

Nutritional Statement

												
	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Burritos & Favorites (select base + protein + beans)												
Baja Bowl	366	330	11	2.0	0	0	990	53	4	7	1	6
Baja Burrito	326	650	37	14	0	50	1670	58	6	5	0	22
Bean and Cheese Burrito (cheese only; add 2X beans below)	170	620	35	16	1.0	65	1120	52	1	1	0	24
Burrito Mexicano	246	490	19	4.5	0	0	1230	71	2	4	1	10
Burrito Ultimo	445	810	42	18	1.0	75	1860	82	4	8	0	25
Diablo Burrito	331	830	49	16	0	60	1780	74	3	5	0	22
Dos Manos	688	1220	60	24	0	90	3070	133	6	13	0	33
Fajita Burrito	434	820	44	16	0	55	1670	82	6	7	0	24
Fuego Burrito (Impossible)	476	840	43	17	0	70	2240	84	15	6	1	32
Impossible Bowl	432	500	25	6	0	20	1020	63	7	7	0	8
Nacho Burrito	348	860	46	19	1.0	80	2100	84	3	4	0	27
Nachos	439	1430	87	38	1.5	165	1490	113	25	3	0	46
Nachos Queso	411	1120	61	22	1.0	85	2340	115	24	8	0	25
Quesadilla (includes guac & sour cream)	340	1010	68	32	0	155	1720	54	4	3	0	40
Taquito (includes guac & sour cream)	332	700	48	14	0	100	590	40	6	3	0	29
Veggie Burrito	361	680	37	17	1.0	75	1370	63	4	7	0	24
Add Protein:												
Camitas	113	180	5	2.0	0	70	640	11	0	0	0	22
Chicken	99	150	7	1.0	0	65	170	1	0	0	0	21
Crispy Wahoo	169	360	21	5.0	0	65	640	18	1	0	0	21
Grilled Wahoo	113	220	14	3.5	0	65	370	1	0	0	0	20
Impossible Patty	136	250	15	8	0	0	820	10	0	1	0	19
Impossible Patty - Diablo Style	164	320	22	9	0	5	1020	12	1	2	0	20
Shrimp	103	170	8	1.5	0	190	1190	2	0	0	0	21
Steak	99	140	8	3.0	0	50	600	1	0	0	0	17
Veggie	113	50	1.5	0	0	0	135	9	2	4	0	1
Add Beans or Rice:												
Black Beans	150	150	0.5	0	0	0	550	26	9	1	0	10
Pinto Beans	150	160	1.0	0	0	0	490	29	10	1	0	10
Rice	91	130	5	1.0	0	0	320	19	0	0	0	2
Add Enchilado Style to Burrito	298	510	30	12	0.5	60	1230	44	9	4	0	17
Tacos & Platters (select base + protein + beans & rice)												
Americano Taco	119	180	8	4.0	0	15	470	21	1	1	0	6
Baja Taco	82	100	3.0	0	0	0	100	17	1	1	0	2
Impossible Taco	118	150	5.0	1.0	0	5	230	23	1	1	0	4
Add Protein:												
Carnitas	43	70	2.0	0.5	0	25	240	4	0	0	0	8
Chicken	34	50	2.5	0	0	25	55	0	0	0	0	7
Impossible	38	80	5.0	2.5	0	0	130	3	1	0	0	6
Roasted Veggies	38	15	0	0	0	0	45	3	0	1	0	0
Steak	34	50	2.5	1.0	0	20	210	0	0	0	0	6
Seafood:												
Baja Fish Taco (corn tortilla)	180	290	18	3.0	0	25	700	24	1	2	0	10
Grilled Shrimp Taco (corn tortilla)	173	180	7	1.0	0	65	720	21	2	3	0	10
Grilled Wahoo Taco (corn tortilla)	184	210	10	2.0	0	25	460	21	2	3	0	10
Platter:												
Black Beans w/ Cotija	155	160	2.0	1.0	0	5	610	26	9	1	0	11
Pinto Beans w/ Cotija	155	170	2.0	1.0	0	5	550	29	10	1	0	11
Rice	91	130	5.0	1.0	0	0	320	19	0	0	0	2
Salads (does not include dressing) (select base + protein + beans)												
Baja BBQ Chicken Salad (includes chicken)	461	360	15	2.5	0	45	400	37	11	11	0	23
Baja Ensalada	306	110	4.0	1.5	0	5	620	17	5	5	0	6
Grilled Chili Lime	382	200	11	2.5	0	5	390	25	9	7	0	7
Tostada Salad	492	720	44	14	0	45	1530	65	9	7	0	18
Add Protein:												
Chicken	99	150	7	1.0	0	65	170	1	0	0	0	21
Impossible Patty	136	250	15	8	0	0	820	10	0	1	0	19
Shrimp	103	170	8	1.5	0	190	1190	2	0	0	0	21
Steak	99	140	8	3.0	0	50	600	1	0	0	0	17
Add Beans (Tostada salad only):												
Black Beans	150	150	0.5	0	0	0	550	26	9	1	0	10
Pinto Beans	150	160	1.0	0	0	0	490	29	10	1	0	10

