

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. The nutritional information listed in this guide is based on calculated results of Rubio's standard recipes and ingredient formulations. Variations may occur due to product assembly at the restaurant level, local suppliers, and season of the year. Product availability is subject to change and may vary by location.

Nutritional information provided on this document about our standard and catering menu items is based on Rubio's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product and, as such, Rubio's cannot guarantee the complete accuracy of the nutritional information provided on rubios.com or in our restaurants.

Rubio's does not endorse or make any specific representations, claims or advice about any particular eating lifestyle or diet. Any information provided by Rubio's is for general informational purposes only and is not intended to be a substitute for medical advice. Consult with your physician, registered dietitian or other health professional if you have questions or concerns about your health, diet and/or specific nutritional needs.

This information is as complete as possible at the time of compilation. Variations in ingredients or preparations may vary depending on substitutions, or supplier availability.

	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
MENU ITEM												
NEW AT RUBIO'S - ISLAND VIBE & PINA COLADA CHURRO												
Island Vibe Original Fish Taco	5.0	390	210	23	5	0	25	890	36	2	7	11
Island Vibe Bowl Chicken	18.0	770	230	26	6	0	100	2470	100	7	15	37
Island Vibe Bowl Steak	18.0	830	290	32	8	1	90	2180	97	8	14	40
Island Vibe Bowl Shrimp	17.0	700	240	26	5	0	115	2360	97	8	14	21
Island Vibe Bowl Mahi Mahi	17.0	740	240	26	6	0	60	1880	97	8	14	31
Island Vibe Bowl Mahi Mahi Blackened	18.0	770	240	27	6	0	60	2360	102	9	14	32
Island Vibe Bowl Salmon	17.0	840	330	37	7	0	60	1770	97	7	13	30
Island Vibe Bowl Salmon Blackened	18.0	840	310	35	7	0	65	2070	101	7	13	33
Island Vibe Burrito Chicken	17.0	910	320	35	10	0	100	2590	108	8	15	40
Island Vibe Burrito Steak	17.0	970	370	42	13	0	90	2310	105	8	14	44
Island Vibe Burrito Shrimp	16.0	840	320	36	10	0	115	2490	105	8	14	25
Island Vibe Burrito Mahi Mahi	17.0	880	320	36	10	0	60	2010	105	8	14	35
Island Vibe Burrito Mahi Mahi Blackened	17.0	910	330	36	10	0	60	2480	110	9	15	36
Island Vibe Burrito Salmon	17.0	970	420	47	11	0	60	1890	105	8	14	34
Island Vibe Burrito Salmon Blackened	17.0	980	400	44	11	0	65	2200	108	8	14	36
Pina Colada Churro	2.5	360	160	18	2	0	10	260	47	1	20	3
TACOS Served on a stone-ground corn tortilla (unless noted). For Taco Plates, add chosen tacos + sides of tortilla chips and "No-fried" Pinto Beans (+320 kcal).												
The Original Fish Taco®	4.6	320	170	19	3	0	25	370	27	2	1	9
Fish Taco Especial	5.7	380	210	23	5	0	35	480	29	3	2	12
Grilled Salmon Taco	5.1	270	120	14	3	0	30	160	24	2	3	13
Blackened Salmon Taco	5.3	280	100	13	3	0	30	310	26	2	3	14
Grilled Wild Mahi Mahi Taco	5.1	230	80	9	2	0	30	210	24	3	3	13
Blackened Wild Mahi Mahi Taco	5.3	240	80	9	2	0	30	450	26	3	3	14
Grilled Wild Mahi Mango Taco Served on a flour tortilla	5.4	280	130	14	4	0	30	480	24	3	5	15
Blackened Wild Mahi Mango Taco Served on a flour tortilla	5.5	290	130	14	4	0	30	720	26	4	6	15
Classic Taco with All Natural Chicken	5.2	250	100	11	4	0	40	480	21	2	2	14
