

### Baja Sol Cantina Nutritional Information

Nutritional Facts	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Starters</b>																					
Sweet Corn Cakes	895	599	67	100	16	73			63	21	1257	52	72	24	9	41	8	39	43	17	13
Quesadilla Chicken	1456	878	98	146	30	135			251	84	2090	87	83	28	7	32	66	36	33	98	74
Quesadilla Steak	1312	764	85	127	31	138			170	57	2547	106	84	28	7	31	58	32	24	95	85
Quesadilla Vegetable	1210	728	81	121	24	107			98	33	2310	96	93	31	10	42	37	70	85	92	71
Baja Wings - Buffalo	1030	497	55	83	7	33			272	91	3737	156	30	10	2	7	100	34	68	7	24
Baja Wings - Sweet and Spicy	930	366	41	61	7	33			272	91	1381	58	32	11	2	7	100	8	19	7	24
Baja Wings - Tequila Honey Lime	998	366	41	61	7	33			272	91	2280	95	51	17	2	9	100	18	53	7	25
Jalapeno Chicken Empanadas	522	286	32	48	14	64			85	28	1459	61	44	15	5	20	20	30	37	34	41
Nachos - Grilled Chicken	1482	780	87	130	30	136			281	94	2773	116	100	33	18	78	79	56	46	106	41
Nachos - Ground Beef	1556	892	99	149	39	177			246	82	3072	128	104	35	19	82	66	61	49	106	46
Nachos - Grilled Steak	1338	666	74	111	31	139			200	67	3231	135	100	33	18	78	71	52	37	103	52
Chicken Taquitos	710	373	41	62	14	62			148	49	863	36	51	17	7	30	32	27	95	34	18
Guacamole w/ Chips	672	397	44	66	4	18			0	0	1153	48	72	24	18	79	6	7	32	7	19
Queso Amarillo w/Chips	883	496	55	83	26	117			125	42	3752	156	75	25	7	29	37	51	167	7	11
Queso Amarillo Con Carne	1058	644	72	107	28	128			171	57	3056	127	70	23	7	30	44	40	113	10	24
Queso Blanco w/Chips	1134	793	88	132	42	187			212	71	3814	159	54	18	6	24	45	54	11	107	8
Queso Blanco Con Carne	1208	823	91	137	38	170			224	75	3107	129	58	19	6	28	48	42	19	70	22
Dip Sampler	1104	566	63	94	28	126			137	46	3580	149	102	34	21	89	47	48	87	59	31
Fiesta Sampler Platter - Serves 4pp	2028	1017	113	169	39	176			383	128	4691	195	132	44	12	53	124	65	123	110	108
																			<b>% Daily Value</b>		
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<b>Half Starters</b>																					
Baja Wings - Buffalo Mini	571	298	33	50	4	19			138	46	2430	101	17	6	1	4	50	22	42	3	12
Baja Wings - Sweet and Spicy Mini	504	211	23	35	4	19			138	46	859	36	19	6	1	4	50	4	10	3	12
Baja Wings - Tequila Honey Lime Mini	549	211	23	35	4	19			138	46	1458	61	31	10	1	5	50	11	32	4	13
Chicken Taquitos Mini	369	198	22	33	7	34			77	26	453	19	26	9	4	16	16	14	49	17	9
Quesadilla - Chicken Mini	728	439	49	73	15	67			125	42	1045	44	41	14	4	16	33	18	17	49	37
Quesadilla - Steak Mini	656	382	42	64	15	69			85	28	1274	53	42	14	4	16	29	16	12	48	43
Jalapeno Chicken Empanadas Mini	274	154	17	26	8	35			46	15	751	31	23	8	2	11	10	16	20	17	21
Sweet Corn Cakes Mini	456	303	34	51	8	36			32	11	676	28	37	12	5	22	4	20	25	9	8

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<b>Soups and Salads</b>																					
Baja Chili - Cup	488	217	24	36	9	41			63	21	1510	63	48	16	8	34	23	22	103	19	38
Baja Chile - Bowl	986	388	43	65	17	76			98	33	2783	116	116	39	14	61	41	33	140	48	93
Cheesy Chicken Enchilada Soup - Cup	248	72	8	12	3	15			23	8	1836	77	35	12	2	10	11	0	2	9	15
Cheesy Chicken Enchilada Soup - Bowl	598	157	17	26	7	32			29	10	3009	125	95	32	6	25	22	0	3	31	61
