



ITEM

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
FEATURED ITEMS												
Cilantro Lime Quinoa Bowl* (add your choice of protein below)	397	550	220	25	1.5	0	0	1200	66	13	5	17
Mango Avocado Salad* (add your choice of protein below)	303	470	290	32	3.0	0	0	590	34	6	15	6
Add Grilled All Natural Chicken	85	100	10	1	0.0	0	60	580	1	0	0	21
Add Pan-Seared Shrimp	66	60	20	2	0.0	0	80	550	0	0	0	10
Add Grilled Wild Alaska Coho Salmon	91	110	30	4	0.5	0	45	150	3	0	0	18
Add Blackened Wild Alaska Coho Salmon	98	140	35	4	0.5	0	45	530	6	1	0	19
Add Grilled Ono*	92	190	120	13	3.0	0	30	190	0	0	0	22
Add Blackened Ono*	101	220	120	14	3.0	0	30	670	5	1	0	23
Add Grilled Regal Springs® Tilapia*	100	130	40	5	1.0	0	55	135	0	0	0	22
Add Blackened Regal Springs® Tilapia*	109	160	50	5	1.0	0	55	680	5	1	0	23
Add Grilled Veggies	108	60	15	2	0.0	0	0	340	10	2	5	1
Panko-Crusted Crispy Shrimp Two Taco Plate Served with pinto beans and tortilla chips	423	840	220	25	3.5	0	90	1130	123	14	8	30
Panko-Crusted Crispy Shrimp Burrito Served with tortilla chips	458	1080	330	37	8.0	0	85	1790	156	10	10	30
THE ORIGINAL FISH TACO®												
TACOS Served on a stone-ground corn tortilla.												
The Original Fish Taco®	135	330	180	20	2.5	0	25	370	27	2	1	9
Fish Taco Especial	166	390	230	25	4.5	0	30	460	29	3	2	12
TWO TACO PLATES Served with pinto beans and tortilla chips on stone-ground corn tortillas (unless noted).												
Two Original Fish Taco® Plate	426	970	400	44	6	0	50	1140	115	13	4	28
Two Fish Taco Especial Plate	489	1090	480	54	10	0	65	1320	119	15	5	35
GRILLED SEAFOOD TACOS & BURRITOS												
TACOS Served on a stone-ground corn tortilla (unless noted).												
Grilled Wild Alaska Coho Salmon Taco	136	230	90	10	2	0	25	170	23	2	2	12
Blackened Wild Alaska Coho Salmon Taco	141	250	90	10	2	0	25	440	25	3	2	13
Grilled Ono Taco*	137	270	130	15	3	0	20	190	22	2	2	14
Blackened Ono Taco*	141	280	130	15	3	0	20	430	24	3	2	14
Grilled Gourmet Taco™ with Shrimp	154	320	170	19	6	0	65	690	21	2	1	16
Grilled Regal Springs® Tilapia Taco*	157	240	100	11	2.5	0	30	210	20	2	2	14
Blackened Regal Springs® Tilapia Taco*	162	260	110	12	2.5	0	30	480	23	3	2	14
Grilled Wild Mahi Mahi Taco (Florida Only)	137	230	80	9	2.0	0	25	190	22	2	2	14
Blackened Wild Mahi Mahi Taco (Florida Only)	141	240	90	10	2	0	25	430	24	3	2	14
Salsa Verde Shrimp Taco Served on flour tortillas	148	290	150	17	5	0	55	690	24	3	3	12
The Coastal Trio® The Original Fish Taco®, Salsa Verde Shrimp Taco, Grilled Tilapia Taco	440	860	440	49	10	0	110	1270	71	7	7	35
TWO TACO PLATES Served with pinto beans and tortilla chips on stone-ground corn tortillas (unless noted).												
