



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	EGGS	MILK	PEANUT	WHEAT	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 - Wahoo	X		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 and 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 - Wahoo & Black Beans	X		X		X		X	X
Bean & Cheese - Wahoo & Pinto Beans	X		X		X		X	X
Bean & Cheese - Shrimp & Black Beans	X		X		X		X	
Bean & Cheese - Shrimp & Pinto Beans	X		X		X		X	
Bean & Cheese - Steak & Black Beans	X		X		X			
Bean & Cheese - Steak & Pinto Beans	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 - Wahoo & Black Beans	X				X		X	X
Burrito Mexicano - Wahoo & Pinto Beans	X				X		X	X
Burrito Mexicano - Shrimp & Black Beans	X				X			X
Burrito Mexicano - Shrimp & Pinto Beans	X				X			X
Burrito Mexicano - Steak & Black Beans	X				X			
Burrito Mexicano - Steak & Pinto Beans	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 - Grilled Wahoo	X		X		X		X	X
Burrito Ultimo - Shrimp	X		X		X			X
Burrito Ultimo - Steak	X		X		X			
Burrito Ultimo - Roasted Veggie	X		X		X			
Diablo Burrito - Carnitas	X	X	X		X			
Diablo Burrito - Chicken	X	X	X		X			

Diablo Burrito - Wahoo	X	X	X		X		X	X
Diablo Burrito - Shrimp	X	X	X		X			X
Diablo Burrito - Steak	X	X	X		X			
Diablo Burrito - Veggie	X	X	X		X			
Fajita Burrito - Charbroiled Fish	X		X		X		X	X
Fajita Burrito - Chicken	X		X		X			
Fajita Burrito - Crispy Fish	X	X	X		X		X	
Fajita Burrito - Carnitas	X		X		X			
Fajita Burrito - Shrimp	X		X		X			X
Fajita Burrito - Steak	X		X		X			
Nacho Burrito - Carnitas	X		X		X			
Nacho Burrito - Chicken	X		X		X			
Nacho Burrito - Wahoo	X		X		X		X	X
Nacho Burrito - Shrimp	X		X		X			X
Nacho Burrito - Steak	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 - Wahoo & Black Beans	X		X		X		X	X
Veggie Burrito - Wahoo & Pinto Beans	X		X		X		X	X
Grilled Chicken Caesar Burrito	X	X	X		X			
Rice Bean & Cheese - Black Bean	X		X		X			
Rice Bean & Cheese - Pinto Beans	X		X		X			
Dos Manos - Carnitas & Black Beans	X		X		X			
Dos Manos - Chicken & Black Beans	X		X		X			
Dos Manos - Steak & Black Beans	X		X		X			
Dos Manos - Shrimp & Black Beans	X		X		X			X
Dos Manos - Wahoo & Black Beans	X		X		X		X	X
Dos Manos - Roasted Veggie & Black Beans	X		X		X			
Dos Manos - Carnitas & Pinto Beans	X		X		X			
Dos Manos - Chicken & Pinto Beans	X		X		X			
Dos Manos - Steak & Pinto Beans	X		X		X			
Dos Manos - Shrimp & Pinto Beans	X		X		X			X
Dos Manos - Wahoo & Pinto Beans	X		X		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	SOY	EGGS	MILK	PEANUT	WHEAT	REE NU	FISH	SHELLFISH
Americano Taco - Carnitas	X		X		X			
Americano Taco - Chicken	X		X		X			
Americano Taco - Crispy Wahoo	X	X	X		X		X	
Americano Taco - Grilled Wahoo	X		X		X		X	X
Americano Taco - Shrimp	X		X		X			X
Americano Taco - Steak	X		X		X			
Americano Taco - Veggie	X		X		X			
Fajita Taco - Chicken	X		X		X			
Fajita Taco - Steak	X		X		X			
Grilled Soft Taco - Carnitas	X		X		X			
Grilled Soft Taco - Chicken	X		X		X			
Grilled Soft Taco - Steak	X		X		X			
Grilled Wahoo Taco (Corn Tortilla)	X						X	X
Grilled Shrimp Taco (Corn Tortilla)	X							X
Wahoo Crispy Taco	X	X			X		X	X
Baja Taco - Carnitas & Corn Tortilla								
Baja Taco - Chicken	X				X			
Baja Taco - Shrimp	X							X
Baja Taco - Steak	X				X			
Baja Taco - Wahoo	X						X	X
Baja Taco - Veggie	X							
Primo Taco	X		X		X			
Salads (Without Dressing)	SOY	EGGS	MILK	PEANUT	WHEAT	REE NU	FISH	SHELLFISH
Baja BBQ Chicken Salad	X				X			
Baja Ensalada	X		X					
Baja Ensalada - Carnitas	X		X					
Baja Ensalada - Chicken	X		X		X			
Baja Ensalada - Grilled Wahoo	X		X				X	X
Baja Ensalada - Shrimp	X		X					X
Baja Ensalada - Steak	X		X		X			
Baja Ensalada - Veggie	X		X					
Grilled Shrimp Chile Lime	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 - 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 - Steak & Black Beans	X		X		X			
Tostada Salad - Steak & Pinto Beans	X		X		X			
Tostada Salad - Veggie & Black Beans	X		X		X			
Tostada Salad Veggie - & Pinto Beans	X		X		X			

