



Master Nutritional Table

Menu Item Breakdown

The following nutritional table provides nutritional information for Baja Fresh® entrees as they appear on the menu as well as some of our most popular side orders.

Burritos & Bowls

Tacos

Baja Favorites

Salads & Soup

Kid's Faves

Sides

Desserts

Nutritional Table

Healthier Choices

Download Menu

Burritos -Click to view/hide.

	Weight (g)	Calories (g)	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)
Burrito Ultimo®	Your choice of charbroiled chicken, pork carnitas or charbroiled steak, grilled peppers, chilies, onions, melted jack and cheddar cheese, roasted Salsa Baja™, rice and sour cream.										
Chicken	481	880	36	330	18	1*	54	84	9	140	2190
Steak	477	950	44	400	21	1.5*	50	85	8	140	2310
Carnitas	480	920	44	390	21	1*	46	86	9	130	2330
Shrimp	494	860	36	320	18	1*	48	85	8	310	2280
Breaded Fish	465	940	42	380	19	1.5*	41	96	8	95	1950
Mahi Mahi	491	880	36	320	18	1*	52	84	8	130	1890
Baja Burrito	Your choice of charbroiled chicken, pork carnitas or charbroiled steak, melted jack cheese, handmade guacamole and Pico de Gallo.										
Chicken	440	790	38	340	15	1*	52	65	8	120	2140
Steak	437	850	46	410	18	1*	49	67	7	125	2260
Carnitas	440	830	45	400	18	1*	45	67	8	115	2280
Shrimp	454	760	37	330	15	1*	47	66	7	295	2230
Breaded Fish	426	850	44	390	16	1.5*	40	78	7	80	1900
Mahi Mahi	451	780	38	330	15	1*	51	66	7	115	1840
Burrito Mexicano	Your choice of charbroiled chicken, pork carnitas or charbroiled steak, rice and freshly simmered black or pinto beans all layered with fresh, chopped cilantro and onions with your choice of salsa.										
Chicken	514	790	13	120	3.5	0	50	117	20	75	2270
Steak	511	860	21	190	7	0.5	47	118	18	75	2400
Carnitas	514	830	20	180	6	0	42	119	19	70	2420
Shrimp	528	770	13	110	3.5	0	44	117	18	245	2370
Breaded Fish	499	850	19	170	4	1*	37	129	18	30	2040
Mahi Mahi	525	790	13	120	3.5	0	49	117	18	70	1970
Diablo Shrimp Burrito	Lime-garlic marinated grilled shrimp, black beans, Baja rice, Jack cheese, and spicy chipotle sauce.										
Diablo Shrimp Burrito	1000	34	300	12	0	56	130	19	275	2930	
Nacho Burrito	Chicken, Jack and Cheddar cheese, black and pinto beans, rice, Smoky Queso Fundido, jalapenos, crunchy tortilla strips and Salsa Crema.										
Nacho Burrito	1250	42	370	17	0	75	145	23	145	3200	
Salad Burrito											
Cabo Style	454	980	52	460	20	0	50	81	11	115	1770
Caesar Style	420	940	50	450	19	0	48	75	8	120	1930
Bean and Cheese											

