

Bases

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
Flour tortilla (burrito)	320	9	50	9	3	600
Supreme greens (salad base)	5	1	1	0	1	5
3 soft flour taco shells	270	6	48	6	3	540

Protein

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
Chicken	180	32	0	7	0	310
Steak	150	21	1	6	0	330
Barbacoa	170	24	2	7	0	530
Carnitas	210	23	0	12	0	450
Chicken al pastor	180	32	3	7	1	540
Sofritas (plant)	150	8	9	10	3	560

Rice

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
White rice	210	4	40	4	1	350
Brown rice	210	4	36	5	3	190

Beans

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
Black beans	130	8	22	1.5	7	210
Pinto beans	130	8	21	1.5	8	210

Salsa

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
Fresh tomato	25	1	4	0	1	550
Roasted chili-corn	80	3	16	1.5	3	330
Tomatillo-green	15	1	4	0	1	260
Tomatillo-red	30	1	8	0	1	500

Toppings & extras

Item	Calories	Protein g	Carbs g	Fat g	Fiber g	Sodium
Fajita veggies	20	1	5	0	1	150
Cheese	110	6	1	8	0	190
Sour cream	110	2	2	9	0	30
Queso blanco	120	5	4	9	0	270
Guacamole	230	2	8	22	6	200
Romaine lettuce	5	1	1	0	1	5

Popular complete meals (standard builds)

BOWLMACROS

Chipotle Nutrition Chart - independent estimates, not affiliated with Chipotle - verified July 2026

Chicken bowl (rice, beans, salsa, cheese)	905 cal
Chicken burrito	1,085 cal
Steak bowl	875 cal
Veggie bowl (with guac)	725 cal
Sofritas bowl	615 cal
Barbacoa bowl	645 cal
Carnitas bowl	685 cal
Chips & guac	770 cal
Kids build-your-own	~430 cal

Sources: Chipotle's published nutrition figures cross-checked against USDA FoodData Central; independent estimates by BowlMacros. Hand-scooped portions vary by store (roughly +/-20%). Methodology and updates: bowl-macros.com/methodology. Scan-free download of this chart: bowl-macros.com/menu/printable