



	Weight	Total Calories (cal)	Calories from fat (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Burritos</b>												
Baja Burrito - Carnitas	442	800	370	41	16	0	130	2240	63	5	5	44
Baja Burrito - Chicken	428	820	410	46	17	0	135	1850	53	5	5	50
Baja Burrito - Steak	428	810	410	45	17	0	130	1810	53	5	5	48
Baja Burrito - Shrimp	432	780	390	44.0	16.0	0	250	2790	55	5	5	43
Baja Burrito - Wahoo	442	790	390	44.0	16.0	0	155	2070	53	5	5	46
Baja Burrito - Roasted Veggies	442	660	340	38.0	15.0	0	60	1730	61	7	9	24
Bean & Cheese - Black Bean	473	860	320	35	18	0.5	70	2140	97	20	3	42
Bean & Cheese - Pinto Beans	473	880	310	35	18	0.5	70	2030	102	21	2	42
Bean & Cheese - Carnitas & Black Beans	587	1040	350	39.0	20.0	1	140	2780	108	20	4	64
Bean and Cheese - Carnitas & Pinto Beans	587	1060	360	40.0	20.0	1	140	2670	113	21	3	64
Bean & Cheese - Chicken & Black Beans	572	1060	390	44	20	1	145	2390	98	20	3	69
Bean & Cheese - Chicken & Pinto Beans	572	1080	400	44	20	1	145	2280	103	21	2	70
Bean & Cheese - Wahoo & Black Beans	587	1030	380	42.0	19.0	1	165	2610	98	20	4	66
Bean & Cheese - Wahoo & Pinto Beans	587	1050	380	42.0	19.0	1	165	2500	103	21	2	66
Bean & Cheese - Shrimp & Black Beans	576	1020	380	42.0	19.0	1	260	3330	99	20	4	63
Bean & Cheese - Shrimp & Pinto Beans	576	1040	380	42.0	19.0	1	260	3220	104	21	2	63
Bean & Cheese - Steak & Black Beans	572	1050	390	44	20	1	140	2360	98	20	3	68
Bean & Cheese - Steak & Pinto Beans	572	1070	400	44	20	1	140	2240	103	21	2	68
Burrito Mexicano - Carnitas & Black Beans	519	780	200	22.0	6.0	0	70	2340	104	11	5	40
Burrito Mexicano - Carnitas & Pinto Beans	519	790	200	22.0	6.0	0	70	2290	107	12	5	40
Burrito Mexicano - Chicken & Black Beans	504	800	240	27	6	0	75	1950	94	11	5	45
Burrito Mexicano - Chicken & Pinto Beans	504	810	240	27	6	0	75	1900	97	11	5	46
Burrito Mexicano - Wahoo & Black Beans	519	770	220	25.0	6.0	0	95	2170	94	11	5	42
Burrito Mexicano - Wahoo & Pinto Beans	519	780	220	25.0	6.0	0	95	2120	97	11	5	42
Burrito Mexicano - Shrimp & Black Beans	508	760	220	25.0	6.0	0	190	2890	96	11	5	39
Burrito Mexicano - Shrimp & Pinto Beans	508	770	220	25.0	6.0	0	190	2840	98	11	5	39
Burrito Mexicano - Steak & Black Beans	504	790	240	26	7	0	70	1920	94	11	5	44
Burrito Mexicano - Steak & Pinto Beans	504	800	240	27	7	0	70	1860	97	11	5	44
Burrito Mexicano - Roasted Veggies & Black Beans	519	640	170	19	5	0	0	1840	102	13	9	19
Burrito Mexicano - Roasted Veggies & Pinto Beans	519	650	170	19	5	0	0	1780	105	13	8	20
Burrito Ultimo - Carnitas	567	950	410	45.0	21.0	1	145	2430	88	4	8	46
Burrito Ultimo - Chicken	553	970	450	50	21	1	150	2040	78	4	8	51
Burrito Ultimo - Grilled Wahoo	567	930	430	48.0	20.0	1	170	2260	78	4	8	48
Burrito Ultimo - Shrimp	556	930	430	48.0	20.0	1	265	2980	79	4	8	45
Burrito Ultimo - Steak	553	960	450	50	22	1	145	2000	78	4	8	50
Burrito Ultimo - Roasted Veggie	567	810	380	42	19	1	75	1930	86	6	11	25
Diablo Burrito - Carnitas	604	1140	490	54.0	19.0	0	140	2910	107	12	6	55
Diablo Burrito - Chicken	490	870	430	48.0	15.0	0	145	1930	55	12	5	54
Diablo Burrito - Wahoo	604	1120	510	57.0	18.0	0	165	2740	97	12	6	57
Diablo Burrito - Shrimp	593	1120	510	57.0	18.0	0	260	3460	98	12	6	54
Diablo Burrito - Steak	589	1150	520	58.0	19.0	0	140	2480	97	12	6	59
Diablo Burrito - Veggie	604	1000	450	51.0	17.0	0	70	2400	105	14	9	34
Fajita Burrito - Charbroiled Fish	547	960	450	50.0	18.0	0	160	2050	78	5	7	49
Fajita Burrito - Chicken	533	990	470	52.0	18.0	0	140	1830	78	5	7	52
Fajita Burrito - Crispy Fish	551	1030	500	56.0	19.0	0	115	2200	95	6	7	38
Fajita Burrito - Carnitas	547	970	430	48.0	18.0	0	135	2220	87	6	7	47
