



Rubio's

Allergen Chart

At Rubio's, it is important that we serve safe food and ensure that guests are aware that some menu items contain common allergens listed below. Before placing your order, please inform a manager if a person in your party has a food allergy. At Rubio's, there is no MSG added to any of our menu items.

Many Rubio's food items contain highly refined soybean oil but are not listed as a soy allergen on the Rubio's allergen guide. Highly refined soybean oil contains virtually no soy protein, and the Food & Drug Administration has exempted all highly refined soybean oil from being labeled as an allergen. Individuals with soy allergies should always follow their doctor's advisement on foods to avoid.

Due to potential cross-contact when preparing menu items, it is not possible for Rubio's to guarantee meals completely free of any particular allergen or ingredient. The following products are cooked in canola oil in a shared fryer: Beer-Battered Wild Alaska Pollock, Tortilla Chips, Tortilla Strips, Churros, Mexican Rice, Citrus Rice, Chicken Bites and Chicken Taquitos. In addition, most desserts are produced on equipment that also processes peanuts and tree nuts and there may be cross-contact.

ITEM	Milk	Soy	Wheat	Egg	Peanut	Tree Nut	Fish	Shellfish
THE ORIGINAL FISH TACO® Served on a stone-ground corn tortilla								
The Original Fish Taco®	x		x	x			x	
Fish Taco Especial	x		x	x			x	
Tacos prepared with flour tortillas also contain:								
GRILLED SEAFOOD TACOS Served on a stone-ground corn tortilla unless noted								
Grilled Wild Alaska Coho Salmon Taco	x	x		x			x	
Blackened Wild Alaska Coho Salmon Taco	x	x		x			x	
Grilled Wild Mahi Mahi Taco (Florida locations only)	x	x		x			x	
Blackened Wild Mahi Mahi Taco (Florida locations only)	x	x		x			x	
Grilled Wild Ono Taco	x	x		x			x	
Blackened Wild Ono Taco	x	x		x			x	
Grilled Gourmet Taco™ with Shrimp	x			x				x
Grilled Regal Springs® Tilapia Taco	x			x			x	
Blackened Regal Springs® Tilapia Taco	x			x			x	
Salsa Verde Shrimp Taco served on flour	x	x	x	x				x
Tacos served on flour tortillas also contain:								
SEAFOOD BURRITOS Served on a flour tortilla. Excludes chips								
Grilled Regal Springs® Tilapia Burrito	x	x	x	x			x	
Blackened Regal Springs® Tilapia Burrito	x	x	x	x			x	
Grilled Wild Alaska Coho Salmon Burrito	x	x	x	x			x	
Blackened Wild Alaska Coho Salmon Burrito	x	x	x	x			x	
Grilled Shrimp Burrito	x	x	x	x				x
Ancho Citrus Shrimp Burrito	x	x	x	x				x
Shrimp & Bacon Burrito	x	x	x	x				x
Grilled Wild Mahi Mahi Burrito (Florida locations only)	x	x	x	x			x	
Blackened Wild Mahi Mahi Burrito (Florida locations only)	x	x	x	x			x	
Grilled Wild Ono Burrito	x	x	x	x			x	
Blackened Wild Ono Burrito	x	x	x	x			x	
Signature Beer-Battered Fish Burrito	x	x	x	x			x	
SALADS & BOWLS Served with your choice of seafood or grilled all natural chicken raised without antibiotics.								
Chipotle Orange Salad	x	x		x				
Balsamic & Roasted Veggie Salad	x	x						
Chipotle Ranch Salad	x			x				
Chopped Salad	x			x				
California Bowl with Roasted Chipotle Salsa	x			x				
California Bowl with Salsa Verde	x			x				
Add Grilled All Natural Chicken								
Add Grilled Veggies								
Add Pan-Seared Shrimp								
Add Grilled Wild Mahi Mahi (Florida locations only)								
Add Blackened Wild Mahi Mahi (Florida locations only)								
Add Grilled Wild Ono								
Add Blackened Wild Ono								
Add Grilled Wild Alaska Coho Salmon								
Add Blackened Wild Alaska Coho Salmon								
Add Grilled Regal Springs® Tilapia								
Add Blackened Regal Springs® Tilapia								
ALL NATURAL CHICKEN & ALL NATURAL STEAK Our chicken raised without antibiotics								
TACOS Served on a stone-ground corn tortilla								
Grilled Gourmet Taco™ with All Natural Chicken	x			x				
Grilled Gourmet Taco™ with All Natural Steak	x			x				
Classic Taco with All Natural Chicken	x			x				
Classic Taco with All Natural Steak	x							
Rubio's Street Taco® with All Natural Chicken								
Rubio's Street Taco® with All Natural Steak								
Tacos prepared with flour tortillas also contain:								
		x	x					