	Freshly simmered black or pinto beans with warm melted jack and cheddar cheese. Try it with charbroiled chicken, pork carnitas or charbroiled steak.										
No Meat	392	840	33	290	17	1*	39	96	20	65	1790
Chicken	491	970	35	310	18	1*	67	96	21	135	2230
Steak	488	1030	43	390	21	1.5*	64	97	20	140	2350
Carnitas	491	1010	42	380	20	1*	59	98	21	130	2370
Shrimp	505	950	34	310	17	1*	61	96	20	310	2320
Breaded Fish	477	1030	41	370	18	1.5*	54	108	20	95	1990
Mahi Mahi	502	960	35	310	18	1*	65	96	20	130	1930
Grilled Veggie	Our blend of grilled peppers, chilies and onions, layered with freshly simmered black or pinto beans, melted jack and cheddar cheese, lettuce, Pico de Gallo and sour cream.										
	506	800	33	300	17	1*	32	94	16	65	1880
Bare Burrito® -Served in a bowl	Grilled peppers, chilies and onions, fresh chopped cilantro, Pico de Gallo and your choice of salsa all on a bed of rice with freshly simmered black or pinto beans. Try it with charbroiled chicken, pork carnitas or charbroiled steak.										
Chicken	590	640	7	60	1	0	45	97	20	75	2330
Steak	587	700	15	140	4.5	0	41	99	19	80	2450
Carnitas	590	680	14	130	4	0	37	99	20	70	2480
Veggie & Cheese Bare Burrito - Served in a bowl	Grilled peppers, chilies and onions, lettuce, jack cheese, Pico de Gallo, Salsa Baja and sour cream all on a bed of rice with freshly simmered black or pinto beans.										
Veggie and Cheese	563	580	10	90	4	0	19	101	20	15	1950
"Enchilado" Style	A savory, warm salsa that smothers your burrito, topped with melted jack and cheddar cheese and served with nachos, Pico de Gallo and sour cream.										
to burrito add:	420	630	40	360	19	1*	23	45	7	75	1450

Tacos -Click to view/hide.

	Weight (g)	Calories (g)	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)
Original Baja Taco	Your choice of charbroiled chicken, pork carnitas, charbroiled steak or charbroiled shrimp served in warm grilled corn tortillas with onions, cilantro and salsa.										
Chicken	116	210	5	45	1	0	12	28	2	25	230
Steak	113	230	8	70	2	0	11	28	2	25	260
Carnitas	116	220	7	70	2	0	10	29	2	20	280
Shrimp	125	200	5	45	1	0	11	28	2	90	280
Americano Soft Taco	Your choice of charbroiled chicken, pork carnitas, or charbroiled steak served in a home-style grilled flour tortilla with lettuce, chopped tomato, Jack and Cheddar cheese, and salsa.										
Chicken	142	230	10	90	4.5	0	16	20	2	35	590
Steak	142	260	13	110	6	0	15	21	2	40	640
Carnitas	142	250	12	110	5	0	13	21	2	35	640
Shrimp	150	230	10	90	4.5	0	15	21	2	105	640
Breaded Fish	129	240	11	100	4.5	0	10	23	2	20	490
Mahi Mahi	150	240	10	90	4.5	0	17	20	2	40	490
Baja Fish Taco -Fried	Hand breaded, topped with cabbage, Pico de Gallo and a tangy dressing.										
Breaded Fish	134	250	13	120	2	0	8	27	2	15	420
Grilled Mahi Mahi	Sliced avocado, cabbage, Pico de Gallo and a tangy dressing.										

Mahi Mahi 177 230 9 80 1.5 0 12 26 4 20 300

Baja Favorites -Click to view/hide.