Fajita Burrito - Shrimp	537	950	450	51.0	18.0	0	255	2770	79	5	7	45
Fajita Burrito - Steak	533	980	470	52.0	19.0	0	135	1790	77	5	7	51
Nacho Burrito - Carnitas	621	1140	440	49.0	22.0	1	145	3230	117	13	5	58
Nacho Burrito - Chicken	606	1160	480	54	22	1	150	2840	108	12	5	63
Nacho Burrito - Wahoo	621	1130	460	52.0	21.0	1	170	3060	108	12	5	60
Nacho Burrito - Shrimp	610	1120	470	52.0	21.0	1	265	3780	109	12	5	57
Nacho Burrito - Steak	606	1150	480	54	23	1	145	2800	107	12	5	62
Nacho Burrito - Roasted Veggie	621	1010	410	46	20	1	75	2720	115	14	9	37
Veggie Burrito - Black Beans	511	770	320	36	18	0.5	75	1830	82	13	8	32
Veggie Burrito - Pinto Beans	511	780	330	36	18	0.5	75	1770	85	13	8	32
Veggie Burrito - Carnitas & Black Beans	625	950	370	41	20	0.5	145	2470	93	13	9	54
Veggie Burrito - Carnitas & Pinto Beans	625	960	370	41	20	0.5	145	2410	96	14	8	54
Veggie Burrito - Chicken & Black Beans	611	970	410	45	20	1	150	2080	84	13	8	59
Veggie Burrito - Chicken & Pinto Beans	611	980	410	45	20	1	150	2020	86	14	8	59
Veggie Burrito - Steak & Black Beans	611	970	410	45	21	1	145	2040	83	13	8	58
Veggie Burrito - Steak & Pinto Beans	611	980	410	45	21	1	145	1980	86	13	8	58
Veggie Burrito - Shrimp & Black Beans	615	940	390	44	20	1	265	3020	85	13	8	53
Veggie Burrito - Shrimp & Pinto Beans	615	950	390	44	20	1	265	3960	87	13	8	53
Veggie Burrito - Wahoo & Black Beans	625	940	390	43	20	1	170	2300	83	13	9	56
Veggie Burrito - Wahoo & Pinto Beans	625	950	390	44	20	1	170	2240	86	13	8	56
Grilled Chicken Caesar Burrito	402	890	510	57.0	21.0	0	140	1810	51	4	4	45
Rice Bean & Cheese - Black Bean	412	840	350	39.0	18.0	1	70	1900	89	11	3	34
Rice Bean & Cheese - Pinto Beans	412	850	350	39.0	18.0	1	70	1850	92	11	2	35
Dos Manos - Carnitas & Black Beans	954	1460	560	63.0	27.0	0	170	4070	159	14	14	64
Dos Manos - Chicken & Black Beans	939	1480	600	67.0	27.0	0	170	3680	149	14	14	70
Dos Manos - Steak & Black Beans	939	1470	600	67.0	27.0	0	170	3640	149	14	14	68
Dos Manos - Shrimp & Black Beans	978	1500	610	68.0	27.0	0	355	5020	151	14	14	70
Dos Manos - Wahoo & Black Beans	1010	1530	620	69.0	27.0	0	240	4140	149	14	14	78
Dos Manos - Roasted Veggie & Black Beans	840	1270	520	58.0	25.0	0	100	3430	148	14	14	42
Dos Manos - Carnitas & Pinto Beans	954	1470	560	63.0	27.0	0	170	4010	161	15	13	65

Dos Manos - Chicken & Pinto Beans	939	1490	600	67.0	27.0	0	170	3620	151	15	13	70
Dos Manos - Steak & Pinto Beans	939	1480	600	67.0	27.0	0	170	3580	151	15	13	69
Dos Manos - Shrimp & Pinto Beans	978	1510	610	68.0	27.0	0	355	4960	153	15	13	70
Dos Manos - Wahoo & Pinto Beans	1010	1540	620	69.0	27.0	0	240	4080	152	15	13	78
Dos Manos - Roasted Veggie & Pinto Beans	840	1290	520	58.0	25.0	0	100	3370	150	14	13	43
Add Enchilado style to chips	156	340	170	18.0	8.0	0	35	350	34	7	2	8
ADD Enchilada Style to Burrito	255	430	210	24.0	10.0	0	45	920	40	8	3	12
<b>Tacos</b>												
Americano Taco - Carnitas	136	220	90	9	5	0	35	500	21	1	1	12
Americano Taco - Chicken	136	230	100	11.0	5.0	0	40	400	19	1	1	15
Americano Taco - Crispy Wahoo	144	250	110	13.0	5.0	0	30	540	25	1	1	11
Americano Taco - Grilled Wahoo	144	230	100	5.0	5.0	0	50	490	19	1	1	15
Americano Taco - Shrimp	136	220	100	11.0	5.0	0	80	710	19	1	1	13
Americano Taco - Steak	136	230	100	11.0	5.0	0	40	380	19	1	1	15
Americano Taco - Veggie	102	170	70	8.0	4.5	0	15	310	18	1	1	6
Fajita Taco - Chicken	151	300	160	18	7	0	65	570	16	2	1	22
Fajita Taco - Steak	151	300	160	17	7	0	65	540	16	2	1	22
Grilled Soft Taco - Carnitas	192	420	230	25	7	0	60	1110	28	2	2	20
Grilled Soft Taco - Chicken	186	370	170	20	6	0	60	760	25	2	4	23
