



## Nutritional Information

|                                  | Calories  | Fat (g) | Calories From Fat | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbohydrate (g) | Dietary Fiber (g) | Cholesterol (mg) | Sodium (mg) |
|----------------------------------|---|---------|-------------------|-------------------|---------------|-------------|------------------|-------------------|------------------|-------------|
| <b>Burritos</b>                  |   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Baja Burrito</b>              | <i>Your choice of protein, melted Jack cheese, handmade guacamole and pico de gallo.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| Chicken                          | 790   | 38      | 340               | 15                | 1             | 52          | 65               | 8                 | 120              | 2140        |
| Steak                            | 850   | 46      | 410               | 18                | 1             | 49          | 67               | 7                 | 125              | 2260        |
| Carnitas                         | 830   | 45      | 400               | 18                | 1             | 45          | 67               | 8                 | 115              | 2280        |
| Shrimp                           | 760   | 37      | 330               | 15                | 1             | 47          | 66               | 7                 | 295              | 2230        |
| Crispy Mahi Mahi                 | 850   | 44      | 390               | 16                | 1.5           | 40          | 78               | 7                 | 80               | 1900        |
| Grilled Mahi Mahi                | 780   | 38      | 330               | 15                | 1             | 51          | 66               | 7                 | 115              | 1840        |
| <b>Burrito Mexicano</b>          | <i>Your choice of protein, rice and freshly simmered black or pinto beans. All layered with freshly chopped cilantro and onions and your choice of salsa.</i>                                     |         |                   |                   |               |             |                  |                   |                  |             |
| Chicken                          | 790   | 13      | 120               | 3.5               | 0             | 50          | 117              | 20                | 75               | 2270        |
| Steak                            | 860   | 21      | 190               | 7                 | 0.5           | 47          | 118              | 18                | 75               | 2400        |
| Carnitas                         | 830   | 20      | 180               | 6                 | 0             | 42          | 119              | 19                | 70               | 2420        |
| Shrimp                           | 770   | 13      | 110               | 3.5               | 0             | 44          | 117              | 18                | 245              | 2370        |
| Crispy Mahi Mahi                 | 850   | 19      | 170               | 4                 | 1             | 37          | 129              | 18                | 30               | 2040        |
| Grilled Mahi Mahi                | 790   | 13      | 120               | 3.5               | 0             | 49          | 117              | 18                | 70               | 1970        |
| <b>Burrito Ultimo®</b>           | <i>Your choice of protein, grilled peppers, chilies, onions, melted Jack and Cheddar cheese, roasted Salsa Baja™, rice and sour cream.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| Chicken                          | 880   | 36      | 330               | 18                | 1             | 54          | 84               | 9                 | 140              | 2190        |
| Steak                            | 950   | 44      | 400               | 21                | 1.5           | 50          | 85               | 8                 | 140              | 2310        |
| Carnitas                         | 920   | 44      | 390               | 21                | 1             | 46          | 86               | 9                 | 130              | 2330        |
| Shrimp                           | 860   | 36      | 320               | 18                | 1             | 48          | 85               | 8                 | 310              | 2280        |
| Crispy Mahi Mahi                 | 940   | 42      | 380               | 19                | 1.5           | 41          | 96               | 8                 | 95               | 1950        |
| Grilled Mahi Mahi                | 880   | 36      | 320               | 18                | 1             | 52          | 84               | 8                 | 130              | 1890        |
| <b>Diablo Burrito</b>            | <i>Black beans, Baja rice, Jack cheese, onions &amp; cilantro, and spicy chipotle sauce</i>   |         |                   |                   |               |             |                  |                   |                  |             |
| Chicken                          | 1090  | 34      | 310               | 12                | 0             | 62          | 129              | 19                | 125              | 2870        |
| Steak                            | 1180  | 41      | 370               | 16                | 0.5           | 67          | 130              | 19                | 155              | 2890        |
| Carnitas                         | 1100  | 38      | 340               | 15                | 0             | 58          | 129              | 19                | 120              | 3200        |
