# Chipotle Allergens Guide

Allergies, intolerances & special diets — chipotlepricemenu.com

Chipotle is one of the easier fast-casual chains for restricted diets, but cross-contact is real in a busy kitchen, so treat this guide as helpful guidance rather than medical advice. When in doubt, ask the crew — they're used to allergy questions and can change gloves on request.

**Important:** shared cooking surfaces, utensils, and fryers mean traces of allergens can be present even in items that don't list them. If you have a severe allergy, speak to the restaurant manager before ordering.

## Common Allergens by Ingredient

| Ingredient | Contains |
|---|---|
| Flour tortilla (burrito) | Wheat / gluten |
| Flour tortilla (tacos, quesadilla) | Wheat / gluten |
| Crispy corn tortilla | None of the top 9* |
| White / brown rice | None of the top 9* |
| Black / pinto beans | None of the top 9* |
| Chicken, steak, barbacoa, carnitas | None of the top 9* |
| Sofritas (tofu) | Soy |
| Cheese | Milk |
| Sour cream | Milk |
| Queso blanco | Milk |
| Guacamole | None of the top 9* |
| Salsas & fajita veggies | None of the top 9* |
| Chipotle-honey vinaigrette | Soy (trace), sulfites |

**Top 9: milk, egg, wheat, soy, peanut, tree nut, fish, shellfish, sesame. Cross-contact always possible in a shared kitchen.*

## Gluten-Free at Chipotle

- Safe bets: **burrito bowls, salads, and lifestyle bowls** — just skip the flour tortilla.
- Tacos work with **crispy corn tortillas** instead of flour.
- Avoid: flour tortillas (burrito, tacos, quesadilla) and the vinaigrette if sensitive.
- Quesadillas are **not** gluten-free (flour tortilla).

## Dairy-Free at Chipotle

- Drop **cheese, sour cream, and queso blanco** — most entrees still work fine.
- Guacamole, salsas, rice, beans, and all proteins (except sofritas prep) are dairy-free.
- The vinaigrette is dairy-free.

## Vegan & Vegetarian

- **Vegan:** sofritas (seasoned tofu), veggie bowls, vegan lifestyle bowl — with guac, beans, fajita veggies, and salsas.
- **Vegetarian:** everything vegan plus cheese, sour cream, and queso.
- Note: sofritas contains **soy**.
- The menu is **peanut- and tree-nut-free** as prepared.

## Ordering Tips for Allergies

- Tell the crew about your allergy **before** they start building — they can change gloves.
- Bowls and salads are the easiest format to control; every ingredient is visible.
- Allergen-friendly swaps (corn tortillas, skipping cheese) **don't change the price**.
- Check Chipotle's official allergen chart online for the latest information before you visit.
- When in doubt, keep it simple: fewer ingredients means fewer risks.

*This guide is for general information only and is not medical advice. Ingredients and preparation methods can change. Always confirm with the restaurant if you have a serious food allergy. © 2026 chipotlepricemenu.com*