Grilled Soft Taco - Steak	186	370	170	19	6	0	60	740	25	2	4	22
Grilled Wahoo Taco (Corn Tortilla)	192	210	80	9.0	1.5	0	35	470	21	4	3	12
Grilled Shrimp Taco (Corn Tortilla)	184	200	80	9.0	1.5	0	65	690	21	4	3	10
Wahoo Crispy Taco	163	250	130	15.0	2.5	0	20	690	24	2	2	7
Baja Taco - Carnitas & Corn Tortilla	101	150	40	435.0	1.0	0	20	190	20	2	1	9
Baja Taco - Chicken	101	170	60	6.0	1.0	0	25	85	17	2	1	12
Baja Taco - Shrimp	102	150	50	6.0	1.0	0	65	400	17	2	1	9
Baja Taco - Steak	101	160	60	6.0	1.5	0	25	75	17	2	1	11
Baja Taco - Wahoo	110	160	50	6.0	1.0	0	35	180	17	2	1	11
Baja Taco - Veggie	104	110	30	3.5	0.0	0	0	45	19	2	2	3
Primo Taco	140	250	120	13	5	0	55	460	15	2	1	18
<b>Salads (Without Dressing)</b>												
Baja BBQ Chicken Salad	461	400	150	17.0	3.0	0	55	460	37	12	11	27
Baja Ensalada	309	110	35	4.0	1.5	0	5	640	17	6	5	6
Baja Ensalada - Carnitas	422	300	80	9.0	3.0	0	75	1280	28	6	6	28
Baja Ensalada - Chicken	380	260	100	11.0	2.5	0	60	810	18	6	5	25
Baja Ensalada - Grilled Wahoo	422	280	100	12.0	2.5	0	100	1110	18	6	5	29
Baja Ensalada - Shrimp	412	280	110	12.0	3.0	0	195	1820	19	6	5	26
Baja Ensalada - Steak	380	250	100	11.0	3.0	0	55	790	17	6	5	24
Baja Ensalada - Veggie	422	160	50	6.0	1.5	0	5	770	26	7	9	7
Grilled Shrimp Chile Lime	515	360	150	17.0	3.0	0	190	1740	29	11	7	27
Tostada Salad - Black Beans	642	820	390	43.0	15.0	0	50	1990	85	18	9	28
Tostada Salad - Carnitas & Black Beans	755	1000	430	48.0	16.0	0	120	2630	96	18	9	50
Tostada Salad - Carnitas & Pinto Beans	755	1010	430	48.0	16.0	0	120	2570	99	18	9	50
Tostada Salad - Chicken & Black Beans	741	1020	470	53.0	17.0	0	125	2240	86	18	9	55
Tostada Salad - Chicken & Pinto Beans	741	1030	470	53.0	17.0	0	125	2180	89	18	8	55
Tostada Salad - Pinto Beans	642	830	390	43.0	15.0	0	50	1930	87	18	8	28
Tostada Salad - Shrimp & Black Beans	745	990	450	51.0	16.0	0	240	3180	87	18	9	48
Tostada Salad - Shrimp & Pinto Beans	745	1000	460	51.0	16.0	0	240	3120	90	18	8	48
Tostada Salad - Steak & Black Beans	741	1020	470	52.0	17.0	0	120	2200	86	18	9	54
Tostada Salad - Steak & Pinto Beans	741	1030	470	53.0	17.0	0	120	2150	88	18	8	54
Tostada Salad - Veggie & Black Beans	755	870	400	45.0	15.0	0	50	2130	94	20	12	29
Tostada Salad Veggie - & Pinto Beans	755	880	400	45.0	15.0	0	50	2070	96	20	12	29
<b>Favorites</b>												
Baja Bowl - Carnitas & Black Beans	632	680	160	18.0	4.0	0	70	2240	92	14	9	37
Baja Bowl - Carnitas & Pinto Beans	632	690	160	18.0	4.0	0	70	2180	94	14	8	38
Baja Bowl - Chicken & Black Beans	618	700	200	22.0	4.0	0	75	1850	82	14	8	43
Baja Bowl - Chicken & Pinto Beans	618	710	200	22.0	4.0	0	75	1790	84	14	8	43
Baja Bowl - Shrimp & Black Beans	622	660	180	20.0	3.5	0	190	2790	83	13	8	36
Baja Bowl - Shrimp & Pinto Beans	622	670	180	21.0	3.5	0	190	2730	86	14	8	36
Baja Bowl - Steak & Black Beans	618	690	200	22.0	4.5	0	70	1810	82	14	8	42
Baja Bowl - Steak & Pinto Beans	618	700	200	22.0	4.5	0	70	1750	84	14	8	42
Baja Bowl - Wahoo & Black Beans	632	670	180	20.0	3.5	0	95	2070	82	13	8	39
Baja Bowl - Wahoo & Pinto Beans	632	680	180	20.0	3.5	0	95	2010	84	14	8	39
Baja Bowl - Veggie & Black Beans	632	540	130	14.0	2.5	0	0	1730	90	15	12	17
Baja Bowl - Veggie & Pinto Beans	632	550	130	14.0	2.5	0	0	1680	92	16	11	17
Quesadilla - Carnitas	453	1190	680	76.0	37.0	0	250	2310	59	4	3	66
Quesadilla - Cheese	340	1010	640	71.0	35.0	0	180	1670	48	3	3	44
Quesadilla - Chicken	439	1210	720	80.0	37.0	0	255	1920	49	3	3	71
Quesadilla - Shrimp	443	1180	710	79.0	36.0	0	370	2860	51	3	3	65
Quesadilla - Steak	439	1210	720	80.0	37.0	0	250	1880	49	3	3	70
Quesadilla - Wahoo	453	1180	700	78.0	36.0	0	275	2140	49	3	3	68
