



NUTRITION GUIDE

*Nutrition abbreviation key on page 4

Cals Fat (g) Sat Fat (g) Trans Fat (g) Chol (mg) Sod (mg) Carb (g) Fib (g) Sugar (g) Prot (g)

TACOS All tacos are listed without Potato Olés® and chips and nacho cheese; see Sides for more nutrition information.

Alaska Flounder Fish Taco	350	20	4.5	0	25	750	31	3	3	11
Crispy Taco, Beef	150	10	3.5	0	25	270	11	2	1	9
Crispy Taco, Chicken	130	6	2	0	40	350	10	1	1	13
Crispy Taco, Steak	140	8	2.5	0	30	260	10	1	1	11
Fried Chicken Taco, Chipotle Lime	360	19	4.5	0	35	860	34	4	2	14
Fried Chicken Taco, Jalapeño Ranch	360	19	4.5	0	35	870	34	4	2	15
Quesadilla Taco, Beef	310	15	7	0	35	600	35	3	2	13
Quesadilla Taco, Chicken	370	20	7	0	45	710	33	3	3	16
Quesadilla Taco, Steak	370	21	7	0	40	650	33	3	3	15
Softshell Taco, Beef	230	11	4	0	25	490	21	2	1	12
Softshell Taco, Chicken	210	7	2.5	0	40	580	21	2	2	15
Softshell Taco, Steak	220	9	3	0	30	480	20	2	2	13
Street Taco, Chicken	170	7	2.5	0	30	400	17	1	2	10
Street Taco, Steak	180	9	3	0	20	330	17	1	2	9
Stuffed Grilled Taco, Beef	500	27	10	0.5	45	930	54	5	3	19
Stuffed Grilled Taco, Chicken	510	26	9	0	60	1040	54	4	4	23
Stuffed Grilled Taco, Steak	490	25	9	0	50	920	53	4	3	21
Taco Bravo, Beef	320	14	5	0	25	680	38	6	2	15
Taco Bravo, Chicken	330	14	4	0	40	790	38	6	3	19
Taco Bravo, Steak	310	12	4	0	30	670	37	6	2	17

BURRITOS All burritos are listed without Potato Olés® and chips and nacho cheese; see Sides for more nutrition information.

Bean Burrito	400	13	5	0	15	960	57	9	2	17
Beef Burrito	460	22	8	0.5	50	980	44	4	2	23
Boss Burrito, Beef, Pico de Gallo	830	33	14	1	65	2230	108	13	7	34
Boss Burrito, Beef, Roasted Corn & Pepper Salsa	840	34	14	1	65	2210	109	13	8	34
Boss Burrito, Chicken, Pico de Gallo	800	27	12	0	85	2370	107	12	8	40
Boss Burrito, Chicken, Roasted Corn & Pepper Salsa	810	27	12	0	85	2360	108	13	8	40
Boss Burrito, Steak, Pico de Gallo	810	30	12	0	70	2220	106	12	7	37
Boss Burrito, Steak, Roasted Corn & Pepper Salsa	820	31	13	0	70	2200	107	13	8	37
Combination Burrito	430	18	7	0	30	970	50	7	2	20
Grilled Burrito, Beef	850	53	20	1	95	1810	61	6	3	38
Grilled Burrito, Chicken	700	38	12	0	90	1770	59	5	3	34
Grilled Burrito, Fried Chicken	750	42	12	0	60	1780	71	7	3	27
Grilled Burrito, Steak	720	41	13	0	75	1620	59	5	3	31
Meat & Potato Burrito, Beef	530	27	8	0	35	1220	59	6	3	15
Meat & Potato Burrito, Chicken	510	23	7	0	45	1310	59	5	4	19
Meat & Potato Burrito, Fried Chicken	560	26	7	0	30	1370	68	7	3	16
Meat & Potato Burrito, Steak	550	26	8	0	45	1270	59	5	3	20
Super Burrito, Beef	470	20	8	0	40	980	52	7	4	21
Super Burrito, Chicken	440	17	7	0	55	1070	52	7	4	24
Super Burrito, Fried Chicken	530	22	8	0	45	1260	64	9	4	23
Super Burrito, Steak	480	20	8	0	55	1030	52	7	4	25

FAVORITES All salads are listed without dressing; see Dressings for more nutrition information.

