

# NUTRITION FACTS

	Energy (kcal)	Total Fat (g)	Of Which Saturates (g)	Carbohydrates (g)	Of Which Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
Flour Tortilla* (burrito)	297	8.8	0.7	49.2	1.8	4.4	7.9	1.5
Flour Tortilla* (taco)	94	2.8	0.2	15.5	0.6	1.4	2.5	0.5
Coriander-Lime White Rice	185	2.0	0.5	41.5	0.1	1.2	4.1	1.2
Coriander-Lime Brown Rice	185	1.7	0.4	32.8	0.1	2.3	3.8	1.1
Black Beans	95	2.4	1.0	4.9	0.9	8.6	7.2	0.5
Pinto Beans	95	0.6	0.2	6.2	0.1	11.2	6.7	0.5
Fajita Vegetables	21	1.1	0.1	2.1	1.4	0.6	0.4	0.4
Barbacoa	154	3.8	1.3	1.0	0.1	0.8	29.7	0.3
Chicken	185	8.4	2.4	1.0	0.1	1.0	27.3	2.2
Carnitas	210	11.9	3.9	1.0	0.1	1.0	25.8	2.0
Steak	165	5.5	1.9	1.0	0.2	1.0	28.8	2.1
Sofritas (braised tofu)	84	4.6	0.7	3.0	2.2	1.2	7.0	1.0
Fresh Tomato Salsa	15	0.5	0.1	1.1	1.5	1.2	0.8	0.2
Chilli-Corn Salsa	38	0.8	0.2	5.9	0.9	1.3	1.3	0.4
Roasted Tomato Green-Chilli Salsa**	6	0.1	<0.1	1.0	0.9	0.4	0.3	0.3
Roasted Tomato Red-Chilli Salsa**	9	0.3	<0.1	1.4	0.7	0.2	0.3	0.7
Cheese	94	7.8	4.8	0.1	0	0	5.8	0.5
Sour Cream	45	3.9	2.7	1.4	1.1	<0.5	0.9	0.1
Guacamole (topping/side)	145	13.5	2.8	2.8	0.8	3.3	1.5	0.7
Guacamole (large)	290	27	5.6	5.6	1.6	6.6	3	1.4
Romaine Lettuce (salad)	15	0	0	0	1.1	0	0	0
Romaine Lettuce (topping)	4	0	0	0	0.3	0	0	0
Chips (regular)	417	21.6	1.7	54.1	1.2	0	4.6	1.3
Chips (large)	834	43.2	3.4	108.2	2.4	0	9.2	2.6
Chipotle Honey Vinaigrette	259	22.9	2.4	13.1	6.2	0.5	0.2	2.9

Data above is derived by laboratory analysis. Products may be subject to some variation depending on ingredients used, supplier, and seasonality. Because of this, the products used in the above may not be identical to the products served in our restaurant.

All nutritional data is per serving. Adults need around 2000 kcal a day.

# ALLERGENS

No matter what your unique dietary needs are, Chipotle has options for you. Unless you have an allergy to delicious food, in which case, we might have an issue.

	MILK	SULFITES	CEREALS & GLUTEN	SOYA	MUSTARD	CELERY	OTHER
<b>Soft Flour Tortilla (Burrito &amp; Taco)*</b>			●				We do not use crustaceans, fish, lupin, molluscs, eggs, peanuts, tree nuts or sesame as ingredients in our food.
<b>Tortilla Chips</b>							
<b>Coriander-Lime Rice (White &amp; Brown)</b>							
<b>Beans (Black &amp; Pinto)</b>							
<b>Fajita Vegetables</b>							
<b>Meats (All)</b>							
<b>Sofritas</b>				●			
<b>Chilli-Corn Salsa</b>							
<b>Fresh Tomato Salsa</b>							
<b>Roasted Tomato Red-Chilli Salsa**</b>			●	●	●	●	
<b>Roasted Tomato Green-Chilli Salsa**</b>			●	●	●	●	
<b>Monterey Jack Cheese</b>	●						
<b>Sour Cream</b>	●						
<b>Guacamole</b>							
<b>Romaine Lettuce (Salad)</b>							
<b>Chipotle Honey Vinaigrette</b>		●					

Before placing your order, please inform your server if a person in your party has a food allergy. There is a chance of cross-contact with milk, soya, meat or grain ingredients in our kitchens.

\*Of the Cereals & Gluten allergens, our flour tortillas for both burritos & tacos contain wheat.

\*\*Whilst these products do not contain the listed allergen, some of our items are prepared in facilities where these allergens are processed and therefore cross contamination, whilst unlikely, can occur.

All sulphites present in Chipotle food items come exclusively from vinegar - in which sulphites occur naturally below the concentration (10 ppm) to be required as a listed ingredient under local legislation. However, with an interest in transparency and for any customers with extreme sensitivities, we chose to label menu items containing vinegar as possible allergens.

For general information on food allergens, visit the Food Allergy Research & Education website at [www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance](http://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance).

## GLUTEN INTOLERANCE & COELIAC DISEASE

If you avoid gluten, don't eat our flour tortillas. Our bowls, salads and tortilla chips are suitable for a gluten-free diet, however please let a member of the team know before placing your order if you require a gluten free dish as we will always wash our hands and change gloves before preparing your meal.