Quesadilla - Veggies	453	1060	650	72.0	35.0	0	180	1800	57	5	7	45
Fajitas - Carnitas & Black Beans - Corn	719	940	270	30.0	9.0	0	100	2170	128	21	8	43
Fajitas - Carnitas & Pinto Beans - Corn	719	950	270	30.0	9.0	0	100	2110	131	21	7	43
Fajitas - Carnitas & Black Beans - Flour	751	1130	320	35.0	9.0	0	100	2850	153	19	11	50
Fajitas - Carnitas & Pinto Beans - Flour	751	1140	320	36.0	9.0	0	100	2790	156	19	10	50
Fajitas - Chicken & Black Beans - Corn	747	1050	340	38.0	10.0	0	135	1880	119	21	7	60
Fajitas - Chicken & Pinto Beans - Corn	747	1060	350	39.0	10.0	0	135	1820	121	21	7	60
Fajitas - Chicken & Black Beans - Flour	779	1240	390	44.0	10.0	0	135	2570	144	19	10	67
Fajitas - Chicken & Pinto Beans - Flour	779	1250	390	44.0	10.0	0	135	2510	146	19	10	67
Fajitas - Shrimp & Black Beans - Corn	743	980	320	35.0	10.0	0	285	3110	120	20	8	49
Fajitas - Shrimp & Pinto Beans - Corn	743	990	320	35.0	10.0	0	285	3050	123	21	7	49
Fajitas - Shrimp & Black Beans - Flour	775	1170	370	41.0	10.0	0	285	3790	145	18	11	56
Fajitas - Shrimp & Pinto Beans - Flour	775	1180	370	41.0	10.0	0	285	3740	148	19	10	56
Fajitas - Steak & Black Beans - Corn	747	1040	340	38.0	11.0	0	130	1830	119	20	7	59
Fajitas - Steak & Pinto Beans - Corn	747	1050	340	38.0	11.0	0	130	1770	121	21	7	59

Fajitas - Steak & Black Beans - Flour	779	1230	390	44.0	11.0	0	130	2510	144	18	10	66
Fajitas - Steak & Pinto Beans - Flour	779	1240	390	44.0	11.0	0	130	2450	146	19	10	66
Fajitas - Wahoo & Black Beans - Corn	753	980	310	35.0	9.0	0	155	2140	119	20	8	52
Fajitas - Wahoo & Pinto Beans - Corn	753	990	310	35.0	9.0	0	155	2080	121	21	7	52
Fajitas - Wahoo & Black Beans - Flour	785	1170	360	40.0	9.0	0	155	2820	144	18	11	59
Fajitas - Wahoo & Pinto Beans - Flour	785	1180	360	40.0	9.0	0	155	2760	146	19	10	59
Nachos - Carnitas & Black Beans	431	1110	510	56.0	22.0	1	125	1580	106	23	4	42
Nachos - Canitas & Pinto Beans	431	1120	510	56.0	22.0	1	125	1580	106	23	4	42
Nachos - Cheese & Black Beans	374	1020	480	54.0	22.0	1	90	1260	100	23	3	31
Nachos - Cheese & Pinto Beans	374	1030	480	54.0	22.0	1	90	1230	102	23	3	31
Nachos - Chicken & Black Beans	437	1150	540	60.0	23.0	1	135	1420	101	23	4	48
Nachos - Chicken & Pinto Beans	437	1160	540	60.0	23.0	1	135	1390	102	23	3	48
Nachos - Steak & Black Beans	437	1140	540	60.0	23.0	1	130	1390	101	23	3	48
Nachos - Steak & Pinto Beans	437	1150	540	60.0	23.0	1	130	1360	102	23	3	48
Nachos - Shrimp & Black Beans	443	1130	530	59.0	23.0	1	215	2050	102	23	4	45
Nachos - Shrimp & Pinto Beans	443	1140	530	59.0	23.0	1	215	2020	103	23	3	45
Nachos - Wahoo & Black Beans	431	1100	520	57.0	22.0	1	135	1490	101	23	4	43
Nachos - Wahoo & Pinto Beans	431	1110	520	58.0	22.0	1	135	1460	102	23	3	43
Nachos - Veggie & Black Beans	445	1050	490	55.0	22.0	1	90	1340	106	24	6	32
Nachos - Veggies & Pinto Beans	445	1060	490	55.0	22.0	1	90	1320	107	24	6	32
Nachos - Carnitas & Black Beans - Large	805	1940	910	101.0	43.0	2	245	3050	172	39	7	81
Nachos - Canitas & Pinto Beans - Large	805	1950	910	101.0	43.0	2	245	3000	175	39	7	81
Nachos - Cheese & Black Beans - Large	692	1750	870	96.0	41.0	2	175	2410	161	38	7	59
Nachos - Cheese & Pinto Beans - Large	692	1760	870	96.0	41.0	2	175	2360	164	39	6	59
Nachos - Chicken & Black Beans - Large	791	1960	950	105.0	43.0	2	250	2660	162	39	7	86
Nachos - Chicken & Pinto Beans - Large	791	1970	950	106.0	43.0	2	250	2610	165	39	6	86
Nachos - Steak & Black Beans - Large	791	1950	950	105.0	44.0	2	245	2630	162	39	7	85
Nachos - Steak & Pinto Beans - Large	791	1960	950	105.0	44.0	2	245	2570	165	39	6	85
Nachos - Shrimp & Black Beans - Large	795	1920	930	104.0	43.0	2	370	3600	164	39	7	79
