

French Ranch	210	180	20	2.5	0	0	380	7	0	7	0	4%	2%	2%	2%			√						
Lite Italian	35	25	3	0	0	<5	480	2	0	2	0	0%	0%	0%	2%			√	√					
Fat-free Ranch	60	0	0	0	0	0	380	14	<1	7	0	0%	0%	0%	2%	√								
Herb Balsamic Vinaigrette	210	190	23	3	0	0	65	4	0	4	0	2%	0%	0%	2%									
Raspberry Vinaigrette	130	110	12	1	0	0	45	5	<1	3	2	0%	8%	0%	2%									
Lime Vinaigrette	270	250	29	4	0	0	490	6	0	5	0	0%	15%	2%	2%									
KIDS MEALS	calories	Calories from Fat	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Milk	Wheat	Soy	Eggs	Peanut	Tree Nut	Fish	Shellfish	
Cheese Quesadilla	330	150	17	8	0	45	650	31	2	0	14	8%	0%	35%	8%	√	√	√						
Taco (chicken only)	140	30	3.5	1	0	30	230	15	<1	0	11	0%	2%	4%	6%		√	√						
1 topping pizza (pepperoni)	340	60	7	2.5	0	10	790	52	3	2	12	4%	8%	2%	20%	√	√	√						

v₁ May contain

v₂ Cooked on Same Grill as Shellfish

v₃ Cooked on Same Grill as Fish

v₄ Cooked on Same Grill as Fish & shellfish

Please notify the cashier if your allergy pertains to our grilled items. We can clean the grill and use new utensils in preparing the proteins. While this does not guarantee no cross contamination it can reduce the possibility.

Baja West Coast Kitchen makes every attempt to identify ingredients which may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is a possibility that manufacturers of foods we use could change the formulation at any time, without notice. There is also a risk of cross contamination due to the nature of our ingredients. Customers concerned with food allergies need to be aware of this risk. Baja West Coast Kitchen and their franchisees will not assume any liability for adverse reactions to foods consumed, or items one may come into contact with while eating at any Baja West Coast Kitchen.

Nutritional information provided on this site is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Information is expressed in values based on federal rounding and other applicable regulations. Baja West Coast Kitchen cannot guarantee the nutritional information provided on this site is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variations in serving sizes which may affect the nutrition values for each product.

INGREDIENT LISTING		Baja West Coast Kitchen
Tortillas		
Corn 6"	Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid and phosphoric acid (to preserve freshness), guar gum, amylase.	
Flour 6"	ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL AND/OR PALM OIL), CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE AND/OR SODIUM ACID PYROPHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, ENZYMES, WHEAT STARCH, CALCIUM CARBONATE, ANTIOXIDANTS (TOCOPHEROLS, ASCORBIC ACID), CELLULOSE GUM, DOUGH CONDITIONERS (FUMARIC ACID, SODIUM METABISULFITE), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID AND/OR CITRIC ACID).	
Flour 12"	Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), Contains 2% or Less of Each of the Following: Salt, Leavening (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Calcium Propionate and Sorbic Acid (To Preserve Freshness).	

Tomato 12"	BLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, HYDROGENATED VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED OIL, SOYBEAN OIL) WITH MONO- AND DIGLYCERIDES AND/OR CITRIC ACID, TOMATO POWDER EXTENDER (TOMATO POWDER, CORN STARCH, SUGAR, CITRIC ACID, SALT, NATURAL AND ARTIFICIAL FLAVORS, ANNATTO EXTRACT (COLOR), PAPRIKA OLEORESIN (COLOR), RED 40 LAKE), CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), FUMARIC ACID, DOUGH CONDITIONER (WHEAT FLOUR, CALCIUM SULFATE, SORBIC ACID), PRESERVATIVES (PROPIONIC ACID, WATER, POTASSIUM SORBATE), CELLULOSE GUM.
Spinach 12"	ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL AND/OR PALM OIL), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SEASONING (SPINACH POWDER, ONION POWDER, SPICE, SALT, GARLIC POWDER, SOYBEAN OIL, ARTIFICIAL COLORS [FD&C YELLOW #5 LAKE AND FD&C BLUE #1 LAKE], NATURAL AND ARTIFICIAL FLAVOR), SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE AND/OR SODIUM ACID PYROPHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, ENZYMES, WHEAT STARCH, CALCIUM CARBONATE, ANTIOXIDANTS (TOCOPHEROLS, ASCORBIC ACID), CELLULOSE GUM, DOUGH CONDITIONERS (FUMARIC ACID, SODIUM METABISULFITE), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID AND/OR CITRIC ACID).
Honey Wheat 12"	BLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, HYDROGENATED VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED OIL, SOYBEAN OIL) WITH MONO- AND DIGLYCERIDES AND/OR CITRIC ACID, HONEY WHEAT SEASONING (DEXTROSE, WHEAT GERM, CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE), CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONOCALCIUM PHOSPHATE), FUMARIC ACID, DOUGH CONDITIONER (WHEAT FLOUR, CALCIUM SULFATE, SORBIC ACID), PRESERVATIVES (PROPIONIC ACID, WATER, POTASSIUM SORBATE), CELLULOSE GUM.

Meats

Bacon Bits	BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE. MAY ALSO CONTAIN DEXTROSE, FLAVORING, HONEY, DEHYDRATED PORK BROTH, POTASSIUM CHLORIDE, POTASSIUM LACTATE, SMOKE FLAVORING, SODIUM DIACETATE, SODIUM PHOSPHATE)
Sausage	PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, FLAVORINGS, PAPRIKA, SODIUM PHOSPHATES.
Pepperoni	PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTED CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID.

Toppings

Pesto	BASIL, SOY OIL, ROMANO CHEESE (SHEEPS MILK, CHEESE CULTURE, SALT, RENNET, CELLULOSE, CALCIUM PROPIONATE), WATER, OLIVE OIL, PARMESAN CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES AND POWDERED CELLULOSE), MINCED GARLIC, PINE NUTS, SALT AND BLACK PEPPER
Pizza Sauce	Crushed tomatos, butter, yellow onions, garlic, olive oil, dried oregano leaf, crushed red pepper, parmesan cheese, fresh basil.
BBQ Sauce	WATER, SUGAR, CORN SYRUP, TOMATO PASTE, DISTILLED VINEGAR, MOLASSES, MODIFIED FOOD STARCH, SALT, SPICES, SODIUM BENZOATE (AS A PRESERVATIVE), DEHYDRATED ONION, NATURAL FLAVOR, DEHYDRATED GARLIC, NATURAL SMOKE FLAVOR, CARAMEL COLOR.ALLERGENS: NONE
Citrus Rub	Salt, sugar, spices (including red pepper), Modified tapioca starch, citric acid, dehydrated garlic, dehydrated onions, lemon peel, natural flavors, extractives of paprika and silicon dioxide added to prevent caking