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Fajitas (does not include tortillas) (select base + protein + beans)												
Fajitas	378	370	22	7	0	30	870	39	5	8	0	7
Add Protein:												
Carmitas	156	250	7	2.5	0	95	880	15	0	1	0	30
Chicken	142	210	9	1.5	0	95	240	1	0	0	0	29
Impossible	151	320	20	11	0	0	510	12	3	0	0	26
Shrimp	137	220	10	2.0	0	255	1580	3	0	0	0	28
Steak	142	210	11	4.0	0	75	860	2	0	0	0	24
Add Beans:												
Black Beans w/ Cotija	155	160	2.0	1.0	0	5	610	26	9	1	0	11
Pinto Beans w/ Cotija	155	170	2.0	1.0	0	5	550	29	10	1	0	11
Kids												
Kids Bean and Cheese Burrito - Black Beans (no sides)	148	310	12	6	0	25	770	37	5	1	0	16
Kids Bean and Cheese Burrito - Pinto Beans (no sides)	148	320	12	6	0	25	740	38	5	0	0	16
Kids Chicken Taquitos (2 taquitos - no sides)	113	260	16	3.5	0	35	160	17	0	1	0	12
Kids Chicken Taquitos (2 taquitos - w/ ranch)	141	360	26	6	0	50	370	18	0	2	0	13
Kids Quesadilla - Cheese	100	340	21	11	0	50	660	20	0	0	0	15
Kids Quesadilla - Chicken	134	420	25	12	0.5	80	750	23	0	0	0	26
Kids Side - Applesauce	113	70	0	0	0	0	0	12	2	10	0	0
Kids Side - Black Beans w/ Mixed Cheese	82	100	2.5	1.0	0	5	320	13	5	1	0	6
Kids Side - Pinto Beans w/ Mixed Cheese	82	100	2.5	1.0	0	5	290	14	5	0	0	6
Kids Side - Rice	45	60	2.5	0	0	0	160	9	0	0	0	1
A La Carte & Sides												
Chicken Tortilla Soup	400	280	13	3.5	0	45	1360	25	3	5	2	13
Chips	142	710	28	4.5	0	0	260	99	19	0	0	9
Churro	46	210	16	5.0	0	20	160	15	0	4	4	2
Guacamole	283	390	34	5.0	0	0	720	24	16	3	0	5
Pronto Nachos	183	420	22	9.0	0	45	770	40	9	2	0	15
Queso	283	580	46	29	1.5	145	4340	16	1	12	0	31
Rice & Beans Plate - Black Beans	492	580	13	3.5	0	5	1830	91	19	3	0	25
Rice & Beans Plate - Pinto Beans	492	600	13	3.0	0	5	1710	96	20	2	0	25
Side Guacamole & Chips	227	620	34	5.0	0	0	520	72	20	2	0	8
Side Queso & Chips	227	720	40	17	1.0	75	2320	68	12	6	0	21
Taquito	57	130	8	2.0	0	15	85	8	0	0	0	6
Tostada Shell	109	430	23	5.0	0	0	700	48	1	1	0	7
Small Trio: (guac + queso + salsa + chips)												
Guacamole	142	190	17	2.5	0	0	360	12	8	2	0	3
Queso	142	290	23	15	1.0	75	2170	8	1	6	0	15
Baja Salsa	142	30	0	0	0	0	880	6	1	4	0	1
Mango Salsa	142	80	0	0	0	0	580	16	1	17	3	0
Molcajete Salsa	142	30	0	0	0	0	710	6	0	3	0	0
Pico de Gallo Salsa	142	30	0	0	0	0	610	6	2	4	0	1
Salsa Verde	142	45	1.0	0	0	0	1070	10	2	7	3	1
Six Chiles Salsa	142	40	0.5	0	0	0	980	9	2	6	1	2
Chips	128	640	26	4.5	0	0	230	89	17	0	0	9
Individual Items												
Avocado Slices	28	45	4.0	0.5	0	0	0	2	2	0	0	1
Baja Rice - Bowl	113	160	6	1.0	0	0	400	24	0	1	0	2
Baja Rice - Taco	91	130	5.0	1.0	0	0	320	19	0	0	0	2
Black Beans	108	100	0.5	0	0	0	400	19	7	1	0	7
Carmitas	113	180	5.0	2.0	0	70	640	11	0	0	0	22
Chicken	99	150	7	1.0	0	65	170	1	0	0	0	21
Chips	113	570	23	4.0	0	0	210	79	15	0	0	8
Cilantro	3	0	0	0	0	0	0	0	0	0	0	0
Cilantro Onion Mix	14	5	0	0	0	0	0	1	0	1	0	0
Corn Tortillas 5"	40	70	1.0	0	0	0	0	14	0	0	0	2
Crispy Wahoo	169	360	22	5.0	0	65	640	18	0	0	0	21
Diced Tomato	28	5	0	0	0	0	0	1	0	1	0	0
Flour Tortilla 12.5"	99	340	14	3.5	0	0	700	48	1	1	0	7
Flour Tortilla 6"	34	110	4.0	1.5	0	0	280	16	0	0	0	2
Grilled Wahoo	113	220	14	3.5	0	65	370	1	0	0	0	20
Jack Cheese	57	200	16	9.0	0	50	340	0	0	0	0	12