ITEM	Milk	Soy	Wheat	Egg	Peanut	Tree Nut	Fish	Shellfish
BURRITOS Served on a flour tortilla; excludes chips								
Burrito Especial with All Natural Chicken	x	x	x	x				
Burrito Especial with All Natural Steak	x	x	x	x				
Baja Grill Burrito® with All Natural Chicken	x	x	x					
Baja Grill Burrito® with All Natural Steak	x	x	x					
Bean & Cheese Burrito	x	x	x					
<i>Add Enchilada style, with fire-roasted sauce</i>	x			x				
<i>Add Enchilada style, with verde sauce</i>	x	x		x				

ITEM	Milk	Soy	Wheat	Egg	Peanut	Tree Nut	Fish	Shellfish
QUESADILLAS & NACHOS								
Cheese Quesadilla served with chips	x	x	x					
Chicken Quesadilla served with chips	x	x	x					
Cheese Nachos	x							
Nachos with All Natural Chicken	x							
GRILLED VEGGIES								
Grilled Gourmet Taco™ with Veggies	x			x				
Burrito Especial with Veggies	x	x	x	x				
Veggie Quesadilla served with chips	x	x	x					
ENCHILADAS Excludes beans & rice								
Shrimp Enchilada, verde sauce	x	x		x				x
Chicken Enchilada, fire-roasted sauce	x			x				
Cheese Enchilada, fire-roasted sauce	x			x				
Veggie Enchilada, verde sauce	x	x		x				
DESSERTS								
Caramel Ganache Brownie	x	x	x	x				
Limon Coconut Bar	x		x	x		x		
Chocolate Chip Oatmeal Cookie	x	x	x	x				
Snickerdoodle Cookie	x	x	x	x				
Double Chocolate Toffee Cookie	x	x	x	x				
Churro	x	x	x	x				
KIDS Side items listed separately. Our chicken is all natural and raised without antibiotics.								
The Original Fish Taco® without salsa	x		x	x			x	
Chicken Taco	x							
<i>Tacos prepared with flour tortillas also contain:</i>								
Bean & Cheese Burrito Served on a flour tortilla	x	x	x					
Cheese Quesadilla	x	x	x					
Chicken Taquitos	x							
Chicken Bites								
Chicken Quesadilla	x	x	x					
Mott's® Applesauce								
Mini Churro	x	x	x	x				
EXTRAS								
Tortilla Chips								
"No-Fried" Pinto Beans (sprinkled with cheese)	x							
Black Beans (sprinkled with cheese)	x	x						
Citrus Rice								
Mexican Rice		x						
Guacamole								
Cheese	x							
Sour Cream	x							
DRESSINGS								
Chipotle Orange Vinaigrette								
Light Balsamic Vinaigrette Dressing								
Chipotle Dressing	x			x				
Chipotle Ranch	x			x				
SALSAS & SAUCES								
Chipotle White Sauce	x			x				
White Sauce	x			x				
Diablo Hot Sauce								
Jalapeno Citrus								
Roasted Chipotle Salsa								
Picante Salsa								
Salsa Fresca								
Mild Salsa								
Tomatillo Salsa								
Verde Salsa								
PROTEINS								
Beer-Battered Wild Alaska Pollock	x		x				x	
Grilled Wild Alaska Coho Salmon							x	
Blackened Wild Alaska Coho Salmon							x	
Grilled Wild Mahi Mahi (Florida locations only)							x	
Blackened Wild Mahi Mahi (Florida locations only)							x	
Grilled Wild Ono							x	
Blackened Wild Ono							x	
Grilled Regal Springs® Tilapia							x	
Blackened Regal Springs® Tilapia							x	
Pan-Seared Shrimp								x
Grilled All Natural Chicken								
Grilled All Natural Steak								
FOOD INTOLERANCES								
Gluten can be found in food containing wheat, rye, oats or barley. Our food products that contain Gluten are listed below. Due to potential cross-contact when preparing menu items, it is not possible for Rubio's to guarantee meals completely free of any particular allergen or ingredient.								
Beer-Battered Wild Alaska Pollock	Limon Coconut Bar							
Flour Tortillas (burritos, tacos & quesadillas)	Churros							
Caramel Ganache Brownie	Chocolate Chip Oatmeal, Double Chocolate Toffee, and Snickerdoodle Cookies							