| Shrimp                           | 1060  | 34      | 300               | 12                | 0             | 56          | 130              | 19                | 275              | 2930        |
| Grilled Mahi Mahi                | 1010  | 32      | 290               | 12                | 0             | 45          | 131              | 19                | 90               | 2500        |
| <b>Bean &amp; Cheese</b>         | <i>Freshly simmered black or pinto beans with warm melted Jack and Cheddar cheese. Try it with your choice of protein.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| No Meat                          | 840   | 33      | 290               | 17                | 1             | 39          | 96               | 20                | 65               | 1790        |
| Chicken                          | 970   | 35      | 310               | 18                | 1             | 67          | 96               | 21                | 135              | 2230        |
| Steak                            | 1030  | 43      | 390               | 21                | 1.5           | 64          | 97               | 20                | 140              | 2350        |
| Carnitas                         | 1010  | 42      | 380               | 20                | 1             | 59          | 98               | 21                | 130              | 2370        |
| Shrimp                           | 950   | 34      | 310               | 17                | 1             | 61          | 96               | 20                | 310              | 2320        |
| Crispy Mahi Mahi                 | 1030  | 41      | 370               | 18                | 1.5           | 54          | 108              | 20                | 95               | 1990        |
| Grilled Mahi Mahi                | 960   | 35      | 310               | 18                | 1             | 65          | 96               | 20                | 130              | 1930        |
| <b>Grilled Veggie</b>            | <i>Grilled peppers, chilies &amp; onions, black or pinto beans, Jack &amp; Cheddar cheese, lettuce, Pico de Gallo and sour cream</i>  |         |                   |                   |               |             |                  |                   |                  |             |
|                                  | 800   | 33      | 300               | 17                | 1             | 32          | 94               | 16                | 65               | 1880        |
| <b>Grilled Salad Burrito</b>     | <i>Jack cheese, romaine, Caesar cilantro dressing, avocado, Pico de Gallo &amp; Cotija cheese.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| Caesar Burrito                   | 940   | 50      | 450               | 19                | 0             | 48          | 75               | 8                 | 120              | 1930        |
| <b>Nacho Burrito</b>             | <i>Chicken, Jack and Cheddar cheese, black and pinto beans, rice, Smoky Queso Fundido, jalapeños, crunchy tortilla strips and Salsa Crema.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
|                                  | 1250  | 42      | 370               | 17                | 0             | 75          | 145              | 23                | 145              | 3200        |
| <b>Dos Manos</b>                 | <i>Your choice of protein, rice black or pinto beans, grilled veggies, Jack &amp; Cheddar cheese, pico de gallo, Salsa Baja &amp; sour cream.</i>   |         |                   |                   |               |             |                  |                   |                  |             |
| Burrito                          | 1560  | 50      | 440               | 20                | 0             | 80          | 194              | 30                | 160              | 3760        |
| 1/2 Burrito                      | 780   | 25      | 220               | 10                | 0             | 40          | 97               | 15                | 80               | 1880        |
| <b>Burrito Styles</b>            |   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Try It "Enchilado® Style"</b> | <i>Smother any burrito and chips with savory, warm salsa &amp; topped with melted Jack cheese. Served with nachos, Pico de Gallo and sour cream.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| to Burrito add:                  | 630   | 40      | 360               | 19                | 1             | 23          | 45               | 7                 | 75               | 1450        |
| <b>Bare Style</b>                | <i>Choose your favorite burrito and replace the tortilla with a bed of Romaine lettuce. Just subtract these calories from the burrito nutritional to find the information you're looking for.</i> |         |                   |                   |               |             |                  |                   |                  |             |
| from Burrito subtract:           | -350  | -8      | -70               | -1                | 0             | -10         | -58              | -5                | 0                | -540        |

For more nutritional information please visit our website at [www.bajafresh.com](http://www.bajafresh.com) or contact a friendly customer care representative at **1-877-Baja-Fresh.**

\*Items marked in red are recommended items for those who are cutting calories, trimming fat and/or watching carbs. More detailed information can be found within the favorites section of this pamphlet.

