

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	MOLLUSC	CELERY	SOYA	EGGS	FISH	LUPINE	SHELLFISH	MUSTARD	NUT	PEANUTS	SESAME SEEDS
Soft Flour Tortilla (Burrito & Taco)*			•											
Hard Shell Taco (Crispy Corn Taco)														
Coriander-Lime Rice (White)														
Coriander-Lime Rice (Brown)														
Beans (Black)														
Beans (Pinto)														
Fajita Vegetables														
Barbacoa														
Chicken *	*	*	*		*	*	*				*			
Chicken Al Pastor *	*	*	*		*	*	*				*			
Chipotle Honey Chicken *	*	*	*		*	*	*				*			
Carnitas														
Steak														
Sofritas (braised tofu)						•								
Fresh Tomato Salsa														
Chilli-Corn Salsa														
Roasted Tomato Green-Chilli Salsa *														
Roasted Tomato Red-Chilli Salsa *														
Monterey Jack Cheese	•													
Sour Cream	•													
Guacamole														
Romaine Lettuce														
Tortilla Chips		*												
Chipotle Honey Vinaigrette *	*	•				*	*							
TABASCO® *		*												
<p>* May contain (see below)</p> <p>• Contains allergen</p>														

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.

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.

VEGAN & VEGETARIAN OPTIONS

Our Sofritas is vegan and vegetarian approved. Vegans should avoid our meats, shredded Monterey Jack cheese, queso, sour cream, and chipotle-honey vinaigrette. Our tortillas, vegetables, rice, beans, salsas, chips and guacamole, are vegetarian and vegan. If you eat dairy, our shredded Monterey Jack cheese and queso are made with vegetable-based rennet and our sour cream is 100% cultured cream."

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
Hard Shell Taco (Crispy Corn Taco)	417	21,6	1,7	54,1	1,2	0	4,6	2,6
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
Chicken Al Pastor (LTO)	207	9,7	2,1	7,0	5,0	0,8	22,6	0,6
Chipotle Honey Chicken (LTO)	165	9,3	2,6	4,2	3,4	0,2	15,9	0,5
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
Monterey Jack 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	13,9	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.