Nachos - Shrimp & Pinto Beans - Large	795	1930	930	104.0	43.0	2	370	3540	166	39	7	80
Nachos - Wahoo & Black Beans - Large	805	1930	930	104.0	42.0	2	270	2880	162	39	7	82
Nachos - Wahoo & Pinto Beans - Large	805	1940	930	104.0	42.0	2	270	2830	165	39	7	83
Nachos - Veggie & Black Beans - Large	805	1800	880	98.0	41.0	2	175	2550	170	40	11	60
Nachos - Veggie & Pinto Beans - Large	805	1810	880	98.0	41.0	2	175	2490	173	45	10	60
Chicken Taquitos - Black Beans	575	1010	490	55.0	15.0	0	105	1460	87	16	5	45
Chicken Taquitos - Pinto Beans	575	1020	490	55.0	15.0	0	105	1400	89	16	4	45
Chicken Torta	463	820	370	41.0	12.0	1	120	1480	67	7	10	46
<b>Breakfast</b>												
Breakfast Burrito - No tortilla	276	470	260	29	15	0.5	475	610	22	3	2	30
Breakfast Burrito	375	760	360	40.0	18.0	1	475	1200	64	3	3	36
Breakfast Burrito - Bacon	391	830	410	45	20	0.5	485	1670	64	3	3	41
Breakfast Burrito - Sausage	451	1090	630	70	29	1	550	1780	64	3	3	50
Breakfast Burrito - Steak	451	910	420	47	20	0.5	530	1360	65	3	3	55
Breakfast Burrito - Veggie	451	790	370	41	18	0.5	475	1290	70	4	5	36
Breakfast Taco	85	210	100	11	5	0	150	360	16	0	0	10
Breakfast Taco - Bacon	93	240	130	14	6	0	155	600	16	0	0	13
Breakfast Taco - Sausage	123	370	240	26	11	0	185	650	16	0	0	17
Breakfast Taco - Steak	123	280	130	15	6	0	175	440	16	0	0	20
Breakfast Taco - Veggie	123	220	110	12	6	0	150	410	19	1	1	10
Breakfast Americano Grande - Bacon	260	400	160	18	6	0	430	870	34	3	3	25
Breakfast Americano Grande - Sausage	319	660	380	42	14	0	490	980	34	3	3	33
Breakfast Huevos Rancheros - Black	509	930	410	46	21	1	490	2100	85	10	5	46
Breakfast Huevos Rancheros - Pinto	509	940	410	46	21	1	490	2060	87	10	4	46
Bacon	16	80	50	6	2	0	10	470	0	0	0	6
Baja Papas	106	90	5	0	0	0	0	95	20	2	1	2
Sausage	75	330	270	30	11	0	70	580	0	0	0	14
Coffee ( 16 oz)	16 oz	5	0	0	0	0	0	10	0	0	0	1
<b>Kids</b>												
Kids Bean and Cheese Burrito - Black Beans	310	540	240	27.0	14.0	1	70	980	52	5	12	23
Kids Bean and Cheese Burrito - Pinto Beans	310	540	250	27.0	14.0	1	70	970	52	5	12	23
Kids Chicken Taquitos - (2 taquitos)	113	280	150	17.0	4.0	0	35	200	17	1	1	15
Kids Quesadilla - Cheese	100	330	180	20.0	10.0	0	60	600	20	1	1	17
Kids Quesadilla - Carnitas	142	400	190	21.0	12.0	1	80	830	26	1	1	25
Kids Quesadilla - Chicken	134	400	210	23.0	12.0	1	80	680	22	1	1	26
Kids Quesadilla - Steak	134	390	210	23.0	12.0	1	80	660	22	1	1	25
Kids Platter - Grilled Chicken	113	230	90	11.0	2.0	0	85	280	1	0	0	31
Kids Platter - Grilled Wahoo	125	180	60	7.0	1.0	0	105	430	1	0	0	27
Kids Platter - Crispy Wahoo	113	240	110	12.0	2.5	0	45	600	18	1	0	13
Roasted Corn	64	80	15	1.5	0.0	0	0	0	14	4	5	2
Fresh Apple Slices	57	30	0	0.0	0.0	0	0	0	8	1	6	0
Kids Side - Rice	57	80	25	3.0	0.0	0	0	200	12	0	0	1
Kids Side -Black Beans	85	80	5	0.0	0.0	0	0	310	15	5	1	5
Kids Side - Pinto beans	85	90	5	0.0	0.0	0	0	280	16	6	0	5
Kids Apple Juice	191	110	0	0.0	0.0	0	0	10	26	0	25	0
Kids Milk	214	90	20	2.0	1.5	0	10	95	11	0	11	7
<b>A La Carte &amp; Sides</b>												
Chips - 5 oz	142	710	260	28.0	4.5	0	0	260	99	19	0	9
Chips (5 oz) & Guacamole (8 oz)	369	1020	500	55.0	9.0	0	0	840	119	32	3	14
Churro	56	250	140	16.0	5.0	0	20	1440	27	0	14	2
Guacamole - 8 oz	227	310	240	27.0	4.0	0	0	580	19	13	3	4
Pronto Guacamole - 3 oz	85	120	90	10.0	1.5	0	0	220	7	5	1	2
Pronto Nachos	183	420	200	23.0	10.0	0	45	780	39	10	2	15
Pronto Queso - 3 oz	85	170	130	14.0	9.0	0	45	1300	5	0	4	9
Pronto Romaine & Kale Salad	150	90	35	4.0	1.5	0	5	320	11	3	2	4
Queso - 8 oz	227	470	330	37.0	23.0	2	115	3470	13	1	10	25
Rice & Beans Plate - Black Beans	492	580	120	13.0	3.5	0	5	1830	91	20	3	25

