

CHIPOTLE NUTRITION GUIDE

Complete Calorie & Macro Reference | 2026 Edition

This guide organizes Chipotle's officially published nutrition data — proteins, rice, beans, salsas, toppings, entrees, kids' menu, and drinks — into clear reference tables so you can build an accurately tracked meal before you order.

Source: Chipotle Mexican Grill's official U.S. paper nutrition menu (publication codes OCT-2024-US-CK and 3-2025). Values are as published by Chipotle; actual in-restaurant portions can vary slightly. This is an independent reference guide and is not an official Chipotle publication.

■ Protein Options

Protein	Portion	Calories	Fat (g)	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chicken	4 oz	180	7	3	310	0	32
Steak	4 oz	150	6	2.5	330	1	21
Barbacoa	4 oz	170	7	2.5	530	2	24
Carnitas	4 oz	210	12	7	450	0	23
Sofritas (plant-based)	4 oz	150	10	1.5	560	9	8
Veggie (guac + beans)	4 oz	230	—	—	—	—	—

Highest protein: Chicken (32g). Lowest sodium: Chicken (310mg). Sofritas is the only plant-based protein.

■ Rice, Beans & Toppings

Item	Portion	Cal	Fat (g)	Sat. Fat	Sodium (mg)	Carbs (g)	Fiber	Sugar	Protein
Cilantro-Lime White Rice	4 oz	210	4	1	350	40	1	0	4
Cilantro-Lime Brown Rice	4 oz	210	6	0	190	36	2	0	4
Black Beans	4 oz	130	1.5	0	210	22	7	2	8
Pinto Beans	4 oz	130	1.5	0	210	21	8	1	8
Fajita Veggies	2 oz	20	0	0	150	5	1	2	1
Queso Blanco (entrée)	2 oz	120	9	6	250	4	0	1	5
Guacamole	4 oz	230	22	3.5	370	8	6	1	2
Cheese	1 oz	110	8	5	190	1	0	0	6
Sour Cream	2 oz	110	9	7	30	2	0	2	2
Romaine Lettuce	1 oz	5	0	0	0	1	1	0	0
Fresh Tomato Salsa	4 oz	25	0	0	550	4	1	1	0
Roasted Chili-Corn Salsa	4 oz	80	1.5	0	330	16	3	4	3

Item	Portion	Cal	Fat (g)	Sat. Fat	Sodium (mg)	Carbs (g)	Fiber	Sugar	Protein
Tomatillo-Green Chili Salsa	2 fl oz	15	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 fl oz	30	0	0	500	4	1	0	0
Chipotle-Honey Vinaigrette	2 fl oz	220	16	2.5	850	18	1	12	1

Highest-sodium topping: Chipotle-Honey Vinaigrette (850mg per 2 fl oz). Lowest-calorie topping: Romaine Lettuce (5 cal/oz).

■ Entrées — Calorie Ranges

Entrée	Calorie Range	What's Included
Burrito Bowl	420–910 cal	Rice/beans base with no tortilla — lowest-calorie way to get a full entrée.
Salad	420–910 cal	Romaine, baby kale & spinach with beans, meat, salsa, cheese, vinaigrette.
Burrito	740–1,210 cal	Flour tortilla, rice, beans, meat, salsa, cheese or sour cream.
Tacos (3)	390–1,140 cal	Crispy corn or soft flour tortillas with meat, salsa, cheese/sour cream, lettuce.

■ Chips, Sides & Extras

Item	Portion	Calories	Serves
Chips	4 oz	540	2
Chips (large)	6 oz	810	3
Chips & Guacamole	Regular	770	2
Chips & Guacamole (large)	Large	1,270	3
Chips & Queso Blanco	Regular	780	2
Chips & Queso Blanco (large)	Large	1,290	3
Chips & Salsa	—	560–620	2
Queso Blanco (side)	4 oz	240	2
Guacamole (side)	4 oz	230	1

■ Beverages

Beverage	Regular (22 fl oz)	Large (32 fl oz)
Soda & Iced Tea (varies by drink)	0–300 cal	0–440 cal
Organic Lemonade / Agua Fresca	170–230 cal	250–330 cal
Beer (varies by brand)	110–170 cal	—
Bottled Drinks (varies)	0–280 cal	—

Kids' Menu

Build Your Own Kids Meal (350–810 cal) includes a choice of meat, guacamole, or queso, two toppings, crispy corn or soft flour tortillas, plus fruit or kids' chips and organic juice or milk. Small Cheese Quesadilla (530–710 cal) comes with a side of rice and beans; protein add-on is extra.

Item	Portion	Cal	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Chicken	2 oz	90	3	150	0	15
Steak	2 oz	70	3	160	<1	10
Barbacoa	2 oz	80	3	260	1	12
Carnitas	2 oz	110	6	220	0	12
Sofritas	2 oz	70	5	280	5	4
Guacamole	2 oz	110	11	190	3	1
Queso Blanco	1 oz	60	4.5	125	2	2
Cheese	1 oz	110	8	190	1	6
Organic Milk	8 oz	110	2.5	125	12	8
Organic Chocolate Milk	8 oz	160	3	220	24	9
Organic Apple Juice	6.75 oz	100	0	10	25	0
Mandarins	1 ea	35	0	0	9	1
Blueberries	1 ea	20	0	0	5	1

Quick Reference

Metric	Item
Highest-protein ingredient	Chicken — 32g per 4 oz
Lowest-calorie protein	Steak & Sofritas — 150 cal per 4 oz
Highest-calorie protein	Veggie (with guac & beans) — 230 cal per 4 oz
Highest-sodium single topping	Chipotle-Honey Vinaigrette — 850mg per 2 fl oz
Lowest-calorie topping	Romaine Lettuce — 5 cal per oz
Widest entrée calorie range	Burrito — 740 to 1,210 cal

Data compiled from Chipotle Mexican Grill's officially published U.S. nutrition facts menus (paper menu editions OCT-2024-US-CK and 3-2025). Nutritional content may vary by portion size, recipe changes, growing seasons, or ingredient sourcing. Values are estimates for general reference only and should not replace Chipotle's official, most current nutrition calculator at chipotle.com. chipotlecaloriecalculator.org is an independent resource and is not affiliated with, endorsed by, or sponsored by Chipotle Mexican Grill, Inc.