

More choice. Better food.

At Chipotle, you can eat exactly what you want. In fact, within our seemingly limited menu, there are more than 65,000 possible combinations. And with that many choices it's easy to create a meal to fit almost any diet. Choose carnitas or chicken, black beans or fajita veggies. Spice it up or keep it mild. Choose full portions or customize your order by asking for the amount of food that's right for you. One taco or a full order of three. What you eat is up to you.

We also know that some people want a little help understanding the nutritional value of the foods they

eat. So we compiled this nutritional guide to help. But remember, numbers don't tell the whole story. Like where your food comes from or how it's been prepared. We make our food from fresh ingredients, prepared in open kitchens. There's nothing to hide. Whenever we can, we go even further, serving food that is naturally raised and locally grown. Not heavily processed foods filled with things you can't pronounce. We call that *Food With Integrity* and we think it not only tastes better, but that it's better for you. To learn more, visit www.chipotle.com.



		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Flour Tortilla (burrito)	1 ea	290	80	9.0	3	0	0	670	44	2	0	7	0%	0%	20%	15%
Flour Tortilla (taco)	1 ea	90	25	2.5	1	0	0	200	13	<1	0	2	0%	0%	6%	4%
Crispy Taco Shell	1 ea	60	20	2.0	0.5	0	0	10	9	1	<1	<1	0%	0%	2%	2%
Cilantro-Lime Rice	3 oz	130	30	3.0	0.5	0	0	150	23	0	0	2	0%	2%	2%	2%
Black Beans	4 oz	120	10	1.0	0	0	0	250	23	11	<1	7	2%	2%	4%	10%
Pinto Beans	4 oz	120	10	1.0	0	0	5	330	22	10	<1	7	2%	2%	4%	10%
Fajita Vegetables	2.5oz	20	5	0.5	0	0	0	170	4	1	2	1	4%	30%	2%	2%
Barbacoa	4 oz	170	60	7.0	2.5	0	60	510	2	0	<1	24	6%	0%	2%	15%
Chicken	4 oz	190	60	6.5	2	0	115	370	1	0	1	32	10%	2%	2%	8%
Carnitas	4 oz	190	70	8.0	2.5	0	70	540	1	0	0	27	2%	0%	2%	8%
Steak	4 oz	190	60	6.5	2	0	65	320	2	0	1	30	2%	0%	2%	15%
Tomato Salsa	3.5 oz	20	0	0.0	0	0	0	470	4	<1	3	1	12%	6%	2%	2%
Corn Salsa	3.5 oz	80	15	1.5	0	0	0	410	15	3	4	3	4%	10%	0%	4%
Red Tomatillo Salsa	2 fl oz	40	10	1.0	0	0	0	510	8	4	4	2	40%	10%	2%	6%
Green Tomatillo Salsa	2 fl oz	15	5	0.0	0	0	0	230	3	1	2	1	2%	15%	2%	2%
Cheese	1 oz	100	80	8.5	5	0	30	180	0	0	0	8	8%	0%	20%	0%
Sour Cream	2 oz	120	90	10.0	7	0	40	30	2	0	2	2	8%	0%	4%	0%
Guacamole	3.5 oz	150	120	13.0	2	0	0	190	8	6	1	2	4%	20%	2%	2%
Romaine Lettuce (salad)	2.5 oz	10	0	0.0	0	0	0	5	2	1	1	1	80%	30%	2%	4%
Romaine Lettuce (tacos)	1 oz	5	0	0.0	0	0	0	0	1	1	0	0	35%	10%	0%	2%
Chips	4 oz	570	240	27.0	3.5	0	0	420	73	8	4	8	0%	2%	4%	6%
Vinaigrette	2 fl oz	260	220	24.5	4	0	0	700	12	1	11	0	60%	0%	0%	2%

We got these facts from analyzing our food. But nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes, or the different places that we buy our ingredients. We may update this chart from time to time.