MEXICAN GRILL

## BURRITOS, TACOS \& SALADS

BURRITO 297 kcal
Flour tortilla with a choice of cilantro-lime rice, black or pinto beans, meat, salsa, and cheese or sour cream.

SALAD 15 kcal Chopped romaine lettuce with choice of beans, meat, salsa, cheese and chipotle-honey vinaigrette.

## BURRITO BOWL

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


TACOS 281 kcal
Your choice of three soft flour tortillas with meat, salsa, cheese or sour cream and romaine lettuce.


CHICKEN 185 kcal
Responsibly raised \& Red Tractor assured, marinated in our chipotle adobo, then grilled.

STEAK 165 kcal Responsibly raised UK beef, marinated in our chipotle adobo, then grilled

BARBACOA 154 kcal
Responsibly raised \& Bord Bia certified beef. Braised for hours, then shredded.

CARNITAS 210 kcal Responsibly raised \& Bord Bia certified pork. Braised for hours, then shredded.

SOFRITAS* 84 kca
Plant-based protein braised with chipotle chillis, roasted poblano peppers and a blend of aromatic spices.

VEGGIEO 145 kca Includes our hand-mashed guacamole, made fresh every day at no extra charge

## WHAT GOES INSIDE

| Coriander-Lime White or Brown Rice | Chilli-Corn Salsa © |
| :--- | :--- |
| 185 kcal | 38 kcal |
| Pinto or Black Beans 95 kcal | Fresh Tomato Salsa © |
| Fajita Veggies 21 kcal | 15 kcal |
| Sour Cream 45 kcal | Tomato-Green Chilli Salsa |
| Cheese 94 kcal | 6 kcal |
| Romaine Lettuce 4 kcal | Tomato-Red Chilli Salsa ed |
| Guacamole 145 kcal | 9 kcal |
|  | Spice level |

## SIDES \& DRINKS

## SIDES

Tortilla Chips \& Guacamole
Regular 562 kcal Large 1124 kcal Guacamole
Regular 145 kcal Large 290 kcal Chips

Regular 417 kcal Large 834 kcal
Tortilla Chips \& Salsa 423-455 kcal

DRINKS
Soda
Bottled Water
Juice | Sparkling Lemonade | Super Juice Beer

Eat to your own beat: Find meals for your specific diet at and full nutritional and allergen information at www.chipotle.co.uk/ allergens. Before placing your order, please inform your server if a person in your party has a food allergy.

Kcal above are 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.

We＇re obsessed with perfecting every ingredient＇s journey from farm to kitchen．That＇s why we seek out the highest quality meats，produce，and other ingredients，then prepare them from scratch every day using classic cooking techniques．

## EAT TO YOUR OWN BEAT

There are many ways to Chipotle．Find meals for your specific diet（vegan，gluten－free，dairy－free，and more） at CHIPOTLE．CO．UK

Then get your fix faster when you order online or with our mobile app．

## ALLERGEN INFO

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| Soft flour tortilla（burrito \＆taco） |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Tortilla chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coriander－lime white rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coriander－lime brown rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Black beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pinto beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fajita vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Barbacoa（braised beef） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carnitas（braised pork） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sofritas（braised tofu） |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Chili－corn salsa |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh tomato salsa |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roasted tomato green－chili salsa |  |  | ＊ | ＊ | ＊ |  |  |  |  |  | ＊ |  |  |  |
| Roasted tomato red－chili salsa |  |  | ＊ | ＊ | ＊ |  |  |  |  |  | ＊ |  |  |  |
| Cheese | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sour cream | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Guacamole |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Romaine lettuce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vinaigrette |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| ＊May contain（see below） |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\checkmark$ Contains allergen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

