



taco john's allergen chart

SINCE 1969

This allergen list includes the eight major food allergens identified by the United States Food and Drug Administration (FDA): **eggs, milk, peanuts, fish, shellfish, soy, tree nuts and wheat**. Since soybean oil is highly refined, which removes the allergenic soy protein, the FDA does not require foods that contain soybean oil to be listed as a soy allergen. Although soy lecithin is refined oil, research has shown it may contain trace amounts of soy protein. For this reason, items that contain soy lecithin are marked as containing "soybeans."

When checking for allergens, it is important to note that a menu item may come in contact with an allergen from other menu items due to shared equipment and preparation areas. For example, Potato Olés® are fried in the same fryer and oil as Crunchy Chicken and Churros. **There is no guarantee that cross-contact with other allergens will not occur.**

menu items	Crustacean Shellfish	Eggs	Fin Fish	Milk	Peanuts	Soybeans	Tree Nuts	Wheat
Tacos								
Crispy Taco -Beef				X		X		X
Crispy Taco -Chicken				X				
Crispy Taco -Sirloin Steak				X		X		X
Softshell Taco-Beef				X		X		X
Softshell Taco-Chicken				X				X
Softshell Taco -Sirloin Steak				X		X		X
Single Street Taco-Sirloin Steak				X		X		X
Single Street Taco-Chicken				X				X
Taco Bravo® - Beef				X		X		X
Taco Bravo® - Chicken		X		X				X
Taco Bravo® - Sirloin Steak				X		X		X
Stuffed Grilled Taco -Beef				X		X		X
Stuffed Grilled Taco -Chicken		X		X				X
Stuffed Grilled Taco -Sirloin Steak				X		X		X
The Taco Perfecto - Beef				X		X		X
The Taco Perfecto - Chicken		X		X				
The Taco Perfecto - Sirloin Steak				X		X		X
Quesadilla Taco -Beef				X		X		X
Quesadilla Taco -Chicken		X		X				X
Quesadilla Taco -Sirloin Steak				X		X		X
Burritos								
Super Burrito -Beef				X		X		X
Super Burrito -Sirloin Steak				X		X		X
Meat & Potato Burrito -Beef				X		X		X
Meat & Potato Burrito -Chicken				X				X
Meat & Potato Burrito -Crunchy Chicken		X		X		X		X
Meat & Potato Burrito -Sirloin Steak				X		X		X
Grilled Burrito-Beef				X		X		X
Grilled Burrito-Chicken		X		X				X
Grilled Burrito -Sirloin Steak				X		X		X
Bean Burrito				X				X
Beef Burrito				X		X		X
Combination Burrito				X		X		X
The Boss, Burrito -Sirloin Steak, Pico de Gallo				X		X		X
The Boss, Burrito -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The Boss, Burrito -Chicken, Pico de Gallo				X				X
The Boss, Burrito -Chicken, Roasted Corn & Pepper Salsa				X				X
Specialties*								
Taco Salad w/o dressing -Beef				X		X		X
Taco Salad w/o dressing -Chicken				X				X
Taco Salad w/o dressing -Crunchy Chicken		X		X		X		X
Taco Salad w/o dressing -Sirloin Steak				X		X		X
Super Nachos - Beef				X		X		X
Super Nachos, Small - Beef				X		X		X
Super Nachos - Sirloin Steak				X		X		X
Super Nachos, Small - Sirloin Steak				X		X		X
Super Potato Olés®				X		X		X
Super Potato Olés®, Small				X		X		X
Quesadilla -Cheese				X				X
Quesadilla -Chicken				X				X
Quesadilla -Beef				X		X		X
Quesadilla - Sirloin Steak				X		X		X
Crunchy Chicken w/ Ranch		X		X				X
The Boss, Bowl -Sirloin Steak, Pico de Gallo				X		X		X
The Boss, Bowl -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The Boss, Bowl -Chicken, Pico de Gallo				X				
The Boss, Bowl -Chicken, Roasted Corn & Pepper Salsa				X				
Sauce-a-Lotta Enchiladas, Beef & Red Sauce Platter				X		X		X
Sauce-a-Lotta Enchiladas, Beef & Red Sauce, 2 Enchiladas				X		X		X
Sauce-a-Lotta Enchiladas, Chicken & White Queso Platter				X				X
Sauce-a-Lotta Enchiladas, Chicken & White Queso, 2 Enchiladas				X				X
Kid s Menu Items								
Crispy Taco -Beef				X		X		X
Softshell Taco-Beef				X		X		X
Quesadilla, Kid s Size - Cheesy				X				X
Crunchy Chicken w/o sauce, Kid s Size		X		X		X		X
Potato Olés® - Kid s Meal/Breakfast Portion								
Churro Bites, Kid s Size		X						X
Giant Goldfish® Grahams						X		X

