# Chipotle Nutrition Guide

Calories, protein & smart building tips — chipotlepricemenu.com

Chipotle publishes nutrition numbers for every ingredient, which is rare in fast casual dining. A typical burrito bowl lands between 500 and 800 calories depending on your build, while fully loaded burritos run 900 to 1,100. Your choices matter more than the menu — the same counter can serve a 500-calorie lunch or a 1,200-calorie one.

## Calories by Menu Category

| Category | Typical Range | Examples |
|---|---|---|
| Burrito Bowls | 170 – 1,090 | Chicken 170–910 · Steak 150–890 · Veggie 310–1,090 |
| Burritos | 450 – 1,390 | Chicken 470–1,210 · Steak 450–1,190 · Veggie 610–1,390 |
| Tacos (3) | 490 – 675 | Chicken 550 · Steak 500 · Veggie 630 |
| Quesadillas | 650 – 830 | Cheese 650 · Chicken 830 · Steak 800 |
| Salads | 150 – 1,090 | Chicken 170–910 · Veggie 310–1,090 |
| Lifestyle Bowls | 470 – 1,100 | Wholesome 470 · Keto 535 · High Protein 850 |
| Kids Meals | 35 – 810 | Kids Chips 140 · Build Your Own 350–810 |
| Sides | 120 – 780 | Chips 540 · Guac 230 · Queso 120 |
| Drinks | 0 – 280 | Water 0 · Lemonade 170 · Mexican Coke 150 |
| Toppings | 5 – 230 | Lettuce 5 · Cheese 110 · Guac 230 |

*Ranges depend on toppings and protein choice. Toppings are included free unless noted.*

## Protein Guide

| Protein | Calories (4 oz) | Protein |
|---|---|---|
| Chicken | 180 | 32 g |
| Steak | 150 | 21 g |
| Barbacoa | 170 | 24 g |
| Carnitas | 210 | 23 g |
| Sofritas (tofu) | 150 | 8 g |
| Veggie (guac + veg) | 230 | 8 g |
| Double protein | 300 – 400 | 42 – 64 g |

## Calorie Traps to Watch

- Flour tortilla — **320 cal** on its own. Order the bowl with a tortilla on the side ($0.50) to control how much you wrap.
- Queso blanco — **120 cal** per serving; sour cream — **110 cal**. They add up fast.
- Chipotle-honey vinaigrette — **220 cal**, nearly a meal's worth of dressing.

- Chips — **540 cal** for a full basket. The large chips are meant for sharing.
- Guacamole — **230 cal**. Worth it for the healthy fats, but count it.

## Building a Healthy Bowl

- Skip the tortilla or get it on the side — saves up to 320 calories.
- Go easy on rice (210 cal) or choose light rice; load fajita veggies (20 cal) and salsas (15–80 cal) instead.
- Pick chicken or sofritas as lean proteins; double protein only if you need the fuel.
- Use guacamole as your healthy fat and skip cheese + sour cream on the same bowl.
- Water, iced tea, or black coffee keep the drink at 0 calories.

*Figures are typical U.S. estimates compiled from published nutrition data and may vary by location and preparation. For exact numbers, use Chipotle's official nutrition calculator or check the app with your location set. © 2026 chipotlepricemenu.com*