Classic Taco with All Natural Steak	5.2	270	120	13	5	0	40	390	21	3	1	15
Grilled Gourmet Taco™ with All Natural Chicken	5.5	340	160	18	7	0	60	770	23	2	1	20
Grilled Gourmet Taco™ with USDA-Choice Steak	5.5	360	180	20	8	0	55	690	22	2	1	21
Grilled Gourmet Taco™ with Shrimp	5.6	330	160	18	7	0	75	810	22	2	1	17
Salsa Verde Shrimp Taco Served on a flour tortilla	5.2	280	140	15	5	0	55	710	24	3	4	12
Roasted Sweet Potato Taco Served on a flour tortilla	5.0	340	180	20	4	0	5	510	36	3	3	5
Mexican Street Corn Taco with Shrimp	5.4	330	160	17	7	0	80	740	26	2	3	17
Baja Beer Battered Shrimp Taco	5.3	260	100	11	2	0	55	430	29	2	1	10
BURRITOS Served with side of tortilla chips (+210 kcal)												
Baja Grill Burrito with All Natural Chicken	13.2	660	250	27	10	0	110	1830	57	6	5	44
Grilled Salmon Burrito	15.9	940	420	47	11	0	55	1340	96	7	8	34
Blackened Salmon Burrito	16.3	940	400	45	10	0	65	1640	99	7	8	36
Grilled Wild Mahi Mahi Burrito	15.9	850	330	37	9	0	55	1450	96	8	9	34
Blackened Wild Mahi Mahi Burrito	16.3	870	330	37	9	0	55	1920	100	9	9	35
Classic Grilled Shrimp Burrito	18.1	910	330	36	13	0	140	2490	104	11	5	38
Shrimp & Bacon Burrito	18.3	1040	480	53	19	0	170	2800	94	8	5	43
Signature Beer-Battered Fish Burrito	15.6	970	500	56	11	0	50	1640	88	14	4	30
Burrito Especial with All Natural Chicken	20.3	950	320	35	10	0	100	2480	111	15	6	48
Burrito Especial with All Natural Steak	20.3	1010	370	42	12	0	90	2180	108	15	5	51
Burrito Especial with Roasted Sweet Potato	19.6	980	380	43	10	0	15	1680	126	16	4	21
Ancho Citrus Shrimp Burrito	19.2	880	320	35	9	0	115	2360	108	15	5	32
California Burrito with All Natural Steak	18.3	1130	570	63	17	0	115	2190	89	10	5	51
California Burrito with All Natural Chicken	18.3	1080	510	57	15	0	120	2490	92	10	7	48
Bean and Cheese Burrito	13.3	760	280	31	15	0	60	1750	80	13	2	36
SALADS & BOWLS Includes dressings / sauces												
Chopped Salad	1 Serving	430	280	31	9	0	40	870	29	5	10	8
Baja Caesar Salad	1 Serving	500	370	41	8	0	40	830	28	5	9	7
Mercado Salad	1 Serving	540	260	29	4	0	5	980	62	14	20	13
California Bowl	1 Serving	760	280	31	6	0	15	1620	104	16	7	17
Mexican Street Corn Bowl	1 Serving	810	260	28	6	0	20	1750	123	6	13	20
Rainbow Bowl	1 Serving	940	320	36	5.0	0	10	2210	140	17	10	18
Surf and Turf Bowl	1 Serving	1000	370	41	9	1	190	3110	101	11	10	60
Add Pan-Seared Shrimp	10 Shrimp	70	20	2.5	0	0	100	680	0	0	0	12
Add Grilled Wild Mahi Mahi	2 Pieces / 3 oz	110	25	3.0	0	0	45	200	0	0	0	22
Add Blackened Wild Mahi Mahi	2 Pieces / 3 oz	140	30	3.5	0.5	0	45	680	5	2	0	22
Add Grilled Salmon	2 Pieces / 3 oz	150	60	7	1.5	0	45	130	0	0	0	24
Add Blackened Salmon	2 Pieces / 3 oz	170	60	7	1.5	0	45	510	4	1	0	24
Add Grilled All Natural Chicken	3.9 oz	140	20	2.0	1	0	85	790	3	0	1	27
Add All Natural Steak	3.9 oz	200	80	3.5	1	0	75	500	0	1	0	31
Add Roasted Sweet Potato	3 oz	170	90	10	1	0	0	5	19	1	0	1
Dressings												
Ranch	2 oz	240	220	24	7	0	25	420	2	0	2	1
Chipotle Ranch	2 oz	220	200	22	6	0	25	530	3	0	2	1
Avocado Tomatillo Vinaigrette	2 oz	170	140	16	1	0	0	380	7	2	5	2
SHAREABLES												
Cheese Quesadilla Includes sides of chips, sour cream and salsa fresca	13.4	1020	440	49	24	0	100	1480	102	8	5	35
Loaded Nachos	16.6	1100	370	41	20	0	100	1390	141	16	6	40
Add Grilled All Natural Chicken	3.9 oz	140	20	2.0	1	0	85	790	3	0	1	27
Add All Natural Steak	3.9 oz	200	80	3.5	1	0	75	500	0	1	0	31
Add Pan-Seared Shrimp	10 Shrimp	70	20	2.5	0	0	100	680	0	0	0	12