Two Grilled Wild Alaska Coho Salmon Taco Plate	429	780	210	23	5	0	55	730	106	14	4	34
Two Blackened Wild Alaska Coho Salmon Taco Plate	438	800	210	24	5	0	55	1270	111	15	5	35
Two Grilled Ono Taco Plate*	430	850	290	33	7	0	40	770	104	13	4	38
Two Blackened Ono Taco Plate*	439	880	300	33	7	0	40	1240	108	14	5	39
Two Grilled Gourmet Taco™ Plate with Shrimp	464	950	380	42	14	0	140	1760	102	13	3	43
Two Grilled Regal Spring® Tilapia Taco Plate*	469	800	240	26	6	0	70	800	101	13	5	38
Two Blackened Regal Spring® Tilapia Taco Plate*	479	830	240	27	6	0	70	1340	106	14	6	39
Two Salsa Verde Shrimp Taco Plate Served on flour tortillas	451	890	340	37	11	0	110	1760	108	15	8	34
Two Grilled Wild Mahi Mahi Taco Plate (Florida Only)	430	770	200	22	5	0	55	770	104	14	5	38
Two Blackened Wild Mahi Mahi Taco Plate (Florida Only)	439	800	210	23	5	0	55	1250	108	15	5	39
SEAFOOD BURRITOS Served on a flour tortilla with a side of tortilla chips.												
Grilled Regal Springs® Tilapia Burrito*	439	1020	440	49	11.0	0	60	1320	109	11	7	38
Blackened Regal Springs® Tilapia Burrito*	449	1050	440	49	11.0	0	60	1870	114	12	7	39
Grilled Wild Alaska Coho Salmon Burrito	430	1000	430	47	10.0	0	50	1340	112	11	7	33
Blackened Wild Alaska Coho Salmon Burrito	440	1030	430	48	10.0	0	50	1890	117	12	7	34
Classic Grilled Shrimp Burrito	409	980	430	47	14.0	0	110	1970	106	9	5	34
Ancho Citrus Shrimp Burrito	449	940	400	45	10.0	0	90	1940	110	13	6	26
Shrimp & Bacon Burrito	469	1150	570	63	20.0	0	140	2410	106	8	5	44
Grilled Ono Burrito*	432	1030	420	47	12.0	0	35	1240	120	9	6	37
Blackened Ono Burrito*	440	1050	430	48	12.0	0	35	1710	124	11	6	40
Grilled Wild Mahi Mahi Burrito (Florida Only)	432	950	330	37	9.0	0	50	1240	120	10	6	36
Blackened Wild Mahi Mahi Burrito (Florida Only)	440	970	340	37	9.0	0	50	1720	124	11	7	37
Signature Beer-Battered Fish Burrito	419	1170	620	69	13.0	0	55	1610	109	12	6	28
Cabo Plate A Classic Grilled Shrimp Burrito & The Original Fish Taco® (includes tortilla chips & "no-fried" pinto beans)	649	1370	530	59	16.0	0	140	2550	161	16	6	49



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SALADS & BOWLS												
SALADS & BOWLS <i>Includes dressing</i>												
Chipotle Orange Salad	270	370	210	24	4.0	0	5	840	36	6	17	5
Balsamic & Roasted Veggie Salad	260	200	90	10	1.5	0	0	640	27	5	15	4
Chipotle Ranch Salad	303	390	310	34	7.0	0	20	810	19	7	4	5
Chopped Salad	352	380	280	31	7	0	25	710	19	5	8	7
California Bowl with Roasted Chipotle Salsa	417	550	190	22	4	0	10	1220	78	12	3	13
California Bowl with Salsa Verde	417	560	190	22	4	0	10	1200	80	13	5	14
<i>Add Grilled Wild Alaska Coho Salmon</i>	91	110	30	4	0.5	0	45	150	3	0	0	18
<i>Add Blackened Wild Alaska Coho Salmon</i>	98	140	35	4	0.5	0	45	530	6	1	0	19
<i>Add Grilled All Natural Chicken</i>	85	100	10	1	0.0	0	60	580	1	0	0	21
<i>Add Pan-Seared Shrimp</i>	66	60	20	2	0.0	0	80	550	0	0	0	10
<i>Add Grilled Ono*</i>	92	190	120	13	3.0	0	30	190	0	0	0	22
<i>Add Blackened Ono*</i>	101	220	120	14	3.0	0	30	670	5	1	0	23
<i>Add Grilled Regal Springs® Tilapia*</i>	100	130	40	5	1.0	0	55	135	0	0	0	22
<i>Add Blackened Regal Springs® Tilapia*</i>	109	160	50	5	1.0	0	55	680	5	1	0	23
<i>Add Grilled Wild Mahi Mahi (Florida Only)</i>	110	110	25	3	0.0	0	45	200	0	0	0	22
<i>Add Blackened Wild Mahi Mahi (Florida Only)</i>	140	140	30	3.5	0.5	0	45	680	5	2	0	22
<i>Add Grilled Veggies</i>	108	60	15	2	0.0	0	0	340	10	2	5	1
DRESSING (2 oz.)												