Bean Burrito	400	13	5	0	15	960	57	9	2	17
Boss Bowl, Beef, Pico de Gallo	640	27	12	1	65	1970	79	12	6	25
Boss Bowl, Beef, Roasted Corn & Pepper Salsa	650	27	12	1	65	1960	81	12	7	26
Boss Bowl, Chicken, Pico de Gallo	610	20	9	0	85	2120	78	11	7	32
Boss Bowl, Chicken, Roasted Corn & Pepper Salsa	620	20	9	0	85	2100	79	12	7	32
Boss Bowl, Steak, Pico de Gallo	630	24	10	0	70	1960	77	12	6	29
Boss Bowl, Steak, Roasted Corn & Pepper Salsa	630	24	10	0	70	1950	79	12	7	29
Four Cheese Quesadilla, Cheese at select locations	470	25	13	0.5	60	1080	40	3	3	23
Four Cheese Quesadilla, Chicken at select locations	590	33	14	0.5	95	1490	43	3	4	33
Four Cheese Quesadilla, Steak at select locations	610	36	15	0.5	85	1380	43	3	4	31
Fried Chicken & Potato Olés® Snacker, Chipotle Lime	730	47	9	0	45	1970	61	7	3	17

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Fried Chicken & Potato Olés® Snacker, Jalapeño Ranch	750	48	9	0	45	2080	62	8	2	18
Quesadilla, Cheese	500	29	14	0.5	60	970	41	3	2	26
Quesadilla, Beef	580	34	16	1	75	1160	43	3	2	32
Quesadilla, Chicken	560	30	14	0.5	90	1240	43	3	3	36
Quesadilla, Steak	590	34	15	0.5	90	1210	43	3	2	36
Super Nachos, Beef	810	43	14	0.5	65	1300	85	10	3	24
Super Nachos, Chicken	790	39	12	0	80	1380	84	9	4	28
Super Nachos, Steak	820	42	13	0	75	1350	84	9	3	29
Super Potato Olés®, Beef	1120	68	21	1	65	3050	104	14	4	26
Super Potato Olés®, Chicken	1100	64	19	0.5	80	3130	103	14	4	30
Super Potato Olés®, Steak	1130	68	20	0.5	75	3100	103	14	4	31
Taco Salad, Beef	560	31	13	0.5	60	870	50	3	6	26
Taco Salad, Chicken	530	25	11	0	80	980	50	2	7	31
Taco Salad, Fried Chicken	670	33	12	0	70	1300	68	5	6	31
Taco Salad, Steak	540	28	11	0	65	860	49	2	6	28
LOCAL FAVORITES Available at selected locations.										
Cheese Roll-Up	200	10	5	0	20	360	18	1	1	10
Ranch Burrito	420	21	7	0	35	840	43	4	3	17
Taco Burger	280	11	4	0	30	570	30	2	4	15
KIDS MENU All kids meals are listed without junior Potato Olés®; see below for more nutrition information.										
Cheesy Quesadilla	220	13	6	0	30	410	19	1	1	12
Chicken Tenders, with Ranch Dressing	400	28	4.5	0	45	950	22	3	1	14
Crispy Taco, Beef	150	10	3.5	0	25	270	11	2	1	7