Favorites	SOY	EGGS	MILK	PEANUT	WHEAT	REE NU	FISH	SHELLFISH
Baja Bowl - Carnitas & Black Beans	X							
Baja Bowl - Carnitas & Pinto Beans	X							
Baja Bowl - Chicken & Black Beans	X				X			
Baja Bowl - Chicken & Pinto Beans	X				X			
Baja Bowl - Shrimp & Black Beans	X							X
Baja Bowl - Shrimp & Pinto Beans	X							X
Baja Bowl - Steak & Black Beans	X				X			
Baja Bowl - Steak & Pinto Beans	X				X			
Baja Bowl - Wahoo & Black Beans	X						X	X
Baja Bowl - Wahoo & Pinto Beans	X						X	X
Baja Bowl - Veggie & Black Beans	X							
Baja Bowl - Veggie & Pinto Beans	X							
Quesadilla - Carnitas	X		X		X			
Quesadilla - Cheese	X		X		X			
Quesadilla - Chicken	X		X		X			
Quesadilla - Shrimp	X		X		X			X
Quesadilla - Steak	X		X		X			
Quesadilla - Wahoo	X		X		X		X	X
Quesadilla - Veggies	X		X		X			
Fajitas - Carnitas & Black Beans - Corn	X		X					
Fajitas - Carnitas & Pinto Beans - Corn	X		X					
Fajitas - Carnitas & Black Beans - Flour	X		X		X			
Fajitas - Carnitas & Pinto Beans - Flour	X		X		X			
Fajitas - Chicken & Black Beans - Corn	X		X		X			
Fajitas - Chicken & Pinto Beans - Corn	X		X		X			
Fajitas - Chicken & Black Beans - Flour	X		X		X			
Fajitas - Chicken & Pinto Beans - Flour	X		X		X			
Fajitas - Shrimp & Black Beans - Corn	X		X					X
Fajitas - Shrimp & Pinto Beans - Corn	X		X					X
Fajitas - Shrimp & Black Beans - Flour	X		X		X			X
Fajitas - Shrimp & Pinto Beans - Flour	X		X		X			X
Fajitas - Steak & Black Beans - Corn	X		X		X			
Fajitas - Steak & Pinto Beans - Corn	X		X		X			
Fajitas - Steak & Black Beans - Flour	X		X		X			
Fajitas - Steak & Pinto Beans - Flour	X		X		X			
Nachos - Carnitas & Black Beans			X					
Nachos - Canitas & Pinto Beans			X					
Nachos - Cheese & Black Beans			X					
Nachos - Cheese & 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					X
Nachos - Shrimp & Pinto Beans	X		X					X

