



nutritional chart

menu items	serving (g)	calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	sugar (g)	Protein (g)	sodium (mg)
Limited Time Offers												
Nachos Navidad / Super Nachos – Beef	358	800	380	43	14	1	60	82	10	3	23	1620
Apple Grande	110	280	100	11	3	0	5	33	2	14	5	270
Tacos												
Crispy Taco -Beef	92	170	90	10	4	0	25	11	2	1	9	290
Crispy Taco –Sirloin Steak	92	160	70	8	3	0	25	10	1	1	10	300
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Softshell Taco-Chicken	113	180	50	5	2.5	0	30	20	3	2	13	520
Softshell Taco –Sirloin Steak	113	200	70	8	3	0	25	20	2	1	13	480
Single Street Taco-Sirloin Steak	92	180	70	8	2	0	20	17	1	1	9	360
Single Street Taco-Chicken	92	170	60	6	1.5	0	25	17	1	2	10	380
Taco Bravo® - Beef	184	320	110	13	4.5	0	25	36	7	2	14	640
Taco Bravo® - Sirloin Steak	184	300	100	11	3.5	0	25	35	0	2	16	650
Stuffed Grilled Taco -Beef	210	540	220	25	9	0.5	45	60	5	3	19	1040
Stuffed Grilled Taco -Chicken	210	530	220	25	9	0	65	54	4	4	22	1150
Stuffed Grilled Taco – Sirloin Steak	210	530	200	23	8	0	50	59	4	3	20	1050
Burritos												
Super Burrito -Beef	251	440	160	18	8	0.5	40	51	7	4	19	940
Super Burrito –Sirloin Steak	265	450	160	17	7	0	50	50	6	4	23	1010
Meat & Potato Burrito –Beef	237	510	210	24	7	0	30	59	6	4	15	1240
Meat & Potato Burrito –Chicken	237	480	170	19	6	0	35	58	5	4	17	1290
Meat & Potato Burrito –Crunchy Chicken	251	580	230	25	7	0	30	68	5	4	18	1420
Meat & Potato Burrito –Sirloin Steak	251	520	210	23	7	0	45	58	5	4	19	1310
Grilled Burrito-Beef	247	590	270	31	13	1	55	54	6	3	24	1430
Grilled Burrito-Chicken	247	580	250	28	10	0.5	70	53	4	3	27	1590
Grilled Burrito –Sirloin Steak	233	610	290	32	11	0	65	52	4	3	27	1520
Bean Burrito	187	360	90	10	4.5	0	10	54	8	3	14	830
Beef Burrito	187	440	180	20	8	1	45	43	5	2	21	890
Combination Burrito	187	400	130	15	6	0	30	48	7	3	18	860
Specialties*												
Taco Salad w/o dressing -Beef	361	540	300	33	13	1	55	45	6	6	22	920
Taco Salad w/o dressing -Chicken	361	500	250	27	11	0	60	44	5	7	24	980
Taco Salad w/o dressing –Crunchy Chicken	383	630	320	36	12	0.5	50	58	5	6	26	1170
Super Nachos – Beef	358	800	380	43	14	1	60	82	10	3	23	1620
Super Nachos, Small - Beef	192	420	210	23	8	0	35	42	6	2	13	860
Super Nachos – Sirloin Steak	372	810	380	42	13	0	70	81	9	3	27	1690
Super Nachos, Small - Sirloin Steak	192	410	190	22	7	0	35	41	5	2	14	870
Super Potato Olés®	478	1090	600	67	21	1	60	98	14	3	24	3300
Super Potato Olés®, Small	277	650	360	40	12	0.5	35	59	9	2	14	1940
Quesadilla -Cheese	161	450	210	24	12	0.5	55	40	3	2	20	1070
Quesadilla -Chicken	246	530	220	25	13	0.5	80	48	5	4	30	1300
