



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Burritos								
Baja Burrito - Carnitas	X		X	X				
Baja Burrito - Chicken	X		X	X				
Baja Burrito - Steak	X		X	X				
Baja Burrito - Shrimp	X		X	X				X
Baja Burrito - Crispy Wahoo	X		X	X			X	
Baja Burrito - Grilled Wahoo	X		X	X			X	
Baja Burrito - Roasted Veggies	X		X	X				
Bean & Cheese - Black Bean	X		X	X				
Bean & Cheese - Pinto Beans	X		X	X				
Bean & Cheese - Carnitas & Black Beans	X		X	X				
Bean & Cheese - Carnitas & Pinto Beans	X		X	X				
Bean & Cheese - Chicken & Black Beans	X		X	X				
Bean & Cheese - Chicken & Pinto Beans	X		X	X				
Bean & Cheese - Steak & Black Beans	X		X	X				
Bean & Cheese - Steak & Pinto Beans	X		X	X				
Bean & Cheese - Shrimp & Black Beans	X		X	X				X
Bean & Cheese - Shrimp & Pinto Beans	X		X	X				X
Bean & Cheese - Grilled Wahoo & Black Beans	X		X	X			X	
Bean & Cheese - Grilled Wahoo & Pinto Beans	X		X	X			X	
Burrito Mexicano - Carnitas & Black Beans	X			X				
Burrito Mexicano - Carnitas & Pinto Beans	X			X				
Burrito Mexicano - Chicken & Black Beans	X			X				
Burrito Mexicano - Chicken & Pinto Beans	X			X				
Burrito Mexicano - Steak & Black Beans	X			X				
Burrito Mexicano - Steak & Pinto Beans	X			X				
Burrito Mexicano - Shrimp & Black Beans	X			X				X
Burrito Mexicano - Shrimp & Pinto Beans	X			X				X
Burrito Mexicano - Crispy Wahoo & Black Beans	X			X			X	
Burrito Mexicano - Crispy Wahoo & Pinto Beans	X			X			X	
Burrito Mexicano - Grilled Wahoo & Black Beans	X			X			X	
Burrito Mexicano - Grilled Wahoo & Pinto Beans	X			X			X	
Burrito Mexicano - Roasted Veg & Black Beans	X			X				
Burrito Mexicano - Roasted Veg & Pinto Beans	X			X				
Burrito Ultimo® - Carnitas	X		X	X				
Burrito Ultimo® - Chicken	X		X	X				
Burrito Ultimo® - Steak	X		X	X				
Burrito Ultimo® - Shrimp	X		X	X				X
Burrito Ultimo® - Grilled Wahoo	X		X	X			X	
Burrito Ultimo® - Roasted Veggies	X		X	X				



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Diablo Burrito - Carnitas	X	X	X	X				
Diablo Burrito - Chicken	X	X	X	X				
Diablo Burrito - Steak	X	X	X	X				
Diablo Burrito - Shrimp	X	X	X	X				X
Diablo Burrito - Crispy Wahoo	X	X	X	X			X	
Diablo Burrito - Grilled Wahoo	X	X	X	X			X	
Diablo Burrito - Roasted Veggies	X	X	X	X				
Fajita Burrito - Carnitas	X		X	X				
Fajita Burrito - Chicken	X		X	X				
Fajita Burrito - Steak	X		X	X				
Fajita Burrito - Shrimp	X		X	X				X
Fajita Burrito - Crispy Wahoo	X		X	X			X	
Fajita Burrito - Grilled Wahoo	X		X	X			X	
Nacho Burrito - Carnitas	X		X	X				
Nacho Burrito - Chicken	X		X	X				
Nacho Burrito - Steak	X		X	X				
Nacho Burrito - Shrimp	X		X	X				X
Nacho Burrito - Crispy Wahoo	X		X	X			X	
Nacho Burrito - Grilled Wahoo	X		X	X			X	
Nacho Burrito - Roasted Veggie	X		X	X				
Veggie Burrito - Black Beans	X		X	X				
Veggie Burrito - Pinto Beans	X		X	X				
Veggie Burrito - Carnitas & Black Beans	X		X	X				
Veggie Burrito - Carnitas & Pinto Beans	X		X	X				
Veggie Burrito - Chicken & Black Beans	X		X	X				
Veggie Burrito - Chicken & Pinto Beans	X		X	X				
Veggie Burrito - Steak & Black Beans	X		X	X				
Veggie Burrito - Steak & Pinto Beans	X		X	X				
Veggie Burrito - Shrimp & Black Beans	X		X	X				X
Veggie Burrito - Shrimp & Pinto Beans	X		X	X				X
Veggie Burrito - Crispy Wahoo & Black Beans	X		X	X			X	
Veggie Burrito - Crispy Wahoo & Pinto Beans	X		X	X			X	
Veggie Burrito - Grilled Wahoo & Black Beans	X		X	X			X	
Veggie Burrito - Grilled Wahoo & Pinto Beans	X		X	X			X	
Rice Bean & Cheese - Black Bean	X		X	X				
Rice Bean & Cheese - Pinto Beans	X		X	X				



