Rubio's®

We participate in
Healthy Dining Finder.com

Healthy Dining's Nutrition Criteria

Healthy Dining's registered dieticians have developed the following nutrition criteria:*

Entrées (or full meals) must include at least two of the following:

- Fruits and/or Vegetables
- Lean Protein
- Whole Grains
- Lower-fat Dairy

Entrées (or full meals) must contain:

- 750 calories or less
- 25 grams of fat or less
- 8 grams of saturated fat or less

Deep fried items (i.e., tortilla chips) are excluded, except for very small amounts of garnishes, such as skinny strips.

*The FDA has strict criteria for any food or meals designated as "healthy" and neither Rubio's nor Healthy Dining claims that the featured items meet all of the FDA's criteria for "healthy".

SUSTAINABLE SEAFOOD

We offer seafood that is certified sustainable or from responsibly managed fisheries that maintain healthy fish populations and eco-systems. Look for items with this symbol.

Visit www.HealthyDiningFinder.com/restaurant/Rubios to visit Rubio's page on the Healthy Dining website.

The nutritional information listed in this guide is based on calculated results of Rubio's recipes and ingredient formulations. Variations may occur due to product assembly at the restaurant level, local suppliers and season of the year. Availability is subject to change and may vary by location.

Items Featured on HealthyDiningFinder.com	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Fruit/Veggies (cups)
SALADS – Add your choice of grilled seafood or chicken to each salad for total nutritional information										
Chipotle Orange Salad (w/ 1 oz. chipotle orange vinaigrette)	280	16	3	5	590	31	7	9	6	2.00
Balsamic & Roasted Veggie Salad (w/ 2 oz. light balsamic vinaigrette)	200	10	1	0	600	25	4	12	4	2.00
Chopped Salad (w/ 2 oz. chipotle ranch dressing)	340	18	5	15	420	39	6	10	8	3.25
Add Pan-Seared Shrimp	70	3	0	105	590	0	0	0	11	0.00
Add Grilled Mahi Mahi	110	2	0	40	270	1	0	1	22	0.00
Add Grilled Tilapia	130	5	1	55	135	0	0	0	23	0.00
Add Grilled Chicken	100	1	0	60	420	1	0	1	23	0.00
One Grilled Atlantic Salmon Taco with side of black beans and citrus rice	510	15	3	25	960	72	15	2	25	0.75
Two Grilled Atlantic Salmon Tacos with side of black beans and citrus rice	730	25	4.5	50	1140	93	17	4	40	1.00
One Grilled Pacific Mahi Mahi Taco with side of black beans and citrus rice	500	14	2.5	25	1020	72	15	3	25	0.75
Two Grilled Pacific Mahi Mahi Tacos with side of black beans and citrus rice	720	24	4.5	50	1270	94	17	4	39	1.00
One Grilled Regal Springs® Tilapia Taco with side of black beans and citrus rice	500	15	3	35	960	68	14	2	25	0.50
One Salsa Verde Shrimp Taco with side of black beans and citrus rice	570	22	6	70	1470	73	15	3	24	0.50
One Classic Grilled Chicken Taco with side of black beans and citrus rice	530	17	4.5	40	1140	70	15	2	26	0.50
One Classic Steak Taco with side of black beans and citrus rice	470	11	3.5	35	1050	70	15	2	26	0.50
Three Rubio's Street Tacos with Chicken with side of black beans and citrus rice	590	12	2	75	1370	79	18	3	42	0.50
Three Rubio's Street Tacos with Steak with side of black beans and citrus rice	630	16	3.5	70	1270	80	18	3	41	0.50
H-Mex™ Chicken Burrito on a whole grain tortilla	550	11	3	60	1630	77	12	5	36	0.50