Quesadilla -Beef	246	560	260	29	14	1	75	49	6	4	27	1260
Quesadilla – Sirloin Steak	260	570	250	28	13	0.5	85	48	5	4	31	1340
Crunchy Chicken w/ Ranch	185	510	300	33	5.5	0	60	31	0	1	23	1270
Mexí Rolls® - 4 Piece w/o dip	112	370	190	21	6	0.5	20	30	4	0	14	390
Mexí Rolls® - 6 Piece w/o dip	168	550	290	32	9	1	30	45	6	1	21	580
Kid s Menu Items												
Crispy Taco -Beef	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Quesadilla, Kid s Size - Cheesy	63	200	90	10	6	0	25	17	2	1	10	410
Crunchy Chicken w/o sauce, Kid s Size	78	200	90	10	1.5	0	20	16	0	0	12	510
Potato Olés® - Kid s Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
Giant Goldfish® Grahams	26	120	35	4	1	0	0	19	1	6	1	110
Sides												
Potato Olés® - Kid s Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
Potato Olés® - Small	142	480	250	27	6	0	0	52	6	1	5	1380
Potato Olés® - Medium	198	670	350	38	8	0	0	73	8	1	7	1930
Potato Olés® - Large	255	860	440	49	11	0	0	94	10	1	9	2490
Chips & Queso	191	430	190	22	5	0	20	50	4	1	10	1110
Chips & Nacho	142	380	180	20	4.5	0	15	45	3	0	7	920
Refried Beans	269	320	60	7	4	0	10	45	15	1	18	1050
Side salad (w/out dressing)	92	40	20	2.5	1.5	0	5	3	1	2	2	50
Chips	57	270	90	11	1.5	0	0	40	3	0	4	210
Desserts												
Churro	55	200	90	9	4.5	0	20	29	4	10	3	170
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220
Dips, Condiments & Dressings*												
Mild Sauce, 1 oz. portion	28	10	0	0	0	0	0	1	0	0	0	130
Hot Sauce, 1 oz. portion	28	5	0	0	0	0	0	1	0	0	0	140
Super-Hot Sauce, 1 oz. portion	28	5	0	0	0	0	0	1	0	0	0	140
Salsa, 1 oz. portion	28	5	0	0	0	0	0	6	0	1	0	160
House Dressing, 1.5 oz. portion	43	70	60	7	1	0	0	2	0	1	0	280
Ranch Dressing, 1.5 oz . portion	43	140	140	15	2.5	0	20	2	0	1	1	350
Bacon Ranch Dressing, 1.5 oz. portion	43	120	80	9	1.5	0	10	10	0	6	1	350
Creamy Italian Dressing, 1.5 oz. portion	43	130	130	14	2.5	0	0	2	0	2	0	320
Nacho Cheese Sauce, 3 oz. portion	85	110	80	9	3.5	0	15	5	0	0	3	700
Sour Cream, 2.5 oz. portion	71	140	120	13	8	0	50	4	0	3	3	35
Guacamole, 2.5 oz . portion	71	90	70	8	1	0	0	6	4	1	1	280
Pico de Gallo, 1 oz portion	28	10	0	0	0	0	0	2	0	1	0	90

Nutritional Analysis
All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but, individual calorie needs may vary. A 1,000 to 1,400 a day is used for general nutrition advice for children ages 4 to 8, but calorie needs vary. Content and nutrition facts are subject to change. Not all test or limited time menu items are included. Not all listed items may be available. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms.