Steak Street Fries	17.4	1160	680	76	14	0	95	2170	78	12	6	40
DESSERTS												
Cinnamon Churro	1 Churro	310	160	18	2	0	10	250	35	1	11	3
Chocolate Chunk Cookie	1 Cookie	380	170	19	11	0	45	430	50	2	28	5
Salted Caramel Cookie	1 Cookie	390	150	17	10	0	50	620	57	1	31	4
Gluten-free Honduran Chocolate Brownie	1 Bar	350	160	18	9	0	70	140	61	2	31	4
Toffee Crunch Bar	1 Bar	350	150	17	9	0	65	350	46	1	30	4

														
MENU ITEM		Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
SIDES														
Guacamole & Chips, regular		4.8	340	130	14	3	0	0	200	50	8	2	5	
Guacamole & Chips, large		10.0	720	260	29	4.5	0	0	420	110	16	3	10	
Tortilla Chips, regular		1.8	210	20	2.5	0.5	0	0	45	43	2	1	3	
Tortilla Chips, large		4.0	460	45	5	1	0	0	95	96	5	2	7	
"No-Fried" Pinto Beans SM , regular topped with melted cheese		3.7	110	10	1	0	0	5	350	17	6	0	7	
"No-Fried" Pinto Beans SM , large topped with melted cheese		13.2	300	20	2	0.5	0	5	1010	51	19	1	20	
Black Beans, regular topped with melted cheese		3.2	100	10	1.5	0	0	0	260	15	6	0	6	
Black Beans, large topped with melted cheese		13.2	280	25	2.5	0.5	0	0	740	46	18	1	18	
Citrus Rice, regular		2.3	100	15	1.5	0	0	0	220	21	1	0	2	
Citrus Rice, large		8	270	35	4	1	0	0	590	55	2	0	5	
Mexican Rice, regular		2	100	15	1.5	0	0	0	240	20	0	1	2	
Mexican Rice, large		8	270	35	4	0.5	0	0	630	53	1	2	6	
Guacamole		1.5	70	50	6	1	0	0	80	4	3	0	1	
Sour Cream		1.5	90	60	7	5	0	30	20	1	0	1	1	
Side Fries		3.3	620	320	36	3.0	0	0	1010	68	8	3	8	
Mexican Street Corn, large		9.6	360	140	12	2.5	0	10	660	60	0	21	4	
KIDS MEALS Add any two kid's sides for total nutrition information. Excludes Drinks.														
Bean & Cheese Burrito		9.3	590	210	23	11.0	0	40	1250	67	9	1	25	
Cheese Quesadilla		5.9	540	240	27	13.0	0	50	1010	49	2	1	22	
Chicken Quesadilla		7.1	580	240	27	13.0	0	75	1250	50	2	1	30	
Crispy Chicken Tenders		4.0	280	140	16	3.0	0	55	630	16	1	1	19	
Add "No-Fried" Pinto Beans SM		1 Serving	110	10	1	0.0	0	5	350	17	6	0	7	
Add black beans		1 Serving	100	10	2	0.0	0	0	260	15	6	0	6	
Add chips		1 Serving	210	20	2.5	0.5	0	0	45	43	2	1	3	
Add small churro		1 Serving	150	80	9	1.0	0	5	125	17	1	5	1	
Add mexican rice		1 Serving	140	20	2	0.0	0	0	320	27	0	1	3	
Add citrus rice		1 Serving	140	15	2	0.0	0	0	290	27	1	0	3	
Add Mott's® applesauce		1 Serving	50	0	0	0.0	0	0	0	13	1	11	0	
Add French Fries		1 Serving	310	160	18	1.5	0	0	500	34	4	1	4	
KIDS BUILD YOUR OWN TACOS Add any two kid's sides for total nutrition information. Excludes Drinks.														
All Natural Chicken		10.1	600	170	19	7.0	0	75	1480	74	3	3	32	
Pan-Seared Shrimp		10.0	570	180	20	7.0	0	100	1540	73	4	2	25	
All Natural Steak		10.1	630	200	23	9.0	0	70	1300	73	4	2	34	
Grilled Mahi Mahi		10.9	620	180	20	7.0	0	65	1190	73	4	3	37	
Add "No-Fried" Pinto Beans SM		1 Serving	110	10	1	0.0	0	5	350	17	6	0	7	
Add black beans		1 Serving	100	10	2	0.0	0	0	260	15	6	0	6	
Add chips		1 Serving	210	20	2.5	0.5	0	0	45	43	2	1	3	
Add small churro		1 Serving	150	80	9	1.0	0	5	125	17	1	5	1	
Add mexican rice		1 Serving	140	20	2	0.0	0	0	320	27	0	1	3	
Add citrus rice		1 Serving	140	15	2	0.0	0	0	290	27	1	0	3	
Add Mott's® applesauce		1 Serving	50	0	0	0.0	0	0	0	13	1	11	0	
FAMILY MEALS														
Family Taco Kit Lowest calorie choices (black beans, pan-seared shrimp and corn tortillas)		Serves 4	4400	1500	166	37	1	445	7390	569	106	43	158	
Family Taco Kit Highest calorie choices (citrus rice, beer-battered Wild Alaska Pollock, flour tortillas)		Serves 4	5390	2550	284	55	1	270	7670	584	60	50	135	
SAUCES & SALSAS														
Jalapeño Citrus Hot Sauce		1 oz	10	0	0	0.0	0	0	320	2	1	1	0	
Diablo Hot Sauce		1 oz	30	10	1.5	0.0	0	0	380	3	0	1	1	
Chipotle Lime Crema		1 oz	110	100	12	3.0	0	10	160	1	0	1	0	
Lime Crema		1 oz	120	110	13	3.5	0	15	105	0	0	0	0	
Avocado Crema		1 oz	90	80	0	2.5	0	10	200	1	0	1	0	
Picante Salsa		1 oz	15	5	1	0.0	0	0	130	2	0	1	0	
Salsa Fresca		1 oz	5	0	0	0.0	0	0	65	1	0	1	0	
Mild Salsa		1 oz	10	0	0	0.0	0	0	90	2	0	1	0	
Roasted Chipotle Salsa		1 oz	5	0	0	0.0	0	0	150	1	0	1	0	