|  | Calories  | Fat (g) | Calories From Fat | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbohydrate (g) | Dietary Fiber (g) | Cholesterol (mg) | Sodium (mg) |
|--|---|---------|-------------------|-------------------|---------------|-------------|------------------|-------------------|------------------|-------------|
| <b>Bare Burrito® (Served in a bowl)</b>  | <i>Baja rice, beans, grilled fresh veggies, onions &amp; cilantro, salsa Verde &amp; fresh lime.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Chicken*</b>  | 640   | 7       | 60                | 1                 | 0             | 45          | 97               | 20                | 75               | 2330        |
| Steak  | 700   | 15      | 140               | 4.5               | 0             | 41          | 99               | 19                | 80               | 2450        |
| Carnitas   | 680   | 14      | 130               | 4                 | 0             | 37          | 99               | 20                | 70               | 2480        |
| Veggie & Cheese  | 580   | 10      | 90                | 4                 | 0             | 19          | 101              | 20                | 15               | 1950        |
| <b>Bowls</b>   |   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Steak &amp; Shrimp Bowl</b>   | <i>Fire-grilled steak and garlic-lime shrimp, green chile-tomatillo rice &amp; black beans, with avocado slices, roasted corn salsa, squash, achote onions and anejo cheese.</i>      |         |                   |                   |               |             |                  |                   |                  |             |
|  | 685   | 16      | 143               | 5                 | 0             | 52          | 84               | 18                | 210              | 2238        |
| <b>Skinny Chicken Bowl</b>   | <i>Achote marinated fire-grilled chicken, black beans, green chile tomatillo rice, squash &amp; achote onions topped with our New Tomatillo Salsa Fresca.</i>                         |         |                   |                   |               |             |                  |                   |                  |             |
|  | 624   | 17      | 151               | 4                 | 0             | 40          | 78               | 17                | 94               | 1608        |
| <b>Fully Loaded Chicken Bowl</b>   | <i>Fire-grilled chicken, Jack cheese, green chile-tomatillo rice, black beans, marinated achote onions, chile poblano slices &amp; sweet roasted corn topped with 6 chiles salsa.</i> |         |                   |                   |               |             |                  |                   |                  |             |
|  | 833   | 27      | 241               | 12                | 1             | 59          | 91               | 19                | 130              | 2332        |
| <b>Tacos</b>   |   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Americano Soft Taco</b>   | <i>Your choice of protein, served in a home-style grilled flour tortilla with lettuce, chopped tomato, Jack and Cheddar cheese with salsa.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
| Chicken  | 230   | 10      | 90                | 4.5               | 0             | 16          | 20               | 2                 | 35               | 590         |
| Steak  | 260   | 13      | 110               | 6                 | 0             | 15          | 21               | 2                 | 40               | 640         |
| Carnitas   | 250   | 12      | 110               | 5                 | 0             | 13          | 21               | 2                 | 35               | 640         |
| Shrimp   | 230   | 10      | 90                | 4.5               | 0             | 15          | 21               | 2                 | 105              | 640         |
| Crispy Mahi Mahi   | 240   | 11      | 100               | 4.5               | 0             | 10          | 23               | 2                 | 20               | 490         |
| Grilled Mahi Mahi  | 240   | 10      | 90                | 4.5               | 0             | 17          | 20               | 2                 | 40               | 490         |
| <b>Original Baja Taco</b>  | <i>Your choice of protein, served in 2 warm grilled corn tortilla with, onions, cilantro and salsa.</i>   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Chicken*</b>  | 210   | 5       | 45                | 1                 | 0             | 12          | 28               | 2                 | 25               | 230         |
| <b>Steak*</b>  | 230   | 8       | 70                | 2                 | 0             | 11          | 28               | 2                 | 25               | 260         |
| <b>Carnitas*</b>   | 220   | 7       | 70                | 2                 | 0             | 10          | 29               | 2                 | 20               | 280         |
| <b>Shrimp*</b>   | 200   | 5       | 45                | 1                 | 0             | 11          | 28               | 2                 | 90               | 280         |
| <b>Crispy Mahi Mahi Taco</b>   | <i>Hand breaded fried fish, topped with cabbage, pico de gallo and tangy salsa.</i>   |         |                   |                   |               |             |                  |                   |                  |             |
|  | 250   | 13      | 120               | 2                 | 0             | 8           | 27               | 2                 | 15               | 420         |
| <b>Grilled Mahi Mahi Taco</b>  | <i>Mahi Mahi, avocado, cabbage, pico de gallo and avocado salsa.</i>  |         |                   |                   |               |             |                  |                   |                  |             |
|  | 230   | 9       | 80                | 1.5               | 0             | 12          | 26               | 4                 | 20               | 300         |
| <b>2 Taco Combo Sides</b>  |   |         |                   |                   |               |             |                  |                   |                  |             |
| Black Beans  | 178   | 1       | 11                | 0                 | 0             | 11          | 30               | 13                | 2                | 553         |
| Pinto Beans  | 172   | 1       | 5                 | 0                 | 0             | 10          | 30               | 11                | 3                | 452         |
