



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Burritos									
Baja Burrito - Carnitas	X		X	X					
Baja Burrito - Chicken	X		X	X					
Baja Burrito - Crispy Wahoo	X		X	X			X		
Baja Burrito - Grilled Wahoo	X		X	X			X		
Baja Burrito - Impossible	X		X	X					
Baja Burrito - Roasted Veggies	X		X	X					
Baja Burrito - Shrimp	X		X	X				X	
Baja Burrito - Steak	X		X	X					
Bean & Cheese - Black Bean	X		X	X					
Bean & Cheese - Carnitas & Black Beans	X		X	X					
Bean & Cheese - Carnitas & Pinto Beans	X		X	X					
Bean & Cheese - Chicken & Black Beans	X		X	X					
Bean & Cheese - Chicken & Pinto Beans	X		X	X					
Bean & Cheese - Crispy Wahoo & Black Beans	X		X	X			X		
Bean & Cheese - Crispy Wahoo & Pinto Beans	X		X	X			X		
Bean & Cheese - Grilled Wahoo & Black Beans	X		X	X			X		
Bean & Cheese - Grilled Wahoo & Pinto Beans	X		X	X			X		
Bean & Cheese - Impossible & Black Beans	X		X	X					
Bean & Cheese - Impossible & Pinto Beans	X		X	X					
Bean & Cheese - Pinto Beans	X		X	X					
Bean & Cheese - Roasted Veggies & Black Beans	X		X	X				X	
Bean & Cheese - Roasted Veggies & Pinto Beans	X		X	X				X	
Bean & Cheese - Shrimp & Black Beans	X		X	X				X	
Bean & Cheese - Shrimp & Pinto Beans	X		X	X				X	
Bean & Cheese - Steak & Black Beans	X		X	X					
Bean & Cheese - Steak & Pinto Beans	X		X	X					
Burrito Mexicano - Carnitas & Black Beans	X			X					
Burrito Mexicano - Carnitas & Pinto Beans	X			X					
Burrito Mexicano - Chicken & Black Beans	X			X					
Burrito Mexicano - Chicken & Pinto Beans	X			X					
Burrito Mexicano - Crispy Wahoo & Black Beans	X			X			X		
Burrito Mexicano - Crispy Wahoo & Pinto Beans	X			X			X		
Burrito Mexicano - Grilled Wahoo & Black Beans	X			X			X		
Burrito Mexicano - Grilled Wahoo & Pinto Beans	X			X			X		
Burrito Mexicano - Impossible & Black Beans	X			X					
Burrito Mexicano - Impossible & Pinto Beans	X			X					
Burrito Mexicano - Roasted Veg & Black Beans	X			X					
Burrito Mexicano - Roasted Veg & Pinto Beans	X			X					
Burrito Mexicano - Shrimp & Black Beans	X			X				X	
Burrito Mexicano - Shrimp & Pinto Beans	X			X				X	
Burrito Mexicano - Steak & Black Beans	X			X					
Burrito Mexicano - Steak & Pinto Beans	X			X					
Burrito Ultimo® - Carnitas	X		X	X					
Burrito Ultimo® - Chicken	X		X	X					
Burrito Ultimo® - Crispy Wahoo	X		X	X			X		
Burrito Ultimo® - Grilled Wahoo	X		X	X			X		
Burrito Ultimo® - Impossible	X		X	X					