Baja House Salad	354	198	22	33	5	22			20	7	554	23	30	10	5	23	11	59	66	23	13
Tomato Avocado Salad	340	262	29	44	4	17			5	2	402	17	17	6	6	24	4	34	74	8	8
Margarita Chopped Salad	1109	624	69	104	14	63			172	57	1402	58	69	23	14	59	55	114	136	48	36
Caribbean Shrimp Salad	695	282	31	47	5	23			209	70	743	31	68	23	11	46	36	211	259	26	36
Painted Desert Salad	1279	755	84	126	18	83			204	68	2013	84	76	25	21	89	62	145	161	52	46
Baja Tostada Salad - Grilled Chicken	1503	881	98	147	16	70			162	54	1891	79	92	31	17	75	63	114	124	56	60
Baja Tostada Salad - Chicken Tinga	1345	766	85	128	14	62			107	36	2344	98	96	32	18	79	57	142	177	55	55
Baja Tostada Salad - Grilled Steak	1358	767	85	128	16	73			81	27	2349	98	93	31	17	75	56	110	116	53	71
Baja Tostada Salad - Ground Beef	1576	992	110	165	25	112			127	42	2190	91	96	32	18	78	51	120	128	56	65
Baja Tostada Salad - Carnitas	1504	870	97	145	18	82			156	52	2229	93	95	32	17	76	68	113	134	63	92
Baja Tostada Salad - Grilled Vegetables	1261	734	82	122	13	57			30	10	1965	82	100	33	19	83	33	139	166	55	56
Baja Tostada Salad - Shrimp	1406	780	87	130	13	59			229	76	1856	77	92	31	17	76	59	127	142	58	70
Tostada Salad w/pep & on - Grilled Chicken	1475	883	98	147	16	70			162	54	1953	81	87	29	16	71	61	124	180	55	58
Tostada Salad w/pep & on - Chicken Tinga	1369	771	86	129	14	62			107	36	2494	104	100	33	19	84	51	153	235	56	58
Tostada Salad w/pep & on - Grilled Steak	1285	740	82	123	13	58			30	10	2114	88	105	35	20	88	34	151	223	56	59
Tostada Salad w/pep & on - Ground Beef	1600	998	111	166	25	112			127	42	2340	97	100	33	19	83	52	131	185	57	67
Tostada Salad w/pep & on - Carnitas	1528	876	97	146	18	83			156	52	2379	99	100	33	19	81	68	124	191	64	95
Tostada Salad w/pep & on - Grilled Vegetables	1285	753	84	126	15	69			68	23	2240	93	86	29	16	68	47	121	165	51	63
Tostada Salad w/pep & on - Shrimp	1430	785	87	131	13	59			229	76	2005	84	97	32	19	81	60	138	200	59	72
<b>% Daily Value</b>																					
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<b>Meat Choices - (per ounce)</b>																					
Grilled Chicken	78	44	5	7	1	4			33	11	56	2	0	0	0	0	8	1	2	1	3
Chicken Tinga	39	15	2	2	0	0			19	6	170	7	1	0	0	0	5	8	15	1	1
Ground Beef	97	72	8	12	3	14			24	8	131	5	1	0	0	0	5	2	3	1	4
Grilled Steak	42	15	2	3	1	4			13	4	171	7	0	0	0	0	6	0	0	0	5
Carnitas	79	41	5	7	1	7			32	11	141	6	0	0	0	0	9	1	5	2	11

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																		Vitamin A	Vitamin C	Calcium	Iron
<b>Side Choices - (per ounce)</b>																					
Baja Rice	26	6	1	1	0	0	0	0	0	0	100	4	4	1	0	0	1	1	3	2	2
Black Beans	52	3	0	1	0	0	0	0	0	0	87	4	9	3	2	10	3	1	2	3	5
No-Fried Beans	54	3	0	1	0	0	0	0	0	0	91	4	10	3	4	16	3	1	4	3	5
Fiesta Cream Corn	44	26	3	4	1	7	0	0	9	3	96	4	4	1	0	2	1	3	5	0	0
Jalapeno Ranch Slaw	44	38	4	6	1	3	0	0	3	1	92	4	2	1	0	2	0	2	17	1	1
Grilled Vegetables	18	7	1	1	0	0	0	0	0	0	75	3	2	1	0	2	0	7	13	1	2
																		<b>% Daily Value</b>			
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<b>Tacos - served with 2 - 4oz sides - numbers below reflect the average nutritional value of all sides</b>																					
