

| 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 Offer | | | | | | | | | | | | |
| Sparkling Lemonade, Strawberry | 397 | 230 | 0 | 0 | 0 | 0 | 0 | 59 | 0 | 58 | 0 | 85 |
| Sparkling Lemonade, Prickly Pear | 397 | 270 | 0 | 0 | 0 | 0 | 0 | 69 | 0 | 68 | 0 | 90 |
| Sparkling Lemonade, Blue Raspberry | 397 | 230 | 0 | 0 | 0 | 0 | 0 | 59 | 0 | 59 | 0 | 90 |
| 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® - Chicken | 184 | 320 | 100 | 11 | 3.5 | 0 | 40 | 35 | 0 | 3 | 18 | 750 |
| 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 |
| The Taco Perfecto – Beef | 137 | 230 | 110 | 12 | 6 | 0.5 | 35 | 17 | 3 | 1 | 13 | 450 |
| The Taco Perfecto – Chicken | 130 | 230 | 90 | 9 | 4 | 0 | 55 | 16 | 1 | 2 | 18 | 520 |
| The Taco Perfecto – Sirloin Steak | 137 | 220 | 90 | 10 | 4 | 0 | 40 | 16 | 2 | 1 | 15 | 460 |
| Quesadilla Taco –Beef | 148 | 360 | 150 | 17 | 7 | 0.5 | 40 | 33 | 0 | 2 | 15 | 700 |
| Quesadilla Taco –Chicken | 148 | 390 | 180 | 20 | 7 | 0 | 55 | 33 | 2 | 3 | 17 | 740 |
| Quesadilla Taco –Sirloin Steak | 148 | 350 | 140 | 16 | 7 | 0 | 45 | 33 | 2 | 2 | 17 | 750 |
| 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 |
| The Boss, Burrito –Sirloin Steak, Pico de Gallo | 477 | 470 | 170 | 19 | 8 | 0 | 65 | 48 | 8 | 5 | 27 | 1870 |
| The Boss, Burrito –Sirloin Steak, Roasted Corn & Pepper Salsa | 477 | 470 | 170 | 19 | 8 | 0 | 65 | 49 | 8 | 5 | 27 | 1860 |
| The Boss, Burrito –Chicken, Pico de Gallo | 477 | 450 | 140 | 15 | 7 | 0 | 80 | 48 | 8 | 6 | 30 | 2000 |
| The Boss, Burrito –Chicken, Roasted Corn & Pepper Salsa | 477 | 460 | 140 | 15 | 7 | 0 | 80 | 50 | 8 | 6 | 31 | 1980 |
| 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 |
| Taco Salad w/o dressing –Sirloin Steak | 361 | 520 | 270 | 31 | 12 | 0 | 60 | 43 | 5 | 6 | 24 | 930 |
| 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 |
| The Boss, Bowl –Sirloin Steak, Pico de Gallo | 475 | 550 | 180 | 20 | 8 | 0 | 65 | 63 | 10 | 6 | 30 | 2160 |
| The Boss, Bowl –Sirloin Steak, Roasted Corn & Pepper Salsa | 475 | 560 | 180 | 20 | 9 | 0 | 65 | 65 | 11 | 6 | 30 | 2240 |
| The Boss, Bowl –Chicken, Pico de Gallo | 475 | 530 | 150 | 17 | 7 | 0 | 80 | 64 | 11 | 7 | 34 | 2380 |
| The Boss, Bowl –Chicken, Roasted Corn & Pepper Salsa | 475 | 540 | 150 | 17 | 8 | 0 | 80 | 65 | 11 | 7 | 34 | 2360 |
| Sauce-a-Lotta Enchiladas, Beef & Red Sauce Platter | 481 | 690 | 240 | 27 | 9 | 1 | 55 | 84 | 14 | 5 | 31 | 2620 |
| Sauce-a-Lotta Enchiladas, Beef & Red Sauce, 2 Enchiladas | 311 | 490 | 220 | 24 | 9 | 1 | 55 | 48 | 7 | 4 | 22 | 1720 |
| Sauce-a-Lotta Enchiladas, Chicken & White Queso Platter | 481 | 800 | 300 | 33 | 17 | 1 | 140 | 81 | 11 | 8 | 45 | 3010 |
| Sauce-a-Lotta Enchiladas, Chicken & White Queso, 2 Enchiladas | 311 | 600 | 270 | 30 | 17 | 1 | 140 | 45 | 4 | 7 | 36 | 2100 |
| 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 |
| Churro Bites, Kid's Size | 38 | 140 | 60 | 7 | 1 | 0 | 0 | 18 | 5 | 5 | 1 | 105 |
| 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 & Nacho | 142 | 380 | 180 | 20 | 4.5 | 0 | 15 | 45 | 3 | 0 | 7 | 920 |
| Black Beans & Rice | 170 | 200 | 25 | 3 | 0 | 0 | 0 | 36 | 7 | 1 | 9 | 910 |

