



HEALTHY DINING'S NUTRITION CRITERIA

HEALTHY DINING's registered dietitians have developed the following nutrition criteria:**

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

- Fruits and/or Vegetables (minimum .25 cup)
- Lean Protein
- Whole Grains

Entrées (or full meals):

- 750 calories or less
- 8 grams of saturated fat or less
- 2000 mg of sodium or less

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

**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.



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

SALADS & BOWLS – Add your choice of grilled seafood, all natural chicken or grilled veggies to each salad for total nutritional information.

	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)	Fruit/Veggies (cups)
Balsamic & Roasted Veggie Salad	260	200	90	10	1.5	0	0	640	27	5	15	4	2
Chopped Salad	352	380	280	31	7	0	25	710	19	5	8	7	3.25
Chipotle Orange Salad	270	370	210	24	4	0	5	840	36	6	17	5	2
Chipotle Ranch Salad	303	390	310	34	7	0	20	810	19	7	4	5	2.5
California Bowl with Salsa Verde	417	560	190	22	4	0	10	1200	80	13	5	14	1
California Bowl with Chipotle Salsa	417	550	190	22	4	0	10	1220	78	12	3	13	1
☑ Add Pan-Seared Shrimp	66	60	20	2	0	0	80	550	0	0	0	10	0
☑ Add Grilled All Natural Chicken	85	100	10	1	0	0	60	580	1	0	0	21	0
☑ Add Grilled Regal Springs® Tilapia*	100	130	40	5	1	0	55	135	0	0	0	22	0
☑ Add Grilled Veggies	108	60	15	2	0	0	0	340	10	2	5	1	0.5
☑ Add Grilled Wild Alaska Coho Salmon	91	110	30	4	0.5	0	45	150	3	0	0	18	0
☑ Add Grilled Wild Mahi Mahi – Florida Only	110	110	25	3	0.0	0	45	200	0	0	0	22	0

TACO PLATES – Served with citrus rice and black beans on stone ground corn tortillas unless noted

☑ Two Grilled Wild Alaska Coho Salmon Taco Plate	448	700	210	23	5	0	55	890	89	11	4	33	1
☑ Two Blackened Wild Alaska Coho Salmon Taco Plate	458	740	210	23	5	0	55	1430	93	13	4	35	1
☑ Two Grilled Regal Springs® Tilapia Taco Plate*	490	720	230	25	6	0	65	970	83	11	4	37	1
☑ Two Blackened Regal Springs® Tilapia Taco Plate*	500	760	250	27	6	0	65	1510	89	13	4	37	1
Two Classic Taco Plate with All Natural Chicken	470	740	250	29	8	0	75	1410	83	11	2	37	1
Two Classic Taco Plate with All Natural Steak	440	640	150	17	6	0	75	1050	83	13	2	39	1
☑ One Grilled Regal Springs® Tilapia Taco Plate*	333	480	130	14	4	0	35	760	63	9	2	23	0.5
☑ One Grilled Wild Ono Taco Plate*	313	510	160	18	4	0	25	740	65	9	2	23	0.5
☑ One Blackened Wild Ono Taco Plate*	317	520	160	18	4	0	25	980	67	10	2	23	0.5
☑ One Grilled Wild Alaska Coho Salmon Taco Plate	312	470	120	13	3	0	30	720	66	9	2	21	0.5
☑ One Blackened Wild Alaska Coho Salmon Taco Plate	317	490	120	13	3	0	30	990	68	10	2	22	0.5
☑ One Grilled Wild Mahi Mahi Taco Plate – Florida Only	248	340	55	6	1	0	30	810	53	9	0	19	0.5
☑ One Blackened Wild Mahi Mahi Taco Plate – Florida Only	248	350	65	7	2	0	30	690	52	9	0	19	0.5
☑ One Salsa Verde Shrimp Taco Plate (on flour tortilla)	324	530	180	20	6	0	60	1240	67	10	3	21	0.5
One Classic Taco Plate with All Natural Steak	308	440	90	10	4	0	40	800	63	10	1	24	0.5
One Classic Taco Plate with All Natural Chicken	323	490	140	16	5	0	40	980	63	9	1	23	0.5
One Grilled Gourmet Taco™ with Veggies Taco Plate	340	530	180	20	7	0	30	1000	68	10	3	19	0.75
One Grilled Gourmet Taco™ with All Natural Chicken	325	570	200	22	7	0	55	1190	64	9	1	29	0.25
Three Rubio's Street Tacos® Plate with All Natural Steak*	392	570	135	15	4	0	80	970	70	13	0	39	0.3
Three Rubio's Street Tacos® Plate with All Natural Chicken*	392	540	105	12	1	0	80	1330	73	13	0	39	0.3

BURRITOS

☑ Ancho Citrus Shrimp Burrito (without chips)	398	680	290	33	8	0	90	1760	77	9	4	22	1
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* Not available in Florida locations.