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Burritos									
Burrito Ultimo® - Roasted Veggies	X		X	X					
Burrito Ultimo® - Shrimp	X		X	X				X	
Burrito Ultimo® - Steak	X		X	X					
Diablo Burrito - Carnitas	X	X	X	X					
Diablo Burrito - Chicken	X	X	X	X					
Diablo Burrito - Crispy Wahoo	X	X	X	X			X		
Diablo Burrito - Grilled Wahoo	X	X	X	X			X		
Diablo Burrito - Impossible	X	X	X	X					
Diablo Burrito - Roasted Veggies	X	X	X	X					
Diablo Burrito - Shrimp	X	X	X	X				X	
Diablo Burrito - Steak	X	X	X	X					
Dos Manos - Carnitas & Black Beans	X		X	X					
Dos Manos - Carnitas & Pinto Beans	X		X	X					
Dos Manos - Chicken & Black Beans	X		X	X					
Dos Manos - Chicken & Pinto Beans	X		X	X					
Dos Manos - Crispy Wahoo & Black Beans	X		X	X			X		
Dos Manos - Crispy Wahoo & Pinto Beans	X		X	X			X		
Dos Manos - Grilled Wahoo & Black Beans	X		X	X			X		
Dos Manos - Grilled Wahoo & Pinto Beans	X		X	X			X		
Dos Manos - Impossible & Black Beans	X		X	X					
Dos Manos - Impossible & Pinto Beans	X		X	X					
Dos Manos - Roasted Veggie & Black Beans	X		X	X					
Dos Manos - Roasted Veggie & Pinto Beans	X		X	X					
Dos Manos - Shrimp & Black Beans	X		X	X				X	
Dos Manos - Shrimp & Pinto Beans	X		X	X				X	
Dos Manos - Steak & Black Beans	X		X	X					
Dos Manos - Steak & Pinto Beans	X		X	X					
Fajita Burrito - Carnitas	X		X	X					
Fajita Burrito - Chicken	X		X	X					
Fajita Burrito - Crispy Wahoo	X		X	X			X		
Fajita Burrito - Grilled Wahoo	X		X	X			X		
Fajita Burrito - Impossible	X		X	X					
Fajita Burrito - Roasted Veggies	X		X	X					
Fajita Burrito - Shrimp	X		X	X				X	
Fajita Burrito - Steak	X		X	X					
Fuego Burrito - Impossible	X	X	X	X					
Nacho Burrito - Carnitas	X		X	X					
Nacho Burrito - Chicken	X		X	X					
Nacho Burrito - Crispy Wahoo	X		X	X			X		
Nacho Burrito - Grilled Wahoo	X		X	X			X		
Nacho Burrito - Impossible	X		X	X					
Nacho Burrito - Roasted Veggies	X		X	X					
Nacho Burrito - Shrimp	X		X	X				X	
Nacho Burrito - Steak	X		X	X					
Rice, Bean & Cheese - Black Bean	X		X	X					
Rice, Bean & Cheese - Pinto Beans	X		X	X					
Veggie Burrito - Black Beans	X		X	X					



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Burritos									
Veggie Burrito - Carnitas & Black Beans	X		X	X					
Veggie Burrito - Carnitas & Pinto Beans	X		X	X					
Veggie Burrito - Chicken & Black Beans	X		X	X					
Veggie Burrito - Chicken & Pinto Beans	X		X	X					
Veggie Burrito - Crispy Wahoo & Black Beans	X		X	X			X		
Veggie Burrito - Crispy Wahoo & Pinto Beans	X		X	X			X		
Veggie Burrito - Grilled Wahoo & Black Beans	X		X	X			X		
Veggie Burrito - Grilled Wahoo & Pinto Beans	X		X	X			X		
Veggie Burrito - Impossible & Black Beans	X		X	X					
Veggie Burrito - Impossible & Pinto Beans	X		X	X					
Veggie Burrito - Pinto Beans	X		X	X					
Veggie Burrito - Shrimp & Black Beans	X		X	X				X	
Veggie Burrito - Shrimp & Pinto Beans	X		X	X				X	
Veggie Burrito - Steak & Black Beans	X		X	X					
Veggie Burrito - Steak & Pinto Beans	X		X	X					
Tacos									
Americano Taco - Carnitas	X		X	X					
Americano Taco - Chicken	X		X	X					
Americano Taco - Crispy Wahoo	X		X	X			X		
Americano Taco - Grilled Wahoo	X		X	X			X		
Americano Taco - Impossible	X		X	X					
Americano Taco - Roasted Veggies	X		X	X					
Americano Taco - Shrimp	X		X	X				X	
Americano Taco - Steak	X		X	X					
Baja Taco - Carnitas (Corn Tortilla)									
Baja Taco - Chicken (Corn Tortilla)	X			X					
Baja Taco - Impossible	X								
Baja Taco - Roasted Veggies (Corn Tortilla)									
Baja Taco - Shrimp (Corn Tortilla)								X	
Baja Taco - Steak (Corn Tortilla)	X			X					
Crispy Wahoo Taco (Corn Tortilla)		X		X			X		
Grilled Shrimp Taco (Corn Tortilla)								X	
Grilled Wahoo Taco (Corn Tortilla)							X		
Impossible Taco Combo - Black Beans	X		X						
Impossible Taco Combo - Pinto Beans	X		X						
Salads (without dressing)									
Baja BBQ Chicken Salad	X			X					
Baja Ensalada			X						
Baja Ensalada - Carnitas			X						
Baja Ensalada - Chicken	X		X	X					
Baja Ensalada - Grilled Wahoo			X				X		
Baja Ensalada - Impossible	X		X						
Baja Ensalada - Roasted Veggies			X						
Baja Ensalada - Shrimp			X					X	
Baja Ensalada - Steak	X		X	X					
Grilled Chili Lime - Chicken	X		X	X					