	Weight (g)	Calories (g)	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)
Quesadilla	Grilled flour tortilla filled with melted jack cheese and your choice of charbroiled chicken, pork carnitas or charbroiled steak served with handmade guacamole, Pico de Gallo and sour cream.										
Cheese	454	1200	78	690	37	2.5*	47	84	8	140	2140
Veggie	565	1260	78	700	37	2.5*	48	96	11	145	2310
Charbroiled Steak	550	1430	87	780	41	3*	80	84	8	240	2600
Charbroiled Chicken	553	1330	80	710	37	2.5*	75	84	9	215	2590
Savory Pork Carnitas	553	1370	87	780	40	2.5*	67	86	9	205	2730
Charbroiled Shrimp	567	1310	79	710	37	2.5*	69	84	8	385	2680
Breaded Fish	539	1400	86	770	38	3*	62	96	8	170	2350
Charbroiled Mahi Mahi	565	1330	79	710	37	2.5*	73	84	8	205	2290
Nachos	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 charbroiled chicken, pork carnitas or charbroiled steak.										
Cheese	782	1890	108	970	40	4*	63	163	31	155	2530
Charbroiled Steak	879	2120	118	1050	44	4.5*	96	163	31	255	2990
Charbroiled Chicken	882	2020	110	990	41	4*	91	164	32	230	2980
Savory Pork Carnitas	882	2060	117	1050	43	4*	83	166	32	220	3120
Charbroiled Shrimp	893	2000	110	980	41	4*	85	164	31	395	3060
Breaded Fish	867	2090	116	1040	41	4.5*	78	176	31	185	2740
Charbroiled Mahi Mahi	893	2020	110	980	41	4*	90	164	31	220	2680
Torta											
With Chips	57	880	35	320	9	0	54	96	9	110	1580
Without Chips	43	620	23	210	6	0	45	64	6	100	1330
Fajitas	Your choice of charbroiled chicken, pork carnitas, or charbroiled steak with grilled veggies, rice, freshly simmered black or pinto beans*, handmade guacamole, Pico de Gallo, sour cream and corn or flour tortillas. Served with tortilla chips. *Beans are sprinkled with Cotija cheese.										
Steak w/Flour Tortillas	847	1240	45	400	15	1*	65	149	25	135	3440
Steak w/Corn Tortillas	788	960	36	320	12	0.5	58	107	22	135	2600
Steak w/Mixed Tortillas	840	1170	42	370	14	1*	63	139	24	135	3160
Chicken w/Flour Tortillas	847	1140	33	290	10	0	69	147	27	130	3240
Chicken w/Corn Tortillas	788	860	24	210	7	0	61	105	24	130	2400
Chicken w/Mixed Tortillas	840	1070	30	260	9	0	67	137	26	130	2960
Carnitas w/Flour Tortillas	847	1190	43	380	14	0	58	150	26	120	3450
Carnitas w/Corn Tortillas	788	920	34	300	11	0	50	108	23	120	2610
Carnitas w/Mixed Tortillas	840	1120	40	350	13	0	55	140	26	120	3170
Shrimp w/Flour Tortillas	876	1120	32	280	10	0	62	148	25	390	3410
Shrimp w/Corn Tortillas	817	840	23	200	7	0	55	106	22	390	2570
Shrimp w/Mixed Tortillas	869	1045	29	260	9	0	60	138	24	390	3130
Mahi Mahi w/Flour Tortillas	853	1120	32	280	10	0	64	147	25	110	2800
Mahi Mahi w/Corn Tortillas	794	840	23	200	7	0	57	105	22	110	1960
Mahi Mahi w/Mixed Tortillas	846	1050	29	260	9	0	62	138	24	110	2520

Breaded Fish w/Flour Tortillas	876	1340	46	410	12	1.5*	59	172	25	85	3020
Breaded Fish w/Corn Tortillas	817	1060	37	330	9	1.5*	51	130	22	85	2180
Breaded Fish w/Mixed Tortillas	869	1260	43	380	11	1.5*	57	162	24	85	2740
Chicken Taquitos	Three 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.										
Chicken Taquitos w/Beans	518	780	40	350	12	1*	39	68	17	85	1810
Chicken Taquitos w/Rice	449	740	40	350	11	1*	30	66	8	85	1770

Salads and Soups -Click to view/hide.

	Weight (g)	Calories (g)	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)
Baja Ensalada®	Romaine lettuce, sliced tomatoes, Cotija cheese, Pico de Gallo and tortilla strips. Served with your choice of dressing.										
Charbroiled Chicken	473	310	7	60	2	0	46	18	7	110	1210
Charbroiled Steak	473	450	18	160	7	1*	54	18	6	150	1240
Savory Pork Carnitas	473	370	18	160	6	0	35	20	7	100	1410
Charbroiled Shrimp	445	230	6	50	2	0	28	18	6	250	1110
Fire-grilled Chicken Caesar Salad	Romaine lettuce, fire-grilled chicken, avocado, Cotija cheese & crispy tortilla strips. Served with Caesar dressing.										
Fire-grilled Chicken Caesar Salad	600	39	350	9	0	41	22	6	95	1110	
Tostada Salad	Crispy flour tortilla shell filled with Romaine lettuce, tomato, freshly simmered black or pinto beans, handmade guacamole, cheese, Pico de Gallo and sour cream. Try it with charbroiled chicken.										
No Meat	659	1010	53	470	13	1*	32	98	25	40	1930
Charbroiled Chicken	758	1140	55	490	14	1*	60	98	27	115	2370
Charbroiled Steak	755	1230	63	560	17	2*	65	98	25	140	2380
Savory Pork Carnitas	758	1180	62	560	17	1*	52	100	26	105	2520
Charbroiled Shrimp	772	1120	55	490	14	1*	55	99	25	285	2460
Breaded Fish	744	1200	61	550	15	1.5*	47	111	25	70	2140
Charbroiled Fish	769	1130	55	490	14	1*	59	99	25	105	2070
Mango Chipotle Salad	Tortilla shell filled with romaine, chicken, avocado, Cotija cheese, mango salsa and a chipotle glaze. Served with Chipotle vinaigrette.										
Mango Chipotle Chicken Salad	930	52	470	33	2.5	42	67	10	90	1960	
Salad Dressing	Nutritional information for Salad Dressing is broken out separately.										
Olive Oil Vinaigrette	71	290	31	280	4.5	0	0	2	0	0	290
Ranch Dressing	71	260	26	240	6	0.5	2	4	0	50	470
Fat Free Salsa Verde	71	15	0	0	0	0	0	3	1	0	370
Chicken Tortilla Soup	A roasted tomato and tortilla soup topped with sliced avocado, Jack cheese, onions, cilantro and tortilla strips. Served with or without charbroiled chicken.										
without Charbroiled Chicken	354	270	14	120	4	0	8	29	4	15	2600
with Charbroiled Chicken	388	320	14	130	4	0	17	29	4	40	2760