| Rice   | 186   | 2       | 21                | 1                 | 0             | 3           | 37               | 1                 | 0                | 663         |
| <b>Salads</b>  |   |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Mango Chipotle Salad</b>  | <i>Tortilla shell filled with romaine lettuce, avocado, Cotija cheese, mango salsa and a Chipotle glaze. Served with a Chipotle vinaigrette.</i>                                      |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Chicken without shell*</b>  | 430   | 24      | 210               | 5                 | 0             | 36          | 23               | 6                 | 90               | 1360        |
| Chicken with shell   | 930   | 52      | 470               | 33                | 2.5           | 42          | 67               | 10                | 90               | 1960        |
| <b>Baja Ensalada®</b>  | <i>Romaine topped with your choice of protein, sliced tomato, Cotija cheese, pico de gallo and crispy tortilla strips. Served with your choice of dressing.</i>                       |         |                   |                   |               |             |                  |                   |                  |             |
| <b>Chicken*</b>  | 310   | 7       | 60                | 2                 | 0             | 46          | 18               | 7                 | 110              | 1210        |
| Steak  | 450   | 18      | 160               | 7                 | 1             | 54          | 18               | 6                 | 150              | 1240        |
| Carnitas   | 370   | 18      | 160               | 6                 | 0             | 35          | 20               | 7                 | 100              | 1410        |
| <b>Shrimp*</b>   | 230   | 6       | 50                | 2                 | 0             | 28          | 18               | 6                 | 250              | 1110        |
| <b>Tostada</b>   |   |         |                   |                   |               |             |                  |                   |                  |             |
| <i>Crispy flour tortilla shell filled with romaine, Jack cheese and tomato. Served with freshly simmered black or pinto beans, handmade guacamole, pico de gallo and sour cream. Try it with your choice of protein.</i> |   |         |                   |                   |               |             |                  |                   |                  |             |
| No Meat  | 1010  | 53      | 470               | 13                | 1             | 32          | 98               | 25                | 40               | 1930        |
| Chicken  | 1140  | 55      | 490               | 14                | 1             | 60          | 98               | 27                | 115              | 2370        |
| Steak  | 1230  | 63      | 560               | 17                | 2             | 65          | 98               | 25                | 140              | 2380        |
| Carnitas   | 1180  | 62      | 560               | 17                | 1             | 52          | 100              | 26                | 105              | 2520        |
| Shrimp   | 1120  | 55      | 490               | 14                | 1             | 55          | 99               | 25                | 285              | 2460        |
| Crispy Mahi Mahi   | 1200  | 61      | 550               | 15                | 1.5           | 47          | 111              | 25                | 70               | 2140        |
| Grilled Mahi Mahi  | 1130  | 55      | 490               | 14                | 1             | 59          | 99               | 25                | 105              | 2070        |

|   | Calories  | Fat (g)  | Calories From Fat | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbohydrate (g) | Dietary Fiber (g) | Cholesterol (mg) | Sodium (mg) |
|---|---|----------|-------------------|-------------------|---------------|-------------|------------------|-------------------|------------------|-------------|
| <b>Fire-grilled Chicken Caesar Salad</b>      | <i>Romaine lettuce, fire-grilled chicken, avocado, Cotija cheese &amp; crispy tortilla strips. Served with Caesar dressing.</i>   |          |                   |                   |               |             |                  |                   |                  |             |
|   | 600   | 39       | 350               | 9                 | 0             | 41          | 22               | 6                 | 95               | 1110        |
| <b>Salad Dressing</b>                         | <i>Nutritional information for Salad Dressing is broken out separately.</i>   |          |                   |                   |               |             |                  |                   |                  |             |
| Olive Oil Vinaigrette                         | 290   | 31       | 280               | 4.5               | 0             | 0           | 2                | 0                 | 0                | 290         |
| Ranch Dressing                                | 260   | 26       | 240               | 6                 | 0.5           | 2           | 4                | 0                 | 50               | 470         |
| <b>Fat Free Salsa Verde*</b>                  | <b>15</b>   | <b>0</b> | <b>0</b>          | <b>0</b>          | <b>0</b>      | <b>0</b>    | <b>3</b>         | <b>1</b>          | <b>0</b>         | <b>370</b>  |
| Chipotle Vinaigrette                          | 110   | 9        | 80                | 1                 | 0             | 0           | 8                | 0                 | 0                | 490         |
| Caesar Dressing                               | 187   | 20       | 187               | 5                 | 0             | 0           | 5                | 0                 | 0                | 468         |
| <b>Fajitas</b>                                | <i>Your choice of protein, with grilled peppers, chilies and onions alongside rice and freshly simmered black or pinto beans, handmade guacamole, pico de gallo, sour cream and corn or flour tortillas.</i>                                  |          |                   |                   |               |             |                  |                   |                  |             |
| Chicken w/ Flour Tortillas                    | 1140  | 33       | 290               | 10                | 0             | 69          | 147              | 27                | 130              | 3240        |
