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CALORIES ARE NOT CREATED EQUAL

When you're trying to eat right, sometimes it feels like you need an advanced math degree to keep up with all the numbers. But the numbers are only one piece of the story.

It's very important to consume only as many calories as is recommended in a day. But it's also important to try to eat whole foods that are full of the nutrients and micronutrients that really keep your body running. Foods that are unprocessed and un-tampered with (like at Chipotle) are more filling and nutritious than the synthetic foods you might find at other restaurants.

| | | 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 | 2.5 oz. | 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% |
| Green Tomatillo Salsa | 2 fl oz. | 15 | 5 | 0.0 | 0 | 0 | 0 | 230 | 3 | 1 | 2 | 1 | 2% | 15% | 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% |
| 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% |

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.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.