



MEXICAN GRILL

BURRITOS, TACOS & SALADS



BURRITO 740-1180 cal

Flour tortilla with a choice of cilantro-lime rice, black or pinto beans, meat, salsa, and cheese or sour cream.



BURRITO BOWL 420-880 cal

Just like a burrito, but served in a bowl with no tortilla.



SALAD 420-880 cal

Chopped romaine lettuce, baby kale and baby spinach, with choice of beans, meat, salsa, cheese and chipotle-honey vinaigrette.



TACOS 390-1110 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

Marinated in our chipotle adobo, then grilled.

\$10.60

STEAK* 150 cal | 4 oz

Naturally raised, marinated in our chipotle adobo, then grilled.

\$10.95

BARBACOA* 170 cal | 4 oz

Naturally raised beef. Braised for hours, then shredded.

\$10.95

CARNITAS* 210 cal | 4 oz

Naturally raised pork. Braised for hours, then shredded.

\$10.60

SOFRITAS* 150 cal | 4 oz

Shredded organic tofu braised with chipotle chilis, roasted poblanos and a blend of aromatic spices.

\$10.60

VEGGIE* 230 cal | 4 oz

Includes our fresh guacamole and your choice of beans.

\$10.60

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 90 cal | 2 oz

Cheese 100 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 & Canned Beverages* 0-170 cal

Soda & Iced Tea*

Regular 22 fl oz 0-290 cal Large 32 fl oz 0-430 cal

Organic Lemonade & Agua Fresca*

Regular 22 fl oz 170-230 cal Large 32 fl oz 250-330 cal

Kid's Drinks* (90-160 cal)

KID'S MENU

Build Your Own* 340-800 cal

Your choice of meat or guacamole, and two toppings to go with a pair of crispy corn or soft flour tortillas. Includes fruit or kid's chips, and a drink.

Small Cheese Quesadilla* 510-700 cal

With a side of rice and beans. Served with fruit or kid's chips, and a drink. 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.

Get outta line: Order online at 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. Adults and youth (13 and older) need an average of 2,000 calories a day, and children (4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information available on reverse side.

NUTRITION FACTS

	Portion	Calories	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	9	0.5	0	0	600	50	3	0	8
Flour Tortilla (taco)	1 ea	80	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	1 ea	70	3	0.5	0	0	0	10	1	0	1
Cilantro-Lime Brown Rice	113 g	210	5.5	1	0	0	195	36	2.5	0	4
Cilantro-Lime White Rice	113 g	210	4	0.5	0	0	345	40	1	0	3.5
Black Beans	113 g	130	1.5	0	0	0	210	22	7	2	8
Pinto Beans	113 g	130	1.5	0	0	0	210	21	8	1	8
Fajita Vegetables	57 g	20	0.5	0	0	0	150	5	1	2	1
Barbacoa	113 g	170	7	2.5	0	65	530	2	1	0	24
Chicken	113 g	180	7	3	0	125	310	0	0.5	0	32
Carnitas	113 g	210	12	6.5	0	65	450	0	0	0	23
Steak	113 g	150	6.5	2	0	80	330	1	1	0	21
Sofritas	113 g	150	10	1.5	0	0	555	9	3.5	4.5	8
Fresh Tomato Salsa	113 g	25	0	0	0	0	550	4	1	1	0
Roasted Chili-Corn Salsa	113 g	80	1.5	0	0	0	330	16	3	4	3
Tomatillo-Green Chili Salsa	59 ml	15	0	0	0	0	255	4	0	1.5	0
Tomatillo-Red Chili Salsa	59 ml	30	0	0	0	0	500	4	1.5	0	0
Cheese	28 g	100	8	5	0	25	200	<1	0	<1	7
Sour Cream	57 g	90	8	4.5	0	25	45	3	0	2	1
Guacamole (topping/side)	113 g	230	22	3.5	0	0	375	8	6	1	2
Guacamole (large)	226 g	460	44	7	0	0	740	16	12	2	4
Queso Blanco (entree)	57 g	120	9	6	0	30	250	4	0	1	5
Queso Blanco (side)	113 g	240	18	12	1	60	490	7	0	2	10
Queso Blanco (large)	226 g	480	37	23	1.5	120	980	14	<1	5	20
Supergreens Mix (salad)	85 g	15	0	0	0	0	15	3	2	1	1
Romaine Lettuce (tacos)	28 g	5	0	0	0	0	0	1	1	0	0
Chips (regular)	113 g	540	25	3.5	0	0	390	73	7	1	7
Chips (large)	170 g	810	38	5	0	0	590	110	11	2	11
Vinaigrette	59 ml	220	16	2.5	0	0	850	18	1	12	1
Barq's Root Beer	650 ml	280	0	0	0	0	130	85	0	85	0
	950 ml	430	0	0	0	0	180	120	0	120	0
Coca-Cola Classic	650 ml	260	0	0	0	0	85	70	0	70	0
	950 ml	380	0	0	0	0	120	105	0	105	0
Diet Coke	650 ml	0	0	0	0	0	75	0	0	0	0
	950 ml	0	0	0	0	0	115	0	0	0	0
Iced Tea	650 ml	10	0	0	0	0	0	3	0	0	0
	950 ml	15	0	0	0	0	0	4	0	0	0
Canada Dry Ginger Ale	650 ml	260	0	0	0	0	88	66	0	65	0
	950 ml	370	0	0	0	0	128	96	0	95	0
Sprite	650 ml	260	0	0	0	0	120	70	0	70	0
	950 ml	380	0	0	0	0	180	105	0	105	0
Coca-Cola Zero Sugar	650 ml	0	0	0	0	0	75	0	0	0	0
	950 ml	0	0	0	0	0	115	0	0	0	0
Fanta Orange	650 ml	290	0	0	0	0	80	80	0	80	0
	950 ml	430	0	0	0	0	140	120	0	120	0
Nestea	650 ml	140	0	0	0	0	125	33	0	30	0
	950 ml	210	0	0	0	0	180	48	0	44	0
Regular Beer	330 ml	170	0	0	0	0	0	12	0	11	0
Light Beer	330 ml	110	0	0	0	0	10	7	0	0	0
Sauza Margarita	330 ml	230	0	0	0	0	5	25	0	21	0
Tractor Berry Agua Fresca	650 ml	200	0	0	0	0	10	50	0	49	0
	950 ml	290	0	0	0	0	15	72	0	72	0
Tractor Watermelon Limeade	650 ml	230	0	0	0	0	5	56	0	50	0
	950 ml	330	0	0	0	0	10	82	0	72	0
Tractor Lemonade	650 ml	170	0	0	0	0	10	43	0	37	0
	950 ml	250	0	0	0	0	15	62	0	53	0
Tractor Mandarin Agua Fresca	650 ml	190	0	0	0	0	0	47	0	47	0
	950 ml	280	0	0	0	0	5	69	0	69	0

