



# CHIPOTLE

MEXICAN GRILL

## BURRITOS, TACOS & SALADS



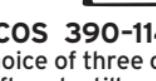
**BURRITO 740-1210 cal**  
Flour tortilla with a choice of cilantro-lime rice, black or pinto beans, meat, salsa, and cheese or sour cream.



**BURRITO BOWL 420-910 cal**  
Just like a burrito, but served in a bowl with no tortilla.



**SALAD 420-910 cal**  
Chopped romaine lettuce, baby kale and baby spinach, with choice of beans, meat, salsa, cheese and chipotle-honey vinaigrette.



**TACOS 390-1140 cal**  
Your choice of three crispy corn or soft flour tortillas with meat, salsa, cheese or sour cream and romaine lettuce.

### CHICKEN\* 180 cal | 4 oz

Responsibly raised, marinated in our chipotle adobo, then grilled.

### STEAK\* 150 cal | 4 oz

Responsibly raised, marinated in our chipotle adobo, then grilled.

### BARBACOA\* 170 cal | 4 oz

Responsibly raised beef. Braised for hours, then shredded.

### CARNITAS\* 210 cal | 4 oz

Responsibly raised pork. Braised for hours, then shredded.

### SOFRITAS\* 150 cal | 4 oz

Organic plant-based protein braised with chipotle chilis, roasted poblanos and a blend of aromatic spices.

### VEGGIE\* 230 cal | 4 oz

Includes our fresh guacamole and your choice of beans.

## WHAT GOES INSIDE

Cilantro-Lime Rice 210 cal | 4 oz

Tomatillo-Green Chili Salsa

15 cal | 2 oz

Pinto Beans 130 cal | 4 oz

Tomatillo-Red Chili Salsa

30 cal | 2 oz

Black Beans 130 cal | 4 oz

Sour Cream 110 cal | 2 oz

Fajita Veggies 20 cal | 2 oz

Cheese 110 cal | 1 oz

Chipotle-Honey

Romaine Lettuce 5 cal | 1 oz

Vinaigrette 220 cal | 2 oz

Queso Blanco\*

120 cal | 2 oz

Fresh Tomato Salsa

Guacamole\*

25 cal | 4 oz

230 cal | 4 oz

Roasted Chili-Corn Salsa

## SIDES & DRINKS

Chips & Queso Blanco\*

Tomatillo-Green Chili Salsa

Regular 780 cal | serves 2 Large 1290 cal | serves 3

Chips & Guacamole\*

15 cal | 2 oz

Regular 770 cal | serves 2 Large 1270 cal | serves 3

Chips & Salsa\* 560-620 cal | serves 2

Tomatillo-Red Chili Salsa

30 cal | 2 oz

Queso Blanco\* 240 cal | serves 2

Sour Cream 110 cal | 2 oz

Guacamole\* 230 cal

Cheese 110 cal | 1 oz

Chips\* 540 cal | serves 2

Romaine Lettuce 5 cal | 1 oz

Beer\* 110-170 cal

Queso Blanco\*

120 cal | 2 oz

Bottled Drinks\* 0-280 cal

Guacamole\*

230 cal | 4 oz

Soda & Iced Tea\*

Tomatillo-Green Chili Salsa

Regular 22 fl oz 0-300 cal Large 32 fl oz 0-440 cal

Organic Lemonade & Agua Fresca\*

Tomatillo-Red Chili Salsa

Regular 22 fl oz 170-230 cal Large 32 fl oz 250-330 cal

## KID'S MENU

### Build Your Own\* 350-810 cal

Your choice of meat, guacamole, or queso, and two toppings to go with a pair of crispy corn or soft flour tortillas. Includes fruit or kid's chips, and organic juice or milk.

### Small Cheese Quesadilla\* 530-710 cal

With a side of rice and beans. Includes fruit or kid's chips, and organic juice or milk. Addition of protein is extra\*.

**Eat to your own beat:** Find meals for your specific diet (lower carb, gluten-free, dairy-free, and more) at [chipotle.com/allergens](http://chipotle.com/allergens).

**Get outta line:** Order online at [chipotle.com](http://chipotle.com) or with our mobile app.

\*Check local menu boards for pricing.

Before placing your order, please inform your server if a person in your party has a food allergy.

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on reverse side.