Primo Tacos - Grilled Chicken	1145	499	55	83	18	80			212	71	1958	82	102	34	14	61	64	53	88	61	79
Primo Tacos - Chicken Tinga	967	370	41	62	16	71			151	50	2468	103	106	35	15	65	49	84	147	60	73
Primo Tacos - Ground Beef	1228	625	69	104	28	127			173	58	2295	96	106	35	15	64	50	59	92	61	84
Primo Tacos - Grilled steak	983	371	41	62	19	84			121	40	2473	103	102	34	14	60	55	49	78	58	91
Primo Tacos - Carnitas	1147	488	54	81	21	94			206	69	2339	97	105	35	14	62	69	52	99	69	115
Baja Street Tacos - Grilled Chicken	1222	568	63	95	10	46			171	57	1367	57	115	38	19	82	57	42	94	32	42
Baja Street Tacos - Chicken Tinga	1044	439	49	73	8	36			110	37	1877	78	120	40	20	86	42	73	153	31	37
Baja Street Tacos - Ground Beef	1305	694	77	116	20	92			132	44	1703	71	120	40	20	86	43	48	98	32	48
Baja Street Tacos - Grilled Steak	1060	440	49	73	11	49			80	27	1882	78	116	39	19	81	48	38	84	28	54
Baja Street Tacos - Carnitas	1224	557	62	93	13	59			165	55	1747	73	119	40	19	83	62	40	104	39	78
Fajita Tacos - Grilled Chicken	1168	505	56	84	18	81			212	71	2201	92	106	35	15	65	64	51	141	61	80
Fajita Tacos - Chicken Tinga	991	376	42	63	16	71			151	50	2712	113	111	37	16	69	50	82	200	60	75
Fajita Tacos - Ground Beef	1257	631	70	105	28	127			173	58	2538	106	111	37	16	68	50	57	145	62	86
Fajita Tacos - Grilled Steak	1006	377	42	63	19	84			121	40	2716	113	107	36	15	64	56	47	131	58	92
Fajita Tacos - Carnitas	1170	494	55	82	21	94			206	69	2582	108	110	37	15	65	69	50	151	69	116
Fish Tacos	1133	380	42	63	9	43			130	43	2363	98	140	47	17	75	54	34	101	48	75
Shrimp Tacos	1028	306	34	51	7	32			254	85	1773	74	127	42	17	72	55	87	216	44	94
Vegetable Tacos	902	360	40	60	13	58			53	18	2296	96	113	38	16	71	30	88	145	57	76
Family Taco Bar - (Serves 5 people)	911	368	41	61	15	68			135	45	2020	84	91	30	13	57	49	51	81	50	72

																		% Daily Value			
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<b>Signatures</b> - served with 2 - 4oz sides - numbers below reflect the average nutritional value of all sides																					
Inside Out Pork Green Chile Tamale	1247	656	73	109	21	96			198	66	2359	98	102	34	16	72	54	63	113	37	72
Inside Out Chicken Tinga Tamale	1087	552	61	92	17	76			149	50	2474	103	103	34	17	75	36	92	156	29	35
Inside Out Grilled Shrimp Tamale	1148	566	63	94	16	72			271	90	1985	83	99	33	16	72	45	77	121	32	50
Grilled Pepper Steak	1036	583	65	97	20	92			212	71	1439	60	55	18	13	58	61	51	172	18	62
Chicken Durango	924	283	31	47	10	47			264	88	1290	54	53	18	13	55	94	40	101	35	26
Mango BBQ Chicken	895	200	22	33	5	24			233	78	1032	43	72	24	12	53	87	73	124	14	25
Achiote Grilled Pork Chops	884	406	45	68	10	45			168	56	1729	72	56	19	13	57	63	34	101	18	35
Tortilla Crusted Tilapia	819	470	52	78	9	43			144	48	891	37	34	11	7	32	54	45	76	11	10
Shrimp Arroz	660	240	27	40	4	16			213	71	2376	99	62	21	9	41	42	83	228	28	55
																		% Daily Value			
Nutritional Facts	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Enchiladas</b> - served with 2 - 4oz sides - numbers below reflect the average nutritional value of all sides																					
Baja Enchiladas - Grilled Chicken - Mild Red	1398	813	90	135	26	118			224	75	2096	87	91	30	17	76	57	91	95	74	35