menu items	serving (g)	calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	sugar (g)	Protein (g)	sodium (mg)
Local Favorites*												
Taco Burger	142	270	100	11	4	0.5	30	28	2	4	3	570
Ranch Burrito	203	440	200	22	7	0.5	40	44	5	4	16	890
Cheese Roll-up	56	180	80	9	5	0	15	18	2	1	8	320
Breakfast*												
Jr. Breakfast Burrito-Bacon	102	190	80	8	2.5	0	165	19	2	2	10	510
Jr. Breakfast Burrito-Sausage	113	230	110	12	4	0	170	20	2	2	10	520
Jr. Breakfast Burrito-Sirloin Steak	113	240	120	13	3	0	170	20	2	2	11	480
Meat & Potato Breakfast Burrito-Bacon	217	540	230	25	7	0	230	57	5	4	20	1520
Meat & Potato Breakfast Burrito-Sausage	246	630	310	34	10	0	245	58	5	4	21	1460
Meat & Potato Breakfast Burrito-Sirloin Steak	246	550	220	24	6	0	235	58	5	4	23	1330
Scrambler Breakfast Burrito-Bacon	246	550	230	25	7	0	230	59	5	5	21	1520
Scrambler Breakfast Burrito-Sausage	274	650	290	33	10	0	245	60	5	6	21	1590
Scrambler Breakfast Burrito-Sirloin Steak	274	560	220	24	6	0	235	60	5	5	23	1330
Potato Olés® Scrambler - Bacon	439	1080	610	68	20	0.5	365	86	9	5	31	3510
Potato Olés® Scrambler -Sausage	475	1190	710	79	24	0	375	88	9	5	31	3360
Potato Olés® Scrambler -Sirloin Steak	475	1080	590	65	18	0	370	88	9	4	34	3190
Potato Olés® Scrambler, Small -Bacon	269	660	370	41	12	0	240	53	6	3	20	2110
Potato Olés® Scrambler, Small -Sausage	298	750	450	50	15	0	250	54	6	3	20	2050
Potato Olés® Scrambler -Small, Sirloin Steak	298	670	360	40	11	0	245	54	6	3	22	1920
Breakfast Egg Burrito	187	410	170	19	9	0	230	45	3	4	19	800
Breakfast Egg Burrito-Bacon	201	470	210	23	10	0	250	45	3	4	24	1190
Breakfast Egg Burrito-Sausage	232	570	290	32	13	0	260	47	3	5	25	1140
Breakfast Egg Burrito-Sirloin Steak	230	480	200	22	9	0	255	46	3	4	27	1000
Spicy Chorizo Breakfast Burrito	232	500	240	27	8	0	245	45	4	5	20	1280
Pepsi	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small - 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium - 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large - 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
Diet Pepsi & Caffeine Free Diet Pepsi	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	40
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium - 30 oz.	1	0	0	0	0	0	0	1	0	0	0	105
Large - 40 oz.	1	0	0	0	0	0	0	1	0	0	0	140
Mist TWiST	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	40	0	40	0	30
Small - 20 oz.	1	250	0	0	0	0	0	66	0	66	0	50
Medium - 30 oz.	1	370	0	0	0	0	0	99	0	99	0	75
Large - 40 oz.	1	500	0	0	0	0	0	135	0	135	0	100
Mountain Dew	No. Servings											
Kid s size - 12 oz.	1	170	0	0	0	0	0	43	0	43	0	55
Small - 20 oz.	1	280	0	0	0	0	0	72	0	72	0	90
Medium - 30 oz.	1	410	0	0	0	0	0	109	0	109	0	130
Large - 40 oz.	1	550	0	0	0	0	0	145	0	145	0	180
Diet Mountain Dew	No. Servings											
Kid s size - 12 oz.	1	5	0	0	0	0	0	1	0	0	0	55
Small - 20 oz.	1	5	0	0	0	0	0	1	0	0	0	95
Medium - 30 oz.	1	10	0	0	0	0	0	1	0	1	0	140
Large - 40 oz.	1	15	0	0	0	0	0	2	0	1	0	190
Tropicana Lemonade	No. Servings											
Kid s size - 12 oz.	1	150	0	0	0	0	0	41	0	41	0	160
Small - 20 oz.	1	250	0	0	0	0	0	68	0	68	0	260
Medium - 30 oz.	1	380	0	0	0	0	0	102	0	102	0	390
Large - 40 oz.	1	510	0	0	0	0	0	136	0	136	0	530
Dr Pepper	No. No. Servings											
Kid s size - 12 oz.	1	140	0	0	0	0	0	39	0	38	0	45
Small - 20 oz.	1	240	0	0	0	0	0	65	0	64	0	68
Medium - 30 oz.	1	360	0	0	0	0	0	98	0	96	0	102