Rice & Beans Plate - Pinto Beans	492	600	120	13.0	3.0	0	5	1710	96	21	2	25
Side Rice & Black Beans	485	550	100	11.0	2.0	0	0	1750	90	20	3	23
Side Rice & Pinto Beans	485	570	100	11.0	2.0	0	0	1630	95	21	2	23
Side Salad	150	80	35	4.0	1.5	0	5	310	11	3	2	4
Smokey Queso Fundido - 1 oz	28	60	40	4.5	3.0	0	15	430	2	0	1	3
Chicken Tortilla Soup	404	290	130	15.0	4.0	0	45	1010	25	4	3	17
Tortilla Soup	370	220	100	11.0	3.5	0	20	920	24	4	3	8
Tostada Shell	109	380	190	21.0	5.0	0	0	590	42	0	1	6
<b>Individual Items</b>												
Avocado Slices	28	45	35	4.0	0.5	0	0	0	2	2	0	1
Baja Rice	28	40	15	1.5	0.0	0	0	100	6	0	0	1
Black Beans	28	25	0	0.0	0.0	0	0	105	5	2	0	2
Carnitas (4 oz)	113	180	45	5.0	2.0	0	70	640	11	0	0	22
Chicken (3.5 oz)	99	200	80	9.0	2.0	0	75	250	1	0	0	27
Cilantro Onion Mix	14	5	0	0.0	0.0	0	0	0	1	0	1	0
Corn Tortillas 5" (2)	40	70	10	1.0	0.0	0	0	0	14	1	0	2
Diced Tomato	28	5	0	0.0	0.0	0	0	0	1	0	1	0
Flour Tortilla 12.5"	99	290	100	11.0	3.5	0	0	590	42	0	1	6
Flour Tortilla 6"	34	100	30	3.5	1.5	0	0	220	15	0	0	2
Jack Cheese Mix (2 oz)	57	220	160	18.0	10.0	0	60	360	0	0	0	14
Cheddar & Jack Cheese Blend (2.5 oz)	71	270	200	22.0	14.0	1	70	440	2	1	0	17
Lime Rice	28	40	5	0.5	0.0	0	0	110	8	0	0	1
Lime Wedges	28	5	0	0.0	0.0	0	0	0	0	0	0	0
Pinto Beans	28	30	0	0.0	0.0	0	0	95	5	2	0	2
Romaine Lettuce	142	25	5	0.0	0.0	0	0	10	5	3	2	2
Shrimp	34	60	25	2.5	0.0	0	65	400	1	0	0	7
Steak (3.5 oz)	99	200	80	9.0	2.5	0	70	210	1	0	0	26
Tortilla Strips	16	40	15	1.5	0.0	0	0	30	6	1	0	1
Veggies (4 oz)	113	50	10	1.5	0.0	0	0	135	9	2	4	1
Wahoo	113	170	70	7.0	1.5	0	95	470	1	0	0	24
Whole Wheat Tortilla 10"	71	200	45	5.0	2.0	0	0	510	34	4	0	6
Chips (4oz)	113	570	200	23.0	4.0	0	0	210	79	15	0	8
<b>Sauces/Dressings</b>												
Avocado Salsa	28	10	5	0.5	0.0	0	0	140	1	1	1	0
Baja BBQ Sauce	28	45	0	0.0	0.0	0	0	210	10	0	9	0
Chili Lime Dressing	28	120	100	12.0	2.0	0	0	170	4	0	3	0
Cilantro	28	5	0	0.0	0.0	0	0	15	0	1	0	1
Cilantro Ranch	28	90	80	9.0	2.5	0	15	210	1	0	1	1
Corn Avocado Salsa	28	35	20	2.0	0.0	0	0	90	4	1	1	1
Diablo Sauce	28	70	60	7.0	1.0	0	5	210	2	1	1	0
Grilled Onions & Peppers	28	10	5	0.0	0.0	0	0	35	2	0	1	0
Jalapeno Slices	28	0	0	0.0	0.0	0	0	300	0	0	0	0
Lettuce Cabbage mix	28	5	0	0.0	0.0	0	0	0	1	1	1	0
Mango Salsa	28	15	0	0.0	0.0	0	0	115	4	0	3	0
Molcajete Salsa	28	5	0	0.0	0.0	0	0	110	1	1	1	0
Pico de Gallo	28	5	0	0.0	0.0	0	0	120	1	0	1	0
Pico De Gallo	28	5	0	0.0	0.0	0	0	120	1	0	1	0
Ranch	28	100	90	10.0	2.5	0	15	210	1	0	1	1
Salsa Baja	28	5	0	0.0	0.0	0	0	180	1	0	1	0
Salsa Roja	28	10	5	0.0	0.0	0	0	135	2	0	1	0
Salsa Verde	28	10	0	0.0	0.0	0	0	210	2	0	1	0
Six Chile Salsa Crema	28	25	15	1.5	1.0	0	5	140	2	0	1	1
Six Chiles Salsa	28	10	0	0.0	0.0	0	0	190	2	0	1	0
Sour Cream	28	60	45	5.0	3.5	0	20	15	1	0	1	1
Vinaigrette	71	320	290	32.0	5.0	0	0	390	5	0	2	0
<b>Margarita</b>												
Margarita	396	180	0	0.0	0.0	0	0	440	24	0	16	0
<b>Beverage</b>												
Barg's® Caffeine Free Root Beer	20	oz	310	0	0	0	0	125	83	0	83	0
Barg's® Caffeine Free Root Beer	32	oz	490	0	0	0	0	200	132	0	132	0
Barg's® Red Crème Soda	20	oz	320	0	0	0	0	110	85	0	85	0
Barg's® Red Crème Soda	32	oz	500	0.0	0	0.0	0.0	180	135	0	135	0
Barg's® Root Beer	20	oz	310	0	0	0	0	125	83	0	83	0
Barg's® Root Beer	32	oz	490	0	0	0	0	200	132	0	132	0
Caffeine-Free Diet Coke®	20	oz	0	0	0	0	0	85	>1	0	0	0
Caffeine-Free Diet Coke®	32	oz	0	0	0	0	0	135	>1	0	0	0
Cherry Coca-Cola®	32	oz	450	0	0	0	0	115	124	0	124	0
Cherry Coca-Cola®	20	oz	290	0	0	0	0	70	78	0	78	0
Coca-Cola Zero™	20	oz	0	0	0	0	0	70	0	0	0	0
Coca-Cola Zero™	32	oz	0	0	0	0	0	110	>1	0	0	0
Coca-Cola®	20	oz	270	0	0	0	0	60	74	0	74	0
