



Chipotle

Items	Calories	Saturated Fat (g)	Sodium (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Filling Items						
Chicken	180	3	310	0	0	32
Steak	150	2.5	330	1	1	21
Cilantro-Lime Brown Rice	210	1	190	36	2	4
Black Beans	130	0	210	22	7	8
Pinto Beans	130	0	210	21	8	8
Fajita Veggies	20	0	150	5	1	1
Romaine Lettuce	5	0	0	1	1	0
Guacamole	230	3.5	370	8	6	2
Tomatillo Green Chili Sauce*	15	0	260	4	0	0
Burrito**						
Chicken	880	5	1720	118	14	53
Steak	850	4	1740	119	15	42
Barbacoa	870	4	1940	120	15	45
Burrito-Vegetarian	930	5	1780	126	20	23
Burrito Bowl**						
Chicken	560	4	1120	68	11	45
Garlic Guajillo Steak	630	4	1290	71	13	40
Steak	530	4	1140	69	12	34
Barbacoa	550	4	1340	70	12	37
Vegetarian	610	5	1180	76	17	15

**All meal items include Black Beans, Brown Rice, Fajita Veggies, Tomatillo Green chili sauce and lettuce. Tacos are made with crispy corn tortillas.



Items	Calories	Saturated Fat (g)	Sodium (g)	Carbohydrates (g)	Fiber (g)	Protein (g)
Tacos – 3**						
Chicken	760	5	1120	97	14	48
Steak	730	5	1140	98	15	37
Vegetarian	810	6	1180	105	20	18
Salads (Served with Chipotle Honey Vinaigrette on Side)						
Chicken Salad	780	7	1930	86	12	46
Veggie Salad	830	7	2030	94	18	16
Steak Salad	750	6	1990	87	13	35
Chipotle-Honey Vinaigrette	220	3	850	18	1	1
Sides						
Chips & Guacamole	770	7	760	81	13	9
Chips and Fresh Tomato Salsa	570	4	940	74	8	7
*Tomatillo Green Chili Sauce is most sodium friendly						