Nutritional Analysis

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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) |
|--|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------------|-----------|-----------|-------------|-------------|
| Sides Cont..* | | | | | | | | | | | | |
| 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, Bites | 76 | 280 | 120 | 13 | 2 | 0 | 0 | 37 | 10 | 11 | 3 | 210 |
| 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 |
| House Salsa, 1 oz. portion | 28 | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 220 |
| 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 |
| Pico de Gallo, 1 oz portion | 28 | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 | 85 |
| White Queso, 3 oz. portion | 85 | 180 | 140 | 16 | 10 | 0.5 | 50 | 4 | 0 | 2 | 7 | 870 |
| 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 |
| 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 | 200 | 80 | 8 | 2.5 | 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 |
| Steak & Potato Breakfast Burrito | 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 |

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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) | |
|--|---|----------|-------------------|-----------------|---|---------------|------------------|-------------------|-----------|-----------|-------------|-------------|--|
| Dr Pepper | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | |
| Pepsi Wild Cherry | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Kids 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 | | | | | | | | | | | | | |
| Coffee - 16 oz. | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Milk, 1% Low Fat - 7 oz. | 1 | 90 | 20 | 2 | 1 | 0 | 10 | 10 | 0 | 10 | 7 | 90 | |
| Chocolate Milk, 1% Low Fat - 7 oz. | 1 | 140 | 20 | 2.5 | 1.5 | 0 | 10 | 23 | 0 | 23 | 7 | 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 | | | | | |
| Two Crispy Tacos, Combo | Sirloin Steak Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 690 | Beef Tacos with 20.oz Mountain Dew and Small Potato Olés® | | | 1100 | | | | | |
| Super Burrito, Combo | Sirloin Steak Burrito with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 830 | Beef burrito with 20.oz. Mountain Dew and small Potato Olés® | | | 1200 | | | | | |
| Two Softshell, Combo | Sirloin Steak Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 780 | Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés® | | | 1180 | | | | | |
| Taco Bravo, Combo | Sirloin Steak Taco with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 680 | Beef Taco with 20.oz Mountain Dew and Small Potato Olés® | | | 1080 | | | | | |
| Meat & Potato Burrito, Combo | Sirloin Steak Burrito with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 900 | Beef Burrito with 20.oz. Mountain Dew and small Potato Olés® | | | 1270 | | | | | |
| Grilled Chicken Burrito, Combo | 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 980 | 20.oz. Mountain Dew and small Potato Olés® | | | 1330 | | | | | |
| Street Tacos - Sirloin Steak, Combo | 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 920 | 20.oz. Mountain Dew and small Potato Olés® | | | 1290 | | | | | |
| Street Tacos - Chicken, Combo | 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 890 | 20.oz. Mountain Dew and small Potato Olés® | | | 1260 | | | | | |
| Meat & Potato Burrito and Softshell Taco, Combo | Sirloin Steak Burrito and Taco Diet Pepsi and Chips & Nacho Cheese. | | | 1100 | Beef Burrito and Taco with 20.oz. Mountain Dew and Small Potato Olés® | | | 1480 | | | | | |
| Stuffed Grilled Taco, Combo | Sirloin Steak with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 910 | Beef taco with 20.oz Mountain Dew and Small Potato Olés® | | | 1300 | | | | | |
| The Taco Perfecto, 2 Tacos-Beef, Combo | Two Beef Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 850 | Two Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés® | | | 1210 | | | | | |
| Quesadilla Taco, 2 Tacos- Beef, Combo | Two Beef Tacos with 20.oz Diet Pepsi and Chips & Nacho Cheese. | | | 1090 | Two Beef Tacos with 20.oz. Mountain Dew and Small Potato Olés® | | | 1470 | | | | | |
| Street Taco Trio - Chicken | Three Street Tacos. | | | 510 | -- | | | -- | | | | | |

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 1,200 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.

*Not available at all locations.

| Cont - Combos, Kid s Meals & other Calorie Ranges* | Low Range | Calories | High Range | Calories |
|--|---|----------|--|----------|
| 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 |
| Steak & Potato Burrito, Combo | Black Coffee and Breakfast Size Potato Olés® | 1030 | 20.oz Mountain Dew and Breakfast Size Potato Olés® | 1290 |
| 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/ dip | 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat / Nacho Cheese | 820 | 20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat/ Ranch Dressing | 1050 |
| Cheesy Quesadilla | 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat | 670 | 20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat | 830 |
| Beef Taco | Crispy Taco 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat | 640 | Softshell Taco 20. oz. Mountain Dew/ Potato Olés®, Kid s size /Kid s Treat | 850 |

Nutritional Analysis

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