Coca-Cola®	32	oz	430	0	0	0	0	95	118	0	118	0
Coca-Cola® High Yield	20	oz	270	0	0	0	0	70	75	0	75	0
Diet Coke® High Yield	20	oz	0	0	0	0	0	85	>1	0	0	0
Diet Coke® High Yield	32	oz	0	0	0	0	0	135	>1	0	0	0
Diet Coke® with Lime	20	oz	0	0	0	0	0	85	>1	0	0	0
Diet Coke® with Lime	32	oz	5	0	0	0	0	135	>1	0	0	0
Diet Dr. Pepper®	20	oz	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper®	32	oz	0	0	0	0	0	195	1	0	0	0
Dr. Pepper®	20	oz	240	0	0	0	0	75	66	0	65	0
Dr. Pepper®	32	oz	390	0	0	0	0	120	106	0	104	0
Fanta® Apple	20	oz	310	0	0	0	0	100	82	0	82	0
Fanta® Apple	32	oz	490	0	0	0	0	160	131	0	131	0
Fanta® Birch Beer	20	oz	300	0	0	0	0	95	80	0	80	0
Fanta® Birch Beer	32	oz	470	0	0	0	0	150	127	0	127	0

Fanta® Blue Raspberry	20	oz	320	0	0	0	0	0	85	86	0	86	0
Fanta® Blue Raspberry	32	oz	510	0	0	0	0	0	135	138	0	138	0
Fanta® Cherry	20	oz	290	0	0	0	0	0	80	78	0	78	0
Fanta® Cherry	32	oz	470	0	0	0	0	0	130	125	0	125	0
Fanta® Fruit Punch	20	oz	290	0	0	0	0	0	95	77	0	77	0
Fanta® Fruit Punch	32	oz	460	0	0	0	0	0	150	123	0	123	0
Fanta® Grape	20	oz	310	0	0	0	0	0	85	83	0	83	0
Fanta® Grape	32	oz	500	0	0	0	0	0	135	132	0	132	0
Fanta® Kiwi-Strawberry	20	oz	330	0	0	0	0	0	85	88	0	88	0
Fanta® Kiwi-Strawberry	32	oz	530	0	0	0	0	0	135	140	0	140	0
Fanta® Orange	20	oz	290	0	0	0	0	0	75	80	0	78	0
Fanta® Orange	32	oz	460	0	0	0	0	0	115	127	0	125	0
Fanta® Red	20	oz	290	0	0	0	0	0	90	78	0	78	0
Fanta® Red	32	oz	460	0	0	0	0	0	140	124	0	124	0
Fanta® Strawberry	20	oz	310	0	0	0	0	0	85	85	0	85	0
Fanta® Strawberry	32	oz	490	0	0	0	0	0	135	135	0	135	0
Fanta® Strawberry (Texas Only)	20	oz	290	0	0	0	0	0	70	77	0	77	0
Fanta® Strawberry (Texas Only)	32	oz	450	0	0	0	0	0	110	122	0	122	0
Fresca®	20	oz	0	0	0	0	0	0	80	2	0	0	0
Fresca®	32	oz	10	0	0	0	0	0	130	2	0	0	0
Fruitopia® Strawberry Passion Fruit Awareness®	20	oz	320	0	0	0	0	0	95	87	0	84	0
Fruitopia® Strawberry Passion Fruit Awareness®	32	oz	510	0	0	0	0	0	150	139	0	134	0
Full Throttle Twisted™	20	oz	290	0	0	0	0	0	210	77	0	77	0
Full Throttle Twisted™	32	oz	470	0	0	0	0	0	340	123	0	123	0
Fuze® Lemon Black Tea	20	oz	160	0	0	0	0	0	80	42	0	42	0
Fuze® Lemon Black Tea	32	oz	260	0	0	0	0	0	125	68	0	68	0
Fuze® Peach Tea	20	oz	160	0	0	0	0	0	80	43	0	42	0
Fuze® Peach Tea	32	oz	260	0	0	0	0	0	125	68	0	67	0
Fuze® Raspberry Tea	20	oz	160	0	0	0	0	0	80	43	0	42	0
Fuze® Raspberry Tea	32	oz	260	0	0	0	0	0	125	68	0	67	0
Fuze® Sweet Tea	20	oz	160	0	0	0	0	0	85	42	0	42	0
Fuze® Sweet Tea	32	oz	260	0	0	0	0	0	135	68	0	68	0
Fuze® Unsweet Tea	20	oz	0	0	0	0	0	0	80	0	0	0	0
Fuze® Unsweet Tea	32	oz	10	0	0	0	0	0	125	>1	0	0	0
Glaceau Fruitwater® Black Raspberry	20	oz	0	0	0	0	0	0	75	1	0	0	0
Glaceau Fruitwater® Black Raspberry	32	oz	10	0	0	0	0	0	115	2	0	0	0
Glaceau Fruitwater® Watermelon Punch	20	oz	5	0	0	0	0	0	70	1	0	0	0
Glaceau Fruitwater® Watermelon Punch	32	oz	10	0	0	0	0	0	115	2	0	0	0
Glaceau Vitaminwater® Essential	20	oz	130	0	0	0	0	0	65	36	0	34	0
Glaceau Vitaminwater® Essential	32	oz	210	0	0	0	0	0	105	58	0	55	0
Glaceau Vitaminwater® Revive	20	oz	130	0	0	0	0	0	65	35	0	34	0
Glaceau Vitaminwater® Revive	32	oz	210	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater® Squeezed Zero	20	oz	5	0	0.0	0.0	0	0	70	2	0	0	0
Glaceau Vitaminwater® Squeezed Zero	32	oz	10	0	0	0	0	0	110	3	0	0	0
Glaceau Vitaminwater® XXX	20	oz	130	0	0	0	0	0	65	35	0	34	0
Glaceau Vitaminwater® XXX	32	oz	210	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater® XXX Zero	20	oz	0	0	0	0	0	0	70	>1	0	0	0
Glaceau Vitaminwater® XXX Zero	32	oz	5	0	0	0	0	0	110	2	0	0	0
Gold Peak® Citrus White Tea	20	oz	230	0	0	0	0	0	80	60	0	60	0
Gold Peak® Citrus White Tea	32	oz	360	0	0	0	0	0	125	95	0	95	0
