



Calories and Fat Content in Fast Food Restaurant Foods

Baja Fresh

	Calories	Fat (grams)
Baja Ensalada	310	7
"Baja-Style" Taco with Chicken	180	4
"Baja-Style" Taco with Wild Gulf Shrimp	190	5
Mahi Mahi Ensalada	280	9
Shrimp Ensalada	180	4
Baja Fish Taco	260	12
Charbroiled Fish Taco	250	9
Taco Chilito with Steak	330	11
Taco Chilito with Chicken	310	9
Baja Ensalada with Chicken	310	7
Baja Ensalada with Fish	360	15
2 ounces Side of Guacamole	70	6
3 ounces Side of Guacamole	110	9
Charbroiled Chicken	230	3.5
Wild Gulf Shrimp	150	2

Nutrition information for Baja Fresh is © 2005 Fresh Enterprises. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bajafresh.com/shopping/product/nninfo.jsp?iProductID=56>.