## NUTRITION FACTS

	Portion	Calories	Calories From Fat	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Flour Tortilla (burrito)	1 ea	320	80	9	0.5	0	0	600	50	3	0	8
Flour Tortilla (taco)	1 ea	80	25	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	1 ea	70	25	3	0	0	0	0	10	1	0	1
Cilantro-Lime Brown Rice	4 oz	210	50	6	0	0	0	190	36	2	0	4
Cilantro-Lime White Rice	4 oz	210	35	4	1	0	0	350	40	1	0	4
Black Beans	4 oz	130	15	1.5	0	0	0	210	22	7	2	8
Pinto Beans	4 oz	130	10	1.5	0	0	0	210	21	8	1	8
Fajita Vegetables	2 oz	20	0	0	0	0	0	150	5	1	2	1
Barbacoa	4 oz	170	60	7	2.5	0	65	530	2	1	0	24
Chicken	4 oz	180	60	7	3	0	125	310	0	0	0	32
Carnitas	4 oz	210	120	12	7	0	65	450	0	0	0	23
Steak	4 oz	150	60	6	2.5	0	80	330	1	1	0	21
Sofritas	4 oz	150	80	10	1.5	0	0	560	9	3	5	8
Fresh Tomato Salsa	4 oz	25	0	0	0	0	0	550	4	1	1	0
Roasted Chili-Corn Salsa	4 oz	80	15	1.5	0	0	0	330	16	3	4	3
Tomatillo-Green Chili Salsa	2 fl oz	15	5	0	0	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	0	0	0	500	4	1	0	0
Cheese	1 oz	110	70	8	5	0	30	190	1	0	0	6
Sour Cream	2 oz	110	90	9	7	0	40	30	2	0	2	2
Guacamole (topping/side)	4 oz	230	190	22	3.5	0	0	370	8	6	1	2
Guacamole (large)	8 oz	460	380	44	7	0	0	740	16	12	2	4
Queso Blanco (entrée)	2 oz	120	80	9	6	0	30	250	4	0	1	5
Queso Blanco (side)	4 oz	240	170	18	12	1	60	490	7	0	2	10
Queso Blanco (large)	8 oz	480	330	37	23	1.5	120	980	14	<1	5	20
Supergreens Salad Mix	3 oz	15	0	0	0	0	0	15	3	2	1	1
Romaine Lettuce (tacos)	1 oz	5	0	0	0	0	0	0	1	1	0	0
Chips (regular)	4 oz	540	230	25	3.5	0	0	390	73	7	1	7
Chips (large)	6 oz	810	350	38	5	0	0	590	110	11	2	11
Chipotle-Honey Vinaigrette	2 fl oz	220	140	16	2.5	0	0	850	18	1	12	1
Barq's Root Beer	22 fl oz	280	0	0	0	0	0	130	85	0	85	0
	32 fl oz	430	0	0	0	0	0	180	120	0	120	0
Coca-Cola Classic	22 fl oz	260	0	0	0	0	0	85	70	0	70	0
	32 fl oz	380	0	0	0	0	0	120	105	0	105	0
Coca Cola Life	22 fl oz	170	0	0	0	0	0	70	44	0	44	0
	32 fl oz	250	0	0	0	0	0	105	64	0	64	0
Coca-Cola Zero	22 fl oz	0	0	0	0	0	0	75	0	0	0	0
	32 fl oz	0	0	0	0	0	0	115	0	0	0	0
Diet Coke	22 fl oz	0	0	0	0	0	0	75	0	0	0	0
	32 fl oz	0	0	0	0	0	0	115	0	0	0	0
Diet Coke, Caffeine Free	22 fl oz	0	0	0	0	0	0	90	0	0	0	0
	32 fl oz	0	0	0	0	0	0	130	<1	0	0	0
Pibb Xtra	22 fl oz	260	0	0	0	0	0	75	70	0	70	0
	32 fl oz	380	0	0	0	0	0	115	105	0	105	0
Sprite	22 fl oz	260	0	0	0	0	0	120	70	0	70	0
	32 fl oz	380	0	0	0	0	0	180	105	0	105	0
Fanta Orange	22 fl oz	290	0	0	0	0	0	80	80	0	80	0
	32 fl oz	430	0	0	0	0	0	140	120	0	120	0
Minute Maid Lemonade	22 fl oz	280	0	0	0	0	0	95	75	0	75	0
	32 fl oz	400	0	0	0	0	0	140	110	0	110	0
Powerade Mountain Berry Blast	22 fl oz	280	0	0	0	0	0	95	75	0	75	0
	32 fl oz	400	0	0	0	0	0	140	110	0	110	0
Mello Yello	22 fl oz	290	0	0	0	0	0	100	80	0	100	0
	32 fl oz	420	0	0	0	0	0	140	116	0	140	0
Lemonade - Blue Sky	22 fl oz	300	0	0	0	0	0	95	78	0	74	0
	32 fl oz	440	0	0	0	0	0	135	113	0	108	0
Mango Orange - Blue Sky	22 fl oz	300	0	0	0	0	0	80	75	0	74	0
	32 fl oz	430	0	0	0	0	0	120	109	0	108	0
Maine Root Root Beer	22 fl oz	170	0	0	0	0	0	45	62	0	62	0
	32 fl oz	240	0	0	0	0	0	65	90	0	90	0
Chipotle Iced Tea	22 fl oz	10	0	0	0	0	0	0	3	0	0	0
	32 fl oz	15	0	0	0	0	0	0	4	0	0	0
Chipotle Sweet Iced Tea	22 fl oz	150	0	0	0	0	0	0	45	0	45	0
	32 fl oz	220	0	0	0	0	0	0	65	0	65	0
Tractor Berry Agua Fresca	22 fl oz	200	0	0	0	0	0	10	50	0	49	0
	32 fl oz	290	0	0	0	0	0	15	72	0	72	0
Tractor Watermelon Limeade	22 fl oz	230	0	0	0	0	0	5	56	0	50	0
	32 fl oz	330	0	0	0	0	0	10	82	0	72	0
Tractor Lemonade	22 fl oz	170	0	0	0	0	0	10	43	0	37	0
	32 fl oz	250	0	0	0	0	0	15	62	0	53	0
Tractor Mandarin Agua Fresca	22 fl oz	190	0	0	0	0	0	0	47	0	47	0
	32 fl oz	280	0	0	0	0	0	5	69	0	69	0

