



Allergen Chart

At Rubio's, it is important that we serve safe food and ensure that our guests are aware that our food may contain some of these common allergens listed below.

ITEM	Milk	Soy	Wheat	Egg	Peanut	Tree Nut	Fish	Shellfish
FEATURED CATCH								
Smoky Red Chile Hand-Battered Shrimp Taco	x	x	x	x				x
Salsa Verde Pan-Seared Shrimp Taco	x	x		x				x
<i>Tacos Prepared with Flour Tortillas include:</i>		x	x					
THE ORIGINAL FISH TACO®								
The Original Fish Taco®	x	x	x	x			x	
Fish Taco Especial	x	x	x	x			x	
Sesame Soy Fish Taco	x	x	x	x			x	
Avocado Corn Fish Taco	x	x	x	x			x	
<i>Tacos Prepared with Flour Tortillas include:</i>		x	x					
SEAFOOD TACOS								
Chile-Lime Wild Salmon Taco	x	x		x			x	
Grilled Ono Taco	x	x		x			x	
Blackened Ono Taco	x	x		x			x	
Garlic Herb Shrimp Grilled Gourmet Taco™	x	x		x				x
Smoky Red Chile Hand-Battered Shrimp Taco	x	x	x	x				x
Salsa Verde Pan-Seared Shrimp Taco	x	x	x	x				x
<i>Tacos Prepared with Flour Tortillas include:</i>		x	x					
SEAFOOD BURRITOS (Chips not included)								
Chile-Lime Wild Salmon Burrito	x	x	x	x			x	
Grilled Mesquite Shrimp Burrito	x	x	x	x				x
Grilled Ono Burrito	x	x	x	x			x	
Blackened Ono Burrito	x	x	x	x			x	
Beer-Battered Fish Burrito	x	x	x	x			x	
HealthMex® Grilled Ono Burrito	x	x	x				x	
CHICKEN & STEAK								
TACOS								
Chicken Grilled Gourmet Taco™	x	x	x	x				
Steak Grilled Gourmet Taco™	x	x	x	x				
Classic Grilled Chicken	x	x	x	x				
Classic Grilled Steak	x	x	x					
<i>Tacos Prepared with Flour Tortillas include:</i>		x	x					
Carnitas Rubio's Street Taco®	x	x						
Chicken Rubio's Street Taco®	x	x	x					
Steak Rubio's Street Taco®		x	x					
BURRITOS (chips not included)								
Burrito Especial™ Chicken	x	x	x	x				
Burrito Especial™ Steak	x	x	x	x				
Baja Grill Burrito® Chicken	x	x	x					
Baja Grill Burrito® Steak	x	x	x					
HealthMex® Chicken Burrito	x	x	x					
SALADS & BOWLS								
Balsamic & Roasted Veggie Salad	x	x	x					
Chopped Salad	x	x	x	x				
Chipotle Ranch Salad	x	x	x	x				
Grilled Grande Bowl™	x	x	x	x				
Chipotle Dressing	x	x		x				
Light Balsamic Vinaigrette Dressing		x						
Chipotle Ranch Dressing	x	x		x				
OTHER FARE								
Portobello & Poblano Taco	x	x	x	x				
Grilled Veggie Burrito	x	x	x	x				
Bean & Cheese Burrito	x	x	x					
Chicken Tortilla Soup	x	x	x					
Quesadilla	x	x	x					
Quesadilla with Grilled Chicken	x	x	x					
Nachos	x							
Nachos Grande with Grilled Chicken	x	x	x					

ITEM	Milk	Soy	Wheat	Egg	Peanut	Tree Nut	Fish	Shellfish
KIDS (side items listed separately)								
The Original Fish Taco®	x	x	x	x			x	
Bean & Cheese Burrito	x	x	x					
Cheese Quesadilla	x	x	x					
Chicken Taquitos	x	x	x					
Chicken Bites		x	x					
Applesauce								
Mini Churro	x	x	x	x				
EXTRAS								
Rice		x						
Chips								
Pinto Beans	x							
Black Beans	x	x						
Guacamole								
Side Salad		x						
Churro	x	x	x	x				
SALSAS & SAUCES								
Mild Salsa								
Picante Salsa								
Roasted Chipotle Salsa								
Salsa Fresca								
Salsa Verde								
Tomatillo Salsa								
Chipotle Picante Sauce	x	x		x				
Chipotle Sauce	x	x		x				
Smoky Red Chile Sauce								
White Sauce	x	x		x				
Proteins á la carte								
Beer-Battered Fish	x	x	x				x	
Blackened Ono		x					x	
Carnitas	x	x						
Chile-Lime Wild Salmon							x	
Grilled Chicken	x	x	x					
Grilled Gourmet Garlic Herb Shrimp		x						x
Grilled Mesquite Shrimp	x	x	x					x
Grilled Ono							x	
Grilled Steak		x	x					
FOOD INTOLERANCES								
At Rubio's all our food products are FREE from MSG.								
Our food products that contain Gluten are listed below. Gluten can be found in wheat, rye, oats and barley.								
Beer-Battered Fish	Chicken			Churros				
Flour Tortillas	Whole Grain Tortillas			Steak				
Chicken Bites	Chicken Taquitos							
Due to cross contact when preparing menu items, it is not possible for Rubio's to guarantee any meal completely free of the listed allergens and food products. The following products are cooked in a shared fryer: Beer-Battered Fish, Tortilla Chips, Churros, Rice, Chicken Bites, and Chicken Taquitos.								