Allergen Information

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menu items	Crustacean Shellfish	Eggs	Fin Fish	Milk	Peanuts	soybeans	Tree Nuts	Wheat
Sides								
Potato Olés® - Kid's Meal/Breakfast Portion								
Potato Olés® - Small								
Potato Olés® - Medium								
Potato Olés® - Large								
Chips & Nacho				X				
Black Beans & Rice								
Refried Beans				X				
Side Salad (w/out dressing)				X				
Chips								
Desserts								
Churro		X		X		X		X
Mexican Donut Bites				X		X		X
Dips, Condiments & Dressings*								
Mild Sauce, 1 oz. portion								
Hot Sauce, 1 oz. portion								
Super-Hot Sauce, 1 oz. portion								
House Salsa, 1 oz. portion								
House Dressing, 1.5 oz. portion								
Ranch Dressing, 1.5 oz. portion		X		X				
Bacon Ranch Dressing, 1.5 oz. portion		X		X		X		
Creamy Italian Dressing, 1.5 oz. portion								
Pico de Gallo, 1 oz portion								
White Queso, 3 oz. & 5.5 oz portion				X				
Nacho Cheese Sauce, 3 oz. portion				X		X		
Sour Cream, 2.5 oz. portion				X				
Guacamole, 2.5 oz. portion								
Local Favorites*								
Taco Burger				X		X		X
Ranch Burrito		X		X		X		X
Cheese Roll-up				X				X
Breakfast*								
Jr. Breakfast Burrito-Bacon		X		X				X
Jr. Breakfast Burrito-Sausage		X		X				X
Jr. Breakfast Burrito-Sirloin Steak		X		X		X		X
Meat & Potato Breakfast Burrito-Bacon		X		X				X
Meat & Potato Breakfast Burrito-Sausage		X		X				X
Steak & Potato Breakfast Burrito		X		X		X		X
Scrambler Breakfast Burrito-Bacon		X		X				X
Scrambler Breakfast Burrito-Sausage		X		X				X
Scrambler Breakfast Burrito-Sirloin Steak		X		X		X		X
Potato Olés® Scrambler - Bacon		X		X				
Potato Olés® Scrambler -Sausage		X		X				
Potato Olés® Scrambler -Sirloin Steak		X		X		X		X
Potato Olés® Scrambler, Small -Bacon		X		X				
Potato Olés® Scrambler, Small -Sausage		X		X				
Potato Olés® Scrambler -Small, Sirloin Steak		X		X		X		X
Breakfast Egg Burrito		X		X				X
Breakfast Egg Burrito-Bacon		X		X				X
Breakfast Egg Burrito-Sausage		X		X				X
Breakfast Egg Burrito-Sirloin Steak		X		X		X		X
Spicy Chorizo Breakfast Burrito		X		X		X		X
\$1, \$2, \$3 Menu*								
Chicken Snack Quesadilla				X				X
Cheesy Bacon Ranch Nachos		X		X		X		
Street Taco- Chicken Bacon Guac				X				X
Spicy Potato Ole Griller - Chicken		X		X		X		X
Potato Ole Griller -Sirloin Steak		X		X		X		X
Cheesy Bacon Ranch Loaded Potato Oles		X		X		X		
Cinnamon Sugar Tortilla Crisps								X
Queso Blanco Menu *								
The Boss, Bowl Queso Blanco -Sirloin Steak, Pico de Gallo				X		X		X
The Boss, Bowl Queso Blanco -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The Boss, Bowl Queso Blanco -Chicken, Pico de Gallo				X				
The Boss, Bowl Queso Blanco -Chicken, Roasted Corn & Pepper Salsa				X				
The Boss, Bowl Queso Blanco -Beef, Pico de Gallo				X		X		X
The Boss, Bowl Queso Blanco -Beef, Roasted Corn & Pepper Salsa				X		X		X
The Boss, Burrito Queso Blanco -Sirloin Steak, Pico de Gallo				X		X		X
The Boss, Burrito Queso Blanco -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The Boss, Burrito Queso Blanco -Chicken, Pico de Gallo				X				X
The Boss, Burrito Queso Blanco -Chicken, Roasted Corn & Pepper Salsa				X				X
The Boss, Burrito Queso Blanco -Beef, Pico de Gallo				X		X		X
The Boss, Burrito Queso Blanco -Beef, Roasted Corn & Pepper Salsa				X		X		X
Queso Blanco Nachos - Chicken				X				
Queso Blanco Nachos - Sirloin Steak				X		X		X

