

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	1	0	0	190	36	2	0	4
Cilantro-Lime White Rice	4 oz	210	35	4	0.5	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	0.5	0	0	95	18	1	0	2
Cilantro-Lime White Rice	2 oz	100	20	2	0	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	8oz	110	25	2.5	1.5	0	15	125	12	0	12	8
Organic Chocolate Milk	8oz	160	25	3	2	0	15	220	24	1	22	9
Organic Apple Juice	6.75oz	100	0	0	0	0	0	10	25	0	22	0

Offerings may vary by location. Serving sizes are approximate and may vary because variations in 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	1	0	0	190	36	2	0	4
Cilantro-Lime White Rice	4 oz	210	35	4	0.5	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	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	0.5	0	0	95	18	1	0	2
Cilantro-Lime White Rice	2 oz	100	20	2	0	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	8oz	110	25	2.5	1.5	0	15	125	12	0	12	8
Organic Chocolate Milk	8oz	160	25	3	2	0	15	220	24	1	22	9
Organic Apple Juice	6.75oz	100	0	0	0	0	0	10	25	0	22	0

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