Softshell Taco, Beef	230	11	4	0	25	490	21	2	1	9
Junior Potato Olés®	330	19	4	0	0	970	37	4	0	3
\$1, \$2, \$3 VALUEST MENU										
Cheesy Bacon Ranch Loaded Potato Olés®	750	49	11	0	25	2180	67	7	1	10
Cheesy Snack Quesadilla	220	13	6	0	30	410	19	1	1	12
Chicken Bacon Guac Street Taco	210	10	3	0	35	530	19	2	2	12
Chicken Snack Quesadilla	210	9	4	0	35	500	19	1	1	14
Churro	230	11	1.5	0	0	330	31	2	10	3
Cold Brew, Mocha	80	1.5	1	0	5	60	14	0	13	3
Cold Brew, Vanilla	80	1.5	1	0	5	55	13	0	13	3
Grande Beef Taco	470	25	10	0.5	50	1060	43	5	3	19
Spicy Chicken & Potato Griller	360	16	4	0	35	1000	40	3	2	16
Spicy Steak & Potato Griller	370	18	4.5	0	25	910	40	3	2	14
MULTI-PACKS										
5 Chicken Tenders w/ Jalapeño Ranch/Chipotle Lime	570/580	35/37	6	0/0.5	65	1570/1520	39	6/5	2/3	23/22
10 Chicken Tenders w/ Jalapeño Ranch/Chipotle Lime	1130/1160	71/75	12	1	135	3140/3040	77/78	11	4/6	47/45
20 Chicken Tenders w/ Jalapeño Ranch/Chipotle Lime	2270/2330	141/149	23/24	2	270/265	6280/6090	154/155	23/22	8/12	93/90
SIDES All salads are listed without dressing; see Dressings for more nutrition information.										
Black Beans	210	1	0	0	0	910	38	14	0	14
Chips	270	11	1.5	0	0	210	40	3	0	4
Chips & Nacho Cheese	380	20	4.5	0	10	600	45	3	1	6
Cilantro Lime Rice	280	9	1.5	0	0	680	43	2	2	5
Potato Olés®, Junior	330	19	4	0	0	970	37	4	0	3
Potato Olés®, Small	480	27	6	0	0	1380	52	6	1	5
Potato Olés®, Medium	670	38	8	0	0	1930	73	8	1	7
Potato Olés®, Large	860	49	11	0	0	2490	94	10	1	9
Refried Beans	360	8	3.5	0	15	1180	52	17	1	22
Rice & Beans	240	5	1	0	0	790	41	8	1	9
Side Salad	40	2.5	1.5	0	5	55	3	1	2	1
SWEET TREATS										
Churro	230	11	1.5	0	0	330	31	2	10	3
Mexican Donut Bites	300	8	1.5	0	5	220	48	1	25	4
DIPS, CONDIMENTS & DRESSINGS										
Chipotle Lime Sauce, 1 fl oz	140	14	2.5	0	10	250	3	0	2	0
Creamy Italian Dressing, 1.5 fl oz	130	14	2.5	0	0	320	2	0	2	0
Guacamole, 2.5 fl oz	150	11	2	0	0	220	12	3	0	1
House Dressing, 1.5 fl oz	70	7	1	0	0	260	2	1	2	0
House Salsa, 1 fl oz	5	0	1	0	0	160	6	0	1	0
Jalapeño Ranch Sauce, 1 fl oz	130	13	2	0	10	280	3	0	1	1
Mild Sauce, 1 fl oz	10	0	0	0	0	130	2	0	1	0

