

**At TACO DEL MAR®, you don't have to sacrifice flavor to eat smart. We have plenty of menu choices that weigh in at 500 calories or less! Use your Inner Baja to create your own delicious meal using our lean proteins, fiber-rich beans, whole grain corn tortillas, fat-free flavorful salsas, and nutrient-packed veggies, Pico de Gallo and guacamole.**

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Burrito Bowls - Regular</b>												
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
<i>Nutrition information for Vegan Bowls include rice, refried beans, lettuce, Pico, guacamole. Optional add-ons &amp; sauces not included.</i>												
<b>Burritos - Small</b>												
Pork Burrito	291g	500	150	17	7	0	50	1290	67	5	2	22
Steak Burrito	291g	490	140	15	7	0	40	1290	69	5	2	20
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15
<i>Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese &amp; sour cream. Optional add-ons &amp; sauces not included.</i>												
<b>Tacos</b>												
Chicken Taco - flour tortilla	159g	240	110	13	6	0	50	690	20	2	2	13
Fish Taco - flour tortilla	183g	350	200	22	7	0	50	640	27	3	2	12
Ground Beef Taco - flour tortilla	159g	260	140	15	8	0	45	670	20	2	2	14
Pork Taco - flour tortilla	159g	240	110	12	6	0	50	680	19	2	2	14
Shredded Beef Taco - flour tortilla	159g	240	110	12	6	0	45	600	20	2	2	15
Shrimp Taco - flour tortilla	193g	310	170	18	7	0	105	710	22	2	3	15
Steak Taco - flour tortilla	159g	220	90	10	5	0	40	680	20	2	2	13
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10
<i>Nutrition for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese &amp; sour cream. Optional add-ons &amp; sauces not included.</i>												
<b>Burrito Bowls - Regular (without sour cream)</b>												
Pork Burrito Bowl	405g	500	140	15	6	0	70	1440	61	6	2	29
Shrimp Burrito Bowl	420g	480	110	12	5	0	175	1410	62	7	3	31
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Veggie Burrito Bowl	412g	460	140	15	5	0	25	1030	64	10	4	17
<i>Nutrition information for Burrito Bowls includes rice, refried beans, protein, cheese, Pico de Gallo; Veggie Burrito Bowls include rice, refried beans, cheese, guacamole, lettuce, Pico. Vegan Burrito Bowl same as Veggie without cheese. Optional sour cream, add-ons &amp; sauces not included.</i>												
<b>Burritos - Small (without sour cream)</b>												
Chicken Burrito	274g	470	130	14	5	0	40	1270	67	5	1	20
Ground Beef Burrito	274g	500	150	17	7	0	30	1240	67	5	1	20
Pork Burrito	274g	470	120	13	5	0	35	1260	66	5	1	21
Shredded Beef Burrito	274g	470	120	13	5	0	35	1170	67	5	1	22
Shrimp Burrito	315g	500	180	20	6	0	95	1330	58	8	2	23
Steak Burrito	274g	470	120	13	5	0	35	1200	68	5	2	22
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	277g	440	110	13	4.5	0	10	1030	68	6	2	14
<i>Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo; Veggie Burrito includes flour tortilla, guacamole, rice, refried beans, cheese, lettuce, Pico. Vegan Burrito same as Veggie without cheese. Optional sour cream, add-ons &amp; sauces not included.</i>												
<b>Tacos (without sour cream)</b>												
Chicken Taco - flour tortilla	142g	200	80	9	4	0	40	660	19	2	2	12
Fish Taco - flour tortilla	166g	310	170	19	5	0	35	610	26	3	2	11
Fish Taco - hard corn shell	156g	320	190	21	6	0	35	390	25	3	2	10
Fish Taco - soft corn tortillas	191g	340	170	19	4	0	35	390	35	4	2	10
Ground Beef Taco - flour tortilla	142g	230	110	12	6	0	30	640	18	2	2	13
Ground Beef Taco - hard corn shell	132g	240	130	14	6	0	30	420	17	2	2	11
Ground Beef Taco - soft corn tortilla	167g	260	110	12	5	0	30	420	27	3	2	12
Pork Taco - flour tortilla	142g	200	80	8	4	0	35	650	18	2	1	14
Pork Taco - hard corn shell	132g	210	100	11	4.5	0	35	430	17	2	1	12
Pork Taco - soft corn tortillas	167g	230	80	8	3	0	35	430	27	3	1	13
Shredded Beef Taco - flour tortilla	142g	210	80	8	4	0	35	570	18	2	2	14
Shredded Beef Taco - hard corn shell	132g	220	100	11	4.5	0	35	350	17	2	2	13
Shredded Beef Taco - soft corn tortillas	167g	240	80	8	3	0	35	350	27	3	2	13
Shrimp Taco - flour tortilla	176g	270	140	15	4.5	0	95	680	21	2	2	14
Shrimp Taco - hard corn shell	166g	280	160	18	5	0	95	460	20	3	2	13

