

build your own favorite

burrito

flour tortilla and choice of protein
cal 375-530

bowl

rice, black or pinto beans, roasted veggies, onion & cilantro mix, choice of salsa and protein
cal 355-520

2 taco combo

corn or flour tortillas
rice, black or pinto beans and choice of protein
cal 350-550

quesadilla

cheese, guacamole and sour cream
cal 1010-1200

favorites

salad

ensalada: lettuce, cotija cheese, pico, tortilla strips, choice of dressing and protein
cal 165-610

tostada: tortilla shell, lettuce, black or pinto beans, guacamole, cheese, pico, sour cream and choice of protein
cal 945-1110

nachos

chips, queso, black or pinto beans, guacamole, pico, sour cream and choice of protein
cal 1255-1420

pick your protein

the build your own favorite entrée calorie ranges reflect the proteins below

chicken	13.00	pork carnitas	13.00	steak	14.00	roasted veggies	13.00
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Certain items on our menu are cooked to order and may be served raw or undercooked. Consuming undercooked meats, poultry, shellfish, fish, or eggs may increase the risk of a foodborne illness. We take steps to minimize risk and safely handle the foods that contain potential allergens, but please be advised that cross-contamination may occur. 41.0279 © 2023 MTY Franchising USA, Inc.

pick your add-ons extras _____

rice • beans • roasted veggies • cheese
onion & cilantro mix • salsa • tomato • pico
lettuce • jalapeño • tortilla strips
adds 5-110 cal

double chicken or carnitas
adds 50-160 cal
3.95

double steak
adds 60/190 cal
4.95

guacamole
adds 40/80 cal
3.50

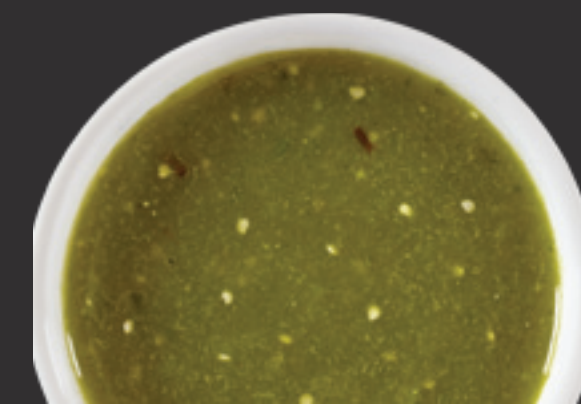
sour cream
adds 30-90 cal
1.00

queso
adds 60-230 cal
2.95

extra tortilla
adds 70-340 cal
1.50

chips and salsa served with every meal
adds cal 220-255

eat well. live fresh.®



baja a la carte

tacos

corn or flour tortilla and choice of protein

chicken

cal 120/160

pork carnitas

cal 140/180

steak

cal 130/170

roasted veggies

cal 85/125



5.00

5.00

6.00

4.00

sides

regular 3oz

large 8oz

queso and chips

cal 720/1570

7.00

8.50

guacamole and chips

cal 620/1380

7.50

9.00

salsa and chips

cal 1050-1080

7.00

rice

cal 260

3.50

beans

cal 290-310

3.50

churro

cal 210

1.50

beverages

regular

cal 0-330

3.00

queso



guacamole