| Chicken w/ Corn Tortillas                     | 860   | 24       | 210               | 7                 | 0             | 61          | 105              | 24                | 130              | 2400        |
| Chicken w/ Mix Tortillas                      | 1070  | 30       | 260               | 9                 | 0             | 67          | 137              | 26                | 130              | 2960        |
| Steak w/ Flour Tortillas                      | 1240  | 45       | 400               | 15                | 1             | 65          | 149              | 25                | 135              | 3440        |
| Steak w/ Corn Tortillas                       | 960   | 36       | 320               | 12                | 0.5           | 58          | 107              | 22                | 135              | 2600        |
| Steak w/ Mix Tortillas                        | 1170  | 42       | 370               | 14                | 1             | 63          | 139              | 24                | 135              | 3160        |
| Carnitas w/ Flour Tortillas                   | 1190  | 43       | 380               | 14                | 0             | 58          | 150              | 26                | 120              | 3450        |
| Carnitas w/ Corn Tortillas                    | 920   | 34       | 300               | 11                | 0             | 50          | 108              | 23                | 120              | 2610        |
| Carnitas w/ Mix Tortillas                     | 1120  | 40       | 350               | 13                | 0             | 55          | 140              | 26                | 120              | 3170        |
| Shrimp w/ Flour Tortillas                     | 1120  | 32       | 280               | 10                | 0             | 62          | 148              | 25                | 390              | 3410        |
| Shrimp w/ Corn Tortillas                      | 840   | 23       | 200               | 7                 | 0             | 55          | 106              | 22                | 390              | 2570        |
| Shrimp w/ Mix Tortillas                       | 1045  | 29       | 260               | 9                 | 0             | 60          | 138              | 24                | 390              | 3130        |
| Crispy Mahi Mahi w/ Flour Tortillas           | 1340  | 46       | 410               | 12                | 1.5           | 59          | 172              | 25                | 85               | 3020        |
| Crispy Mahi Mahi w/ Corn Tortillas            | 1060  | 37       | 330               | 9                 | 1.5           | 51          | 130              | 22                | 85               | 2180        |
| Crispy Mahi Mahi w/ Mix Tortillas             | 1260  | 43       | 380               | 11                | 1.5           | 57          | 162              | 24                | 85               | 2740        |
| Grilled Mahi Mahi w/ Flour Tortillas          | 1120  | 32       | 280               | 10                | 0             | 64          | 147              | 25                | 110              | 2800        |
| Grilled Mahi Mahi w/ Corn Tortillas           | 840   | 23       | 200               | 7                 | 0             | 57          | 105              | 22                | 110              | 1960        |
| Grilled Mahi Mahi w/ Mix Tortillas            | 1050  | 29       | 260               | 9                 | 0             | 62          | 138              | 24                | 110              | 2520        |
| <b>Fajita Ultimo</b>                          | <i>A combination of Chicken, Steak, Pork Carnitas, Mahi Mahi with grilled peppers, chilies and onions alongside rice and freshly simmered black or pinto beans, handmade guacamole, pico de gallo, sour cream and corn or flour tortillas</i> |          |                   |                   |               |             |                  |                   |                  |             |
| Black Beans w/ Corn Tortillas                 | 1366  | 43       | 390               | 11.5              | 1             | 83          | 120              | 30                | 207              | 2695        |
| Black Beans w/ Flour Tortillas                | 1561  | 47       | 430               | 11.5              | 1             | 99          | 150              | 33                | 207              | 3470        |
| Black Beans w/ Mixed Tortillas                | 1431  | 44       | 403               | 11.5              | 1             | 91          | 129              | 31                | 207              | 3080        |
| Pinto Beans w/ Corn Tortillas                 | 1360  | 43       | 384               | 11.5              | 1             | 82          | 120              | 28                | 208              | 2594        |
| Pinto Beans w/ Flour Tortillas                | 1555  | 47       | 424               | 11.5              | 1             | 98          | 150              | 31                | 208              | 3369        |
| Pinto Beans w/ Mixed Tortillas                | 1425  | 44       | 397               | 11.5              | 1             | 90          | 129              | 29                | 208              | 2979        |
| Fajitas w/o Beans or Tortillas                | 863   | 34       | 311               | 11.5              | 1             | 72          | 32               | 12                | 205              | 2117        |
| <b>Kid's Favs</b>                             | <i>Served with rice, applesauce and a choice of juice, milk or soft drink. (The nutritional information provided does not include choice of juice, milk or soft drink.)</i>   |          |                   |                   |               |             |                  |                   |                  |             |
| <b>Chicken Taquitos</b>                       | <i>Two taquitos and ranch dressing.</i>   |          |                   |                   |               |             |                  |                   |                  |             |
| Kids' Chicken Taquitos                        | 630   | 33       | 300               | 7                 | 1             | 18          | 60               | 4                 | 70               | 990         |
