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Contact: Zina Jundi
Email: zina@mindspring.com
Phone: 505-920-4223
www.bumblebeesbajagrill.com

Bumble Bee's Fresh Cuisine Meets Most Popular Diets' Guidelines

Santa Fe, NM – Three of the most popular diets, the South Beach Diet, the Zone Diet and Weight Watchers, are easily accommodated (with a couple of minor adjustments when you order) at Bumble Bee's Baja Grill restaurants. In fact, Bumble Bee's fresh, healthful food approach can fit in to almost any diet, according to Executive Chef Chris Galvin.

For example, Weight Watcher's diet limits consumption of calories, fat, and fiber. Bumble Bee's fare is made with fresh vegetables, no lard, and fiber-rich beans, rice and tortillas. The taco plate, for example, can be 1, 2, or 3 tacos, and has a low-fat option of fish or shrimp of course without the secret sauce.

The South Beach Diet, a modified Atkins Diet, restricts the consumption of carbohydrates and sugars. To cut the carbs and sugars, Bumble Bee customers can skip the tortillas for a "naked burrito" or forego the side of rice for a chicken Caesar salad or other freshly made salads.

The Zone Diet Balance prescribes 40 percent of food intake as carbohydrates, 30 percent as fats, and 30 percent as protein. Zone dieters can order a standard burrito or the plato de pollo with a salad instead of beans and rice.

The menu also includes vegetarian options that can also be vegan by omitting cheese or sour cream.

The restaurant chain specializes in food so fresh the restaurants actually have no freezers (except ice cream freezers) or microwaves. The rotisserie chicken is a house specialty and is served rich, golden brown and juicy. The guacamole -- a measure of freshness in any restaurant -- is flavored with fresh cilantro and lime and made daily. The house salad is another example of Bumble Bee's typically fresh fare -- mixed greens, jicama, avocado and cotija cheese, tomatoes and tortilla strips with a mild citrus vinaigrette.

Based on the idea of fresh, fast, healthful Mexican food and convenient, casual service, the Santa Fe based chain has won the title of the Santa Fe Reporter's "Best Restaurant" all three years of its operation. Locations include downtown Santa Fe at 301 Jefferson, south side Santa Fe at 3777 Cerrillos Rd., Albuquerque at San Mateo and Montgomery, and a new location in Albuquerque opening in May 2006 on Nob Hill at 3423 Central Avenue.