## KIDS MENU NUTRITION FACTS

	Portion	Calories	Calories From Fat	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Flour Tortilla (taco)	2 ea	170	45	5	0	0	0	320	27	1	0	5
Flour Tortilla (quesadilla)	1 ea	80	25	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	2 ea	130	50	6	1	0	0	0	19	2	0	2
Cilantro-Lime Brown Rice	2 oz	110	25	3	0	0	0	95	18	1	0	2
Cilantro-Lime White Rice	2 oz	100	20	2	0.5	0	0	170	20	0	0	2
Black Beans	3 oz	100	10	1	0	0	0	160	16	5	1	6
Pinto Beans	3 oz	100	10	1	0	0	0	160	15	6	1	6
Fajita Vegetables	2 oz	20	0	0	0	0	0	150	5	1	2	1
Barbacoa	2 oz	80	30	3	1.5	0	30	260	1	1	0	12
Chicken	2 oz	90	30	3	1.5	0	65	150	0	0	0	15
Carnitas	2 oz	110	10	6	3	0	30	220	0	0	0	12
Steak	2 oz	70	30	3	1.5	0	40	160	<1	<1	0	10
Sofritas	2 oz	70	40	5	1	0	0	280	5	2	2	4
Fresh Tomato Salsa	2 oz	15	0	0	0	0	0	310	1	0	<1	0
Roasted Chili-Corn Salsa	2 oz	40	10	1	0	0	0	190	9	1	3	1
Tomatillo-Green Chili Salsa	2 fl oz	15	5	0	0	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	0	0	0	500	4	2	0	0
Cheese	1 oz	110	70	8	5	0	30	190	1	0	0	6
Sour Cream	1 oz	60	45	5	3.5	0	20	15	1	0	1	1
Guacamole	2 oz	110	100	11	1.5	0	0	190	3	3	0	1
Queso Blanco	1 oz	60	40	4.5	3	0	15	125	2	0	<1	2
Romaine Lettuce	1 oz	5	0	0	0	0	0	0	1	1	0	0
Mandarins	1 ea	35	0	0	0	0	0	0	9	1	7	1
Blueberries	1 ea	20	0	0	0	0	0	0	5	<1	3	1
Chips	1 oz	140	60	6	1	0	0	95	18	2	0	2
Organic Milk	8 oz	110	25	2.5	1.5	0	15	125	12	0	12	8
Organic Chocolate Milk	8 oz	160	25	3	2	0	15	220	24	1	22	9
Organic Apple Juice	6.75 oz	100	0	0	0	0	0	10	25	0	22	0

Offerings may vary by location. Serving sizes are approximations only based on how menu items are usually prepared and may vary from order to order. Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. We do our best to keep this chart as current as possible. For the most up-to-date nutrition information please check Chipotle.com.