| <b>Mini Bean and Cheese Burrito</b>           | <i>Made with or without charbroiled chicken.</i>  |          |                   |                   |               |             |                  |                   |                  |             |
| Kids' Mini Bean and Cheese Burrito            | 540   | 14       | 130               | 7                 | 0             | 18          | 84               | 11                | 25               | 1050        |
| Kids' Mini Bean and Cheese Burrito w/ chicken | 590   | 15       | 130               | 7                 | 0             | 28          | 84               | 12                | 50               | 1200        |
| <b>Mini Cheese Quesadilla</b>                 | <i>Made with or without charbroiled chicken.</i>  |          |                   |                   |               |             |                  |                   |                  |             |
| Kids' Mini Cheese Quesadilla                  | 610   | 26       | 230               | 13                | 1             | 19          | 72               | 5                 | 50               | 940         |
| Kids' Mini Cheese Quesadilla w/ chicken       | 650   | 27       | 240               | 13                | 1             | 28          | 72               | 5                 | 75               | 1090        |
| <b>Dessert</b>                                |   |          |                   |                   |               |             |                  |                   |                  |             |
| Churro  | <i>Double twisted Churro with cinnamon sugar.</i>   |          |                   |                   |               |             |                  |                   |                  |             |
|   | 230   | 10       | 90                | 2.5               | 0             | 2           | 32               | 1                 | 25               | 260         |

| Nutritional Info: Menu Item Breakdown |   |           |                   |                   |               |             |                  |                   |                  |             |
|---------------------------------------|---|-----------|-------------------|-------------------|---------------|-------------|------------------|-------------------|------------------|-------------|
|                                       | Calories  | Fat (g)   | Calories From Fat | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbohydrate (g) | Dietary Fiber (g) | Cholesterol (mg) | Sodium (mg) |
| <b>Favorites</b>                      |   |           |                   |                   |               |             |                  |                   |                  |             |
| <b>Tortilla Soup</b>                  | <i>Roasted tomato and tortilla soup topped with sliced avocado, Jack cheese, onions, cilantro and tortilla chips. Try with our charbroiled chicken.</i>   |           |                   |                   |               |             |                  |                   |                  |             |
| <b>w/o Chicken*</b>                   | <b>270</b>  | <b>14</b> | <b>120</b>        | <b>4</b>          | <b>0</b>      | <b>8</b>    | <b>29</b>        | <b>4</b>          | <b>15</b>        | <b>2600</b> |
| <b>Chicken*</b>                       | <b>320</b>  | <b>14</b> | <b>130</b>        | <b>4</b>          | <b>0</b>      | <b>17</b>   | <b>29</b>        | <b>4</b>          | <b>40</b>        | <b>2760</b> |
| <b>Quesadilla</b>                     | <i>Grilled flour tortilla filled with melted Jack cheese and your choice of protein served with handmade guacamole, pico de gallo and sour cream.</i>   |           |                   |                   |               |             |                  |                   |                  |             |
| Cheese                                | 1200  | 78        | 690               | 37                | 2.5           | 47          | 84               | 8                 | 140              | 2140        |
| Veggie                                | 1260  | 78        | 700               | 37                | 2.5           | 48          | 96               | 11                | 145              | 2310        |
| Chicken                               | 1330  | 80        | 710               | 37                | 2.5           | 75          | 84               | 9                 | 215              | 2590        |
| Steak                                 | 1430  | 87        | 780               | 41                | 3             | 80          | 84               | 8                 | 240              | 2600        |
| Carnitas                              | 1370  | 87        | 780               | 40                | 2.5           | 67          | 86               | 9                 | 205              | 2730        |
| Shrimp                                | 1310  | 79        | 710               | 37                | 2.5           | 69          | 84               | 8                 | 385              | 2680        |
| Crispy Mahi Mahi                      | 1400  | 86        | 770               | 38                | 3             | 62          | 96               | 8                 | 170              | 2350        |
| Grilled Mahi Mahi                     | 1330  | 79        | 710               | 37                | 2.5           | 73          | 84               | 8                 | 205              | 2290        |
| <b>Chicken Taquitos</b>               | <i>Four corn tortillas filled with chicken, Jack cheese and grilled onions then rolled and lightly fried. Served with freshly simmered black or pinto beans or rice, Salsa Crema, handmade guacamole, pico de gallo and sour cream.</i> |           |                   |                   |               |             |                  |                   |                  |             |
| Chicken Taquitos w/ Beans             | 920   | 46        | 400               | 13                | 1             | 46          | 76               | 18                | 100              | 1970        |
| Chicken Taquitos w/ Rice              | 840   | 46        | 400               | 11                | 1             | 37          | 74               | 9                 | 100              | 1930        |
| <b>Regular Nachos</b>                 | <i>Tortilla chips smothered in melted Jack and Cheddar cheese with freshly simmered black or pinto beans, handmade guacamole, pico de gallo and sour cream. Try it with your choice of protein.</i>                                     |           |                   |                   |               |             |                  |                   |                  |             |
