

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.

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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												
Langostino Lobster - Taco	5.0	340	180	21	7	0	40	500	24	2	2	13
Langostino Lobster - Two Taco Plate	16.0	1010	420	48	16	0	80	1400	108	13	6	37
Langostino Lobster - Puerto Nuevo Burrito	19.0	1050	430	48	16	0	70	2060	111	13	5	38
Langostino Lobster - Bowl	24.0	1260	520	59	21	0	100	2320	141	17	6	41
Baja Fish Slider	5.0	510	330	37	12	0	70	740	34	2	10	11
Fish & Chips (2 Piece)	17.5	1380	930	103	12	0	55	2610	92	11	9	22
Fish & Chips (3 Piece)	19.0	1550	1040	115	14	0	75	2890	100	11	9	29
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
The Shrimp Trio	16.0	940	460	51	19	0	205	2250	72	7	7	45
The Coastal Trio	15.0	830	390	43	9	0	110	1290	75	8	8	34
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 Battered Fish	2 Pieces / 3.6 oz	330	220	24	2	0	40	550	16	1	0	13
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 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
Street Fries	18.5	1310	790	88	13	0	40	2290	112	15	7	21
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
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	380	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
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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	6.1	170	15	2	1	0	5	570	29	11	0	11
"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	6.1	180	15	2.0	1	0	0	490	30	12	0	12
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	4	180	20	2.5	0	0	0	390	36	1	0	3
Citrus Rice, large	8	270	35	4	1	0	0	590	55	2	0	5
Mexican Rice, regular	4	180	25	2.5	0	0	0	420	35	1	2	4
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	6.6	620	320	36	3.0	0	0	1010	68	8	3	8
Mexican Street Corn, regular (plate side swap)	6.0	180	70	8	1.0	0	5	330	30	4	11	2
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	170	15	2	1	0	5	570	29	11	0	11
Add black beans	1 Serving	180	15	2.0	1	0	0	490	30	12	0	12
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	180	25	2.5	0	0	0	420	35	1	2	4
Add citrus rice	1 Serving	180	20	2.5	0	0	0	390	36	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	170	15	2	1	0	5	570	29	11	0	11
Add black beans	1 Serving	180	15	2.0	1	0	0	490	30	12	0	12
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	180	25	2.5	0	0	0	420	35	1	2	4
Add citrus rice	1 Serving	180	20	2.5	0	0	0	390	36	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 (black beans, pan-seared shrimp and corn tortillas)</i>	Serves 4	4400	1500	166	37	1	445	7390	569	106	43	158
Family Taco Kit <i>Highest calorie choices (citrus rice, beer-battered Wild Alaska Pollock, flour tortillas)</i>	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												