KIDS MENU NUTRITION FACTS

	Portion	Calories	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	5	0	0	0	320	27	1	0	5
Flour Tortilla (quesadilla)	1 ea	80	2.5	0	0	0	160	13	<1	0	2
Crispy Corn Tortilla	2 ea	130	6	1	0	0	0	19	2	0	2
Cilantro-Lime Brown Rice	57 g	110	3	0.5	0	0	95	18	1	0	2
Cilantro-Lime White Rice	57 g	100	2	0	0	0	170	20	0	0	2
Black Beans	85 g	100	1	0	0	0	160	16	5	1	6
Pinto Beans	85 g	100	1	0	0	0	160	15	6	1	6
Fajita Vegetables	57 g	20	0	0	0	0	150	5	1	2	1
Barbacoa	57 g	80	3	1.5	0	32	260	1.5	1	0	12
Chicken	57 g	90	3	1.5	0	65	150	0	0	0	15
Carnitas	57 g	110	6	3	0	32	220	0	0	0	12
Steak	57 g	70	3	1.5	0	40	160	<1	<1	0	10
Sofritas	57 g	70	5	1	0	0	275	5	1.5	2	4
Fresh Tomato Salsa	57 g	15	0	0	0	0	315	1	0	0.5	0
Roasted Chili-Corn Salsa	57 g	40	1	0	0	0	190	9	1.5	2.5	1.5
Tomatillo-Green Chili Salsa	59 ml	15	0	0	0	0	255	4	0	1.5	0
Tomatillo-Red Chili Salsa	59 ml	30	0	0	0	0	500	4	1.5	0	0
Cheese	28 g	100	8	5	0	25	200	<1	0	<1	7
Sour Cream	28 g	45	4	2.5	0	15	20	2	0	<1	<1
Guacamole	57 g	110	11	1.5	0	0	190	3	3	0	1
Queso Blanco	28 g	60	4.5	3	0	15	125	2	0	<1	2
Romaine Lettuce (tacos)	28 g	5	0	0	0	0	0	1	1	0	0
Mandarins	71 g	35	0	0	0	0	0	9	1	7	1
Valencia Oranges	1 ea	80	0	0	0	0	0	19	3	14	1
Chips	28 g	140	6	1	0	0	95	18	2	0	2
Kiju Organic Apple Juice	200 ml	90	0	0	0	0	0	22	0	18	0
Regular Milk	237 ml	130	5	3	0	20	120	12	0	12	8
Chocolate Milk	237 ml	160	2.5	1.5	0	10	115	27	1	26	7

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

We do our best to keep this chart as current as possible. For the most up-to-date nutrition information please check Chipotle.ca.

If you have a food allergy, please speak to the owner, manager, chef or your server.

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