Baja Enchiladas - Grilled Chicken - Spicy Green	1244	673	75	112	23	104			211	70	1782	74	88	29	16	71	56	50	122	75	35
Baja Enchiladas - Chicken Tinga - Mild Red	1280	726	81	121	25	111			183	61	2436	102	95	32	18	79	48	112	134	74	31
Baja Enchiladas - Chicken Tinga - Spicy Green	1126	587	65	98	22	97			170	57	2122	88	91	30	17	73	47	71	161	74	31
Baja Enchiladas - Ground Beef - Mild Red	1454	896	100	149	33	149			198	66	2320	97	94	31	18	78	48	96	97	75	39
Baja Enchiladas - Ground Beef - Spicy Green	1300	757	84	126	30	135			185	62	2006	84	91	30	17	73	47	54	124	75	39
Baja Enchiladas - Grilled Steak - Mild Red	1290	727	81	121	27	120			164	55	2439	102	92	31	17	75	52	89	88	72	43
Baja Enchiladas - Grilled Steak - Spicy Green	1136	588	65	98	24	106			150	50	2126	89	89	30	16	70	51	48	115	72	43
Baja Enchiladas - Carnitas - Mild Red	1517	867	96	144	30	136			268	89	2561	107	96	32	18	77	74	91	108	83	75
Baja Enchiladas - Carnitas - Spicy Green	1245	665	74	111	25	113			207	69	2036	85	90	30	16	71	60	49	129	80	59
Fajita Enchiladas - Grilled Chicken - Mild Red	1398	813	90	135	26	118			224	75	2096	87	91	30	17	76	57	91	95	74	35
Fajita Enchiladas - Grilled Chicken - Spicy Green	1244	673	75	112	23	104			211	70	1782	74	88	29	16	71	56	50	122	75	35
Fajita Enchiladas - Grilled Steak - Mild Red	1290	727	81	121	27	120			164	55	2439	102	92	31	17	75	52	89	88	72	43
Fajita Enchiladas - Grilled Steak - Spicy Green	1136	588	65	98	24	106			150	50	2126	89	89	30	16	70	51	48	115	72	43
Vegetable Enchiladas	1274	791	88	132	26	118			133	44	2385	99	87	29	16	68	40	87	126	84	29
Queso Blanco Enchiladas - Grilled Chicken	1493	958	106	160	36	160			264	88	2917	122	75	25	14	59	67	61	75	93	29
Queso Blanco Enchiladas - Chicken Tinga	1375	872	97	145	34	154			223	74	3257	136	78	26	4	62	58	82	115	92	26
Queso Blanco Enchiladas - Ground Beef	1548	1042	116	174	42	191			238	79	3141	131	78	26	14	62	58	66	78	93	33
Queso Blanco Enchiladas - Grilled Steak	1385	872	97	145	36	162			204	68	3260	136	76	25	14	59	62	59	69	91	37
Queso Blanco Enchiladas - Carnitas	1494	950	106	158	38	169			260	87	3170	132	77	26	14	60	71	61	82	98	53
Cheese Enchiladas - Mild Red	1414	866	96	144	35	158			194	65	2337	97	91	30	17	75	49	102	88	118	27
Cheese Enchiladas - Spicy Green	1260	727	81	121	32	144			181	60	2023	84	87	29	16	70	49	61	115	118	27
Enchilada Trio - Mild Red	1368	802	89	134	29	132			194	65	2291	95	91	30	17	76	53	94	90	88	35
Enchilada Trio - Spicy Green	1213	622	74	110	26	118			181	60	1977	82	88	29	16	70	52	53	117	88	35

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<b>Burritos - served with 2 - 4oz sides - numbers below reflect the average nutritional value of all sides</b>																					
Baja Burrito - Grilled Chicken	1459	535	59	89	19	85			196	65	3084	129	164	55	23	100	75	54	108	80	115
Baja Burrito - Chicken Tinga	1302	420	47	70	17	76			142	47	3538	147	168	56	24	104	62	82	161	80	110
Baja Burrito - Ground Beef	1533	647	72	108	28	126			161	54	3383	141	168	56	24	103	62	60	112	81	120
Baja Burrito - Grilled Steak	1315	421	47	70	19	88			116	39	3542	148	165	55	23	99	67	51	100	77	126
Baja Burrito - Carnitas	1461	525	58	87	21	97			191	64	3422	143	168	56	23	101	79	53	118	87	147