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menu items	Crustacean Shellfish	Eggs	Fin Fish	Milk	Peanuts	Soybeans	Tree Nuts	Wheat
Fit for You Bowls*								
The Protein Bowl-Sirloin Steak, Pico de Gallo				X		X		X
The Protein Bowl -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The Protein Bowl -Chicken, Pico de Gallo				X				
The Protein Bowl -Chicken, Roasted Corn & Pepper Salsa				X				
The Protein Bowl -Beef, Pico de Gallo				X		X		X
The Protein Bowl -Beef, Roasted Corn & Pepper Salsa				X		X		X
The 350 Bowl-Sirloin Steak, Pico de Gallo				X		X		X
The 350 Bowl -Sirloin Steak, Roasted Corn & Pepper Salsa				X		X		X
The 350 Bowl -Chicken, Pico de Gallo				X				
The 350 Bowl -Chicken, Roasted Corn & Pepper Salsa				X				
The Vegetarian Bowl-Pico de Gallo				X				
The Vegetarian Bowl-Roasted Corn & Pepper Salsa				X				
The Vegan Bowl-Pico de Gallo								
The Vegan Bowl- Roasted Corn & Pepper Salsa								
Cold Brew Coffee*								
Cold Brew, Mocha - 20 oz.				X				
Cold Brew, Mocha - 30 oz.				X				
Cold Brew, Plain - 20 oz.				X				
Cold Brew, Plain - 30 oz.				X				
Cold Brew, Vanilla- 20 oz.				X				
Cold Brew, Vanilla - 30 oz.				X				
Pepsi								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Diet Pepsi & Caffeine Free Diet Pepsi								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Mist TWIST								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Mountain Dew								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Diet Mountain Dew								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Tropicana Lemonade								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Dr Pepper								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Lifewater Yumberry Pomegranate								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Brisk No Calorie Peach Iced Green Tea								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Brisk Raspberry Iced Tea								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								

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Pepsi Wild Cherry								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Mug Root Beer								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Tropicana Fruit Punch								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Tropicana Twister Orange								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Lipton® Iced Tea								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Lipton® Sweet Tea								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
Other Beverages								
Coffee - 16 oz.								
Milk, 1% Low Fat - 7 oz.				X				
Chocolate Milk, 1% Low Fat - 7 oz.				X				
Tropicana Orange Juice - 12 oz.								
Nestlé Pure Life Water 16.9 oz.								

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