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Dos Manos - Carnitas & Black Beans	X		X	X				
Dos Manos - Carnitas & Pinto Beans	X		X	X				
Dos Manos - Chicken & Black Beans	X		X	X				
Dos Manos - Chicken & Pinto Beans	X		X	X				
Dos Manos - Steak & Black Beans	X		X	X				
Dos Manos - Steak & Pinto Beans	X		X	X				
Dos Manos - Shrimp & Black Beans	X		X	X				X
Dos Manos - Shrimp & Pinto Beans	X		X	X				X
Dos Manos - Crispy Wahoo & Black Beans	X		X	X			X	
Dos Manos - Crispy Wahoo & Pinto Beans	X		X	X			X	
Dos Manos - Grilled Wahoo & Black Beans	X		X	X			X	
Dos Manos - Grilled Wahoo & Pinto Beans	X		X	X			X	
Dos Manos - Roasted Veggie & Black Beans	X		X	X				
Dos Manos - Roasted Veggie & Pinto Beans	X		X	X				
Add Enchilado Style to Chips			X					
Add Enchilada Style to Burrito			X					
Tacos								
Americano Taco - Carnitas	X		X	X				
Americano Taco - Chicken	X		X	X				
Americano Taco - Steak	X		X	X				
Americano Taco - Shrimp	X		X	X				X
Americano Taco - Crispy Wahoo	X		X	X			X	
Americano Taco - Grilled Wahoo	X		X	X			X	
Americano Taco - Roasted Veggies	X		X	X				
Crispy Wahoo Taco (Corn Tortilla)		X		X			X	
Grilled Wahoo Taco (Corn Tortilla)							X	
Grilled Shrimp Taco (Corn Tortilla)								X
Baja Taco - Carnitas (Corn Tortilla)								
Baja Taco - Chicken (Corn Tortilla)	X			X				
Baja Taco - Steak (Corn Tortilla)	X			X				
Baja Taco - Shrimp (Corn Tortilla)								X
Baja Taco - Roasted Veggies (Corn Tortilla)								



