



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 Pinto Beans** 130 cal | 4 oz

**Black Beans** 130 cal | 4 oz

**Fajita Veggies** 20 cal | 2 oz

**Chipotle-Honey**

**Vinaigrette** 220 cal | 2 oz

**Fresh Tomato Salsa**

25 cal | 4 oz

**Roasted Chili-Corn Salsa**

80 cal | 4 oz

**Tomatillo-Green Chili**

**Salsa** 15 cal | 2 oz

**Tomatillo-Red Chili Salsa**

30 cal | 2 oz

**Sour Cream** 110 cal | 2

oz

**Cheese** 110 cal | 1 oz

**Romaine Lettuce** 5 cal |

1 oz

**Queso Blanco\***

120 cal | 2 oz

**Guacamole\***

230 cal | 4 oz

## SIDES & DRINKS

### Chips & Queso Blanco\*

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

### Chips & Guacamole\*

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

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

**Queso Blanco\*** 240 cal | serves 2

**Guacamole\*** 230 cal

**Chips\*** 540 cal | serves 2

**Beer\*** 110-170 cal

**Bottled Drinks\*** 0-280 cal

**Soda & Iced Tea\***

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

**Organic Lemonade & Agua Fresca\***

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

kids Menu nutrition facts	Portion	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
	Flour Tortilla (taco)	2 ea	170	45	0	0	0	0	320	27	0	72
Flour Tortilla (quesadilla)	1 ea	80	25	2	5	0	0	160	13	<	0	2
Crispy Corn Tortilla	2 ea	130	50	10	0	0	0	200	20	2	0	2
Cilantro-Lime Brown Rice	2 oz	110	25	1	0	0	0	180	18	1	0	2
Cilantro-Lime White Rice	2 oz	100	20	1	0	0	0	170	20	2	0	2
Black Beans	3 oz	100	10	1	0	0	0	160	16	1	6	16
Pinto Beans	3 oz	100	10	1	0	0	0	160	16	1	6	16
Fajita Vegetables	2 oz	20	0	5	0	0	12	150	5	8	2	1
Barbacoa	2 oz	80	30	1	0	0	5	260	1	1	0	12
Chicken	2 oz	90	30	1	0	0	0	150	0	1	0	15
Carnitas	2 oz	110	106	30	2	0	0	112	1	0	0	12
Steak	2 oz	70	30	1	5	0	0	160	<	1	0	10
Sofritas	2 oz	70	40	1	0	0	0	280	5	2	8	2
Fresh Tomato Salsa	2 oz	15	0	6	3	0	0	110	<	3	1	0
Roasted Chili-Corn Salsa	2 oz	40	10	1	0	0	0	190	1	1	4	3
Tomatillo-Green Chili Salsa	2 fl oz	15	5	10	5	0	30	260	4	3	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	1	0	40	500	1	0	0	0
Cheese	1 oz	110	70	1	5	0	0	190	2	1	0	6
Sour Cream	1 oz	60	45	1	0	0	0	15	10	0	2	1
Guacamole	2 oz	110	100	1	5	0	12	250	7	1	1	5
Queso Blanco	1 oz	60	40	1	5	0	0	125	2	1	1	5
Romaine Lettuce	1 oz	5	0	9	5	0	0	0	73	<	0	0
Mandarins	1 ea	35	0	0	0	0	0	17	0	0	0	1
Blueberries	1 ea	20	0	0	0	0	0	<	1	0	0	0
Chips	1 oz	140	60	1	0	0	0	180	2	0	0	2
Organic Milk	8 oz	110	25	1	5	0	0	125	1	0	1	2
Organic Chocolate Milk	8 oz	160	25	1	5	0	0	125	2	0	2	2
Organic Apple Juice	6.75 oz	100	0	0	0	0	0	120	25	0	0	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 Fat (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.	0	0 0	600	50	3	0 0	8
Flour Tortilla (taco)	1 ea	80	25	2.	5	0	0	160	13	<	0	2
Crispy Corn Tortilla	1 ea	70	25	5	0	0	0	0	10	1	0	1
Cilantro-Lime Brown Rice	4 oz	210	50	3	0	0	0 0	190	36	1	0 2	4
Cilantro-Lime White Rice	4 oz	210	35	6	1	0	0	350	40	2	1	4
Black Beans	4 oz	130	15	4	0.	0	0	210	22	1	2	8