Pork Green Chile Burrito - Grilled Chicken	1576	581	65	97	20	88			209	70	4561	190	179	60	26	115	79	78	282	84	126
Pork Green Chile Burrito - Chicken Tinga	1418	466	52	78	18	79			154	51	5015	209	183	61	27	119	67	106	335	83	121
Pork Green Chile Burrito - Ground Beef	1650	693	77	116	29	129			174	58	4860	203	183	61	27	118	67	84	286	85	131
Pork Green Chile Burrito - Grilled Steak	1432	467	52	78	20	91			128	43	5019	209	180	60	26	114	72	75	273	81	137
Pork Green Chile Burrito - Carnitas	1578	571	63	95	22	100			204	68	4900	204	182	61	27	115	84	77	271	91	158
Mild Red Burrito - Grilled Chicken	1687	670	74	112	26	118			240	80	3869	161	179	60	27	116	85	104	125	107	121
Mild Red Burrito - Chicken Tinga	1529	555	62	92	24	110			186	62	4323	180	183	61	28	120	72	131	178	106	116
Mild Red Burrito - Ground Beef	1761	782	87	130	35	160			205	68	4168	174	183	61	27	120	72	109	128	107	126
Mild Red Burrito - Grilled steak	1543	556	62	93	27	121			159	53	4327	180	180	60	27	116	77	100	116	104	132
Mild Red Burrito - Carnitas	1688	660	73	110	29	130			235	78	4207	175	182	61	27	117	89	102	134	114	153
Spicy Green Burrito - Grilled Chicken	1657	658	73	110	24	109			226	75	3555	148	175	58	26	111	84	62	151	107	121
Spicy Green Burrito - Chicken Tinga	1499	543	60	90	22	100			172	57	4009	167	179	60	26	115	71	90	204	106	116
Spicy Green Burrito - Ground Beef	1731	770	86	128	33	150			192	64	3854	161	179	60	26	114	72	68	155	107	126
Spicy Green Burrito - Grilled Steak	1513	544	60	91	25	112			146	49	4013	17	176	59	25	110	77	59	143	104	132
Spicy Green Burrito - Carnitas	1659	648	72	108	27	121			221	74	3893	162	179	60	26	111	88	61	161	114	153
Queso Burrito - Grilled Chicken	1871	878	98	146	40	180			305	102	4885	204	165	55	23	101	98	82	114	137	116
Queso Burrito - Chicken Tinga	1714	763	85	127	38	171			250	83	5338	222	169	56	24	105	86	110	167	137	111
Queso Burrito - Ground Beef	1945	990	110	165	49	221			270	90	5184	216	169	56	24	104	86	88	118	138	121
Queso Burrito - Grilled Steak	1727	764	85	127	41	182			224	75	5342	223	165	55	23	100	91	79	105	134	127
Queso Burrito - Carnitas	1873	868	96	145	43	191			300	100	5223	218	168	56	23	102	103	81	123	144	148
Fajita Burrito - Grilled Chicken	1394	526	58	88	19	84			163	54	3042	127	161	54	26	114	65	65	170	77	111
Fajita Burrito - Grilled Steak	1286	441	49	73	19	86			103	34	3386	141	161	54	26	113	60	63	164	74	119
BBQ Burrito - Grilled Chicken	1389	511	57	85	16	70			177	59	3474	145	159	53	19	83	68	81	169	70	104
BBQ Burrito - Chicken Tinga	1231	396	44	66	14	62			123	41	3928	164	163	54	20	86	56	108	221	69	99
BBQ Burrito - Ground Beef	1463	623	69	104	25	112			142	47	3773	157	163	54	20	86	56	86	172	71	109
BBQ Burrito - Grilled Steak	1245	397	44	66	16	73			97	32	3932	164	160	53	19	82	61	77	160	67	114
BBQ Burrito - Carnitas	1391	501	56	83	18	82			172	57	3813	159	162	54	19	83	73	79	178	77	136
Vegetable Burrito	1238	412	46	69	14	63			53	18	3330	139	173	58	25	107	45	82	150	76	111
Fish Burrito	1399	622	69	104	17	76			131	44	3081	128	152	51	22	94	54	99	130	73	97
Shrimp Burrito	1191	352	39	59	8	37			215	72	2028	84	162	54	19	84	54	142	265	53	110