Chipotle Orange Vinaigrette	57	190	140	16	2.5	0	0	580	13	0	11	0
Light Balsamic Vinaigrette	57	90	50	6	1.0	0	0	380	10	0	9	0
Chipotle Ranch	57	260	250	27	6.0	0	20	410	2	0	1	0
ENCHILADAS <i>Served with black beans & Mexican rice.</i>												
Two Shrimp Enchilada Plate with verde sauce	486	830	290	33	12.0	0	135	1960	91	13	10	45
Two All Natural Chicken Enchilada Plate with fire-roasted sauce	486	830	260	30	12.0	0	100	1750	83	9	4	49
Two Veggie Enchilada Plate with verde sauce	525	830	290	32	12	0	55	1750	102	15	15	36
Two Cheese Enchilada Plate with fire-roasted sauce	440	850	330	37	16.0	0	75	1470	82	9	3	40
QUESADILLAS & NACHOS												
Cheese Quesadilla with chips	380	1020	480	53	25.0	0	100	1330	100	8	5	38
Chicken Quesadilla with chips	465	1120	490	54	25.0	0	160	1910	102	8	5	60
Loaded Cheese Nachos	459	1100	410	45	22.0	0	100	1190	136	16	6	42
Loaded Nachos with All Natural Chicken	544	1200	420	46	22.0	0	165	1770	138	16	6	64
ALL NATURAL CHICKEN AND STEAK TACOS & BURRITOS - Our chicken is all natural and raised without antibiotics -												
TACOS <i>Served on a stone-ground corn tortilla.</i>												
Grilled Gourmet Taco™ with All Natural Chicken	149	330	170	19	6.0	0	50	640	21	2	1	20
Grilled Gourmet Taco™ with All Natural Steak	149	340	180	20	7.0	0	55	520	21	2	1	21
Classic Taco with All Natural Chicken	147	250	110	13	3.5	0	35	430	20	2	1	14
Classic Taco with All Natural Steak	132	200	60	7	2.5	0	35	250	20	3	1	15
Rubio's Street Taco® with All Natural Chicken*	72	100	25	3	0.0	0	25	260	10	2	0	10
Rubio's Street Taco® with All Natural Steak*	72	110	35	4	1.0	0	25	140	9	2	0	10
TWO TACO PLATES <i>Served with pinto beans and tortilla chips on stone-ground corn tortillas.</i>												
Two Grilled Gourmet Taco™ Plate with All Natural Chicken	455	970	370	41	14.0	0	105	1680	102	12	3	50
Two Grilled Gourmet Taco™ Plate with All Natural Steak	455	990	390	43	15.0	0	110	1440	102	12	3	52
Two Classic Taco Plate with All Natural Chicken	449	820	260	29	8.0	0	75	1240	101	14	4	39
Two Classic Taco Plate with All Natural Steak	421	720	160	18	6.0	0	70	900	100	14	3	40
THREE TACO PLATES <i>Served with pinto beans and tortilla chips on stone-ground corn tortillas.</i>												
Three Rubio's Street Tacos® with All Natural Chicken*	371	620	110	12	2.5	0	75	1170	89	14	3	39
Three Rubio's Street Tacos® with All Natural Steak*	371	650	140	15	3.5	0	85	810	89	14	2	41