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Salads (without dressing)									
Grilled Chili Lime - Impossible	X		X						
Grilled Chili Lime - Shrimp			X					X	
Grilled Chili Lime - Steak	X		X	X					
Tostada Salad - Black Beans	X		X	X					
Tostada Salad - Carnitas & Black Beans	X		X	X					
Tostada Salad - Carnitas & Pinto Beans	X		X	X					
Tostada Salad - Chicken & Black Beans	X		X	X					
Tostada Salad - Chicken & Pinto Beans	X		X	X					
Tostada Salad - Impossible & Black Beans	X		X	X					
Tostada Salad - Impossible & Pinto Beans	X		X	X					
Tostada Salad - Pinto Beans	X		X	X					
Tostada Salad - Roasted Veggies & Black Beans	X		X	X					
Tostada Salad - Roasted Veggies & Pinto Beans	X		X	X					
Tostada Salad - Shrimp & Black Beans	X		X	X				X	
Tostada Salad - Shrimp & Pinto Beans	X		X	X				X	
Tostada Salad - Steak & Black Beans	X		X	X					
Tostada Salad - Steak & Pinto Beans	X		X	X					
Favorites									
Baja Bowl - Carnitas & Black Beans									
Baja Bowl - Carnitas & Pinto Beans									
Baja Bowl - Chicken & Black Beans	X			X					
Baja Bowl - Chicken & Pinto Beans	X			X					
Baja Bowl - Crispy Wahoo & Black Beans				X			X		
Baja Bowl - Crispy Wahoo & Pinto Beans				X			X		
Baja Bowl - Grilled Wahoo & Black Beans							X		
Baja Bowl - Grilled Wahoo & Pinto Beans							X		
Baja Bowl - Impossible & Black Beans	X								
Baja Bowl - Impossible & Pinto Beans	X								
Baja Bowl - Roasted Veggies & Black Beans									
Baja Bowl - Roasted Veggies & Pinto Beans									
Baja Bowl - Shrimp & Black Beans								X	
Baja Bowl - Shrimp & Pinto Beans								X	
Baja Bowl - Steak & Black Beans	X			X					
Baja Bowl - Steak & Pinto Beans	X			X					
Chicken Taquitos - Black Beans	X		X	X					
Chicken Taquitos - Pinto Beans	X		X	X					
Fajitas - Carnitas & Black Bean (Corn Tortilla)			X						
Fajitas - Carnitas & Black Beans (Flour Tortilla)	X		X	X					
Fajitas - Carnitas & Pinto Beans (Corn Tortilla)			X						
Fajitas - Carnitas & Pinto Beans (Flour Tortilla)	X		X	X					
Fajitas - Chicken & Black Beans (Corn Tortilla)	X		X	X					
Fajitas - Chicken & Black Beans (Flour Tortilla)	X		X	X					
Fajitas - Chicken & Pinto Beans (Corn Tortilla)	X		X	X					
Fajitas - Chicken & Pinto Beans (Flour Tortilla)	X		X	X					
Fajitas - Impossible & Black Beans (Corn Tortilla)	X		X						
Fajitas - Impossible & Black Beans (Flour Tortilla)	X		X	X					



