


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 - HOT HONEY & MEXICAN HOT CHOCOLATE CHURRO												
Hot Honey Original Fish Taco	5.2	410	230	26	5	0	25	700	33	2	7	10
Hot Honey Shrimp Bowl	16.7	720	280	31	6	0	95	1920	88	12	13	22
Hot Honey Shrimp Burrito	18.2	950	380	42	10	0	95	2240	114	14	14	28
Mexican Hot Chocolate 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												
Mango Avocado Salad	1 Serving	480	300	33	3	0	0	690	43	6	17	6
Chopped Salad	1 Serving	340	230	25	7	0	30	820	22	6	9	7
California Bowl	1 Serving	640	270	30	5	0	15	1350	82	13	6	14
Mexican Street Corn Bowl	1 Serving	730	300	34	6	0	20	1460	100	6	12	16
Rainbow Bowl	1 Serving	740	270	30	4.0	0	10	1940	107	13	10	14
Avocado Corn Taco Salad	1 Serving	430	220	25	6	0	20	920	44	12	10	11
	Add Pan-Seared Shrimp	8 Shrimp / 2.6 oz	60	20	2.0	0	0	80	550	0	0	0
	Add Grilled Wild Mahi Mahi	2 Pieces / 3 oz	110	25	3.0	0	0	45	200	0	0	22
	Add Blackened Wild Mahi Mahi	2 Pieces / 3 oz	140	30	3.5	0.5	0	45	680	5	2	0
	Add Grilled Salmon	2 Pieces / 3 oz	150	60	7	1.5	0	45	130	0	0	24
	Add Blackened Salmon	2 Pieces / 3 oz	170	60	7	1.5	0	45	510	4	1	0
	Add Grilled All Natural Chicken	3 oz	110	15	1.5	0	0	65	600	2	0	1
	Add Roasted Sweet Potato	3 oz	170	90	10	1	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
Lemon Agave Balsamic Vinaigrette	2 oz	270	250	27	2.5	0	0	260	7	0	5	0
Pickled Jalapeño Ranch	2 oz	190	170	19	5.0	0	20	410	2	0	1	1
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 oz	110	15	1.5	0.0	0	65	600	2	0	1
	Add All Natural Steak	3 oz	150	60	6	2.5	0	60	380	0	0	24
	Add Pan-Seared Shrimp	8 Shrimp / 2.6 oz	60	20	2	0.0	0	80	550	0	0	10
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 <i>Lowest calorie choices</i>	Serves 4	4110	1270	141	34	1	425	7500	569	80	27	142
Family Taco Kit <i>Highest calorie choices</i>	Serves 4	5740	2350	261	54	2	270	10050	682	97	32	175
Family Burrito Kit <i>Lowest calorie choices</i>	Serves 4	5530	1750	194	72	1	250	10900	733	116	32	206
Family Burrito Kit <i>Highest calorie choices</i>	Serves 4	6500	2040	226	58	4	300	1302	881	138	37	245
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 Pomegranate	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 Pomegranate	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
Vitamin Water XXX®	12 oz	70	0	0	0	0	0	0	19	0	18	0
Cherry Vanilla Coke®	12 oz	160	0	0	0	0	0	40	39	0	39	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
Aha Blueberry Pomegranate	12 oz	0	0	0	0	0	0	0	0	0	0	0
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 - HOT HONEY & MEXICAN HOT CHOCOLATE CHURRO									
Hot Honey Original Fish Taco	X	X	X			X			X
Hot Honey Shrimp Bowl	X		X		X				
Hot Honey Shrimp Burrito	X		X		X				X
Mexican Hot Chocolate Churro	X		X			X			X
TACOS Served on a stone-ground corn tortilla (unless noted)									
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 Served on flour tortillas	X	X	X			X			X
Blackened Wild Mahi Mango Taco Served on flour tortillas	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 Served on flour tortillas	X		X		X	X			X
Roasted Sweet Potato Taco Served on a flour tortilla	X		X			X			X
Mexican Street Corn Taco with Shrimp	X		X		X				
Baja Beer Battered Shrimp Taco	X	X	X		X				X
BURRITOS Served on a flour tortilla with chips									
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			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 Includes dressing									
Mango Avocado Salad									
Chopped Salad	X		X						
California Bowl	X		X						
Mexican Street Corn Bowl	X		X						
Rainbow Bowl	X		X			X			
Avocado Corn Taco Salad	X		X						
Add Pan-Seared Shrimp					X				
Add Grilled Wild Mahi Mahi		X							
Add Blackened Wild Mahi Mahi		X							
Add Grilled Salmon		X							
Add Blackened Salmon		X							
Add Grilled All Natural Chicken									
Add Roasted Sweet Potato									
DRESSING									
Ranch	X		X						
Chipotle Ranch	X		X						
Lemon Agave Balsamic Vinaigrette									
Pickled Jalapeño Ranch	X		X						
SHAREABLES									
Cheese Quesadilla Includes sides of chips, sour cream and salsa fresca			X			X			X
Loaded Nachos			X						
Add Grilled All Natural Chicken									
Add All Natural Steak									
Add Pan-Seared Shrimp					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						



Nutrition Information is shown for for full platters.

