

| 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* | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| Queso Blanco, 3 oz. portion | 85 | 100 | 90 | 10 | 6 | 0 | 20 | 760 | 0 | 2 | 5 | 760 |
| Large Queso Blanco, 5.5 oz. portion | 156 | 180 | 160 | 18 | 10 | 0 | 35 | 9 | 0 | 4 | 8 | 1400 |
| 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 |
| \$1, \$2, \$3 Value Menu* | | | | | | | | | | | | |
| Chicken Snack Quesadilla | 78 | 200 | 70 | 7 | 3.5 | 0 | 30 | 19 | 2 | 1 | 13 | 460 |
| Street Taco- Chicken Bacon Guac | 99 | 200 | 80 | 9 | 1.5 | 0 | 30 | 18 | 2 | 2 | 12 | 590 |
| Spicy Potato Ole Griller - Chicken | 153 | 370 | 150 | 17 | 4 | 0 | 35 | 41 | 3 | 2 | 15 | 1090 |
| Potato Ole Griller -Sirloin Steak | 153 | 380 | 170 | 19 | 4.5 | 0 | 30 | 40 | 3 | 2 | 13 | 1020 |
| Cheesy Bacon Ranch Loaded Potato Oles | 248 | 730 | 420 | 46 | 11 | 0 | 25 | 67 | 7 | 1 | 11 | 2440 |
| Cinnamon Sugar Tortilla Crisps | 78 | 260 | 50 | 5 | 1 | 0 | 0 | 47 | 9 | 14 | 5 | 290 |
| Breakfast Grillers* | | | | | | | | | | | | |
| Breakfast Griller - Bacon | 174 | 420 | 200 | 22 | 8 | 0 | 175 | 40 | 3 | 3 | 16 | 1100 |
| Breakfast Griller - Sausage | 174 | 410 | 200 | 22 | 8 | 0 | 175 | 40 | 4 | 3 | 14 | 960 |
| Breakfast Griller, Spicy - Bacon | 174 | 440 | 220 | 24 | 8 | 0 | 180 | 40 | 2 | 3 | 16 | 1230 |
| Breakfast Griller, Spicy - Sausage | 174 | 440 | 220 | 24 | 8 | 0 | 175 | 41 | 2 | 3 | 14 | 1090 |
| Shrimp Tacos* | | | | | | | | | | | | |
| Street Taco, Shrimp | 92 | 190 | 70 | 8 | 1 | 0 | 20 | 25 | 2 | 3 | 6 | 450 |
| Soft Shell Taco, Shrimp | 113 | 260 | 110 | 12 | 3.5 | 0 | 35 | 29 | 3 | 2 | 10 | 680 |
| Fried Chicken Tender* | | | | | | | | | | | | |
| Fried Chicken Tacos- Chipotle Lime | 134 | 330 | 140 | 16 | 4 | 0 | 35 | 33 | 4 | 2 | 14 | 810 |
| Fried Chicken Tacos - Jalapeno Ranch | 134 | 320 | 140 | 15 | 4 | 0 | 35 | 32 | 4 | 2 | 14 | 800 |
| Fried Chicken & Potato Olés® Snacker w/ Chipotle Lime | 227 | 700 | 390 | 43 | 8 | 0 | 55 | 60 | 7 | 2 | 17 | 2010 |
| Fried Chicken & Potato Olés® Snacker w/ Jalapeno Ranch | 227 | 690 | 380 | 42 | 8 | 0 | 50 | 59 | 7 | 2 | 17 | 1970 |
| Kid's Fried Chicken & Potato Olés® Snacker w/ Ranch | 227 | 700 | 390 | 44 | 8 | 0 | 55 | 59 | 7 | 2 | 17 | 2000 |

Nutritional Analysis

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*Not available at all locations.

| 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) |
|--|-------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------------|-----------|-----------|-------------|-------------|
| Cold Brew Coffee* | | | | | | | | | | | | |
| Cold Brew, Plain - 20 oz. | 1 | 90 | 15 | 2 | 1 | 0 | 10 | 14 | 0 | 14 | 3 | 65 |
| Pepsi | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 |
| Pepsi Wild Cherry | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| 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 |

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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) |
|--|--------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------------|-----------|-----------|-------------|-------------|
| 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 |
| Dr Pepper | 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 |
| 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, 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 |

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| Compos, Kid s Meals & other Calorie Ranges* | Low Range | Calories | High Range | Calories |
|---|---|----------|--|----------|
| Two Crispy Tacos, Combo | Beef Tacos with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 810 | 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 | Beef Taco with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 700 | Beef Taco with 20. oz Mountain Dew and Small Potato Olés® | 1080 |
| Meat & Potato Burrito, Combo | Beef Burrito with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 890 | 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® | 1350 |
| 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 | Beef with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 510 | Beef taco with 20. oz Mountain Dew and Small Potato Olés® | 1260 |
| 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 |
| Fried Chicken Taco- Chipotle Lime, Combo | Two Tacos 20. oz Diet Pepsi and Chips & Nacho Cheese. | 1040 | Two Tacos with 20.oz. Mountain Dew and Small Potato Olés® | 1400 |
| Fried Chicken Taco- Jalapeno Ranch, Combo | Two Tacos 20. oz Diet Pepsi and Chips & Nacho Cheese. | 1030 | Two Tacos with 20.oz. Mountain Dew and Small Potato Olés® | 1390 |
| Street Taco Trio – Chicken | Three Street Tacos. | 510 | -- | -- |
| Street Taco Trio- Sirloin Steak | Three Street Tacos. | 540 | -- | -- |
| Street Taco Trio- Shrimp | Three Street Tacos. | 580 | -- | -- |
| Street Taco Trio- Shrimp, Combo | Three Street Tacos with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 960 | Three Street Tacos with 20.oz. Mountain Dew and Small Potato Olés® | 1220 |
| Soft Shell Taco Duo, Shrimp | Two Street Tacos | 520 | -- | -- |
| Soft Shell Taco Duo, Shrimp, Combo | Two Tacos with 20. oz Diet Pepsi and Chips & Nacho Cheese. | 900 | Two Tacos with 20.oz. Mountain Dew and Small Potato Olés® | 1170 |
| 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 |
| Steak & Potato Burrito, Combo | Black Coffee and Breakfast Size Potato Olés® | 1030 | 20.oz Mountain Dew and Breakfast Size Potato Olés® | 1290 |
| Breakfast Griller, Combo | Breakfast Griller- Bacon, Cold Brew Coffee, and Breakfast Size Potato Olés® | 900 | Breakfast Griller- Sausage, Cold Brew Coffee, and Breakfast Size Potato Olés® | 900 |
| Breakfast Griller- Spicy, Combo | Breakfast Grille, Spicy- Sausage, Cold Brew Coffee, and Breakfast Size Potato Olés® | 920 | Breakfast Griller, Spicy- Bacon, Cold Brew Coffee, and Breakfast Size Potato Olés® | 930 |
| 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 ' | 700 | 20. oz. Mountain Dew/ Potato Olés®, Kid s size / Kid s Treat/ Ranch Dressing ' | 940 |
| Chicken Tenders w/dip | 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat / Nacho Cheese ' | 820 | 20. oz. Diet Pepsi/ Potato Olés®, Kid s size / Kid s Treat / Nacho Cheese ' | 1090 |
| 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 | 620 | Softshell Taco 20. oz. Mountain Dew/ Potato Olés®, Kid s size /Kid s Treat | 850 |

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.