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Favorites									
Fajitas - Impossible & Pinto Beans (Corn Tortilla)	X		X						
Fajitas - Impossible & Pinto Beans (Flour Tortilla)	X		X	X					
Fajitas - Shrimp & Black Beans (Corn Tortilla)			X					X	
Fajitas - Shrimp & Black Beans (Flour Tortilla)	X		X	X				X	
Fajitas - Shrimp & Pinto Beans (Corn Tortilla)			X					X	
Fajitas - Shrimp & Pinto Beans (Flour Tortilla)	X		X	X				X	
Fajitas - Steak & Black Beans (Corn Tortilla)	X		X	X					
Fajitas - Steak & Black Beans (Flour Tortilla)	X		X	X					
Fajitas - Steak & Pinto Beans (Corn Tortilla)	X		X	X					
Fajitas - Steak & Pinto Beans (Flour Tortilla)	X		X	X					
Impossible Bowl	X		X						
Nachos - Carnitas & Black Beans			X						
Nachos - Carnitas & Pinto Beans			X						
Nachos - Cheese & Black Beans			X						
Nachos - Cheese & Pinto Beans			X						
Nachos - Chicken & Black Beans	X		X	X					
Nachos - Chicken & Pinto Beans	X		X	X					
Nachos - Grilled Wahoo & Black Beans			X	X			X	X	
Nachos - Grilled Wahoo & Pinto Beans			X	X			X	X	
Nachos - Impossible & Black Beans	X		X						
Nachos - Impossible & Pinto Beans	X		X						
Nachos - Roasted Veggies & Black Beans			X						
Nachos - Roasted Veggies & Pinto Beans			X						
Nachos - Shrimp & Black Beans			X					X	
Nachos - Shrimp & Pinto Beans			X					X	
Nachos - Steak & Black Beans	X		X	X					
Nachos - Steak & Pinto Beans	X		X	X					
Quesadilla - Carnitas	X		X	X					
Quesadilla - Cheese	X		X	X					
Quesadilla - Chicken	X		X	X					
Quesadilla - Crispy Wahoo	X		X	X			X		
Quesadilla - Grilled Wahoo	X		X	X			X		
Quesadilla - Impossible	X		X	X					
Quesadilla - Roasted Veggies	X		X	X					
Quesadilla - Shrimp	X		X	X				X	
Quesadilla - Steak	X		X	X					
Kids									
Bean & Cheese Burrito - Black Beans	X		X	X					
Bean & Cheese Burrito - Pinto Beans	X		X	X					
Chicken Taquitos	X		X	X					
Quesadilla - Cheese	X		X	X					
Quesadilla - Chicken	X		X	X					
Kids Sides:									
Applesauce									
Black Beans									
Fresh Apple Slices									



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The **X** indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Kids									
Kids Sides:									
Milk			X						
Pinto Beans									
Rice									
A La Carte & Sides									
Chicken Tortilla Soup			X	X					
Chips									
Churro	X	X	X	X					
Enchilado Style			X						
Guacamole									
Pronto Nachos			X						
Queso			X						
Rice & Beans Plate - Black Beans			X						
Rice & Beans Plate - Pinto Beans			X						
Side Rice & Black Beans			X						
Side Rice & Pinto Beans			X						
Tostada Shell	X			X					
Trio									
Individual Items									
Avocado Slices									
Baja Rice									
Black Beans									
Carnitas									
Chicken	X			X					
Cilantro									
Cilantro Onion Mix									
Corn Tortilla									
Crispy Wahoo				X			X		
Diced Tomato									
Flour Tortilla 12.5"	X			X					
Flour Tortilla 6"	X			X					
Grilled Wahoo							X		
Impossible Patty	X								
Jack Cheese			X						
Jalapenos									
Lettuce Cabbage Mix									
Lime Rice									
Lime Wedges									
Mild Cheddar & Jack Cheese Mix			X						
Pinto Beans									
Roasted Corn									
Roasted Veggies									
Romaine Lettuce									
Salad Mix									
Shrimp								X	
Steak	X			X					



Baja Fresh® has listed the top nine food allergens recommended by the FDA.
The X indicates the item contains the specified allergen.

Allergen Statement

	SOY	EGG	MILK	WHEAT	PEANUT	TREE NUTS	FISH	SHELLFISH	SESAME
Individual Items									
Tortilla Strips	X								
Whole Wheat Tortilla 10"				X					
Sauces & Dressings									
Avocado Salsa									
Baja BBQ Sauce									
Chili Lime Dressing									
Cilantro Ranch		X	X						
Corn Avocado Salsa									
Diablo Sauce		X							
Mango Salsa									
Molcajete Salsa									
Pico de Gallo									
Ranch		X	X						
Salsa Baja									
Salsa Roja				X					
Salsa Verde									
Six Chiles Salsa									
Six Chiles Salsa Crema			X						
Sour Cream			X						
Vinaigrette									
Breakfast (Optional)									
Bacon									
Baja Papas	X								
Breakfast Burrito Bowl (No Tortilla)		X	X						
Breakfast Burrito	X	X	X	X					
Breakfast Burrito - Bacon	X	X	X	X					
Breakfast Burrito - Sausage	X	X	X	X					
Breakfast Burrito - Steak	X	X	X	X					
Breakfast Burrito - Veggie	X	X	X	X					
Breakfast Taco	X	X	X	X					
Breakfast Taco - Bacon	X	X	X	X					
Breakfast Taco - Sausage	X	X	X	X					
Breakfast Taco - Steak	X	X	X	X					
Breakfast Taco - Veggie	X	X	X	X					
Coffee									
Sausage									
Scrambled Eggs		X							

Your health is of utmost concern to us. Please be aware that Baja Fresh® products may contain traces of allergens (soy, egg, milk, wheat, peanuts, tree nuts, fish, shellfish, sesame) or food sensitivities from a manufacturing facility and preparation on site.

Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information Baja Fresh® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.