TACO BARS

REGULAR TACO BAR (SERVES 10) *Includes choice of protein, choice of sides, choice of salsa and cheese, lettuce, guacamole, tortillas and tortilla chips.*

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)	
LOWEST CALORIE CHOICES: Taco Bar with shrimp, black beans, corn tortillas, and salsa mild	10	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	14,760	7,050	754	174	3	840	21,490	1,586	112	67	330

BURRITO PLATTERS

REGULAR BURRITO PLATTER (SERVES 10) *Includes 10 burritos, side items, signature salsa and tortilla chips.*

LOWEST CALORIE CHOICES: All Ancho Shrimp Burritos, black beans and salsa fresca	1	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	1	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	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	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	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	1,270	480	53	22	0	110	2,420	163	18	40	40
Mango Avocado Salad no Protein: 1 Mango Avocado Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie	1	1,060	490	54	14	0	0	1,350	136	10	45	14
Mango Avocado Salad with Grilled Chicken: 1 Mango Avocado Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie	1	1,170	500	56	15	0	65	1,960	138	10	46	35
Mango Avocado Salad with Grilled Shrimp: 1 Mango Avocado Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie	1	1,120	510	56	15	0	80	1,900	136	10	45	24
Chopped Salad with no Protein: 1 Chopped Salad, Tortilla Chips, 2 oz mild Salsa and a Chocolate Chip Cookie	1	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	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	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	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	1,600	510	57	22	0	80	3,210	220	25	37	55
Burrito Especial Grilled Steak: 1 Burrito Especial, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie	1	1,650	550	62	24	0	75	2,990	218	25	36	58
Classic Shrimp Burrito : 1 Classic Shrimp Burrito, Tortilla Chips, Pinto Beans, 2 oz mild Salsa and a Chocolate Chip Cookie	1	1,600	530	58	25	0	120	3,320	216	21	36	51

SALADS

CHOPPED SALAD (SERVES 10) <i>with no protein</i>	10	1,960	1,440	160	47	0	205	4,930	91	21	39	35
MANGO AVOCADO SALAD (SERVES 10) <i>with no protein</i>	10	2,020	1,420	157	14	0	0	2,760	145	19	54	20

SALAD PROTEINS (SERVES 10)

add grilled all natural steak	1	610	230	26	10	2	235	1,530	1	2	1	94
add grilled all natural chicken	1	430	60	6	2	0	260	2,420	10	0	4	84
add grilled shrimp	1	170	50	6	1	0	240	1,640	0	1	0	29
add grilled wild Mahi Mahi	1	330	70	8	2	0	130	590	1	1	1	65
add blackened wild Mahi Mahi	1	410	90	10	2	0	130	2,030	14	5	1	67

APPETIZERS

QUESADILLA PLATTER (SERVES 10) *40 quesadilla wedges with guacamole and roasted salsa*

LOWEST CALORIE CHOICES: Cheese Quesadillas	10	4,400	2,410	268	101	8	365	8,570	333	60	20	163
HIGHEST CALORIE CHOICES: Quesadillas with All Natural Steak	10	5,600	2,700	300	113	10	660	12,470	414	89	75	308
GUACAMOLE & CHIPS (SERVES 20) <i>Topped with Salsa Fresca.</i>	20	5,040	2,060	229	36	1	0	3,410	721	125	25	72

DESSERTS (Serves 10)

SWEET TREATS <i>8 small Churros, 4 brownies, 3 Chocolate Chip Cookies</i>	1	3,770	1,790	199	76	0	460	2,860	532	19	252	41
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DRINKS (Serves 10)

FRESH BREWED ICED TEA	1	30	0	0	0	0	0	115	12	0	0	0
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Nutrition Information is shown for for full platters.

SIDES Serves 5 unless noted.

	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)
"NO FRIED" PINTO BEANS	1	930	90	10	5	1	30	3,050	149	54	2	60
BLACK BEANS	1	820	100	11	5	0	20	2,140	125	48	2	53
MEXICAN RICE	1	770	100	11	2	0	0	1,790	150	2	7	16
CITRUS RICE	1	770	100	11	2	0	5	1,660	155	6	1	14
LARGE BAG TORTILLA CHIPS (SERVES 10)	1	2,880	300	33	8	1	0	600	602	34	14	44
FRESH GUACAMOLE	1	530	430	48	7	0	0	640	28	22	2	7
SOUR CREAM	1	680	510	57	40	0	225	170	11	0	11	11
LIME CREMA	1	1,590	1,490	166	45	0	180	1,380	6	0	6	6
CHIPOTLE LIME CREMA	1	1,460	1,350	150	41	0	160	2,120	11	1	9	5
AVOCADO CREMA	1	1,200	1,090	122	32	0	125	2,580	15	2	10	6
MILD SALSA	1	110	0	0	0	0	0	1,230	25	6	16	5
TOMATILLO SALSA	1	310	0	0	0	0	0	1,790	59	19	39	19
ROASTED CHIPOTLE SALSA	1	80	0	0	0	0	0	2,000	19	4	11	4
SALSA PICANTE	1	210	100	11	1	0	0	1,750	25	6	17	6
SALSA FRESCA	1	60	0	0	0	0	0	590	13	4	8	3