																	% Daily Value																				
Nutritional Facts																	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Fajitas - served with 2 - 4oz sides - numbers below reflect the average nutritional value of all sides</b>																																					
Steak Fajitas	1387	585	65	97	24	107			145	48	3729	155	142	47	21	91	67	75	254	70	122																
Chicken Fajitas	1449	630	70	105	22	98			238	79	2953	123	139	46	21	91	73	79	264	74	104																
Shrimp Fajitas	1318	500	56	83	18	83			313	104	2899	121	140	47	21	91	66	95	285	76	115																
Vegetable Fajitas	1147	447	50	74	18	81			74	25	3045	127	150	50	23	100	35	111	316	73	100																
Combo Fajitas - Steak / Chicken	1418	607	67	101	23	102			192	64	3341	139	140	47	21	91	70	77	259	72	113																
Combo Fajitas - Steak / Shrimp	1352	542	60	90	21	95			229	76	3314	138	141	47	21	91	67	85	270	73	119																
Combo Fajitas - Steak / Vegetables	1276	519	58	87	21	94			110	37	3424	143	147	49	22	96	51	97	291	72	112																
Combo Fajitas - Chicken / Shrimp	1383	565	63	94	20	91			276	92	2926	122	139	46	21	91	69	87	275	75	110																
Combo Fajitas - Chicken / Vegetables	1307	542	60	90	20	90			156	52	3036	127	146	49	22	96	54	99	297	73	103																
Combo Fajitas - Shrimp / Vegetables	1241	477	53	79	18	82			194	65	3010	125	146	49	22	97	51	107	307	75	108																
																	% Daily Value																				
Nutritional Facts																	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Desserts</b>																																					
White Chocolate Banana Quesadilla	1139	439	49	73	20	91			47	16	938	39	162	54	7	31	16	10	26	44	49																
Tortuga Sundae	1099	396	44	66	15	66			45	15	642	27	159	53	6	28	13	13	13	17	26																
Sopapilla Sundae	830	153	17	26	9	39			34	11	1154	48	156	52	5	23	15	6	0	40	66																
White Chocolate Banana Quesadilla - Taste	463	175	19	29	10	43			24	8	344	14	66	22	2	11	6	5	9	18	17																
Tortuga Sundae - Taste	555	198	22	33	7	33			22	7	321	13	80	27	3	14	7	7	7	8	13																
Sopapilla Sundae - Taste	415	77	9	13	4	20			17	6	577	24	78	26	3	11	8	3	0	20	33																

Nutritional Facts																			% Daily Value			
	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
<b>Lunch - served with 1 - 4oz side - numbers below reflect the average nutritional value of all sides</b>																						
Soup and Salad Combo - No Side Dish	638	273	30	46	8	38			43	14	2495	104	71	24	9	39	24	62	76	33	31	
Soup and Taco Combo	560	205	23	34	8	38			89	30	2353	98	61	20	5	21	30	13	20	27	38	
Tacos Duo - Grilled Chicken	711	314	35	52	11	51			139	46	1185	49	61	20	8	33	41	32	49	39	49	
Tacos Duo - Chicken Tinga	592	228	25	38	10	45			98	33	1525	64	64	21	8	36	31	53	89	38	46	
Tacos Duo - Ground Beef	766	398	44	66	18	82			113	38	1409	59	64	21	8	36	31	36	52	39	53	
Tacos Duo - Grilled Steak	603	229	25	38	12	53			78	26	1528	64	61	20	8	33	35	29	43	36	57	
Tacos Duo - Carnitas	712	307	34	51	13	60			135	45	1439	60	63	21	8	34	44	31	56	44	73	
Enchiladas - Grilled Chicken - Mild Red	839	481	53	80	17	75			147	49	1291	54	54	18	10	44	36	58	55	48	20	
