks · Snacks · To-Go Dressings

Winter Menu

ITEM	PRICE
Chili Lime Caesar Salad Chipotle chicken, Kooshy chili lime croutons, queso fresco, red bell peppers, fresh radish, pickled red onion, romaine,...	**$16.29**
Peruvian Roasted Corn Bowl Your choice of base drizzled with Aji Amarillo Vinaigrette, warm roasted chicken, aji amarillo slaw, charred corn salsa,...	**$16.89**
Chili Lime Caesar Wrap Chipotle chicken, Kooshy chili lime croutons, queso fresco, red bell peppers, fresh radish, pickled red onion, romaine,...	**$16.29**

High-Protein Picks

ITEM	PRICE
Southwestern Steak Salad Seared steak, tortilla chips, corn, black beans, pickled red onion, jalapeño peppers, romaine, cabbage & cilantro blend	**$19.29**
Shrimp Spring Roll Salad Shrimp, red bell peppers, crispy wontons, carrots, English cucumber, pickled red onion, romaine, cabbage & cilantro blen...	**$16.59**
Salmon Miso Ginger Bowl Your choice of base drizzled with Carrot Miso and topped with Norwegian salmon, crispy shallots, roasted sweet potatoes,...	**$20.49**
Classic Cobb Salad Grilled chicken, avocado, all-natural smoked bacon, hard boiled egg, blue cheese, grape tomatoes, romaine	**$17.29**
Southwestern Steak Wrap Seared sirloin steak, tortilla chips, corn, black beans, pickled red onion, jalapeño peppers, romaine, cabbage & cilantr...	**$19.29**

Salads

ITEM	PRICE
Santa Fe Salad Avocado, grape tomatoes, corn, pepper jack cheese, crispy shallots, romaine	**$13.30**
Crispy Chicken Ranch Salad Panko fried chicken, pepper jack cheese, corn, grape tomatoes, pickled red onion, carrots, romaine	**$16.89**
The Chopt Greek Salad Feta, English cucumber, grape tomatoes, SIMPLi olives, pita chips, chickpeas, romaine	**$13.30**
Kale Caesar Salad Aged parmesan, artisan croutons, kale & romaine	**$10.59**
Mexican Caesar Salad Cotija cheese, jalapeño peppers, tortilla chips, romaine	**$10.59**
Sweet Apple Orchard Salad Seasonal apples, dried cranberries, crumbled goat cheese, roasted almonds, romaine & Chopt lettuce blend	**$12.69**

Warm Bowls

ITEM	PRICE

Chicken Tinga Bowl **$16.89**
Your choice of base drizzled with Mexican Goddess and topped with braised chicken tinga, avocado, black beans, tortilla...

Mediterranean Tahini Bowl **$15.39**
Your choice of base drizzled with Lemon Tahini and topped with warm roasted chicken, English cucumber, grape tomatoes, f...

Blissful Harvest Bowl **$16.29**
Your choice of base drizzled with White Balsamic Vinaigrette and topped with warm roasted chicken, roasted sweet potatoe...

Honey BBQ Bowl **$16.29**
Your choice of base drizzled with Honey BBQ Sauce, warm roasted chicken, creamy cabbage slaw, Grillo's dill pickles, cri...

Ultimate Hummus Harissa Bowl **$17.49**
Hummus, your choice of base topped with warm harissa chicken, feta, pita chips, chickpeas, pickled red onion, fresh radi...

Lemon Crush Bowl **$16.89**
Your choice of base drizzled with California Goddess and topped with warm roasted chicken, feta, crispy shallots, roaste...

Wraps

ITEM	PRICE
Kale Caesar Wrap Aged parmesan, artisan croutons, kale & romaine	**$10.59**
Mexican Caesar Wrap Cotija cheese, jalapeño peppers, tortilla chips, romaine	**$10.59**
Crispy Chicken Ranch Wrap Panko fried chicken, pepper jack cheese, corn, grape tomatoes, pickled red onion, carrots, romaine	**$16.89**
Santa Fe Wrap Avocado, grape tomatoes, corn, pepper jack cheese, crispy shallots, romaine	**$13.30**
The Chopt Greek Wrap Feta, English cucumber, grape tomatoes, SIMPLi olives, pita chips, chickpeas, romaine	**$13.30**
Classic Cobb Wrap Grilled chicken, avocado, all-natural smoked bacon, hard boiled egg, blue cheese, grape tomatoes, romaine	**$17.29**
Sweet Apple Orchard Wrap Seasonal apples, dried cranberries, crumbled goat cheese, roasted almonds, romaine & Chopt lettuce blend	**$12.69**
Chicken Club Wrap Grilled chicken, all-natural smoked bacon, avocado, grape tomatoes, romaine, cabbage & cilantro blend	**$15.69**
Chicken Tinga Wrap Your choice of warm grains or cauliflower rice with warm braised chicken tinga, avocado, black beans, tortilla chips, sc...	**$16.89**
Shrimp Spring Roll Wrap Shrimp, red bell peppers, crispy wontons, carrots, English cucumber, pickled red onion, romaine, cabbage & cilantro blen...	**$16.59**