| Cheese                                | 945   | 54        | 485               | 20                | 2             | 31.5        | 81.5             | 15.5              | 77.5             | 1265        |
| Chicken                               | 1010  | 55        | 495               | 20.5              | 2             | 45.5        | 82               | 16                | 115              | 1490        |
| Steak                                 | 1060  | 59        | 525               | 22                | 2.5           | 48          | 81.5             | 15.5              | 127.5            | 1495        |
| Carnitas                              | 1030  | 58.5      | 525               | 21.5              | 2             | 41.5        | 83               | 16                | 110              | 1560        |
| Shrimp                                | 1000  | 55        | 490               | 20.5              | 2             | 42.5        | 82               | 15.5              | 197.5            | 1530        |
| Crispy Mahi Mahi                      | 1045  | 58        | 520               | 20.5              | 2.5           | 39          | 88               | 15.5              | 92.5             | 1370        |
| Grilled Mahi Mahi                     | 1010  | 55        | 490               | 20.5              | 2             | 45          | 82               | 15.5              | 110              | 1340        |
| <b>Grande Nachos</b>                  | <i>Tortilla chips smothered in melted Jack and Cheddar cheese with freshly simmered black or pinto beans, handmade guacamole, pico de gallo and sour cream. Try it with your choice of protein.</i>                                     |           |                   |                   |               |             |                  |                   |                  |             |
| Cheese                                | 1890  | 108       | 970               | 40                | 4             | 63          | 163              | 31                | 155              | 2530        |
| Chicken                               | 2020  | 110       | 990               | 41                | 4             | 91          | 164              | 32                | 230              | 2980        |
| Steak                                 | 2120  | 118       | 1050              | 44                | 4.5           | 96          | 163              | 31                | 255              | 2990        |
| Carnitas                              | 2060  | 117       | 1050              | 43                | 4             | 83          | 166              | 32                | 220              | 3120        |
| Shrimp                                | 2000  | 110       | 980               | 41                | 4             | 85          | 164              | 31                | 395              | 3060        |
| Crispy Mahi Mahi                      | 2090  | 116       | 1040              | 41                | 4.5           | 78          | 176              | 31                | 185              | 2740        |
| Grilled Mahi Mahi                     | 2020  | 110       | 980               | 41                | 4             | 90          | 164              | 31                | 220              | 2680        |
| <b>Chicken Torta Sandwich</b>         | <i>All white meat chicken, fresh avocado, lettuce and tomato with sour cream and queso fundido, stacked on a telera roll.</i>   |           |                   |                   |               |             |                  |                   |                  |             |
| w/o Chips                             | 620   | 23        | 210               | 6                 | 0             | 45          | 64               | 6                 | 100              | 1330        |

*Recommended limits for a 2000 calorie diet are 20 grams of saturated fat and 2300 milligrams of Sodium. For more information on Trans Fatty acids visit the FDA web site at [http://www.fda.gov/oc/initiatives/transfat/q\\_a.html](http://www.fda.gov/oc/initiatives/transfat/q_a.html)*

#### **\*Healthier choices**

*For those who are cutting calories, trimming fat and/or watching carbs we recommend:*

- *Baja Style Taco with corn tortilla*
- *Baja Chicken Ensalada (without tortilla strips) dressed with Fat Free Salsa Verde*
- *Baja Shrimp Ensalada (without tortilla strips) dressed with Fat Free Salsa Verde*
- *Mango Chipotle Chicken Salad (without the shell)*
- *Fat Free Salsa Verde on any salad*
- *Tortilla Soup*
- *Bare Burrito with Chicken*

|  | Calories  | Fat (g) | Calories From Fat | Saturated Fat (g) | Trans Fat (g) | Protein (g) | Carbohydrate (g) | Dietary Fiber (g) | Cholesterol (mg) | Sodium (mg) |
|--|---|---------|-------------------|-------------------|---------------|-------------|------------------|-------------------|------------------|-------------|
| <b>Sides</b>                                     |   |         |                   |                   |               |             |                  |                   |                  |             |
| Side Salad                                       | 130   | 6       | 50                | 1.5               | 0             | 5           | 16               | 4                 | 5                | 430         |
| Chips and Guacamole                              | 1340  | 83      | 720               | 8                 | 2.5           | 21          | 141              | 20                | 0                | 950         |
| Pronto Guacamole!™                               | 560   | 34      | 290               | 3                 | 1             | 9           | 60               | 8                 | 0                | 370         |
| 3 oz. side of Guacamole                          | 110   | 13      | 110               | 1                 | 0             | 2           | 5                | 2                 | 0                | 270         |
| 8 oz. side of Guacamole                          | 310   | 35      | 290               | 3                 | 0             | 6           | 14               | 6                 | 0                | 710         |
| Pronto Nachos                                    | 540   | 30      | 270               | 10                | 0             | 15          | 64               | 6                 | 35               | 1180        |