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Nacho Cheese, 3 fl oz	110	9	3.5	0	10	390	5	0	0	3
Pico de Gallo, 1 fl oz	10	0	0	0	0	95	2	0	1	0
Ranch Dressing, 1.5 fl oz	210	23	3.5	0	15	310	1	0	1	0
Roasted Corn & Pepper Salsa, 1 fl oz	15	0	0	0	0	85	3	1	1	0
Sour Cream, 2.5 fl oz	140	13	8	0.5	50	50	4	0	3	2
Super Hot Sauce, 1 fl oz	5	0	0	0	0	40	1	1	1	0
BREAKFAST										
Breakfast Griller, Bacon at select locations	570	29	10	0	170	1510	58	5	3	22
Breakfast Griller, Sausage at select locations	570	30	10	0	175	1430	59	5	3	21
Breakfast Griller, Steak at select locations	540	26	9	0	170	1340	59	5	3	22
Breakfast Taco, Bacon at select locations	350	19	6	0	125	880	31	3	1	13
Breakfast Taco, Sausage at select locations	360	20	6	0	130	870	31	3	1	13
Breakfast Taco, Steak at select locations	340	17	5	0	125	810	31	3	1	14
Jr. Breakfast Burrito, Bacon	270	12	4	0	175	640	28	2	2	12
Jr. Breakfast Burrito, Sausage	280	14	4.5	0	170	600	28	2	2	12
Jr. Breakfast Burrito, Steak	260	11	3.5	0	170	540	28	2	2	12
Meat & Potato Breakfast Burrito, Bacon	560	28	9	0	240	1430	57	5	3	20
Meat & Potato Breakfast Burrito, Sausage	630	35	11	0	240	1460	58	5	4	22
Meat & Potato Breakfast Burrito, Steak	570	27	7	0	235	1280	58	5	3	23
Potato Olés® Scrambler, Bacon	1030	64	18	0	265	3050	88	9	4	27
Potato Olés® Scrambler, Sausage	1100	71	21	0	265	3090	89	9	4	28
Potato Olés® Scrambler, Steak	1040	63	17	0	260	2910	89	9	4	30
Scrambler Breakfast Burrito, Bacon	570	28	9	0	240	1430	59	5	4	20
Scrambler Breakfast Burrito, Sausage	640	35	11	0	240	1460	60	5	5	22
Scrambler Breakfast Burrito, Steak	580	27	7	0	235	1290	60	5	4	23
Spicy Chorizo Breakfast Burrito	500	27	10	0	240	1310	46	4	4	20
DRINKS										
Cold Brew, Plain	45	1.5	1	0	5	50	4	0	4	3
Cold Brew, Mocha	80	1.5	1	0	5	60	14	0	13	3
Extra Shot of Mocha Syrup	35	0	0	0	0	10	9	0	9	0
Cold Brew, Vanilla	80	1.5	1	0	5	55	13	0	13	3
Extra Shot of Vanilla Syrup	35	0	0	0	0	0	9	0	9	0
Tropicana® Orange Juice	170	0	0	0	0	20	39	0	34	3
Chocolate Milk	140	2.5	1.5	0	10	160	23	1	23	7
Pepsi®, Kid's Meal, 12 fl oz	150	0	0	0	0	35	41	0	41	0
Pepsi®, Small, 20 fl oz	250	0	0	0	0	55	69	0	69	0
Pepsi®, Medium, 30 fl oz	380	0	0	0	0	85	104	0	104	0
Pepsi®, Large, 40 fl oz	500	0	0	0	0	110	138	0	138	0
Diet Pepsi®, Kid's Meal, 12 fl oz	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®, Small, 20 fl oz	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®, Medium, 30 fl oz	0	0	0	0	0	90	0	0	0	0
Diet Pepsi®, Large, 40 fl oz	0	0	0	0	0	120	0	0	0	0
Mist Twst®, Kid's Meal, 12 fl oz	140	0	0	0	0	35	39	0	39	0
Mist Twst®, Small, 20 fl oz	240	0	0	0	0	55	65	0	65	0
Mist Twst®, Medium, 30 fl oz	360	0	0	0	0	85	98	0	98	0
Mist Twst®, Large, 40 fl oz	480	0	0	0	0	110	130	0	130	0
Mountain Dew®, Kid's Meal, 12 fl oz	170	0	0	0	0	65	46	0	46	0
Mountain Dew®, Small, 20 fl oz	290	0	0	0	0	105	77	0	77	0
Mountain Dew®, Medium, 30 fl oz	440	0	0	0	0	160	116	0	116	0
Mountain Dew®, Large, 40 fl oz	580	0	0	0	0	210	154	0	154	0
Diet Mountain Dew®, Kid's Meal, 12 fl oz	5	0	0	0	0	50	1	0	1	0
Diet Mountain Dew®, Small, 20 fl oz	10	0	0	0	0	85	1	0	1	0
Diet Mountain Dew®, Medium, 30 fl oz	15	0	0	0	0	130	2	0	2	0
Diet Mountain Dew®, Large, 40 fl oz	20	0	0	0	0	170	2	0	2	0
Tropicana® Lemonade, Kid's Meal, 12 fl oz	150	0	0	0	0	150	40	0	40	0
Tropicana® Lemonade, Small 20 fl oz	250	0	0	0	0	260	67	0	66	0
Tropicana® Lemonade, Medium, 30 fl oz	380	0	0	0	0	390	100	0	99	0
Tropicana® Lemonade, Large, 40 fl oz	510	0	0	0	0	520	133	0	133	0
Dr Pepper®, Kid's Meal, 12 fl oz	150	0	0	0	0	60	40	0	38	0
Dr Pepper®, Small, 20 fl oz	250	0	0	0	0	100	66	0	64	0
Dr Pepper®, Medium, 30 fl oz	380	0	0	0	0	150	99	0	96	0
Dr Pepper®, Large, 40 fl oz	500	0	0	0	0	200	132	0	128	0
Mug® Root Beer, Kid's Meal, 12 fl oz	160	0	0	0	0	65	43	0	43	0
Mug® Root Beer, Small, 20 fl oz	260	0	0	0	0	105	71	0	71	0

