Chipotle Ingredients PDF

OUR INGREDIENTS

Tortilla

Fortified Wheat flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Flour, Rapeseed Oil, Salt. (Contains gluten).

Soft Tacos

Fortified Wheat flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal Flour, Rapeseed Oil, Salt. (Contains gluten).

Chipotle Vinaigrette

Sunflower Oil, Red Wine Vinegar (Red Wine Vinegar, Preservative (Potassium METABISULPHITE)), Honey, Salt, Adobo (Water, Dried Morita Chilli, Rapeseed Oil, Smoked Tomato Paste, Garlic Puree, Ground Cumin, Dried Arbol Chilli, Cornflour, Cracked Black Pepper, Rubbed Oregano), Mexican Oregano.

Adobo

Water, Dried Morita Chilli, Rapeseed Oil, Smoked Tomato Paste, Garlic Puree, Ground Cumin, Dried Arbol Chilli, Cornflour, Cracked Black Pepper, Rubbed Oregano.

Al Pastor Sauce

Pineapple Juice Concentrate, Water, Sunflower Oil, Guajillo Chili Peppers, Chipotle Chili Peppers, Ancho Chili Peppers, Annatto Powder, Tomato Paste, Spices Blend (Cumin, ground coriander, Mexican oregano, cinnamon, cloves), Onions, Salt, Garlic, Red Wine Vinegar *.

Brown Rice

Brown Long Grain Rice, Water, Bay Leaves, Sunflower Oil, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime Juice), Coriander, Salt.

White Rice

Long Grain Rice, Water, Bay Leaves, Sunflower Oil, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime Juice), Coriander, Salt.

Black Beans

Black or Pinto Beans (Water, Turtle Beans (30%), White Onion, Rapeseed Oil, Adobo, Salt, Garlic Puree, Buffered Vinegar Powder, Ground Cumin, Oregano, Black Pepper, Bay leaf), Salt, Citrus Juice (100% Freshly Squeezed Lemon Juice, 100% Freshly Squeezed Lime juice).

Pinto Beans

Pinto Beans (Water, Pinto Beans, White Onion, Rapeseed Oil, Chipotle Paste (Water, Dried Morita Chilli, Rapeseed Oil, Smoked Tomato Paste, Garlic Puree, Ground Cumin, Dried Arbol Chilli, Cornflour, Cracked Black Pepper, Rubbed Oregano), Salt, Garlic Puree, Buffered Vinegar Powder, Ground Cumin, Oregano, Black Pepper, Bay leaf), Salt, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime juice).

Fajitas Vegetables

Bell Pepper, Red Onion, Salt, Oregano, Sunflower Oil.

Chicken Adobo

Chicken Thigh, Adobo Chipotle Marinade (Water, Red Jalapeno, Rapeseed Oil, Chilli de Arbol, Smoke Powder, Cumin, Garlic, Black Pepper, Oregano, Vinegar), Salt.

Chicken Al Pastor

Chicken Adobo, Al Pastor Sauce (Pineapple Juice Concentrate, Water, Sunflower Oil, Guajillo Chili Peppers, Chipotle Chili Peppers, Ancho Chili Peppers, Annatto Powder, Tomato Paste, Spices, Onions, Salt, Garlic, Red Wine Vinegar *), Fresh Lime Juice, Fresh Coriander, Rapeseed Oil, Salt.

OUR INGREDIENTS

Carnitas

Pork, Salt, Seasoning (Spices, Thyme), Bay Leaves.

Barbacoa

Beef, Chilli Paste (Water, Morita Chilli, Rapeseed Oil, Ground Cumin, Garlic Puree, Arbol Chilli, Acidity Regulator (Citric Acid), Black Pepper, Oregano, Smoke Flavouring), Seasoning (Spices, Herbs), Garlic Puree, Salt.

Steak

Steak (Beef, Salt), Adobo (Water, Dried Morita Chilli (19%), Rapeseed Oil, Smoked Tomato Paste, Garlic Puree, Ground Cumin, Dried Arbol Chilli (0.5%), Cornflour, Cracked Black Pepper, Rubbed Oregano).

Braised Tofu

Cooked Tofu (SOYA Beans, Sunflower Oil, Stabiliser (Calcium Sulphate)), Water, Tomatoes, White Onion, Green Pepper, Red Pepper, Tomato Paste, Red Wine Vinegar (Red Wine Vinegar, Preservative (Potassium Metabisulphite*)), Modified Maize Starch, Salt, Chipotle Paste (Water, Dried Morita Chilli, Rapeseed Oil, Smoked Tomato Paste, Garlic Puree, Ground Cumin, Dried Arbol Chilli, Cornflour, Cracked Black Pepper, Rubbed Oregano), Cumin, Garlic Puree, Sweet Smoked Paprika, Oregano.

Mild Salsa

Tomatoes, Coriander, Red Onion, Jalapenos, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime Juice), Salt.

Medium Salsa

Plum Tomatoes, Green Tomatoes, Jalapeno Peppers, Red Onion, Salt, Coriander, Cumin, Garlic, Lemon Juice, Lime Juice, Oregano, Black Pepper.

Hot Salsa

Green Tomatoes, Chillies, Water, Plum Tomatoes, Salt, Garlic, Cumin, Black Pepper.

Corn Salsa

Sweetcorn (Corn Kernels, Water, Salt), Red Onion, Jalapenos, Coriander, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime juice), Salt.

Monterey Jack Cheese

Monteray Jack Cheese (MILK).

Sour Cream

Sour Cream (MILK), Lemon Juice, Lime Juice, Salt.

Guacamole

Avocado, Coriander, Red Onion, Jalapenos, Citrus Juice (Freshly Squeezed Lemon Juice, Freshly Squeezed Lime juice), Salt.

Lettuce

Lettuce.

Chips

Ground Maize, Rapeseed Oil, Sea Salt. (*) presence of sulphites but lower content to be considered as possible

allergens.

s: wheat, soya, sulphites, milk.

Origins of proteins: our chicken comes the UK, our Barbacoa and Carnitas comes from Ireland. Our Steak knuckle is from the UK. Our Tofu is coming from Spain.

Origins of our dairy: our Monterey cheese is coming from Ireland. Our sour cream comes from England.

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
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	207	9,7	2,1	7,0	5,0	0,8	22,6	0,6
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	13,5	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.

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)*			•											
Coriander-Lime Rice (White)														
Coriander-Lime Rice (Brown) Beans														
(Black) Beans (Pinto) Fajita														
Vegetables Barbacoa Chicken *														
Chicken Al Pastor * 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® * * May contain (see below)														
• 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.

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.