| Smoky Queso Fundido                              | <i>A spicy 8 oz., three pepper, cheese dip mixed with our own Salsa Roja. Served warm with our fresh made tortilla chips.</i> |         |                   |                   |               |             |                  |                   |                  |             |
|  | 80  | 8       | 70                | 5                 | 0             | 6           | 3                | 0                 | 20               | 720         |
| Chips and Salsa Baja                             | 810   | 37      | 330               | 4                 | 1.5           | 13          | 98               | 14                | 0                | 1140        |
| 8 oz. side of Salsa Baja                         | 70  | 2.5     | 25                | 0                 | 0             | 2           | 7                | 4                 | 0                | 970         |
| 8 oz. side of Verde                              | 50  | 0       | 0                 | 0                 | 0             | 2           | 11               | 3                 | 0                | 1170        |
| 8 oz. side of Salsa Roja                         | 70  | 1       | 10                | 0                 | 0             | 3           | 13               | 4                 | 0                | 1080        |
| 8 oz. side of pico de gallo                      | 50  | 0.5     | 5                 | 0                 | 0             | 2           | 12               | 3                 | 0                | 890         |
| Rice   | 280   | 4       | 35                | 0.5               | 0             | 5           | 55               | 4                 | 0                | 980         |
| Black Beans                                      | 360   | 2.5     | 20                | 1                 | 0             | 23          | 61               | 26                | 5                | 1120        |
| Pinto Beans                                      | 320   | 1       | 10                | 0                 | 0             | 19          | 56               | 21                | 5                | 840         |
| Veggie Mix (Grilled peppers, chilies and onions) | 110   | 0       | 5                 | 0                 | 0             | 3           | 24               | 6                 | 0                | 330         |
| Chicken  | 230   | 3.5     | 30                | 0.5               | 0             | 48          | 0                | 2                 | 125              | 760         |
| Steak  | 330   | 14      | 130               | 6                 | 1             | 48          | 0                | 0                 | 145              | 670         |
| Carnitas   | 300   | 16      | 140               | 6                 | 0             | 35          | 4                | 2                 | 110              | 1010        |
| Shrimp   | 150   | 2       | 20                | 0.5               | 0             | 31          | 1                | 0                 | 335              | 740         |
| Crispy Mahi Mahi                                 | 390   | 16      | 150               | 2.5               | 1.5           | 30          | 25               | 0                 | 60               | 410         |
| Grilled Mahi Mahi                                | 210   | 3       | 25                | 1                 | 0             | 44          | 1                | 0                 | 110              | 240         |
| Tostada Shell                                    | 490   | 28      | 260               | 3.5               | 0.5           | 7           | 44               | 4                 | 0                | 600         |
| 1.5 oz. side Corn Tortilla Chips                 | 210   | 9       | 80                | 1                 | 0             | 3           | 29               | 3                 | 0                | 55          |
| 5 oz. side Corn Tortilla Chips                   | 740   | 34      | 300               | 3.5               | 1.5           | 10          | 90               | 9                 | 0                | 170         |
| <b>Beverages 32 oz.</b>                          |   |         |                   |                   |               |             |                  |                   |                  |             |
| Coca-Cola Classic                                | 261   | 0       | –                 | 0                 | 0             | 0           | 71               | 0                 | 0                | 7           |
| Coca-Cola Zero                                   | 1.8   | 0       | –                 | 0                 | 0             | 0           | 0.2              | 0                 | 0                | 10          |
| Diet Coke  | 1.6   | 0       | –                 | 0                 | 0             | 0           | 0.2              | 0                 | 0                | 25          |
| Sprite   | 257   | 0       | –                 | 0                 | 0             | 0           | 69               | 0                 | 0                | 58          |
| Fanta Orange                                     | 280   | 0       | –                 | 0                 | 0             | 0           | 76               | 0                 | 0                | 0           |
| Gold Peak Unsweetened Black Tea                  | 1.2   | 0       | –                 | 0                 | 0             | 0           | 0.1              | 0                 | 0                | 21          |
| Gold Peak Sweetened Black Tea                    | 204   | 0       | –                 | 0                 | 0             | 0           | 56               | 0                 | 0                | 21          |
| Nestea Raspberry Iced Tea                        | 205   | 0       | –                 | 0                 | 0             | 0           | 55               | 0                 | 0                | 20          |
| Minute Maid Light Lemonade                       | 11.2  | 0       | –                 | 0                 | 0             | 0           | 1.3              | 0                 | 0                | 9           |
| Pibb Xtra  | 256   | 0       | –                 | 0                 | 0             | 0           | 69               | 0                 | 0                | 37          |
| Barq's Root Beer                                 | 294   | 0       | –                 | 0                 | 0             | 0           | 80               | 0                 | 0                | 62          |