														
MENU ITEM	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		
DRINKS														
Regular (22 oz) No Ice														
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	22 oz	5	0	0	0	0	0	20	2	0	0	0		
Barq's Root Beer®	22 oz	330	0	0	0	0	0	135	90	0	90	0		
Caffeine-Free Diet Coke®	22 oz	0	0	0	0	0	0	90	0	0	0	0		
Coca-Cola Classic®	22 oz	290	0	0	0	0	0	65	80	0	80	0		
Coca-Cola Zero®	22 oz	0	0	0	0	0	0	75	0	0	0	0		
Diet Coke®	22 oz	0	0	0	0	0	0	95	0	0	0	0		
Mr. Pibb®	22 oz	260	0	0	0	0	0	40	72	0	72	0		
Hi-C® Flashn' Fruit Punch®	22 oz	310	0	0	0	0	0	105	85	0	83	0		
Minute Maid® Light Lemonade	22 oz	15	0	0	0	0	0	80	0	0	0	0		
Minute Maid® Regular Lemonade	22 oz	280	0	0	0	0	0	40	73	0	71	0		
Old-Fashioned Lemonade	22 oz	240	0	0	0	0	0	15	59	0	55	0		
Mango Lime Agua Fresca	22 oz	160	0	0	0	0	0	15	43	0	40	0		
Fuze® Raspberry Iced Tea	22 oz	170	0	0	0	0	0	85	46	0	46	0		
Sprite®	22 oz	290	0	0	0	0	0	130	77	0	77	0		
Vitamin Water XXX®	22 oz	130	0	0	0	0	0	0	35	0	34	0		
Cherry Vanilla Coke®	22 oz	290	0	0	0	0	0	75	71	0	71	0		
Aha Blueberry Pomegrante	22 oz	0	0	0	0	0	0	0	0	0	0	0		
Large (30 oz) No Ice														
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	30 oz	5	0	0	0	0	0	25	3	0	0	0		
Barq's Root Beer®	30 oz	450	0	0	0	0	0	180	123	0	123	0		
Caffeine-Free Diet Coke®	30 oz	0	0	0	0	0	0	130	0	0	0	0		
Coca-Cola Classic®	30 oz	400	0	0	0	0	0	90	109	0	109	0		
Coca-Cola Zero®	30 oz	0	0	0	0	0	0	100	0	0	0	0		
Diet Coke®	30 oz	0	0	0	0	0	0	130	0	0	0	0		
Mr. Pibb®	30 oz	360	0	0	0	0	0	55	98	0	98	0		
Hi-C® Flashn' Fruit Punch®	30 oz	420	0	0	0	0	0	140	116	0	113	0		
Minute Maid® Light Lemonade	30 oz	20	0	0	0	0	0	110	0	0	0	0		
Minute Maid® Regular Lemonade	30 oz	380	0	0	0	0	0	50	100	0	96	0		
Old-Fashioned Lemonade	30 oz	330	0	0	0	0	0	25	81	0	76	0		
Mango Lime Agua Fresca	30 oz	220	0	0	0	0	0	20	58	0	54	0		
Fuze® Raspberry Iced Tea	30 oz	230	0	0	0	0	0	115	63	0	63	0		
Sprite®	30 oz	400	0	0	0	0	0	180	105	0	105	0		
Vitamin Water XXX®	30 oz	170	0	0	0	0	0	0	47	0	46	0		
Cherry Vanilla Coke®	30 oz	390	0	0	0	0	0	100	97	0	97	0		
Aha Blueberry Pomegrante	30 oz	0	0	0	0	0	0	0	0	0	0	0		
Kids (12 oz) No Ice														
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	12 oz	5	0	0	0	0	0	10	1	0	0	0		
Barq's Root Beer®	12 oz	180	0	0	0	0	0	75	49	0	49	0		
Caffeine-Free Diet Coke®	12 oz	0	0	0	0	0	0	50	0	0	0	0		
Coca-Cola Classic®	12 oz	160	0	0	0	0	0	35	44	0	44	0		
Coca-Cola Zero®	12 oz	0	0	0	0	0	0	40	0	0	0	0		
Diet Coke®	12 oz	0	0	0	0	0	0	50	0	0	0	0		
Mr. Pibb®	12 oz	140	0	0	0	0	0	20	39	0	39	0		
Hi-C® Flashn' Fruit Punch®	12 oz	170	0	0	0	0	0	55	46	0	45	0		
Minute Maid® Light Lemonade	12 oz	10	0	0	0	0	0	45	0	0	0	0		
Minute Maid® Regular Lemonade	12 oz	150	0	0	0	0	0	20	40	0	39	0		
Old-Fashioned Lemonade Bubbler	12 oz	130	0	0	0	0	0	10	32	0	30	0		
Agua Fresca Bubbler	12 oz	90	0	0	0	0	0	10	23	0	22	0		
Fuze® Raspberry Iced Tea	12 oz	90	0	0	0	0	0	45	25	0	25	0		
Sprite®	12 oz	160	0	0	0	0	0	70	42	0	42	0		
Motts® 100% Apple Juice (6.75 oz)	6.75 oz	100	0	0	0	0	0	25	24	0	23	0		
Horizon Organic Milk (8 oz)	8 oz	110	n/a	2.5	1.5	0	10	130	13	0	12	8		
Alcoholic Beverages														
Mexican Beer	1 bottle	Calories: 110-150 kcal												
Seaborn Margarita Baja Lime	1 can	Calories: 210												