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Salads (Without Dressing)								
Baja BBQ Chicken Salad	X			X				
Baja Ensalada			X					
Baja Ensalada - Carnitas			X					
Baja Ensalada - Chicken	X		X	X				
Baja Ensalada - Steak	X		X	X				
Baja Ensalada - Shrimp			X					X
Baja Ensalada - Grilled Wahoo			X				X	
Baja Ensalada - Roasted Veggies			X					
Grilled Chili Lime - Chicken	X		X	X				
Grilled Chili Lime - Steak	X		X	X				
Grilled Chili Lime - Shrimp			X					X
Tostada Salad - Pinto Beans	X		X	X				
Tostada Salad - Black Beans	X		X	X				
Tostada Salad - Carnitas & Black Beans	X		X	X				
Tostada Salad - Carnitas & Pinto Beans	X		X	X				
Tostada Salad - Chicken & Black Beans	X		X	X				
Tostada Salad - Chicken & Pinto Beans	X		X	X				
Tostada Salad - Steak & Black Beans	X		X	X				
Tostada Salad - Steak & Pinto Beans	X		X	X				
Tostada Salad - Shrimp & Black Beans	X		X	X				X
Tostada Salad - Shrimp & Pinto Beans	X		X	X				X
Tostada Salad - Roasted Veggies & Black Beans	X		X	X				
Tostada Salad - Roasted Veggies & Pinto Beans	X		X	X				
Favorites								
Baja Bowl - Carnitas & Black Beans								
Baja Bowl - Carnitas & Pinto Beans								
Baja Bowl - Chicken & Black Beans	X			X				
Baja Bowl - Chicken & Pinto Beans	X			X				
Baja Bowl - Steak & Black Beans	X			X				
Baja Bowl - Steak & Pinto Beans	X			X				
Baja Bowl - Shrimp & Black Beans								X
Baja Bowl - Shrimp & Pinto Beans								X
Baja Bowl - Crispy Wahoo & Black Beans				X			X	
Baja Bowl - Crispy Wahoo & Pinto Beans				X			X	
Baja Bowl - Grilled Wahoo & Black Beans							X	
Baja Bowl - Grilled Wahoo & Pinto Beans							X	
Baja Bowl - Roasted Veggies & Black Beans								
Baja Bowl - Roasted Veggies & Pinto Beans								



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Quesadilla - Cheese	X		X	X				
Quesadilla - Carnitas	X		X	X				
Quesadilla - Chicken	X		X	X				
Quesadilla - Steak	X		X	X				
Quesadilla - Shrimp	X		X	X				X
Quesadilla - Crispy Wahoo	X		X	X			X	
Quesadilla - Roasted Veggies	X		X	X				
Fajitas - Carnitas & Black Bean (Corn Tortilla)			X					
Fajitas - Carnitas & Pinto Beans (Corn Tortilla)			X					
Fajitas - Carnitas & Black Beans (Flour Tortilla)	X		X	X				
Fajitas - Carnitas & Pinto Beans (Flour Tortilla)	X		X	X				
Fajitas - Chicken & Black Beans (Corn Tortilla)	X		X	X				
Fajitas - Chicken & Pinto Beans (Corn Tortilla)	X		X	X				
Fajitas - Chicken & Black Beans (Flour Tortilla)	X		X	X				
Fajitas - Chicken & Pinto Beans (Flour Tortilla)	X		X	X				
Fajitas - Steak & Black Beans (Corn Tortilla)	X		X	X				
Fajitas - Steak & Pinto Beans (Corn Tortilla)	X		X	X				
Fajitas - Steak & Black Beans (Flour Tortilla)	X		X	X				
Fajitas - Steak & Pinto Beans (Flour Tortilla)	X		X	X				
Fajitas - Shrimp & Black Beans (Corn Tortilla)			X					X
Fajitas - Shrimp & Pinto Beans (Corn Tortilla)			X					X
Fajitas - Shrimp & Black Beans (Flour Tortilla)	X		X	X				X
Fajitas - Shrimp & Pinto Beans (Flour Tortilla)	X		X	X				X
Nachos - Cheese & Black Beans			X					
Nachos - Cheese & Pinto Beans			X					
Nachos - Carnitas & Black Beans			X					
Nachos - Canitas & Pinto Beans			X					
Nachos - Chicken & Black Beans	X		X	X				
Nachos - Chicken & Pinto Beans	X		X	X				
Nachos - Steak & Black Beans	X		X	X				
Nachos - Steak & Pinto Beans	X		X	X				
Nachos - Shrimp & Black Beans			X					X
Nachos - Shrimp & Pinto Beans			X					X
Nachos - Roasted Veggies & Black Beans			X					
Nachos - Roasted Veggies & Pinto Beans			X					
Nachos - Cheese & Black Beans - Large			X					
Nachos - Cheese & Pinto Beans - Large			X					
Nachos - Carnitas & Black Beans - Large			X					
Nachos - Canitas & Pinto Beans - Large			X					
Nachos - Chicken & Black Beans - Large	X		X	X				
Nachos - Chicken & Pinto Beans - Large	X		X	X				
Nachos - Steak & Black Beans - Large	X		X	X				



