



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 CATCH												
TACOS												
Langostino Lobster Taco (on a flour tortilla)	149	350	210	23	7.0	0	35	500	24	2	2	13
Grilled Gourmet Taco™ with All Natural Steak (on a stone-ground corn tortilla)	149	340	180	20	7.0	0	55	520	21	2	1	21
TWO TACO PLATES Served with pinto beans and tortilla chips.												
Langostino Lobster Two Taco Plate	453	1020	440	50	16.0	0	75	1390	108	13	5	36
Surf & Turf Two Taco Plate (One Langostino Lobster Taco & One Grilled Gourmet Taco with All Natural Steak)	460	1010	410	46	15.0	0	95	1420	106	13	4	44
BURRITOS Served on a flour tortilla with a side of tortilla chips												
Langostino Lobster Burrito	476	1100	450	51	15.0	0	65	1550	125	11	4	34
Surf & Turf Burrito	462	1220	560	63	25	0.0	125	1690	118	7	4	49
BOWLS & SOUP												
Ahi Poke Bowl	346	500	110	13	2.0	0	35	1300	68	5	5	28
Ahi Poke Bowl (Double Ahi Poke)	426	530	110	12	1.5	0	65	1480	54	6	6	49
<i>Make it "Spicy-Style" with Fresno Chile Peppers</i> Add 5 calories												
Chicken Tortilla Soup (no tortillas)	320	230	60	7	2.0	0	35	1120	30	2	1	15
Chicken Tortilla Soup with two flour tortillas	396	470	140	16	5.0	0	35	1580	66	4	3	21
Chicken Tortilla Soup with two corn tortillas	392	400	70	8	2.0	0	35	1120	62	5	1	19
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.												
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 Wild Ono Taco	137	270	130	15	3	0	20	190	22	2	2	14
Blackened Wild Ono Taco	141	280	130	15	3	0	20	430	24	3	2	14
Grilled Mango Wild Ono Taco Served on flour tortillas	152	320	180	20	5	0	20	470	24	3	5	15
Blackened Mango Wild Ono Taco Served on flour tortillas	157	340	190	21	5	0	20	710	26	3	5	15
Grilled Gourmet Taco™ with Shrimp	154	320	170	19	6	0	65	690	21	2	1	16
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 Wild Ono Taco	420	890	460	52	11	0	100	1250	73	7	6	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 Wild Ono Taco Plate	430	850	290	33	7	0	40	770	104	13	4	38
Two Blackened Wild Ono Taco Plate	439	880	300	33	7	0	40	1240	108	14	5	39
Two Grilled Mango Wild Ono Taco Plate Served on flour tortillas	460	960	400	44	11	0	40	1330	108	14	11	40
Two Blackened Mango Wild Ono Taco Plate Served on flour tortillas	469	980	400	45	11	0	40	1810	113	15	11	40
Two Grilled Gourmet Taco™ Plate with Shrimp	464	950	380	42	14	0	140	1760	102	13	3	43
Two Salsa Verde Shrimp Taco Plate Served on flour tortillas	451	890	340	37	11	0	110	1760	108	15	8	34
SEAFOOD BURRITOS Served on a flour tortilla with a side of tortilla chips.												
Grilled Wild Alaska Coho Salmon Burrito	430	950	340	38	9.0	0	50	1200	122	10	6	33
Blackened Wild Alaska Coho Salmon Burrito	440	980	340	38	9.0	0	50	1740	127	11	6	34
Classic Grilled Shrimp Burrito	409	930	340	38	13.0	0	110	1830	117	8	4	33
Ancho Citrus Shrimp Burrito	562	1040	330	37	9.0	0	90	2150	148	16	5	31
Shrimp & Bacon Burrito	469	1100	480	53	19.0	0	140	2260	116	7	5	44
Grilled Wild Ono Burrito	432	1030	420	47	12.0	0	35	1240	120	9	6	37
Blackened Wild Ono Burrito	440	1050	430	48	12.0	0	35	1710	124	11	6	40
Signature Beer-Battered Fish Burrito	405	1090	510	57	11.0	0	45	1460	119	11	5	27
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
SALADS & BOWLS												
SALADS & BOWLS Includes dressing												
Mango Avocado Salad	303	460	290	32	3	0	0	590	41	6	13	6
Chipotle Orange Salad	270	370	210	24	4	0	5	840	36	6	17	5
Balsamic & Roasted Veggie Salad	260	380	280	31	3	0	0	530	24	4	11	4
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
Cilantro Lime Quinoa Bowl with almonds	397	550	220	25.0	2	0	0	1200	66	13	5	17
Add Grilled Wild Alaska Coho Salmon	91	110	30	3.5	1	0	45	150	3	0	0	18
Add Blackened Wild Alaska Coho Salmon	98	140	35	4.0	1	0	45	530	6	1	0	19
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 Ono	92	190	120	13.0	3	0	30	190	0	0	0	22
Add Blackened Wild Ono	101	220	120	14.0	3	0	30	670	5	1	0	23
Add Grilled Veggies	108	60	15	2.0	0	0	0	340	10	2	5	1
DRESSING (2 oz.)												
Lemon Agave Balsamic Vinaigrette	57	270	250	27	2.5	0	0	260	7	0	5	0
Chipotle Orange Vinaigrette	57	190	140	16	2.5	0	0	580	13	0	11	0
Chipotle Ranch Dressing	57	260	250	27	6.0	0	20	410	2	0	1	0

