

CHIPOTLE NUTRITION INFORMATION

ATTENTION: Contains Only Real Food

That's a label we haven't seen yet. But if the call comes down, we're ready. Because that's all we serve. Real, high-quality food carefully prepared using time-honored cooking methods.

We've chosen this route for one simple reason. Real food tastes good.

But there's more than that. The building blocks of a sensible, well-balanced diet are real, simple foods—rice and other whole grains, fruits and vegetables, pure dairy products including real cheese, proteins from meat, poultry and dry beans. That's what you'll find in our restaurants.

Eating should be an *occasion*, a celebration of high-quality raw ingredients meticulously prepared to create extraordinary tastes.

Not a science experiment aimed at manufacturing flavors using chemicals and food substitutes.

While that's our commitment, we also recognize that dietary preferences and requirements differ from person to person. And that some people just want a little help figuring out what foods make the most sense for them. That's why we've compiled this information.

Use this as a guide to help make informed decisions about what you eat. Then pick and choose what's right for you. But remember, the numbers tell only part of the story. There's no substitute for real, quality ingredients.

Mix. Match. Enjoy.

	Serving Size	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Daily Value			
												Vitamin A	Vitamin C	Calcium	Iron
Burrito Size Flour Tortilla	1 ea	290	80	9	2	0	670	44	2	0	7	0%	0%	20%	15%
Taco Size Flour Tortilla	3 ea	255	75	8	3	0	585	38	1.5	0	6	0%	0%	15%	12%
Crispy Taco Shells	3 ea	180	60	7	1.5	0	30	26	1.5	0	3	0%	0%	3%	3%
Rice	3.5 oz	160	30	4	0	0	330	30	<1	0	3	6%	0%	2%	4%
Black Beans	4 oz	130	9	1	<1	0	318	22	12	3	9	17%	0%	3%	13%
Pinto Beans	4 oz	138	12	1	<1	0	374	23	10	3	9	17%	5%	5%	13%
Fajita Vegetables	3 oz	100	70	8	1	0	640	6	1	3	1	6%	70%	2%	2%
Barbacoa	4 oz	170	60	7	2	55	490	2	0	1	24	10%	0%	0%	15%
Chicken	4 oz	200	60	7	1.5	110	430	2	0	2	33	15%	0%	2%	6%
Carnitas	4 oz	210	100	11	3	60	690	2	0	0	26	4%	0%	2%	6%
Steak	4 oz	190	60	7	2	65	420	2	0	2	29	0%	0%	2%	15%
Tomato Salsa	4 oz	20	0	0	0	0	490	3	0	4	2	15%	0%	2%	2%
Corn Salsa	4 oz	100	10	1	0	0	540	22	3	3	3	5%	20%	0%	4%
Red Tomatillo	2 oz	28	7	1	0	0	493	4	1	1	1	2%	20%	1%	3%
Green Tomatillo	2 oz	15	1	<1	0	0	227	3	1	2	1	2%	47%	0%	1%
Cheese	1 oz	110	80	9	6	30	180	<1	0	0	7	6%	0%	20%	0%
Sour Cream	2 oz	120	90	10	7	40	30	2	0	2	2	8%	0%	8%	0%
Guacamole	4 oz	140	90	10	1.5	0	240	10	10	2	2	8%	2%	2%	4%
Lettuce	1 oz	5	0	0	0	0	0	<1	<1	0	<1	18%	11%	1%	2%
Chips	4 oz	570	240	27	3.5	0	500	73	8	4	8	0%	2%	4%	6%
Vinaigrette	2 oz	330	280	31	4	0	960	12	0	1	0	4%	0%	0%	0%

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.