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	Weight (g)											
Individual Items												
Jalapeno Slices	28	5	0	0	0	0	290	1	0	1	1	0
Lettuce Cabbage Mix	21	5	0	0	0	0	0	1	0	0	0	0
Lime Rice	113	160	2.5	0	0	0	430	31	0	0	0	3
Lime Wedges	14	5	0	0	0	0	0	1	0	0	0	0
Mild Cheddar & Jack Cheese Blend	14	50	4.5	2.5	0	15	85	1	0	0	0	3
Pinto Beans	108	110	0.5	0	0	0	350	20	7	0	0	7
Roasted Corn	60	70	2.0	0	0	0	0	10	0	4	0	0
Roasted Veggies	113	50	1.5	0	0	0	135	9	1	4	0	1
Romaine Lettuce	21	5	0	0	0	0	0	1	0	0	0	0
Salad Mix	241	50	0.5	0	0	0	25	11	5	5	0	3
Shrimp	103	170	8	1.5	0	190	1190	2	0	0	0	21
Steak	99	140	8	3.0	0	50	600	1	0	0	0	17
Tortilla Strips	14	35	1.5	0	0	0	25	5	0	0	0	0
Whole Wheat Tortilla 10"	71	200	5.0	2.0	0	0	510	34	4	0	0	6
Sauces & Dressings												
Avocado Salsa	28	10	0.5	0	0	0	140	1	0	1	0	0
BBQ Lime Dressing	28	110	10	1.5	0	0	190	6	0	5	3	0
Chili Lime Dressing	28	120	11	2.0	0	0	170	4	0	4	3	0
Cilantro Ranch	28	90	9	2.5	0	15	210	1	0	1	0	1
Corn Avocado Salsa	28	35	2.0	0	0	0	90	4	1	1	0	1
Diablo Sauce	28	70	7	1.0	0	5	210	2	0	1	0	0
Mango Salsa	28	15	0	0	0	0	115	3	0	3	1	0
Molcajete Salsa	28	5	0	0	0	0	140	1	0	1	0	0
Pico de Gallo	28	5	0	0	0	0	120	1	0	1	0	0
Ranch	28	100	10	2.5	0	15	210	1	0	1	0	1
Salsa Baja	28	5	0	0	0	0	180	1	0	1	0	0
Salsa Roja	28	10	0	0	0	0	140	2	0	1	0	0
Salsa Verde	28	5	0	0	0	0	210	2	0	1	1	0
Six Chiles Salsa	28	10	0	0	0	0	200	2	0	1	0	0
Sour Cream	28	60	5.0	3.5	0	20	15	1	0	1	0	1
Vinaigrette	71	320	32	5.0	0	0	390	5	0	2	2	0
Breakfast (Optional) (base + protein)												
Burritos & Bowls												
Breakfast Burrito Bowl (no tortilla)	276	460	29	15	0.5	475	730	22	3	1	0	30
Breakfast Burrito	375	810	42	17	0.5	475	1420	71	3	2	0	37
Add Protein												
Bacon	34	180	14	5	0	40	600	0	0	0	0	12
Roasted Veggies	79	35	1.0	0	0	0	95	6	1	3	0	1
Sausage	112	500	48	18	0	80	1080	2	0	0	0	16
Steak	99	140	8	3.0	0	50	600	1	0	0	0	17
Tacos (base + protein)												
Breakfast Taco - Corn Tortilla	130	230	10	4.0	0	115	190	26	3	0	0	9
Breakfast Taco - Flour Tortilla	108	260	14	6	0	115	500	24	2	0	0	10
Add Protein												
Bacon	17	90	7	2.5	0	20	300	0	0	0	0	6
Roasted Veggies	38	15	0	0	0	0	45	3	1	1	0	0
Sausage	56	250	24	9	0	40	540	1	0	0	0	8
Steak	34	50	2.5	1.0	0	20	210	0	0	0	0	6
Sides												
Bacon	17	90	7	2.5	0	20	300	0	0	0	0	6
Baja Papas	106	80	0	0	0	0	220	19	2	0	0	2
Coffee	453	5	0	0	0	0	10	0	0	0	0	1
Sausage	56	250	24	9	0	40	540	1	0	0	0	8
Scrambled Eggs	113	220	17	4.5	0	395	150	0	0	0	0	14

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional 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 preparation 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.

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