BURRITOS <i>Served on a flour tortilla with a side of tortilla chips.</i>												
Burrito Especial with All Natural Chicken	581	1080	320	36	9.0	0	70	2180	150	16	5	42
Burrito Especial with All Natural Steak	581	1120	350	39	10.0	0	75	1880	149	16	5	45
Baja Grill Burrito® with All Natural Chicken	422	850	270	31	11.0	0	105	1800	100	8	5	48
Baja Grill Burrito® with All Natural Steak	422	890	310	34	13.0	0	110	1410	99	9	5	51
<i>Add Enchilada style, with fire roasted sauce</i>	116	130	45	5	1.0	0	5	480	5	1	2	2
<i>Add Enchilada style, with verde sauce</i>	116	160	70	8	1.0	0	5	650	19	6	12	6
GRILLED VEGGIES												
Grilled Gourmet Taco™ with Veggies	164	290	150	17	6.0	0	25	450	25	3	3	10
Two Grilled Gourmet Taco™ Plate with Veggies	438	900	340	38	12.0	0	55	1290	111	14	8	31
<i>Served with pinto beans & tortilla chips</i>	604	1050	330	37	9.0	0	10	1950	159	18	10	23
Burrito Especial with Veggies <i>Served with tortilla chips</i>	411	950	330	36	17.0	0	60	1610	120	14	3	41
Bean & Cheese Burrito <i>Served with tortilla chips</i>	487	1080	490	55	25.0	0	100	1680	111	10	10	40
DESSERTS												
Cinnamon Churro	57	240	120	13	1.5	0	10	140	30	1	7	2
Chocolate Chip Oatmeal Cookie	57	260	100	11	7.0	0	35	180	37	2	19	4
Snickerdoodle Cookie	57	270	110	12	7.0	0	35	200	39	0	22	2
Double Chocolate Toffee Cookie	57	230	70	8	5.0	0	25	160	40	2	25	3
Carmel Ganache Brownie	85	340	160	18	10.0	0	40	125	48	2	37	4
Limón Coconut Bar	79	370	230	26	15.0	1	60	150	33	1	20	4



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SIDES												
Tortilla Chips, regular	51	210	20	3	0.5	0	0	45	43	2	1	3
Tortilla Chips, large	113	460	45	5	1.0	0	0	95	96	5	2	7
"No-Fried" Pinto Beans™, regular	116	120	10	1	0.5	0	5	380	19	7	0	8
"No-Fried" Pinto Beans™, large	309	300	20	2	0.5	0	5	1010	51	19	1	20
Black Beans, regular	111	120	15	2	0.5	0	0	310	19	7	0	8
Black Beans, large	266	280	25	3	1.0	0	0	740	46	18	1	18
Citrus Rice, regular	65	100	15	2	0.0	0	0	220	21	1	0	2
Citrus Rice, large	170	270	35	4	0.5	0	0	590	55	2	0	5
Mexican Rice, regular	100	100	15	2	0.0	0	0	240	20	0	1	2
Mexican Rice, large	170	270	35	4	0.5	0	0	630	53	1	2	6
Guacamole	43	70	50	6	1.0	0	0	80	4	3	0	1
Sour Cream	43	90	60	7	5.0	0	30	20	1	0	1	1
KIDS Add any two kid's sides for total nutrition information. Our Chicken is all natural & raised without antibiotics. Excludes Drinks.												