Large - 40 oz.	1	480	0	0	0	0	0	130	0	128	0	137
Lifewater Yumberry Pomegranate	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	45
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	140
Brisk No Calorie Peach Iced Green Tea	No. Servings											
Kid s size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Small - 20 oz.	1	0	0	0	0	0	0	0	0	0	0	180
Medium - 30 oz.	1	0	0	0	0	0	0	0	0	0	0	260
Large - 40 oz.	1	0	0	0	0	0	0	0	0	0	0	350
Brisk Raspberry Iced Tea	No. Servings											
Kid s size - 12 oz.	1	70	0	0	0	0	0	19	0	19	0	35
Small - 20 oz.	1	120	0	0	0	0	0	32	0	32	0	60
Medium - 30 oz.	1	190	0	0	0	0	0	49	0	49	0	95
Large - 40 oz.	1	250	0	0	0	0	0	65	0	65	0	125

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menu items		serving (g)	Calories	Calories from Fat	Total Fat (g)	saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	sugar (g)	Protein (g)	sodium (mg)
Pepsi Wild Cherry		No. Servings											
Kid s size – 12 oz.		1	150	0	0	0	0	0	42	0	42	0	30
Small – 20 oz.		1	250	0	0	0	0	0	70	0	70	0	50
Medium – 30 oz.		1	380	0	0	0	0	0	105	0	105	0	75
Large – 40 oz.		1	500	0	0	0	0	0	140	0	140	0	100
Mug Root Beer		No. Servings											
Kid s size – 12 oz.		1	150	0	0	0	0	0	39	0	39	0	25
Small – 20 oz.		1	250	0	0	0	0	0	65	0	65	0	40
Medium – 30 oz.		1	380	0	0	0	0	0	98	0	98	0	55
Large – 40 oz.		1	500	0	0	0	0	0	130	0	130	0	75
Tropicana Fruit Punch		No. Servings											
Kid s size – 12 oz.		1	170	0	0	0	0	0	45	0	45	0	35
Small – 20 oz.		1	280	0	0	0	0	0	75	0	75	0	60
Medium – 30 oz.		1	410	0	0	0	0	0	113	0	113	0	95
Large – 40 oz.		1	550	0	0	0	0	0	150	0	150	0	125
Tropicana Twister Orange		No. Servings											
Kid s size – 12 oz.		1	170	0	0	0	0	0	47	0	45	0	35
Small – 20 oz.		1	280	0	0	0	0	0	78	0	75	0	60
Medium – 30 oz.		1	410	0	0	0	0	0	116	0	113	0	95
Large – 40 oz.		1	550	0	0	0	0	0	155	0	150	0	125
Lipton® Iced Tea		No. Servings											
Kid s size – 12 oz.		1	0	0	0	0	0	0	0	0	0	0	0
Small – 20 oz.		1	0	0	0	0	0	0	0	0	0	0	0
Medium – 30 oz.		1	0	0	0	0	0	0	0	0	0	0	0
Large – 40 oz.		1	0	0	0	0	0	0	0	0	0	0	0
Lipton® Sweet Tea		No. Servings											
Kid s size – 12 oz.		1	160	0	0	0	0	0	42	0	42	0	5
Small – 20 oz.		1	270	0	0	0	0	0	70	0	70	0	10
Medium – 30 oz.		1	410	0	0	0	0	0	105	0	105	0	20
Large – 40 oz.		1	540	0	0	0	0	0	140	0	140	0	25
Other Beverages		No. Servings											
Coffee – 16 oz.		1	0	0	0	0	0	0	0	0	0	0	0
Milk - 8 oz.		1	100	25	2.5	1.5	0	10	12	0	12	8	130
Chocolate Milk – 8 oz.		1	150	25	2.5	1.5	0	10	25	0	24	8	160
Tropicana Orange Juice – 12 oz.		1	170	0	0	0	0	0	39	0	34	3	20
Nestlé Pure Life Water 16.9 oz.		1	0	0	0	0	0	0	0	0	0	0	30
Combos, Kid s Meals & other Calorie Ranges*		Low Range			Calories		High Range				Calories		
Combo #1 Two Crispy Tacos		Sirloin Steak tacos with 20.oz Diet Pepsi and small Potato Olés®			790		Beef tacos with 20.oz Mountain Dew and small Potato Olés®				1100		
Combo#2 Super Burritos		Sirloin Steak burrito with 20.oz Diet Pepsi and small Potato Olés®			930		Beef burrito with 20.oz. Mountain Dew and small Potato Olés®				1200		
Combo#3 Two Softshell		Sirloin Steak tacos with 20.oz Diet Pepsi and small Potato Olés®			880		Beef tacos with 20.oz. Mountain Dew and small Potato Olés®				1180		
Combo#4 Taco Bravo		Sirloin Steak taco with 20.oz Diet Pepsi and small Potato Olés®			780		Beef taco with 20.oz Mountain Dew and small Potato Olés®				1080		