Gold Peak® Diet Black Tea	20	oz	0	0	0	0	0	0	80	0	0	0	0
Gold Peak® Diet Black Tea	32	oz	0	0	0	0	0	0	125	0	0	0	0
Gold Peak® Diet Green Tea	20	oz	5	0	0	0	0	0	85	>1	0	0	0
Gold Peak® Diet Green Tea	32	oz	10	0	0	0	0	0	140	>1	0	0	0
Gold Peak® Peach Tea	20	oz	160	0	0	0	0	0	80	43	0	42	0
Gold Peak® Peach Tea	32	oz	260	0	0	0	0	0	125	68	0	67	0
Gold Peak® Premium Unsweetened Tea	20	oz	0	0	0	0	0	0	80	0	0	0	0
Gold Peak® Premium Unsweetened Tea	32	oz	0	0	0	0	0	0	125	0	0	0	0
Gold Peak® Raspberry Tea	20	oz	160	0	0	0	0	0	80	46	0	46	0
Gold Peak® Raspberry Tea	32	oz	260	0	0	0	0	0	125	73	0	73	0
Gold Peak® Southern Style Tea	20	oz	270	0	0	0	0	0	80	67	0	67	0
Gold Peak® Southern Style Tea	32	oz	420	0	0	0	0	0	130	107	0	106	0
Gold Peak® Sweetened Black Tea	20	oz	210	0	0	0	0	0	80	57	0	57	0
Gold Peak® Sweetened Black Tea	32	oz	340	0	0	0	0	0	130	91	0	91	0
Gold Peak® Sweetened Green Tea	20	oz	170	0	0	0	0	0	85	46	0	46	0
Gold Peak® Sweetened Green Tea	32	oz	270	0	0	0	0	0	140	73	0	73	0
Honest® Freshly Brewed Green Tea	20	oz	130	0	0	0	0	0	10	30	0	30	0
Honest® Freshly Brewed Green Tea	32	oz	200	0	0	0	0	0	20	48	0	48	0
Honest® Freshly Brewed Black Tea	20	oz	0	0	0	0	0	0	0	0	0	0	0
Honest® Freshly Brewed Black Tea	32	oz	0	0	0	0	0	0	0	0	0	0	0
Hi-C® Flashin' Fruit Punch ®	20	oz	290	0	0	0	0	0	95	78	0	77	0
Hi-C® Flashin' Fruit Punch ®	32	oz	460	0	0	0	0	0	150	125	0	122	0
Hi-C® Orange Lavaburst®	20	oz	300	0	0	0	0	0	70	83	0	81	0
Hi-C® Orange Lavaburst®	32	oz	480	0	0	0	0	0	115	133	0	129	0
Hi-C® Poppin' Pink Lemonade™	20	oz	260	0	0	0	0	0	180	73	0	70	0
Hi-C® Poppin' Pink Lemonade™	32	oz	420	0	0	0	0	0	290	116	0	111	0
Mello Yello®	20	oz	290	0	0	0	0	0	85	78	0	78	0
Mello Yello®	32	oz	470	0	0	0	0	0	135	125	0	125	0
Minute Maid Light™ Lemonade	20	oz	10	0	0	0	0	0	75	4	0	0	0
Minute Maid Light™ Lemonade	32	oz	20	0.0	0	0.0	0.0	0	115	6	0	0	0
Minute Maid Light™ Pomegranate Lemonade	20	oz	15	0	0	0	0	0	110	3	0	0	0
Minute Maid Light™ Pomegranate Lemonade	32	oz	20	0	0	0	0	0	180	4	0	0	0
Minute Maid® Lemonade	20	oz	260	0	0	0	0	0	180	73	0	70	0
Minute Maid® Lemonade	32	oz	420	0	0	0	0	0	290	117	0	111	0
Minute Maid® Limeade	20	oz	300	0	0	0	0	0	90	85	0	84	0
Minute Maid® Limeade	32	oz	480	0	0	0	0	0	140	135	0	135	0

Pibb Xtra®	20	oz	260	0	0	0	0	0	100	71	0	71	0
Pibb Xtra®	32	oz	420	0	0	0	0	0	160	114	0	114	0
POWERade® Fruit Punch	20	oz	160	0	0	0	0	0	210	43	0	41	0
POWERade® Fruit Punch	32	oz	250	0	0	0	0	0	340	69	0	65	0
POWERade® Lemon-Lime	20	oz	150	0	0	0	0	0	210	41	0	39	0
POWERade® Lemon-Lime	32	oz	240	0	0	0	0	0	340	65	0	63	0
POWERade® Mountain Blast®	20	oz	150	0	0	0	0	0	200	41	0	41	0
POWERade® Mountain Blast®	32	oz	250	0	0	0	0	0	320	65	0	65	0
Red Flash™	20	oz	290	0	0	0	0	0	120	77	0	77	0
Red Flash™	32	oz	460	0	0	0	0	0	190	122	0	122	0
Seagram's® Ginger Ale	32	oz	390	0	0	0	0	0	130	105	0	105	0
Seagram's® Ginger Ale	20	oz	250	0	0	0	0	0	80	66	0	66	0
Seagram's® Ginger Ale Reduced Calorie	20	oz	180	0	0	0	0	0	80	46	0	46	0
Seagram's® Ginger Ale Reduced Calorie	32	oz	280	0	0	0	0	0	130	73	0	73	0
Seagram's® Tonic Water	20	oz	230	0	0	0	0	0	85	60	0	60	0
Seagram's® Tonic Water	32	oz	360	0	0	0	0	0	135	96	0	96	0
Sprite Zero™	20	oz	5	0	0	0	0	0	75	0	0	0	0
Sprite Zero™	32	oz	10	0	0	0	0	0	120	0	0	0	0
Sprite®	20	oz	270	0	0	0	0	0	120	71	0	71	0
Sprite®	32	oz	420	0	0	0	0	0	190	114	0	114	0
Sprite® High Yield	20	oz	250	0	0	0	0	0	115	66	0	66	0
Sprite® High Yield	32	oz	390	0	0	0	0	0	180	105	0	105	0
Vanilla Coke®	20	oz	290	0	0	0	0	0	70	77	0	77	0
Vanilla Coke®	32	oz	450	0	0	0	0	0	115	122	0	122	0

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

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