Kids' Faves -Click to view/hide.

Sides -Click to view/hide.

	Weight (g)	Calories (g)	Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Sodium (mg)
Side Salad	186	130	6	50	1.5	0	5	16	4	5	430
Chips and Guacamole	425	1340	83	720	8	2.5*	21	141	20	0	950
Pronto Guacamole™	170	560	34	290	3	1*	9	60	8	0	370
3 oz. side Guacamole	85	110	13	110	1	0	2	5	2	0	270
8 oz. side Guacamole	227	310	35	290	3	0	6	14	6	0	710
Chips and Salsa Baja	369	810	37	330	4	1.5*	13	98	14	0	1140
8 oz. side Salsa Baja	227	70	2.5	25	0	0	2	7	4	0	970
8 oz. side Salsa Verde	227	50	0	0	0	0	2	11	3	0	1170
8 oz. side Salsa Roja	227	70	1	10	0	0	3	13	4	0	1080
8 oz. side Pico de Gallo	227	50	0.5	5	0	0	2	12	3	0	890
Rice & Beans Plate	325	420	5	45	1.5	0	18	72	18	10	1320
Rice	181	280	4	35	0.5	0	5	55	4	0	980
Black Beans	327	360	2.5	20	1	0	23	61	26	5	1120
Pinto Beans	300	320	1	10	0	0	19	56	21	5	840
Veggie Mix (grilled peppers, chilies and onions)	221	110	0	5	0	0	3	24	6	0	330
side Steak	142	330	14	130	6	1*	48	0	0	145	670
side Chicken	170	230	3.5	30	0.5	0	48	0	2	125	760
side Carnitas	170	300	16	140	6	0	35	4	2	110	1010
side Shrimp	156	150	2	20	0.5	0	31	1	0	335	740
side Breaded Fish	170	390	16	150	2.5	1.5*	30	25	0	60	410
side Mahi Mahi	184	210	3	25	1	0	44	1	0	110	240
Tostada Shell	91	490	28	260	3.5	0.5	7	44	4	0	600
1 1/2 oz. side Corn Tortilla Chips	43	210	9	80	1	0	3	29	3	0	55
5 oz. side of Corn Tortilla Chips	142	740	34	300	3.5	1.5*	10	90	9	0	170

Baja Fresh® purchases ingredients that have 0 grams per serving of artificially added trans fat acids. As a result, all of our entrees are made with these products. Products are considered to have 0 grams of trans fat per serving if they contain less than 0.5 grams per serving. On some cases, trans fat acids can occur naturally. The nutritional information listed indicates the total amount of trans fat for each of our entrees. An asterisk () identifies the entrees that have naturally occurring trans fat acid exceeding 0.5 grams per entree unless otherwise noted. For more information on Trans fat acids visit the FDA web site at: www.fda.gov/oc/initiatives/transfat/q_a.html*