



Chopt

Menu Prices — September 11, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

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 Your choice of base drizzled with Mexican Goddess and topped with braised chicken tinga, avocado, black beans, tortilla...	\$16.89
Mediterranean Tahini Bowl Your choice of base drizzled with Lemon Tahini and topped with warm roasted chicken, English cucumber, grape tomatoes, f...	\$15.39
Blissful Harvest Bowl Your choice of base drizzled with White Balsamic Vinaigrette and topped with warm roasted chicken, roasted sweet potatoe...	\$16.29

ITEM	PRICE
Perricone Lemonade Fresh-squeezed, cold-pressed lemonade	\$3.59
Sanpellegrino - Aranciata Rossa 100% natural with sun-ripened blood oranges	\$3.09
Spindrift Sparkling Water - Raspberry Lime Sparkling water with crushed raspberries and limes	\$3.50
Spindrift Sparkling Water - Grapefruit Sparkling water with fresh-squeezed grapefruit	\$3.50
Olipop - Grape The perfect blend of sweet & tart	\$4.29
Olipop - Strawberry Vanilla A naturally sweet and refreshing treat	\$4.29
Open Water - Still Purified with hydrating electrolytes for a clean, smooth taste	\$3.29
Open Water - Sparkling Sparkling water with extra carbonation for a clean, smooth taste	\$3.29
Kirra Mango Black Tea Black tea with real mango juice	\$4.19
Kirra Passionfruit Guava Black Tea Black tea with real passionfruit juice	\$4.19

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) Herbaceous jalapeño, avocado & tomatillo	\$7.19
Mexican Caesar Bottle (12 oz) Savory, smoky chipotle & cotija cheese	\$7.19

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Creamy Caesar Bottle (12 oz) Creamy pecorino & garlic	\$7.19
Balsamic Vinaigrette Bottle (12 oz) Tart balsamic, honey & dijon	\$7.19
Chopt Vinaigrette Bottle (12 oz) Sharp pepperoncini & Italian seasoning	\$7.19
Buttermilk Ranch Bottle (12 oz) Savory buttermilk, garlic & parsley	\$7.19
Sweet and Smoky Chipotle Vinaigrette Bottle (12 oz) Spicy chipotle, ancho & honey	\$7.19
Smoky Bacon Russian Bottle (12 oz) Smoky bacon & sweet chile	\$7.19
Lemon Tahini Bottle (12 oz) Creamy tahini, lemon & chickpeas	\$7.19
White Balsamic Vinaigrette Bottle (12 oz) Sweet white balsamic & agave	\$7.19
Red Chile Ranch Bottle (12 oz) Spicy chiles, garlic & buttermilk	\$7.19
Honey Dijon Bottle (12 oz) Sweet honey, dijon & yogurt	\$7.19
Greek Yogurt Tzatziki Bottle (12 oz) Cooling cucumber, dill & yogurt	\$7.19
Steakhouse Blue Cheese Bottle (12 oz) Rich & creamy blue cheese	\$7.19
Aji Verde Dressing Bottle (12 oz) Jalapeño heat, aji amarillo & aged parmesan	\$7.19
Aji Amarillo Vinaigrette Bottle (12 oz) Bright white balsamic, aji amarillo & fresh cilantro	\$7.19
Creamy Aji Lime Dressing Bottle (12 oz) Citrusy lime, aji amarillo & sweet bell pepper	\$7.19
Creamy Sesame Bottle (12 oz) Nutty sesame & sriracha	\$7.19
Carrot Miso Bottle (12 oz) Nutty sesame, carrot & ginger	\$7.19
Fiery Feta Bottle (12 oz) Creamy feta & hot harissa	\$7.19
Chipotle Ranch Bottle (12 oz) Chipotle & buttermilk ranch	\$7.19
California Goddess Bottle (12 oz) Creamy buttermilk ranch, parsley & cilantro	\$7.19