Pinto Beans	4 oz	130	10	1.	5	0	65	210	21	7	0 0	8
Fajita Vegetables	2 oz	20	0	5	0	0	12	150	5	8	0	1
Barbacoa	4 oz	170	60	1.	0	0	5	530	2	1	0	24
Chicken	4 oz	180	60	5	0	0	65	310	0 0	1	5	32
Carnitas	4 oz	210	120	0	2.	0	80	450	1	0	1	23
Steak	4 oz	150	60	7	5	0	0	330	9	0	4 2	21
Sofritas	4 oz	150	80	7	3	0	0	560	4	1	0	8
Fresh Tomato Salsa	4 oz	25	0	12	7	0	0 0	550	16	3	0 2	0
Roasted Chili-Corn Salsa	4 oz	80	15	6	2.	0	0	330	4	1	1	3
Tomatillo-Green Chili Salsa	2 fl oz	15	5	10	5	0	30	260	4	3	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	5	0	1.	0	40	500	1	0	1	0
Cheese	1 oz	110	70	1.	5	0	0	190	2	1	2	6
Sour Cream	2 oz	110	90	5	0	0	0	30	8	0	5	2
Guacamole (topping/side)	4 oz	230	190	0	0	0	30	370	16	0	1	2
Guacamole (large)	8 oz	460	380	0	0	0	60	740	4	6	0	4
Queso Blanco (entrée)	2 oz	120	80	8	0	0	12	250	7	1	1	5
Queso Blanco (side)	4 oz	240	170	9	5	1	0 0	490	14	2	2	10
Queso Blanco (large)	8 oz	480	330	22	7	1.	0	980	3	0	12	20
Supergreens Salad Mix	3 oz	15	0	44	3.	5	0 0	15	1	0	77	1
Romaine Lettuce (tacos)	1 oz	5	0	9	5	0	0	0	73	<	11	0
Chips (regular)	4 oz	540	230	18	7	0	0	390	11	1	2 0	7
Chips (large)	6 oz	810	350	37	6	0	0 0	590	0	2	0	11
Chipotle-Honey Vinaigrette	2 fl oz	220	140	0	12	0	0	850	18	1	80	1
Pepsi	22 fl oz	280	0	0	23	0	0	55	77	7	11	0
	32 fl oz	400	0	25	0	0	0	80	11	1	6	0
Diet Pepsi	22 fl oz	0	0	38	0	0	0	70	2 0	1	0	0
	32 fl oz	0	0	16	3.	0	0	100	0	1	0	0
Mountain Dew	22 fl oz	300	0	0	5	0	0	95	80	0	74	0
	32 fl oz	440	0	0	5	0	0	140	11	0	10	0
Diet Mountain Dew	22 fl oz	0	0	0	2.	0	0	110	6	0	74	0
	32 fl oz	0	0	0	5	0	0	160	0	0	10	0
Tropicana Lemonade	22 fl oz	280	0	0	0	0	0	290	0	0	8	0
	32 fl oz	400	0	0	0	0	0	420	74	0	72	0
Sierra Mist	22 fl oz	280	0	0	0	0	0	55	10	0	10	0
	32 fl oz	400	0	0	0	0	0	80	8	0	4	0
Mug Root Beer	22 fl oz	280	0	0	0	0	0	40	10	0	84	0
	32 fl oz	400	0	0	0	0	0	60	8	0	70	0
Lipton Raspberry Brisk Iced Tea	22 fl oz	220	0	0	0	0	0	70	72	0	10	0
	32 fl oz	320	0	0	0	0	0	100	10	0	2	0
Dr. Pepper	22 fl oz	280	0	0	0	0	0	110	4	0	0	0
	32 fl oz	400	0	0	0	0	0	160	58	0	0	0
Diet Dr. Pepper	22 fl oz	0	0	0	0	0	0	110	84	0	78	0
	32 fl oz	0	0	0	0	0	0	160	73	0	11	0
Crush Orange	22 fl oz	300	0	0	0	0	0	130	10	0	0	0
	32 fl oz	430	0	0	0	0	0	190	0	0	0	0
Sobe Yum Berry Pomegranate	22 fl oz	0	0	0	0	0	0	85	0	0	62	0
	32 fl oz	0	0	0	0	0	0	120	79	0	90	0
Maine Root Root Beer	22 fl oz	170	0	0	0	0	0	45	11	0	0	0
	32 fl oz	240	0	0	0	0	0	65	0	0	0	0
Chipotle Iced Tea	22 fl oz	10	0	0	0	0	0	0	0	0	45	0
	32 fl oz	15	0	0	0	0	0	0	62	0	65	0
Chipotle Sweet Iced Tea	22 fl oz	150	0	0	0	0	0	0	90	0	49	0
	32 fl oz	220	0	0	0	0	0	10	3	0	72	0
Tractor Berry Agua Fresca	22 fl oz	200	0	0	0	0	0	10	4	0	50	0
	32 fl oz	290	0	0	0	0	0	15	45	0	72	0
Tractor Watermelon Limeade	22 fl oz	230	0	0	0	0	0	5	65	0	37	0
	32 fl oz	330	0	0	0	0	0	10	50	0	53	0
Tractor Lemonade	22 fl oz	170	0	0	0	0	0	10	72	0	47	0
	32 fl oz	250	0	0	0	0	0	15	56	0	69	0
Tractor Mandarin Agua Fresca	22 fl oz	190	0	0	0	0	0	0	82	0	0	0
	32 fl oz	280	0	0	0	0	0	5	43	0	0	0