At Rubio's, there is no MSG added to any of our menu items. Many Rubio's food items contain highly refined soybean oil but are not listed as a soy allergen on the Rubio's allergen guide. Highly refined soybean oil contains virtually no soy protein, and the Food & Drug Administration has exempted all highly refined soybean oil from being labeled as an allergen. Individuals with soy allergies should always follow their doctor's advisement on foods to avoid. Due to potential cross-contact when preparing menu items, it is not possible for Rubio's to guarantee meals completely free of any particular allergen or ingredient and we assume no responsibility for guests with food allergies, food sensitivities or dietary restrictions. The following products are cooked in canola oil in a shared fryer: Beer-Battered Wild Alaska Pollock, Tortilla Chips, Tortilla Strips, Churros, Mexican Rice, Citrus Rice, and Chicken Tenders. Fish, tortillas, veggies, toasted cheese and shellfish are cooked on the same grill. In addition, most desserts are produced on equipment that also processes peanuts and tree nuts and there may be cross-contact.

	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Sesame	Wheat
NEW AT RUBIO'S - ISLAND VIBE & PINA COLADA CHURRO									
Island Vibe Original Fish Taco	X	X	X			X			X
Island Vibe Bowl Chicken	X		X			X			
Island Vibe Bowl Steak	X		X			X			
Island Vibe Bowl Shrimp	X		X		X	X			
Island Vibe Bowl Mahi Mahi	X	X	X			X			
Island Vibe Bowl Mahi Mahi Blackened	X	X	X			X			
Island Vibe Bowl Salmon	X	X	X			X			
Island Vibe Bowl Salmon Blackened	X	X	X			X			
Island Vibe Burrito Chicken	X		X			X			
Island Vibe Burrito Steak	X		X			X			
Island Vibe Burrito Shrimp	X		X		X	X			
Island Vibe Burrito Mahi Mahi	X	X	X			X			
Island Vibe Burrito Mahi Mahi Blackened	X	X	X			X			
Island Vibe Burrito Salmon	X	X	X			X			
Island Vibe Burrito Salmon Blackened	X	X	X			X			
Pina Colada Churro	X		X						X
TACOS <i>Served on a stone-ground corn tortilla (unless noted)</i>									
The Original Fish Taco®	X	X	X						X
Fish Taco Especial	X	X	X						X
Grilled Salmon Taco	X	X	X						
Blackened Salmon Taco	X	X	X						
Grilled Wild Mahi Mahi Taco	X	X	X						
Blackened Wild Mahi Mahi Taco	X	X	X						
Grilled Wild Mahi Mango Taco <i>Served on flour tortillas</i>	X	X	X			X			X
Blackened Wild Mahi Mango Taco <i>Served on flour tortillas</i>	X	X	X			X			X
Classic Taco with All Natural Chicken	X		X						
Classic Taco with All Natural Steak	X		X						
Grilled Gourmet Taco™ with All Natural Chicken	X		X						
Grilled Gourmet Taco™ with All Natural Steak	X		X						
Grilled Gourmet Taco™ with Shrimp	X		X		X				
Salsa Verde Shrimp Taco <i>Served on flour tortillas</i>	X		X		X	X			X
Roasted Sweet Potato Taco <i>Served on a flour tortilla</i>	X		X			X			X
Mexican Street Corn Taco with Shrimp	X		X		X				
Baja Beer Battered Shrimp Taco	X	X	X		X				X
BURRITOS <i>Served on a flour tortilla with chips</i>									
Baja Grill Burrito with All Natural Chicken			X			X			X
Grilled Salmon Burrito	X	X	X			X			X
Blackened Salmon Burrito	X	X	X			X			X
Grilled Wild Mahi Mahi Burrito	X	X	X			X			X
Blackened Wild Mahi Mahi Burrito	X	X	X			X			X
Classic Grilled Shrimp Burrito	X		X		X	X			X
Shrimp & Bacon Burrito	X		X		X	X			X
Signature Beer-Battered Fish Burrito	X	X	X			X			X
Burrito Especial with All Natural Chicken	X		X			X			X
Burrito Especial with All Natural Steak	X		X			X			X
Ancho Citrus Shrimp Burrito	X		X		X	X			X
Burrito Especial with Roasted Sweet Potato	X		X			X			X
California Burrito with All Natural Steak	X		X			X			X
California Burrito with All Natural Chicken	X		X			X			X
Bean and Cheese Burrito			X			X			X
SALADS & BOWLS <i>Includes dressing</i>									
Baja Caesar Salad	X	X	X						
Chopped Salad	X		X						
Mercado Salad			X						
California Bowl	X		X						
Mexican Street Corn Bowl	X		X						
Rainbow Bowl	X		X			X			
Surf and Turf Bowl			X		X				
<i>Add Pan-Seared Shrimp</i>					X				
<i>Add Grilled Wild Mahi Mahi</i>		X							
<i>Add Blackened Wild Mahi Mahi</i>		X							
<i>Add Grilled Salmon</i>		X							
<i>Add Blackened Salmon</i>		X							
<i>Add Grilled All Natural Chicken</i>									
<i>Add Roasted Sweet Potato</i>									
DRESSING									
Ranch	X		X						
Chipotle Ranch	X		X						
Tomatillo Vinaigrette									
Chipotle Caesar Dressing									
SHAREABLES									
Cheese Quesadilla <i>Includes sides of chips, sour cream and salsa fresca</i>			X			X			X
Loaded Nachos			X						
<i>Add Grilled All Natural Chicken</i>									
<i>Add All Natural Steak</i>									
<i>Add Pan-Seared Shrimp</i>					X				
Steak Street Fries	X		X						