Combo#5 Meat & Potato Burrito		Sirloin Steak burrito with 20.oz Diet Pepsi and small Potato Olés®			1000		Beef burrito with 20.oz. Mountain Dew and small Potato Olés®				1270		
Combo#6 Grilled Burrito		Sirloin Steak burrito with 20.oz Diet Pepsi and small Potato Olés®			1050		Beef burrito with 20.oz. Mountain Dew and small Potato Olés®				1340		
Combo#7 Chicken Quesadilla		20.oz Diet Pepsi and small Potato Olés®			1010		20.oz Mountain Dew and small Potato Olés®				1290		
Combo#8 Meat & Potato Burrito and Softshell Taco		Sirloin Steak burrito and taco with 20.oz Diet Pepsi and small Potato Olés®			1200		Beef burrito and taco with 20.oz. Mountain Dew and small Potato Olés®				1480		
Combo#9 Stuffed Grilled Taco		Sirloin Steak taco with 20.oz Diet Pepsi and small Potato Olés®			1000		Beef taco with 20.oz Mountain Dew and small Potato Olés®				1300		
Combo, Street Taco Trio – Chicken		20.oz Diet Pepsi and small Potato Olés®			980		20.oz Mountain Dew and small Potato Olés®				1260		
Combo, Street Taco Trio- Sirloin Steak		20.oz Diet Pepsi and small Potato Olés®			1010		20.oz Mountain Dew and small Potato Olés®				1290		
Six- Pack And A Pound® - Beef		Six Crispy Tacos-Beef/Pound of Potato Olés®			2530		--				--		
Six- Pack And A Pound® - Beef, Make -It-Larger		Six Crispy Tacos-Beef/Two large Potato Olés®			2720		-				-		
Breakfast Combo #1 – Meat & Potato Burrito		Black coffee and Breakfast size Potato Olés® with Bacon			880		20.oz Mountain Dew and breakfast size Potato Olés® with sausage				1240		
Breakfast Combo #2 – Jr. Breakfast Burrito		Black coffee and Breakfast size Potato Olés® with Bacon			730		20.oz Mountain Dew and breakfast size Potato Olés® with sausage				1070		
Breakfast Combo #3 – Scrambler Burrito		Black coffee and Breakfast size Potato Olés® with Bacon			880		20.oz Mountain Dew and breakfast size Potato Olés® with sausage				1260		
Breakfast Combo #4 – Spicy Chorizo Burrito		Black coffee and Breakfast size Potato Olés®			830		20.oz Mountain Dew and breakfast size Potato Olés®				1110		
Small Add-on		20.oz Diet Pepsi & small Potato Olés®			480		20.oz Mountain Dew & small Potato Olés®				750		
Medium Add-on		20.oz Diet Pepsi & medium Potato Olés®			670		20.oz Mountain Dew & medium Potato Olés®				1080		
Large Add-on		20. oz. Diet Pepsi & large Potato Olés®			860		20.oz Mountain Dew & large Potato Olés®				1440		
Crunchy Chicken w/o dip		20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat			650		20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat				820		
Cheesy Quesadilla		20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat			650		20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat				820		
Softshell Taco – Beef		20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat			660		20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat				830		
Crispy Taco - Beef		20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat			620		20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat				790		
Mexi Rolls® - 4 Piece		Mexi Rolls® - 4 Piece and Guacamole			460		Mexi Rolls® - 4 Piece and Sour Cream				510		
Mexi Rolls® - 6 Piece		Mexi Rolls® - 6 Piece and Guacamole			640		Mexi Rolls® - 6 Piece and Sour Cream				700		

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