Enchiladas - Grilled Chicken - Spicy Green	820	473	53	79	15	68			138	46	1081	45	52	17	9	40	36	31	73	48	20	
Enchiladas - Chicken Tinga - Mild Red	760	424	47	71	16	70			120	40	1517	63	56	19	10	46	30	72	82	47	18	
Enchiladas - Chicken Tinga - Spicy Green	741	416	46	69	14	64			111	37	1308	54	54	18	10	42	29	44	99	47	18	
Enchiladas - Ground Beef - Mild Red	876	537	60	89	21	95			130	43	1440	60	56	19	10	45	30	61	57	48	23	
Enchiladas - Ground Beef - Spicy Green	856	529	59	88	20	89			120	40	1231	51	54	18	10	42	30	33	75	48	23	
Enchiladas - Grilled Steak - Mild Red	767	424	47	71	17	76			107	36	1519	63	55	18	10	43	33	56	51	46	26	
Enchiladas - Grilled Steak - Spicy Green	747	416	46	69	16	70			98	33	1310	55	52	17	9	40	32	29	69	46	26	
Enchiladas - Carnitas - Mild Red	840	476	53	79	18	81			144	48	1460	61	56	19	10	44	39	58	60	51	36	
Enchiladas - Carnitas - Spicy Green	820	468	52	78	17	74			135	45	1250	52	53	18	9	40	38	30	78	51	36	
Taco Taquito Combo - Grilled Chicken	749	337	37	56	11	52			137	46	1139	47	65	22	9	40	39	32	83	38	37	
Taco Taquito Combo - Chicken Tinga	690	294	33	49	11	48			116	39	1309	55	66	22	9	41	34	42	103	38	35	
Taco Taquito Combo - Ground Beef	777	379	42	63	15	67			124	41	1251	52	66	22	9	41	34	34	85	38	39	
Taco Taquito Combo - Grilled Steak	695	294	33	49	12	53			107	36	1311	55	65	22	9	40	36	30	80	37	41	
Taco Taquito Combo - Carnitas	750	333	37	56	12	56			135	45	1266	53	66	22	9	40	40	31	87	41	49	
Chicken Fajita Tacos	728	320	36	53	12	52			139	46	1350	56	64	21	8	36	41	31	84	39	50	
Baja Burger	839	588	65	98	20	91			151	50	1043	43	28	9	7	31	35	28	55	18	29	
Chicken Sierra Sandwich	1067	491	55	82	14	61			138	46	2198	92	104	35	11	48	48	46	124	53	82	
Steak Sierra Sandwich	1128	595	66	99	14	63			78	26	2380	99	101	34	10	44	42	39	99	50	88	
Grilled Vegetable Sierra Sandwich	904	389	43	65	11	52			40	13	2328	97	112	37	13	56	26	72	168	53	81	
BBQ Carnitas Sandwich	1054	418	46	70	14	62			125	42	2593	108	117	39	12	53	53	45	105	58	106	
Margarita Chopped Salad - No Side Dish	668	388	43	65	8	36			119	40	757	32	35	12	7	30	35	66	79	25	22	
Nutritional Facts																			% Daily Value			
	Calories (kcal)	Cals from Fat	Total Fat (g)	% Daily value	Sat Fat (g)	% Daily value	Trans Fat (g)	% Daily value	Cholesterol (mg)	% Daily value	Sodium (mg)	% Daily value	Total Carbs (g)	% Daily value	Dietary Fiber (g)	% Daily value	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
<b>Kids Menu - served with 1 - 4oz side - rice crispy treat and apple juice</b>																						
Kidsadilla	906	383	43	64	13	57			53	18	1629	68	111	37	7	31	25	40	158	51	88	
Kids Taco - Grilled Chicken	669	203	23	34	6	27			67	22	1251	52	94	31	6	28	25	39	165	21	77	
Kids Taco - Ground Beef	696	245	27	41	9	42			54	18	1363	57	95	32	7	29	21	41	167	22	79	
Burrito Duo - Grilled Chicken	786	239	27	40	8	35			72	24	1532	64	111	37	7	32	29	35	161	32	92	
Burrito Duo - Ground Beef	814	281	31	47	11	51			59	20	1644	68	113	38	8	33	25	37	163	32	94	
Kids Nachos	721	271	30	45	10	45			53	18	1401	58	95	32	7	31	21	40	158	39	60	
Kids Chicken Fingers	754	327	36	54	7	32			54	18	1720	72	85	28	5	22	21	28	152	6	87	