## NUTRITION FACTS

	Portion	Calories	Calories From Fat	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Flour Tortilla (burrito)	1 ea	320	80	9	0.5	0	0	600	50	3	0	8
Flour Tortilla (taco)	1 ea	80	25	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	1 ea	70	25	3	0	0	0	0	10	1	0	1
Cilantro-Lime Brown Rice	4 oz	210	50	6	0	0	0	190	36	2	0	4
Cilantro-Lime White Rice	4 oz	210	35	4	1	0	0	350	40	1	0	4
Black Beans	4 oz	130	15	1.5	0	0	0	210	22	7	2	8
Pinto Beans	4 oz	130	10	1.5	0	0	0	210	21	8	1	8
Fajita Vegetables	2 oz	20	0	0	0	0	0	150	5	1	2	1
Barbacoa	4 oz	170	60	7	2.5	0	65	530	2	1	0	24
Chicken	4 oz	180	60	7	3	0	125	310	0	0	0	32
Carnitas	4 oz	210	120	12	7	0	65	450	0	0	0	23
Steak	4 oz	150	60	6	2.5	0	80	330	1	1	0	21
Sofritas	4 oz	150	80	10	1.5	0	0	560	9	3	5	8
Fresh Tomato Salsa	4 oz	25	0	0	0	0	0	550	4	1	1	0
Roasted Chili-Corn Salsa	4 oz	80	15	1.5	0	0	0	330	16	3	4	3
Tomatillo-Green Chili Salsa	2 fl oz	15	5	0	0	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	0	0	0	500	4	1	0	0
Cheese	1 oz	110	70	8	5	0	30	190	1	0	0	6
Sour Cream	2 oz	110	90	9	7	0	40	30	2	0	2	2
Guacamole (topping/side)	4 oz	230	190	22	3.5	0	0	370	8	6	1	2
Guacamole (large)	8 oz	460	380	44	7	0	0	740	16	12	2	4
Queso Blanco (entrée)	2 oz	120	80	9	6	0	30	250	4	0	1	5
Queso Blanco (side)	4 oz	240	170	18	12	1	60	490	7	0	2	10
Queso Blanco (large)	8 oz	480	330	37	23	1.5	120	980	14	<1	5	20
Supergreens Salad Mix	3 oz	15	0	0	0	0	0	15	3	2	1	1
Romaine Lettuce (tacos)	1 oz	5	0	0	0	0	0	0	1	1	0	0
Chips (regular)	4 oz	540	230	25	3.5	0	0	390	73	7	1	7
Chips (large)	6 oz	810	350	38	5	0	0	590	110	11	2	11
Chipotle-Honey Vinaigrette	2 fl oz	220	140	16	2.5	0	0	850	18	1	12	1
Pepsi	22 fl oz	280	0	0	0	0	0	55	77	0	77	0
	32 fl oz	400	0	0	0	0	0	80	112	0	112	0
Diet Pepsi	22 fl oz	0	0	0	0	0	0	70	0	0	0	0
	32 fl oz	0	0	0	0	0	0	100	0	0	0	0
Mountain Dew	22 fl oz	300	0	0	0	0	0	95	80	0	80	0
	32 fl oz	440	0	0	0	0	0	140	116	0	116	0
Diet Mountain Dew	22 fl oz	0	0	0	0	0	0	110	0	0	0	0
	32 fl oz	0	0	0	0	0	0	160	0	0	0	0
Tropicana Lemonade	22 fl oz	280	0	0	0	0	0	290	74	0	74	0
	32 fl oz	400	0	0	0	0	0	420	108	0	108	0
Sierra Mist	22 fl oz	280	0	0	0	0	0	55	74	0	74	0
	32 fl oz	400	0	0	0	0	0	80	108	0	108	0
Mug Root Beer	22 fl oz	280	0	0	0	0	0	40	72	0	72	0
	32 fl oz	400	0	0	0	0	0	60	104	0	104	0
Lipton Raspberry Brisk Iced Tea	22 fl oz	220	0	0	0	0	0	70	58	0	58	0
	32 fl oz	320	0	0	0	0	0	100	84	0	84	0
Dr. Pepper	22 fl oz	280	0	0	0	0	0	110	73	0	70	0
	32 fl oz	400	0	0	0	0	0	160	106	0	102	0
Diet Dr. Pepper	22 fl oz	0	0	0	0	0	0	110	0	0	0	0
	32 fl oz	0	0	0	0	0	0	160	0	0	0	0
Crush Orange	22 fl oz	300	0	0	0	0	0	130	79	0	78	0
	32 fl oz	430	0	0	0	0	0	190	115	0	114	0
Sobe Yumberry Pomegranate	22 fl oz	0	0	0	0	0	0	85	0	0	0	0
	32 fl oz	0	0	0	0	0	0	120	0	0	0	0
Maine Root Root Beer	22 fl oz	170	0	0	0	0	0	45	62	0	62	0
	32 fl oz	240	0	0	0	0	0	65	90	0	90	0
Chipotle Iced Tea	22 fl oz	10w	0	0	0	0	0	0	3	0	0	0
	32 fl oz	15	0	0	0	0	0	0	4	0	0	0
Chipotle Sweet Iced Tea	22 fl oz	150	0	0	0	0	0	0	45	0	45	0
	32 fl oz	220	0	0	0	0	0	0	65	0	65	0
Tractor Berry Agua Fresca	22 fl oz	200	0	0	0	0	0	10	50	0	49	0
	32 fl oz	290	0	0	0	0	0	15	72	0	72	0
Tractor Watermelon Limeade	22 fl oz	230	0	0	0	0	0	5	56	0	50	0
	32 fl oz	330	0	0	0	0	0	10	82	0	72	0
Tractor Lemonade	22 fl oz	170	0	0	0	0	0	10	43	0	37	0
	32 fl oz	250	0	0	0	0	0	15	62	0	53	0
Tractor Mandarin Agua Fresca	22 fl oz	190	0	0	0	0	0	0	47	0	47	0
	32 fl oz	280	0	0	0	0	0	5	69	0	69	0