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Nachos - Steak & Pinto Beans - Large	X		X	X				
Nachos - Shrimp & Black Beans - Large			X					X
Nachos - Shrimp & Pinto Beans - Large			X					X
Nachos - Grilled Wahoo & Black Beans - Large			X	X			X	X
Nachos - Grilled Wahoo & Pinto Beans - Large			X	X			X	X
Nachos - Roasted Veggies & Black Beans - Large			X					
Nachos - Roasted Veggies & Pinto Beans - Large			X					
Chicken Taquitos - Black Beans	X		X	X				
Chicken Taquitos - Pinto Beans	X		X	X				
Breakfast								
Breakfast Burrito (No Tortilla)		X	X					
Breakfast Burrito	X	X	X	X				
Breakfast Burrito - Bacon	X	X	X	X				
Breakfast Burrito - Sausage	X	X	X	X				
Breakfast Burrito - Steak	X	X	X	X				
Breakfast Burrito - Veggie	X	X	X	X				
Breakfast Taco	X	X	X	X				
Breakfast Taco - Bacon	X	X	X	X				
Breakfast Taco - Sausage	X	X	X	X				
Breakfast Taco - Steak	X	X	X	X				
Breakfast Taco - Veggie	X	X	X	X				
Bacon								
Baja Papas	X							
Sausage								
Scrambled Eggs		X						
Coffee (16oz)								
Kids								
Bean & Cheese Burrito - Black Beans	X		X	X				
Bean & Cheese Burrito - Pinto Beans	X		X	X				
Chicken Taquitos (2 taquitos)	X		X	X				
Quesadilla - Cheese	X		X	X				
Quesadilla - Chicken	X		X	X				
Kids Sides:								
Fresh Apple Slices								
Rice								
Black Beans								
Pinto Beans								
Kids Milk			X					



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
A La Carte & Sides								
Chips								
Chips (5oz) & Guacamole (8oz)								
Churro	X	X	X	X				
Guacamole (8oz)								
Pronto Guacamole (3oz)								
Pronto Nachos			X					
Pronto Queso (3oz)			X					
Queso (8oz)			X					
Rice & Beans Plate - Black Beans			X					
Rice & Beans Plate - Pinto Beans			X					
Side Rice & Black Beans								
Side Rice & Pinto Beans								
Chicken Tortilla Soup			X	X				
Tortilla Soup			X					
Tostada Shell	X			X				
Trio								
Individual Items								
Avocado Slices								
Baja Rice								
Black Beans								
Carnitas (4oz)								
Chicken (3.5oz)	X			X				
Cilantro								
Cilantro Onion Mix								
Corn Tortilla								
Diced Tomato								
Flour Tortilla 12.5"	X			X				
Flour Tortilla 6"	X			X				
Jack Cheese Mix (2oz)			X					
Jalapenos								
Lime Rice								
Lime Wedges								
Pinto Beans								
Roasted Veggies (4oz)								
Romaine Lettuce								
Shrimp								X
Steak (3.5oz)	X			X				
Tortilla Strips	X							
Crispy Wahoo				X			X	
Grilled Wahoo							X	
Whole Wheat Tortilla 10"				X				



Baja Fresh® has listed the top eight food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Item	Allergens							
	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH
Sauces/Dressings								
Avocado Salsa								
Baja BBQ Sauce								
Chili Lime Dressing								
Cilantro Ranch		X	X					
Corn Avocado Salsa								
Diablo Sauce		X						
Mango Salsa								
Molcajete Salsa								
Pico de Gallo								
Ranch		X	X					
Salsa Baja								
Salsa Roja				X				
Salsa Verde								
Six Chiles Salsa Crema			X					
Six Chiles Salsa								
Sour Cream			X					
Vinaigrette								

Your health is of utmost concern to us. Please be aware that Baja Fresh® products may contain traces of allergens (peanuts, tree nuts, soybeans, wheat, milk, eggs) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information Baja Fresh® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.