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Shrimp Taco - soft corn tortillas	201g	300	140	15	3.5	0	95	460	30	3	2	13
Steak Taco - flour tortilla	142g	200	70	8	4	0	35	600	19	2	2	14
Steak Taco - hard corn shell	132g	210	90	10	4.5	0	35	380	18	2	2	13
Steak Taco - soft corn tortillas	167g	230	70	8	3	0	35	380	28	3	2	13
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Vegan Taco - hard corn shell	175g	230	70	8	2	0	0	330	36	5	2	5
Vegan Taco - soft corn tortillas	209g	250	45	5	0.5	0	0	330	46	6	2	6
Veggie Taco - flour tortilla	178g	240	60	7	3.5	0	10	580	36	4	1	9
Veggie Taco - hard corn shell	169g	250	90	10	4	0	10	360	35	4	1	8
Veggie Taco - soft corn tortillas	203g	270	60	7	2.5	0	10	360	45	5	1	8

*Nutrition for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, guacamole. Vegan Taco same as Veggie without cheese. Optional sour cream, add-ons & sauces not included.*

Tortillas, Sauces & Add-ons												
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Bean & Corn Salsa - 2 oz	57g	60	5	0.5	0	0	0	230	12	3	1	3
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Chicken Add On - 1 scoop	85g	120	60	7	2	0	55	590	2	1	1	12
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Chorizo - 1.5 oz	43g	120	90	10	3.5	0	15	430	2	1	0	6
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Eggs - 1 scoop	71g	110	80	9	2.5	0	290	220	1	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Fish Add On - 2 pc	79g	160	80	8	0.5	0	35	340	12	1	0	9
Ground Beef Add On - 1 scoop	85g	170	110	12	6	0	40	550	2	1	1	13
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno bacon - 1 slice	6g	25	2	0.5	0	0	5	110	0	0	0	2
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Pork Add On - 1 scoop	85 g	120	50	6	2	0	50	570	1	0	0	15
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Salsa, Habanero (Hot) - 1 ladle	34g	5	0	0	0	0	0	150	1	0	1	0
Salsa, Mango - 1 ladle	40g	25	0	0	0	0	0	190	5	1	4	1
Salsa, Roasted Chipotle (Medium) - 1 ladle	34g	10	0	0	0	0	0	105	2	0	1	0
Salsa, Tomatillo (Mild) - 1 ladle	34g	10	0	0	0	0	0	180	2	0	1	0
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Shredded Beef Add On - 1 scoop	85g	120	50	6	2	0	45	400	2	0	1	15
Shrimp Add On - 10 shrimp	99g	80	10	1	0	0	150	480	2	0	1	15
Sour Cream Add On - 1 scoop	35g	70	60	7	4	0	25	55	2	0	1	1
Steak Add On - 1 scoop	85g	120	40	4.5	1.5	0	45	460	4	0	1	15
White Sauce - 1.5 oz	43g	180	180	19	3.5	0	20	160	2	0	0	0

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<b>Sides/Combos</b>												
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12
<i>Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.</i>												
<b>Desserts</b>												
Brownie	70g	230	90	11	2.5	0	35	180	34	2	25	3
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2
<b>Kid's Menu</b>												
Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Chicken Taco - flour tortilla	113g	200	80	9	4	0	40	590	18	2	1	12
Chips 2 oz serving	57g	280	150	16	1.5	0	0	210	31	3	0	3
Fish Taco - flour tortilla	117g	220	90	10	3.5	0	30	470	24	2	1	11
Ground Beef Taco - flour tortilla	113g	220	110	12	6	0	30	570	17	2	1	13
Pork Taco - flour tortilla	113g	200	80	8	4	0	35	580	17	1	1	13
Rice & Beans (black) - as entrée or side	170g	200	20	2	0	0	0	420	37	4	1	6
Rice & Beans (pinto) - as entrée or side	170g	190	15	1.5	0	0	0	360	36	5	0	7
Rice & Beans (refried) - as entrée or side	170g	200	20	2.5	0.5	0	0	490	36	6	0	8
Shredded Beef Taco - flour tortilla	113g	200	80	8	4	0	35	500	17	1	1	14
Shrimp Taco - flour tortilla	127g	180	50	6	3	0	85	540	19	2	1	14
Steak Taco - flour tortilla	113g	200	70	8	4	0	35	530	18	1	1	14
<i>Nutrition information for Kid's Menu provided on burrito, quesadilla &amp; taco only; chips listed separately above, cookie listed in dessert section &amp; drinks listed in beverage section.</i>												
<b>Breakfast</b>												
Breakfast Bowl - chorizo	231g	370	220	24	9	0	320	1100	20	5	1	22
Breakfast Bowl - jalapeno bacon	200g	300	160	18	6	0	315	900	18	4	1	19
Breakfast Bowl - no meat	189g	250	130	14	5	0	305	670	18	4	1	15
Breakfast Burrito - no meat	260g	460	170	19	7	0	305	1180	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - chorizo	224g	500	250	27	10	0	320	1290	41	2	1	24
Breakfast Quesadita - jalapeno bacon	193g	430	190	22	8	0	315	1090	39	1	1	22
Breakfast Quesadita - no meat	182g	370	160	18	7	0	305	870	39	1	1	18
Breakfast Taco - chorizo, flour tortilla	163g	340	200	22	8	0	230	940	20	2	1	18
Breakfast Taco - jalapeno bacon, flour tortilla	132g	270	140	16	6	0	230	740	18	1	1	16
Breakfast Taco - no meat, flour tortilla	120g	220	110	12	5	0	215	510	18	1	1	12
Coffee	12 fl oz	0	0	0	0	0	0	5	0	0	0	0
<i>Nutrition information for Breakfast Burrito includes tortilla, beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional sour cream, guacamole, add-ons &amp; sauces not included.</i>												