## KIDS MENU NUTRITION FACTS

	Portion	Calories	Calories From Fat	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Flour Tortilla (taco)	2 ea	170	45	5	0	0	0	320	27	1	0	5
Flour Tortilla (quesadilla)	1 ea	80	25	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	2 ea	130	50	6	1	0	0	0	19	2	0	2
Cilantro-Lime Brown Rice	2 oz	110	25	3	0	0	0	95	18	1	0	2
Cilantro-Lime White Rice	2 oz	100	20	2	0.5	0	0	170	20	0	0	2
Black Beans	3 oz	100	10	1	0	0	0	160	16	5	1	6
Pinto Beans	3 oz	100	10	1	0	0	0	160	15	6	1	6
Fajita Vegetables	2 oz	20	0	0	0	0	0	150	5	1	2	1
Barbacoa	2 oz	80	30	3	1.5	0	30	260	1	1	0	12
Chicken	2 oz	90	30	3	1.5	0	65	150	0	0	0	15
Carnitas	2 oz	110	10	6	3	0	30	220	0	0	0	12
Steak	2 oz	70	30	3	1.5	0	40	160	<1	<1	0	10
Sofritas	2 oz	70	40	5	1	0	0	280	5	2	2	4
Fresh Tomato Salsa	2 oz	15	0	0	0	0	0	310	1	0	<1	0
Roasted Chili-Corn Salsa	2 oz	40	10	1	0	0	0	190	9	1	3	1
Tomatillo-Green Chili Salsa	2 fl oz	15	5	0	0	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	0	0	0	500	4	2	0	0
Cheese	1 oz	110	70	8	5	0	30	190	1	0	0	6
Sour Cream	1 oz	60	45	5	3.5	0	20	15	1	0	1	1
Guacamole	2 oz	110	100	11	1.5	0	0	190	3	3	0	1
Queso Blanco	1 oz	60	40	4.5	3	0	15	125	2	0	<1	2
Romaine Lettuce	1 oz	5	0	0	0	0	0	0	1	1	0	0
Mandarins	1 ea	35	0	0	0	0	0	0	9	1	7	1
Blueberries	1 ea	20	0	0	0	0	0	0	5	<1	3	1
Chips	1 oz	140	60	6	1	0	0	95	18	2	0	2
Organic Milk	8 oz	110	25	2.5	1.5	0	15	125	12	0	12	8
Organic Chocolate Milk	8 oz	160	25	3	2	0	15	220	24	1	22	9
Organic Apple Juice	6.75 oz	100	0	0	0	0	0	10	25	0	22	0

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