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Flour Tortilla (taco)	2 ea	17	45	5	0	0	0	320	27	1	0	5
Flour Tortilla (quesadilla)	1 ea	0	25	2.5	0	0	0	160	13	<	0	2
Crispy Corn Tortilla	2 ea 2	80	50	6	1	0	0	0	19	1	0	2
Cilantro-Lime Brown Rice	oz	13	25	3	0.	0	0	95	18	2	0	2
Cilantro-Lime White Rice	2 oz	0	20	2	5	0	0	170	20	1	0	2
Black Beans	3 oz	11	10	1	0	0	0	160	16	0	1	6
Pinto Beans	3 oz	0	10	1	0	0	0	160	15	5	1	6
Fajita Vegetables	2 oz	10	0	0 3	0	0	0	150	5	6	2	1
Barbacoa	2 oz	0	30	3	0	0	30	260	1	1	0	1
Chicken	2 oz	10	30	6	1.	0	65	150	0	1	0	2
Carnitas	2 oz	0	10	3 5	5	0	30	220	0	0	0	1
Steak	2 oz	10	30	0	1.	0	40	160	<1	0	0	5
Sofritas	2 oz	0	40	1	5	0	0	280	5	<	2	1
Fresh Tomato Salsa	2 oz	20	0	0 0	3	0	0	310	1	1	<1	2
Roasted Chili-Corn Salsa	2 oz	80	10	8	1.	0	0	190	9	2	3	1
Tomatillo-Green Chili Salsa	2 fl oz	90	5	5	5	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	11	5	11	1	0	0	500	4	1	0	4
Cheese	1 oz	0	70	4.5	0	0	30	190	1	0	0	0
Sour Cream	1 oz	70	45	0	0	0	20	15	1	2	1	1
Guacamole	2 oz	70	10	0	0	0	0	190	3	0	0	0
Queso Blanco	1 oz	15	0	0 6	0	0	15	125	2	0	<1	0
Romaine Lettuce	1 oz	40	40	2.5	5	0	0	0	1	3	0	6
Mandarins	1 ea	15	0	3	3.	0	0	0	9	0	7	1
Blueberries	1 ea	30	0	0	5	0	0	0	5	1	3	1
Chips	1 oz	11	0	1.	0	0	0	95	18	1	0	2
Organic Milk	8oz	0	60	5	0	15	125	12	<	12	0	0
Organic Chocolate Milk	8oz	60	25	3	0	15	220	24	1	22	1	1
Organic Apple Juice	6.75 oz	11	25	0	0	0	0	10	25	2	22	1

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