DESSERTS									
Cinnamon Churro	X		X			X			X
Chocolate Chunk Cookie	X		X			X			X
Salted Caramel Cookie	X		X			X	X		X
Gluten-free Honduran Chocolate Brownie	X		X			X			
Toffee Crunch Bar	X		X			X	X		X



	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Sesame	Wheat
SIDES									
Guacamole & Chips, regular									
Guacamole & Chips, large									
Tortilla Chips, regular									
Tortilla Chips, large			X						
"No-Fried" Pinto Beans SM , regular topped with melted cheese			X						
"No-Fried" Pinto Beans SM , large topped with melted cheese			X						
Black Beans, regular topped with melted cheese			X						
Black Beans, large topped with melted cheese			X						
Citrus Rice, regular									
Citrus Rice, large									
Mexican Rice, regular									
Mexican Rice, large									
Guacamole									
Sour Cream			X						
Side Fries									X
Mexican Street Corn, large	X		X						
KIDS Add any two kid's sides for total nutrition information. Our Chicken is all natural. Excludes Drinks.									
Bean & Cheese Burrito			X			X			X
Cheese Quesadilla			X			X			X
Chicken Quesadilla			X			X			X
Crispy Chicken Tenders									X
Add "No-Fried" Pinto Beans SM			X						
Add black beans			X						
Add chips									
Add small churro	X		X			X			X
Add mexican rice									
Add citrus rice									
Add Mott's® applesauce									
Add French Fries									
KIDS BUILD YOUR OWN TACOS Add any two kid's sides for total nutrition information. Our Chicken is all natural. Excludes Drinks.									
All Natural Chicken			X			X			X
Pan-Seared Shrimp			X		X	X			X
All Natural Steak			X			X			X
Grilled Mahi Mahi		X	X			X			X
Crispy Chicken Tenders						X			X
SAUCES & SALSAS									
Jalapeno Citrus Hot Sauce									
Diablo Hot Sauce									
Chipotle Lime Crema	X		X						
Lime Crema	X		X						
Picante Salsa									
Salsa Fresca									
Mild Salsa									
Roasted Chipotle Salsa									
Tomatillo Salsa									
Fire-Roasted Corn									
Cheese			X						

		Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Nutrition Information is shown for for full platters.													
TACO BARS													
REGULAR TACO BAR (SERVES 10) <i>Includes choice of protein, choice of sides, choice of salsa and cheese, lettuce, guacamole, tortillas and tortilla chips.</i>													
LOWEST CALORIE CHOICES: Taco Bar with shrimp, black beans, corn tortillas, and salsa mild		10 servings	9,740	2,640	294	76	2	1,210	19,340	1,368	241	70	397
HIGHEST CALORIE CHOICES: Taco Bar with beer-battered Wild Alaska Pollock, citrus rice, flour tortillas and chipotle lime crema		10 servings	14,760	7,050	754	174	3	840	21,490	1,586	112	67	330
BURRITO PLATTERS													
REGULAR BURRITO PLATTER (SERVES 10) <i>Includes 10 burritos, side items, signature salsa and tortilla chips.</i>													
LOWEST CALORIE CHOICES: All Ancho Shrimp Burritos, black beans and salsa fresca		10 Servings	13,750	3,650	405	108	3	1,155	31,090	2,010	328	79	508
HIGHEST CALORIE CHOICES: All Burrito Especiales with All Natural Steak, pinto beans and salsa verde		10 Servings	16,420	5,630	625	177	9	1,095	29,200	2,079	203	72	599
BOXED LUNCHES													
Classic Taco Chicken: 2 Classic Tacos, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,210	410	45	19	0	85	1,970	157	17	35	43
Classic Taco Steak: 2 Classic Steak Tacos, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,240	440	49	21	0	80	1,790	155	17	35	46
Original Fish Taco: 2 Original Fish Tacos, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,350	540	60	18	0	55	1,750	168	16	35	34
Salsa Verde Shrimp Taco Box: 2 Salsa Verde Shrimp Tacos, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,270	480	53	22	0	110	2,420	163	18	40	40
Chopped Salad with no Protein: 1 Chopped Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	940	420	46	19	0	30	1,480	119	11	41	16
Chopped Salad with Grilled Chicken: 1 Chopped Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,050	430	48	19	0	95	2,080	121	11	42	37
Chopped Salad with Grilled Shrimp: 1 Chopped Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,000	440	48	19	0	110	2,030	119	11	41	25
Burrito Especial Roasted Sweet Potato: 1 Burrito Especial, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,670	580	65	22	0	15	2,610	236	26	36	36
Burrito Especial Grilled Chicken: 1 Burrito Especial, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,660	520	57	22	0	105	3,480	225	26	37	64
Burrito Especial Grilled Steak: 1 Burrito Especial, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,720	580	64	24	1	95	3,190	222	27	36	67