Craft Your Own

ITEM	PRICE
Craft Your Own Salad Select your greens, four choppings (on us) and your favorite dressings	**$11.19**
Craft Your Own Wrap Turn your salad into a grilled wrap with your choice of greens and four choppings (on us) served in a whole-wheat tortil...	**$11.19**
Craft Your Own Warm Bowl Select a base of warm grains, four choppings (on us) and your favorite dressings	**$11.79**

Drinks

ITEM	PRICE

Diet Coke — $3.09
Crisp and refreshing - Diet Coke

Coke — $3.09
Crisp and refreshing - Coca-Cola Original

Perricone Lemonade — $3.59
Fresh-squeezed, cold-pressed lemonade

Sanpellegrino - Aranciata Rossa — $3.09
100% natural with sun-ripened blood oranges

Spindrift Sparkling Water - Raspberry Lime — $3.50
Sparkling water with crushed raspberries and limes

Spindrift Sparkling Water - Grapefruit — $3.50
Sparkling water with fresh-squeezed grapefruit

Olipop - Grape — $4.29
The perfect blend of sweet & tart

Olipop - Strawberry Vanilla — $4.29
A naturally sweet and refreshing treat

Open Water - Still — $3.29
Purified with hydrating electrolytes for a clean, smooth taste

Open Water - Sparkling — $3.29
Sparkling water with extra carbonation for a clean, smooth taste

Kirra Mango Black Tea — $4.19
Black tea with real mango juice

Kirra Passionfruit Guava Black Tea — $4.19
Black tea with real passionfruit juice

Snacks

ITEM	PRICE
Chocolate Chip Cookie Classic cookie with premium butter and chocolate	$2.69
Miss Vickie's Chips - Salt and Vinegar Thin-cut chips flavored with salt & vinegar	$2.69
Miss Vickie's Chips - BBQ Thin-cut chips flavored with BBQ	$2.69
Miss Vickie's Chips - Sea Salt Thin-cut chips flavored with sea salt	$2.69
Chocolate Brownie Fudgy brownie made with premium chocolate	$2.69
Miss Vickie's Chips - Jalapeño Thin-cut chips flavored with jalapeño	$2.69
Oatmeal Raisin Cookie Soft oatmeal raisin cookie with real ingredients	$2.69
Individual Sea Salt Caramel Handcrafted, gluten-free caramel	$0.89

To-Go Dressings

ITEM	PRICE

Mexican Goddess Bottle (12 oz) **$7.19**
Herbaceous jalapeño, avocado & tomatillo

Mexican Caesar Bottle (12 oz) **$7.19**
Savory, smoky chipotle & cotija cheese

Creamy Caesar Bottle (12 oz) **$7.19**
Creamy pecorino & garlic

Balsamic Vinaigrette Bottle (12 oz) **$7.19**
Tart balsamic, honey & dijon

Chopt Vinaigrette Bottle (12 oz) **$7.19**
Sharp pepperoncini & Italian seasoning

Buttermilk Ranch Bottle (12 oz) **$7.19**
Savory buttermilk, garlic & parsley

Sweet and Smoky Chipotle Vinaigrette Bottle (12 oz) **$7.19**
Spicy chipotle, ancho & honey

Smoky Bacon Russian Bottle (12 oz) **$7.19**
Smoky bacon & sweet chile

Lemon Tahini Bottle (12 oz) **$7.19**
Creamy tahini, lemon & chickpeas

White Balsamic Vinaigrette Bottle (12 oz) **$7.19**
Sweet white balsamic & agave

Red Chile Ranch Bottle (12 oz) **$7.19**
Spicy chiles, garlic & buttermilk

Honey Dijon Bottle (12 oz) **$7.19**
Sweet honey, dijon & yogurt

Greek Yogurt Tzatziki Bottle (12 oz) **$7.19**
Cooling cucumber, dill & yogurt

Steakhouse Blue Cheese Bottle (12 oz) **$7.19**
Rich & creamy blue cheese

Aji Verde Dressing Bottle (12 oz) **$7.19**
Jalapeño heat, aji amarillo & aged parmesan

Aji Amarillo Vinaigrette Bottle (12 oz) **$7.19**
Bright white balsamic, aji amarillo & fresh cilantro

Creamy Aji Lime Dressing Bottle (12 oz) **$7.19**
Citrusy lime, aji amarillo & sweet bell pepper

Creamy Sesame Bottle (12 oz) **$7.19**
Nutty sesame & sriracha

Carrot Miso Bottle (12 oz) **$7.19**
Nutty sesame, carrot & ginger

Fiery Feta Bottle (12 oz) **$7.19**
Creamy feta & hot harissa

Chipotle Ranch Bottle (12 oz) **$7.19**
Chipotle & buttermilk ranch

California Goddess Bottle (12 oz) **$7.19**
Creamy buttermilk ranch, parsley & cilantro