The Original Fish Taco®	121	330	180	20	2.5	0	25	330	26	2	1	9
Bean & Cheese Burrito	252	580	230	25	12.0	0	35	1140	65	8	1	26
Cheese Quesadilla	167	540	260	29	14.0	0	50	900	49	2	1	24
Chicken Quesadilla	201	580	260	29	14.0	0	75	1140	49	2	1	33
Chicken Taquitos	122	280	130	14	4.0	0	35	380	25	2	1	15
Chicken Bites	120	350	160	18	2.0	0	60	380	25	2	0	21
Chicken Taco	96	160	35	4	1.5	0	35	290	18	1	0	14
Add "No-Fried" Pinto Beans™	102	100	5	0	0.0	0	0	330	17	6	0	6
Add black beans	88	90	5	1	0.0	0	0	240	15	6	0	6
Add chips	51	210	20	3	0.5	0	0	45	43	2	1	3
Add churro	29	120	60	7	0.5	0	5	70	15	1	3	1
Add mexican rice	85	140	20	2	0.0	0	0	320	27	0	1	3
Add citrus rice	85	140	15	2	0.0	0	0	290	27	1	0	3
Add Mott's® applesauce	113	50	0	0	0.0	0	0	0	13	1	11	0
SAUCES SIDES & SALSAS (1 oz)												
Jalapeno Citrus Hot Sauce	28	10	0	0	0.0	0	0	320	2	1	1	0
Diablo Hot Sauce	28	30	10	2	0.0	0	0	380	3	0	1	1
Chipotle White Sauce	28	130	120	14	3.0	0	10	105	0	0	0	0
White Sauce	28	140	140	15	3.0	0	10	100	0	0	0	0
Picante Salsa	28	15	10	1	0.0	0	0	135	2	0	1	0
Salsa Fresca	28	5	0	0	0.0	0	0	65	1	0	1	0
Mild Salsa	28	10	0	0	0.0	0	0	100	2	0	1	0
Roasted Chipotle Salsa	28	5	0	0	0.0	0	0	150	1	0	1	0
Tomatillo Salsa	28	25	0	0	0.0	0	0	130	4	1	3	1
Verde Salsa	28	25	0	0	0.0	0	0	130	4	1	3	1
Fire-Roasted Corn	28	35	10	1	0.0	0	0	70	6	1	1	1
DRINKS												
Regular (22 oz)												
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	624	5	0	0	0.0	0	0	20	2	0	0	0
Barq's Root Beer®	624	330	0	0	0.0	0	0	135	90	0	90	0
Caffeine-Free Diet Coke®	624	0	0	0	0.0	0	0	95	0	0	0	0
Coca-Cola Classic®	624	290	0	0	0.0	0	0	65	80	0	80	0
Coca-Cola Zero®	624	0	0	0	0.0	0	0	75	0	0	0	0
Diet Coke®	624	0	0	0	0.0	0	0	95	0	0	0	0
Dr Pepper®	624	250	0	0	0.0	0	0	85	72	0	72	0
Hi-C® Flashn' Fruit Punch®	624	310	0	0	0.0	0	0	105	85	0	83	0
Minute Maid® Light Lemonade	624	15	0	0	0.0	0	0	80	0	0	0	0
Minute Maid® Regular Lemonade	624	280	0	0	0.0	0	0	40	73	--	71	0
Odwalla Strawberry Citrus Lemonade	624	340	0	0	0.0	0	0	25	83	0	74	0
Odwalla Pomegranate Lime Lemonade	624	320	0	0	0.0	0	0	25	79	0	73	0
Odwalla Old-Fashioned Lemonade	624	280	0	0	0.0	0	0	15	70	0	66	0
Fuze® Raspberry Iced Tea	624	170	0	0	0.0	0	0	85	46	0	46	0
Sprite®	624	290	0	0	0.0	0	0	130	77	0	77	0
Fresca®	624	5	0	0	0.0	0	0	90	2	0	0	0
Vitamin Water XXX®	624	140	0	0	0.0	0	0	70	38	0	37	0
Vanilla Coke®	624	310	0	0	0.0	0	0	75	83	0	83	0



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Large (30 oz)												
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	850	5	0	0	0.0	0	0	35	3	0	0	0
Barq's Root Beer®	850	450	0	0	0.0	0	0	180	123	0	123	0
Caffeine-Free Diet Coke®	850	0	0	0	0.0	0	0	130	0	0	0	0
