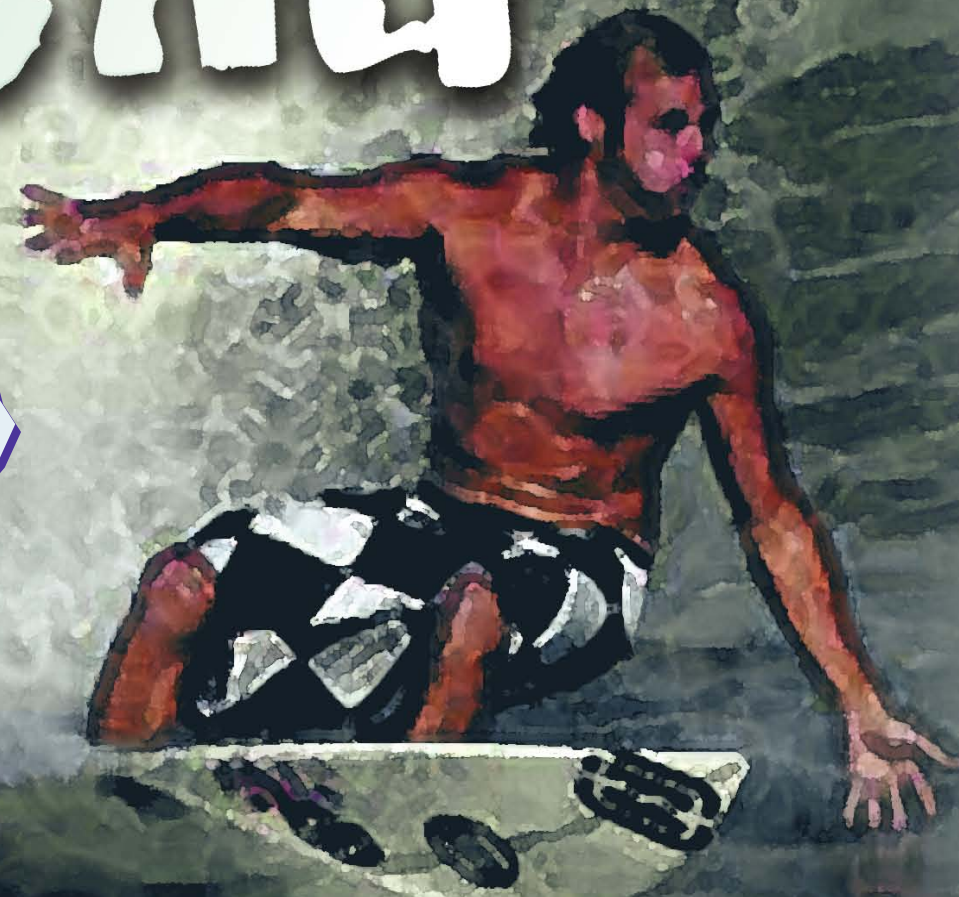


# Surf Taco

# Fit To Rinse Menu

Suggestions /  
on How to  
Eat Healthier  
at Surf Taco



## Tacos

1. **Garlic Shrimp Taco:** Protein 11g, Carb 12.5g, Fat 7g, Cals 184
2. **Chicken Taco:** Protein 12g, Carbs 9g, Fat 4.8g, Cals 128
3. **Teriyaki Chicken Taco:** Protein 12g, Carbs 18.4g, Fat 4.8g, Cals 163
4. **Veggie Taco:** Protein 8g, Carbs 27g, Fat 4g, Cals 165
5. **Beef Taco:** Protein 9g, Carbs 10g, Fat 6.8g, Cals 130
6. **Steak Taco:** Protein 8.7g, Carbs 10g, Fat 8g, Cals 151
7. **\* Salmon Taco:** Protein 12g, Carb 37g, Fat 7g, Cals 177

## Burritos

8. **Garlic Shrimp Burrito:** Protein 30g, Carb 53g, Fat 4.7g, Cals 364
9. **\* Malibu Veggie Burrito:** Protein 18g, Carb 94g, Fat 4g, Cals 472  
Order with no cheese or sour cream
10. **\* Maverick's Chicken Burrito:** Protein 34.5g, Carb 72g, Fat 6.5g, Cals 481  
Order with no cheese or sour cream

## Wraps & Salads

11. **\* California Wrap:** Protein 29g, carb 10g, Fat 8.4g, Cals 258
12. **Aloha Wrap:** Protein 24g, Carbs 42g, Fat 3.7g, Cals 183  
Order with no cheese or sesame seeds
13. **\* Thai Salad:** Protein 27g, Carbs 10g, Fat 9.8g, Cals 234  
Order with dressing on the side
14. **\* Spinach Salad:** Protein 7g, Carbs 8g, Fat 10g, Cals 132  
Order with dressing on the side
15. **Taco Salad:** Protein 10g, Carbs 48g, Fat .5g, Cals 175  
Order with no cheese or sour cream
16. **Baja Bowl:** Protein 15g, Carbs 48g, Fat 2g, Cals 175  
Order with no cheese

\* Please remember to omit ingredients when ordering.