Nachos - Wahoo & Black Beans	X		X				X	X
Nachos - Wahoo & Pinto Beans	X		X				X	X
Nachos - Veggie & Black Beans	X		X					
Nachos - Veggies & Pinto Beans	X		X					
Nachos - Carnitas & Black Beans - Large			X					
Nachos - Canitas & Pinto Beans - Large			X					
Nachos - Cheese & Black Beans - Large			X					
Nachos - Cheese & 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			
Nachos - Steak & Pinto Beans - Large	X		X		X			
Nachos - Shrimp & Black Beans - Large	X		X					X
Nachos - Shrimp & Pinto Beans - Large	X		X					X
Nachos - Wahoo & Black Beans - Large	X		X				X	X
Nachos - Wahoo & Pinto Beans - Large	X		X				X	X
Nachos - Veggie & Black Beans - Large	X		X					
Nachos - Veggie & Pinto Beans - Large	X		X					
Chicken Taquitos - Black Beans	X		X		X			
Chicken Taquitos - Pinto Beans	X		X		X			
Chicken Torta	X	X	X		X			
Breakfast	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NU	FISH	SHELLFISH
Breakfast Burrito - No tortilla	X	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			
Breakfast Americano Grande - Bacon	X	X	X		X			
Breakfast Americano Grande - Sausage	X	X	X		X			
Breakfast Huevos Rancheros - Black	X	X	X		X			
Breakfast Huevos Rancheros - Pinto	X	X	X		X			
Bacon								
Baja Papas	X							
Sausage								
Coffee (16 oz.)								
Kids	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NU	FISH	SHELLFISH
Kids Bean and Cheese Burrito - Black Beans	X		X		X			
Kids Bean and Cheese Burrito - Pinto Beans	X		X		X			
Kids Chicken Taquitos - (2 taquitos)	X		X		X			
Kids Quesadilla - Carnitas	X		X		X			

Kids Quesadilla - Chicken	X		X		X			
Kids Quesadilla - Steak	X		X		X			
Kids Platter - Grilled Chicken	X				X			
Kids Platter - Grilled Wahoo	X						X	X
Kids Platter - Crispy Wahoo	X	X			X		X	
Roasted Corn								
Fresh Apple Slices								
Kids Side - Rice	X							
Kids Side -Black Beans								
Kids Side - Pinto beans								
Kids Apple Juice								
Kids Milk			X					
A La Carte & Sides	SOY	EGGS	MILK	PEANUT	WHEAT	REE NU	FISH	SHELLFISH
Chips								
Chips (5 oz.) & Guacamole (8 oz.)								
Churro	X	X	X		X			
Guacamole 8 oz.								
Pronto Guacamole - 3 oz.								
Pronto Nachos			X					
Pronto Queso - 3 oz.			X					
Pronto Romaine & Kale Salad	X		X					
Queso 8 oz.			X					
Rice & Beans Plate - Black Beans	X		X					
Rice & Beans Plate - Pinto Beans	X		X					
Side Rice & Black beans	X							
Side Rice & Pinto Beans	X							
Side Salad	X		X					
Smokey Queso Fundido - 1 oz.			X					
Chicken Tortilla Soup	X		X					
Tortilla Soup	X		X					
Tostada Shell	X		X					
Individual Items	SOY	EGGS	MILK	PEANUT	WHEAT	REE NU	FISH	SHELLFISH
Avocado Slices								
Baja Rice	X							
Black Beans								
Carnitas (4 oz.)								
Chicken (3.5 oz.)	X				X			
Cilantro Onion Mix								
Corn Tortilla								
Diced Tomato								
Flour Tortilla 12.5"	X				X			
Flour Tortilla 6"	X				X			
Jack Cheese Mix (2 oz.)			X					
Lime Rice	X							
Lime Wedges								
Pinto Beans								

Salad Lettuce (Romaine)								
Shrimp	X							X
Steak (3.5 oz.)	X				X			
Tortilla Strips	X							
Veggies (4 oz.)								
Wahoo	X						X	X
Whole Wheat Tortilla 10"	X				X			
Sauces/Dressings	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NU	FISH	SHELLFISH
Avocado Salsa								
Baja BBQ Sauce								
Chili Lime Dressing	X							
Cilantro								
Cilantro Ranch	X	X	X					
Corn Avocado Salsa	X							
Diablo Sauce	X	X						
Grilled Onions & Peppers	X							
Jalapeno Slices								
Lettuce Cabbage mix								
Lettuce Cabbage mix								
Molcajete Salsa								
Pico de Gallo								
Pico De Gallo								
Ranch	X	X	X					
Salsa Baja								
Salsa Roja					X			
Salsa Verde								
Six Chile Salsa Crema			X					
Six Chiles Salsa								
Sour Cream			X					
Vinaigrette								
Yellow Peppers Cascabel								
Build Your Own Bowl	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NU	FISH	SHELLFISH
BYOB Low	X		X		X			
BYOB High	X	X	X		X			
BYOB Bowl Low			X					
BYOB Bowl High	X	X	X					
Beverages	SOY	EGGS	MILK	PEANUT	WHEAT	TREE NU	FISH	SHELLFISH
Margarita								

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.