Coca-Cola Classic®	850	400	0	0	0.0	0	0	90	109	0	109	0
Coca-Cola Zero®	850	0	0	0	0.0	0	0	100	0	0	0	0
Diet Coke®	850	0	0	0	0.0	0	0	130	0	0	0	0
Dr Pepper®	850	340	0	0	0.0	0	0	115	98	0	98	0
Hi-C® Flashn' Fruit Punch®	850	420	0	0	0.0	0	0	140	116	0	113	0
Minute Maid® Light Lemonade	850	20	0	0	0.0	0	0	110	0	0	0	0
Minute Maid® Regular Lemonade	850	380	0	0	0.0	0	0	50	100	0	96	0
Odwalla Strawberry Citrus Lemonade	850	460	0	0	0.0	0	0	30	113	0	101	0
Odwalla Pomegranate Lime Lemonade	850	440	0	0	0.0	0	0	30	108	0	100	0
Odwalla Old-Fashioned Lemonade	850	380	0	0	0.0	0	0	20	96	0	90	0
Fuze® Raspberry Iced Tea	850	230	0	0	0.0	0	0	115	63	0	63	0
Sprite®	850	400	0	0	0.0	0	0	180	105	0	105	0
Fresca ®	850	5	0	0	0.0	0	0	125	3	0	0	0
Vitamin Water XXX ®	850	190	0	0	0.0	0	0	95	52	0	50	0
Vanilla Coke®	850	420	0	0	0.0	0	0	100	113	0	113	0
Kids (12 oz)												
Honest Kids, Appley Ever After	191	40	0	0	0.0	0	0	5	10	0	9	0
Milk 2% Reduced Fat, rBST-free	227	130	45	5	3.0	0	25	130	13	0	13	10
Fresh Brewed Iced Tea (Black, Mango & Passionfruit Green)	340	5	0	0	0.0	0	0	10	1	0	0	0
Barq's Root Beer®	340	180	0	0	0.0	0	0	75	49	0	49	0
Caffeine-Free Diet Coke®	340	0	0	0	0.0	0	0	50	0	0	0	0
Coca-Cola Classic®	340	160	0	0	0.0	0	0	35	44	0	44	0
Coca-Cola Zero®	340	0	0	0	0.0	0	0	40	0	0	0	0
Diet Coke®	340	0	0	0	0.0	0	0	50	0	0	0	0
Dr Pepper®	340	140	0	0	0.0	0	0	45	39	0	39	0
Hi-C® Flashn' Fruit Punch®	340	170	0	0	0.0	0	0	55	46	0	45	0
Minute Maid® Light Lemonade	340	10	0	0	0.0	0	0	45	0	0	0	0
Minute Maid® Regular Lemonade	340	150	0	0	0.0	0	0	20	40	0	39	0
Odwalla Strawberry Citrus Lemonade	340	180	0	0	0.0	0	0	15	45	0	40	0
Odwalla Pomegranate Lime Lemonade	340	170	0	0	0.0	0	0	15	43	0	40	0
Odwalla Old-Fashioned Lemonade	340	150	0	0	0.0	0	0	5	38	0	36	0
Fuze® Raspberry Iced Tea	340	90	0	0	0.0	0	0	45	25	0	25	0
Sprite®	340	160	0	0	0.0	0	0	70	42	0	42	0
Fresca ®	340	5	0	0	0.0	0	0	50	1	0	0	0
Vitamin Water XXX ®	340	80	0	0	0.0	0	0	40	21	0	20	0
Vanilla Coke®	340	170	0	0	0.0	0	0	40	45	0	45	0
Alcohol												
Craft Beer	12 oz.	Calories: 140-210										
Mexican Beer	12 oz.	Calories: 140-150										
Lolailo Red Sangria	10 oz.	Calories: 175										
The Beach House Chardonnay	6.3 oz.	Calories: 150										
Poema Sauvignon Red Blend	6.3 oz.	Calories: 150										

This information is as complete as possible at the time of compilation. Variations in ingredients or preparations may vary depending on substitutions, or supplier availability. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. The nutritional information listed in this guide is based on calculated Visit www.rubios.com to view our allergen chart. *** Products Not Available in Florida**