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
Cheese Nachos	459	1100	410	45	22.0	0	100	1190	136	16	6	42
Nachos with All Natural Chicken	544	1200	420	46	22.0	0	165	1770	138	16	6	64



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ALL NATURAL CHICKEN AND STEAK TACOS & BURRITOS - Our chicken is all natural and raised without antibiotics -												
TACOS Served on a stone-ground corn tortilla.												
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	270	120	14	4.0	0	40	310	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 Served with pinto beans and tortilla chips on stone-ground corn tortillas.												
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	449	840	280	31	9.0	0	80	1000	101	14	4	40
THREE TACO PLATES Served with pinto beans and tortilla chips on stone-ground corn tortillas.												
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 Served on a flour tortilla with a side of tortilla chips.												
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
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												
Served with pinto beans & tortilla chips	438	900	340	38	12.0	0	55	1290	111	14	8	31
Burrito Especial with Veggies Served with tortilla chips	604	1050	330	37	9.0	0	10	1950	159	18	10	23
Bean & Cheese Burrito Served with tortilla chips	411	950	330	36	17.0	0	60	1610	120	14	3	41
Veggie Quesadilla Served with tortilla chips.	487	1080	490	55	25.0	0	100	1680	111	10	10	40
DESSERTS												
Cinnamon Churro	57	240	120	13	2	0	10	140	30	1	7	2
Chocolate Chip Oatmeal Cookie	57	260	100	11	7	0	35	180	37	2	19	4
Snickerdoodle Cookie	57	270	110	12	7	0	35	200	39	0	22	2
Carmel Ganache Brownie	85	340	160	18	10	0	40	125	48	2	37	4
Limón Coconut Bar	79	370	230	26	15	1	60	150	33	1	20	4
SIDES												
Guacamole & Chips	142	340	130	14	3	0	0	200	51	8	2	5
Tortilla Chips, regular	51	210	20	3	1	0	0	45	43	2	1	3
Tortilla Chips, large	113	460	45	5	1	0	0	95	96	5	2	7
"No-Fried" Pinto Beans™, regular	116	120	10	1	1	0	5	380	19	7	0	8
"No-Fried" Pinto Beans™, large	309	300	20	2	1	0	5	1010	51	19	1	20
Black Beans, regular	111	120	15	2	1	0	0	310	19	7	0	8
Black Beans, large	266	280	25	3	1	0	0	740	46	18	1	18
Citrus Rice, regular	65	100	15	2	0	0	0	220	21	1	0	2
Citrus Rice, large	170	270	35	4	1	0	0	590	55	2	0	5
Mexican Rice, regular	100	100	15	2	0	0	0	240	20	0	1	2
Mexican Rice, large	170	270	35	4	1	0	0	630	53	1	2	6
Brown Rice & Quinoa, regular	57	70	10	1	0	0	0	170	14	1	0	2
Brown Rice & Quinoa, large	153	200	20	3	0	0	0	460	37	3	0	6
Guacamole	43	70	50	6	1	0	0	80	4	3	0	1
Sour Cream	43	90	60	7	5	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 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
Add churro	29	120	60	7	0.5	0	5	70	15	1	3	1
SAUCES & SALSAS												
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
Fire-Roasted Corn	28	35	10	1	0.0	0	0	70	6	1	1	1



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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
Dry 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
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										
Sangria	10 oz.	Calories: 175										
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 results of Visit www.rubios.com to view our allergen chart.												