Classic Shrimp Burrito : 1 Classic Shrimp Burrito, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie		1 Serving	1,620	530	59	25	0	140	3,490	218	22	37	54
SALADS													
CHOPPED SALAD (SERVES 10) <i>with no protein</i>		10 servings	2,620	1,610	179	57	0	250	5,590	189	33	53	60
BAJA CAESAR SALAD (SERVES 10) <i>with no protein</i>													
PROTEIN (SERVES 10 people / ounces listed)													
All Natural Steak		21 oz	1,070	410	45	18	3	410	2,680	1	3	1	185
All Natural Chicken		21 oz	750	100	11	4	1	455	4,230	17	0	7	147
Pan-seared Shrimp		48 each	340	110	12	2	0	480	3,280	1	2	1	58
Wild Caught Mahi Mahi		10 each	560	120	14	3	0	215	980	1	2	1	108
Blackened Wild Caught Mahi Mahi		10 each	680	150	17	3	0	215	3,380	24	8	2	112
Beer Battered Fish		10 each	410	90	10	2	0	130	2,030	14	5	1	67
APPETIZERS													
QUESADILLA PLATTER (SERVES 10) <i>20 quesadilla wedges with guacamole and choice of salsa</i>													
LOWEST CALORIE CHOICES: Cheese Quesadillas, Roasted Chipotle Salsa		10 servings	3,930	2,030	225	94	0	365	8,930	308	39	18	156
HIGHEST CALORIE CHOICES: Quesadillas with All Natural Steak and Chipotle Lime Crema		10 servings	6,420	3,860	429	155	3	920	11,770	303	39	19	311
GUACAMOLE & CHIPS (SERVES 20)		20 servings	4,490	1,790	199	31	1	0	2,810	652	108	21	64
DESSERTS (Serves 10)													
SWEET TREATS <i>8 small Churros, 4 brownies, 3 Chocolate Chip Cookies</i>		10 servings	3,770	1,790	199	76	0	460	2,860	532	19	252	41
DRINKS (Serves 10)													
FRESH BREWED ICED TEA		1	30	0	0	0	0	0	115	12	0	0	0



Nutrition Information is shown for for full platters.

SIDES Serves 5 unless noted.

	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
"NO FRIED" PINTO BEANS	37 oz	1,070	100	11	5	1	30	3,510	172	63	3	69
BLACK BEANS	37 oz	820	100	11	5	0	20	2,140	125	48	2	53
MEXICAN RICE	24 oz	1,080	140	16	3	1	0	2,520	212	3	9	23
CITRUS RICE	24 oz	1,090	130	15	3	1	5	2,350	218	9	2	20
LARGE BAG TORTILLA CHIPS (SERVES 10)	23 oz	2,650	270	30	7	1	0	550	554	31	13	40
FRESH GUACAMOLE	14 oz	610	500	56	8	0	0	750	33	26	3	8
SOUR CREAM	13 oz	740	550	61	43	0	245	180	12	0	12	12
LIME CREMA	13 oz	1,590	1,490	166	45	0	180	1,390	6	0	6	6
CHIPOTLE LIME CREMA	13 oz	1,460	1,350	150	41	0	160	2,120	11	1	9	5
MILD SALSA	13 oz	110	0	0	0	0	0	1,230	25	6	16	5
TOMATILLO SALSA	13 oz	300	0	0	0	0	0	1,730	57	19	37	18
ROASTED CHIPOTLE SALSA	13 oz	70	0	0	0	0	0	1,930	18	4	11	4
SALSA PICANTE	13 oz	210	100	11	1	0	0	1,680	24	5	16	5
SALSA FRESCA	10 oz	60	0	0	0	0	0	590	13	4	8	3