

Chopt Menu & Prices

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Prices updated July 2026, New York, NY location. Prices vary by location.

Summer Menu

Item	Price
Summer Corn Caesar Salad	\$16.89
Sweet Peach Burrata Bowl	\$19.09
Summer Corn Caesar Wrap	\$16.89

High-Protein Picks

Item	Price
Classic Cobb Salad	\$19.29
Chicken Avocado Bowl	\$16.89
Shrimp Spring Roll Salad	\$18.09
Southwest Steak Salad	\$19.89
Southwest Steak Wrap	\$19.89

Wraps

Item	Price
Chicken Caesar Wrap	\$15.69
Mexican Caesar Wrap	\$11.79
Kale Caesar Wrap	\$11.79
Santa Fe Wrap	\$14.49
Crispy Chicken Ranch Wrap	\$18.69
The Chopt Greek Wrap	\$14.49
Classic Cobb Wrap	\$19.29
Sweet Apple Orchard Wrap	\$13.89
Mexicali Chicken Caesar Wrap	\$16.89
Chicken Avocado Wrap	\$16.89
Hummus Crunch Wrap	\$15.09
Chicken Club Wrap	\$16.29
Chicken Tinga Wrap	\$18.49
Shrimp Spring Roll Wrap	\$18.09

Salads

Item	Price
Kale Caesar Salad	\$11.79

Salads

Item	Price
Mexican Caesar Salad	\$11.79
The Chopt Greek Salad	\$14.49
Santa Fe Salad	\$14.49
Sweet Apple Orchard Salad	\$13.89
Crispy Chicken Ranch Salad	\$18.69

Bowls

Item	Price
Chicken Tinga Bowl	\$18.49
Sweet Beet Harvest Bowl	\$17.49
Mediterranean Hummus Bowl	\$18.69

Craft Your Own

Item	Price
Craft Your Own Salad	\$11.99
Craft Your Own Bowl	\$12.69
Craft Your Own Wrap	\$11.99

Drinks

Item	Price
Natalie's Strawberry Lemonade	\$4.79
Spindrift Sparkling Water - Raspberry Lime	\$3.50
Diet Coke	\$3.09
Spindrift Sparkling Water - Grapefruit	\$3.50
Coke	\$3.09
Olipop - Grape	\$4.29
Olipop - Strawberry Vanilla	\$4.29
Open Water - Still	\$3.29
Open Water - Sparkling	\$3.29
Kirra Mango Black Tea	\$4.19
Kirra Passionfruit Guava Black Tea	\$4.19
Natalie's Lemonade	\$4.79
Sanpellegrino - Aranciata	\$3.09

Snacks

Item	Price
Miss Vickie's Chips - Salt & Vinegar	\$2.69
Chocolate Chip Cookie	\$2.69
Chocolate Brownie	\$2.69
Oatmeal Raisin Cookie	\$2.69
Miss Vickie's Chips - Sea Salt	\$2.69
Miss Vickie's Chips - BBQ	\$2.69
Miss Vickie's Chips - Jalapeño	\$2.69
Individual Sea Salt Caramel	\$0.89

To-Go Dressings

Item	Price
Mexican Goddess Bottle (12 oz)	\$7.19
Honey Dijon Bottle (12 oz)	\$7.19
White Balsamic Vinaigrette Bottle (12 oz)	\$7.19
Chopt Vinaigrette Bottle (12 oz)	\$7.19
Balsamic Vinaigrette Bottle (12 oz)	\$7.19
Mexican Caesar Bottle (12 oz)	\$7.19
Buttermilk Ranch Bottle (12 oz)	\$7.19
Creamy Caesar Bottle (12 oz)	\$7.19
Sweet & Smoky Chipotle Vinaigrette Bottle (12 oz)	\$7.19
Lemon Tahini Bottle (12 oz)	\$7.19
Smoky Bacon Russian Bottle (12 oz)	\$7.19
Basil Caesar Bottle (12 oz)	\$7.19
Basil Vinaigrette Bottle (12 oz)	\$7.19
Creamy Sesame Bottle (12 oz)	\$7.19
Carrot Miso Bottle (12 oz)	\$7.19
Yogurt Dill Bottle (12 oz)	\$7.19
Fiery Feta Bottle (12 oz)	\$7.19
Chipotle Ranch Bottle (12 oz)	\$7.19