



# 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.** During this promotion we will be serving fried items with fish and shellfish allergens. Please order accordingly.

menu items	Crustacean Shellfish	Eggs	Fin Fish	Milk	Peanuts	Soybeans	Tree Nuts	Wheat
<b>\$1, \$2, \$3 Valuest Menu / Fish Tacos- Limited Time Offer</b>								
Chicken Snack Quesadilla				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 Olés®		X		X		X		
Cinnamon Sugar Tortilla Crisps								X
Fish Taco		X	X	X		X		X
<b>Tacos</b>								
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
Street Taco-Sirloin Steak				X		X		X
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
Quesadilla Taco -Beef				X		X		X
Quesadilla Taco -Chicken		X		X				X
Quesadilla Taco -Sirloin Steak				X		X		X
<b>Burritos</b>								
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
<b>Specialties*</b>								
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				

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menu items	Crustacean Shellfish	Eggs	Fin Fish	Milk	Peanuts	soybeans	Tree Nuts	Wheat
<b>Kid s Menu Items</b>								
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
<b>Sides</b>								
Potato Olés® - Kid s Meal/Breakfast Portion								
Potato Olés® - Small								
Potato Olés® - Medium								
Potato Olés® - Large								
Chips & Nacho Cheese				X				
Black Beans & Rice								
Refried Beans				X				
Side Salad (w/out dressing)				X				
Chips								
<b>Desserts</b>								
Churro		X		X		X		X
Mexican Donut Bites				X		X		X
<b>Dips, Condiments &amp; Dressings*</b>								
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								
Queso Blanco, 3 oz. portion				X				
Nacho Cheese Sauce, 3 oz. portion				X				
Sour Cream, 2.5 oz. portion				X				
Guacamole, 2.5 oz. portion								
<b>Local Favorites*</b>								
Taco Burger				X		X		X
Ranch Burrito		X		X		X		X
Cheese Roll-up				X				X
<b>Breakfast*</b>								
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
<b>\$1, \$2, \$3 Valuest Menu Extension*</b>								
Chicken Bacon Ranch Burrito		X		X				X
<b>Breakfast Grillers*</b>								
Breakfast Griller - Bacon		X		X				X
Breakfast Griller - Sausage		X		X				X
Breakfast Griller, Spicy - Bacon		X		X				X
Breakfast Griller, Spicy - Sausage		X		X				X
<b>Shrimp Tacos *</b>								
Street Taco, Shrimp	X			X		X		X
Soft Shell Taco, Shrimp	X			X		X		X

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<b>Fried Chicken Tender*</b>								
Fried Chicken Tacos- Chipotle Lime		X		X				X
Fried Chicken Tacos - Jalapeno Ranch		X		X				X
Fried Chicken & Potato Olés® Snacker w/ Chipotle Lime		X		X				X
Fried Chicken & Potato Olés® Snacker w/ Jalapeno Ranch		X		X				X
Kid s Fried Chicken & Potato Olés® Snacker w/ Ranch		X		X				X
<b>Cold Brew Coffee*</b>								
Cold Brew, Plain - 20 oz.				X				
<b>Pepsi</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Diet Pepsi &amp; Caffeine Free Diet Pepsi</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Mist TWIST</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Mountain Dew</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Diet Mountain Dew</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Tropicana Lemonade</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Dr Pepper</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Lifewater Yumberry Pomegranate</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Brisk No Calorie Peach Iced Green Tea</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Brisk Raspberry Iced Tea</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								

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<b>Pepsi Wild Cherry</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Mug Root Beer</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Tropicana Fruit Punch</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Tropicana Twister Orange</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Lipton® Iced Tea</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Lipton® Sweet Tea</b>								
Kid s size - 12 oz.								
Small - 20 oz.								
Medium - 30 oz.								
Large - 40 oz.								
<b>Other Beverages</b>								
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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