

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)
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
Street Taco-Sirloin Steak	92	180	70	8	2	0	20	17	1	1	9	360
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	203	510	220	24	9	0.5	40	54	5	3	18	970
Stuffed Grilled Taco – Chicken	203	510	200	22	8	0	60	54	4	4	22	1080
Stuffed Grilled Taco – Sirloin Steak	203	490	200	22	8	0	45	53	4	3	20	980
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	276	740	400	45	20	1.5	80	54	6	3	31	1680
Grilled Burrito-Chicken	247	600	260	29	11	0.5	85	52	4	4	31	1650
Grilled Burrito – Sirloin Steak	247	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	480	230	26	14	0.5	45	41	3	2	20	990
Quesadilla – Chicken	250	540	240	27	15	0.5	70	43	3	3	29	1210
Quesadilla – Beef	246	590	260	31	16	1	60	51	6	4	27	1180
Quesadilla – Sirloin Steak	260	570	270	30	15	0.5	75	43	3	2	30	1250
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
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
\$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 Olés®	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
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												
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220

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.

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)
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
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
Meat & Potato Breakfast Burrito-Sirloin Steak	246	550	220	24	6	0	235	58	5	4	23	1330
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
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
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
\$1, \$2, \$3 Valuest Menu Extension •												
Chicken Bacon Ranch Burrito	213	450	170	19	5	0	55	46	2	3	24	1570
Cold Brew Coffee•												
Cold Brew, Plain - 20 oz.	1	90	15	2	1	0	10	14	0	14	3	65

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.

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												
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

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.

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

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.

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	Beef Tacos with 20. oz Diet Pepsi and Chips & Nacho Cheese.	810	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.	890	Beef taco with 20. oz Mountain Dew and Small Potato Olés®	1260
The Boss, Burrito – Sirloin Steak, Combo	The Boss, Burrito – Sirloin Steak, Pico de Gallo with 20. oz Diet Pepsi and Chips & Nacho Cheese.	850	The Boss, Burrito – Sirloin Steak, Roasted Corn & Pepper Salsa with 20.oz. Mountain Dew and Small Potato Olés®	1210
The Boss, Burrito – Chicken, Combo	The Boss, Burrito – Chicken, Pico de Gallo with 20. oz Diet Pepsi and Chips & Nacho Cheese.	840	The Boss, Burrito – Chicken, Roasted Corn & Pepper Salsa with 20.oz. Mountain Dew and Small Potato Olés®	1210
Street Taco Trio – Chicken	Three Street Tacos.	510	--	--
Street Taco Trio- Sirloin Steak	Three Street Tacos.	540	--	--
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	--	--
Family Pack and A Pound -Beef	2 Meat & Potato Burritos/ 4 Crispy Tacos / Two Large Potato Olés®	3210	2 Meat & Potato Burritos/ 4 Softshell Tacos / Two Large Potato Olés®	3400
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 –Two 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 Giant Goldfish® Grahams / Nacho Cheese	700	20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Giant Goldfish® Grahams / Ranch Dressing	940
Cheesy Quesadilla	20. oz. Diet Pepsi/ Potato Olés®, Kid's size / Kid's Giant Goldfish® Grahams	670	20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Giant Goldfish® Grahams	830
Beef Taco	Crispy Taco 20. oz. Diet Pepsi/ Potato Olés®, Kid's size / Kid's Giant Goldfish® Grahams	620	Softshell Taco 20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Giant Goldfish® Grahams	850
Crunchy Chicken w/ dip and Kid's Cinnamon Sugar Tortilla Crisps	20. oz. Diet Pepsi/ Potato Olés®, Kid's size / Kid's Cinnamon Sugar Tortilla Crisps / Nacho Cheese	660	20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Cinnamon Sugar Tortilla Crisps / Ranch Dressing	1020
Cheesy Quesadilla w/ Kid's Cinnamon Sugar Tortilla Crisps	20. oz. Diet Pepsi/ Potato Olés®, Kid's size / Kid's Cinnamon Sugar Tortilla Crisps	620	20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Cinnamon Sugar Tortilla Crisps	890
Beef Taco w/ Kid's Cinnamon Sugar Tortilla Crisps	Crispy Taco 20. oz. Diet Pepsi/ Potato Olés®/ Kid's Cinnamon Sugar Tortilla Crisps	570	Softshell Taco 20. oz. Mountain Dew/ Potato Olés®, Kid's size / Kid's Cinnamon Sugar Tortilla Crisps	890

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.