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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	 SOYBEAN	 WHEAT & GLUTEN*	 SULPHITES	 VEGETARIAN	 VEGAN	OTHER
SOFT FLOUR TORTILLA (BURRITO & TACO)							WE DO <u>NOT</u> USE EGGS**. MUSTARD, PEANUTS, TREE NUTS, SESAME, SHELLFISH, OR FISH AS INGREDIENTS IN OUR FOOD.
CRISPY CORN TORTILLA (TACO)							
CILANTRO-LIME RICE (WHITE & BROWN)							
BEANS (BLACK & PINTO)							
FAJITA VEGETABLES							
MEATS (ALL)							
SOFRITAS							
SALSAS (ALL)							
QUESO							
CHEESE							
SOUR CREAM							
GUACAMOLE							
ROMAINE LETTUCE							
CHIPS							
VINAIGRETTE							

* Wheat & Gluten categories are combined since all Chipotle gluten-containing items contain wheat.

** We do not use eggs, except at locations where breakfast is available, as ingredients in our food.

Individual foods may come into contact with one another during preparation, which is not reflected on this chart. Although we do not use eggs, mustard, peanuts, tree nuts, sesame, shellfish, or fish as ingredients in our food, Chipotle cannot guarantee the complete absence of these allergens in its restaurants.

For general information on food allergens, visit the Food Allergy Research & Education website at <http://www.foodallergy.org>. For more information on our food, see our [Ingredient Statement](#).