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Mug® Root Beer, Medium, 30 fl oz	390	0	0	0	0	160	107	0	107	0
Mug® Root Beer, Large, 40 fl oz	520	0	0	0	0	210	142	0	142	0
Wild Cherry Pepsi®, Kid's Meal, 12 fl oz	160	0	0	0	0	35	42	0	42	0
Wild Cherry Pepsi®, Small, 20 fl oz	260	0	0	0	0	55	70	0	70	0
Wild Cherry Pepsi®, Medium, 30 fl oz	390	0	0	0	0	85	105	0	105	0
Wild Cherry Pepsi®, Large, 40 fl oz	520	0	0	0	0	110	140	0	140	0
Lifewater® Yumberry Pomegranate, Kid's Meal, 12 fl oz	0	0	0	0	0	45	0	0	0	0
Lifewater® Yumberry Pomegranate, Small, 20 fl oz	5	0	0	0	0	80	0	0	0	0
Lifewater® Yumberry Pomegranate, Medium, 30 fl oz	5	0	0	0	0	120	1	0	0	0
Lifewater® Yumberry Pomegranate, Large, 40 fl oz	5	0	0	0	0	160	1	0	0	0
Brisk® No Calorie Peach Iced Green Tea, Kid's Meal, 12 fl oz	0	0	0	0	0	105	0	0	0	0
Brisk® No Calorie Peach Iced Green Tea, Small, 20 fl oz	0	0	0	0	0	180	0	0	0	0
Brisk® No Calorie Peach Iced Green Tea, Medium, 30 fl oz	0	0	0	0	0	260	0	0	0	0
Brisk® No Calorie Peach Iced Green Tea, Large, 40 fl oz	0	0	0	0	0	350	0	0	0	0
Brisk® Raspberry Iced Tea, Kid's Meal, 12 fl oz	70	0	0	0	0	50	18	0	18	0
Brisk® Raspberry Iced Tea, Small, 20 fl oz	120	0	0	0	0	80	30	0	30	0
Brisk® Raspberry Iced Tea, Medium, 30 fl oz	170	0	0	0	0	120	45	0	45	0
Brisk® Raspberry Iced Tea, Large, 40 fl oz	230	0	0	0	0	160	60	0	60	0

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	Sod = Sodium	Carb = Total Carbohydrates	Fib = Total Fiber	Sugar = Total Sugar	Prot = Protein

All nutritional information is based on Taco John's International, Inc.'s current standard product formulations, information from product suppliers, independent laboratories, and the USDA Agricultural Research Service Nutrient Data Laboratory. Rounding of figures is based on FDA guidelines.

Slight variations may occur due to natural variability within ingredients and regional availability of products. Menu offerings may vary by location. Test products, test recipes, limited time menu items and regional offerings may not be included in this guide. The guide is updated periodically; we suggest you check back each time you dine with us.

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