



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®, chips and nacho cheese and drinks; see Sides and Drinks for more nutrition information.										
Alaska Flounder Fish Taco	320	18	3.5	0	20	710	31	3	3	9
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, Refried Beans	120	5	2	0	5	260	17	4	1	6
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
Grande Beef Taco	470	25	10	0.5	50	1060	43	5	3	19
Mini Fried Chicken Taco	220	11	3	0	20	490	23	2	1	8
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, Refried Beans	200	6	2.5	0	5	490	28	5	1	8
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, Refried Beans	470	22	8	0	30	920	61	7	3	16
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®, Refried Beans	290	9	3	0	5	670	45	9	2	12
Taco Bravo®, Steak	310	12	4	0	30	670	37	6	2	17
BURRITOS All burritos are listed without Potato Olés®, chips and nacho cheese and drinks; see Sides and Drinks 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	710	42	13	1	60	1680	61	6	3	25
Grilled Burrito, Chicken	680	35	11	0	85	1830	60	5	4	31
Grilled Burrito, Fried Chicken	730	39	11	0	55	1830	71	7	3	24
Grilled Burrito, Refried Beans	670	34	11	0	30	1670	72	10	3	20
Grilled Burrito, Steak	700	39	12	0	70	1670	59	5	3	28
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, Refried Beans	500	22	7	0	15	1210	66	8	3	12
Meat & Potato Burrito, Steak	520	25	7	0	35	1210	58	5	3	17
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	450	19	7	0	45	970	51	7	4	23
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

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Boss Bowl, Steak, Roasted Corn & Pepper Salsa	630	24	10	0	70	1950	79	12	7	29
Fried Chicken, 5 count	370	16	2.5	0	55	1150	35	5	0	22
Fried Chicken & Potato Olés® Snacker, Chipotle Lime	730	47	9	0	45	1970	61	7	3	17
Fried Chicken & Potato Olés® Snacker, Jalapeño Ranch	750	48	9	0	45	2080	62	8	2	18
Quesadilla, Cheese	470	25	13	0.5	60	1080	40	3	3	23
Quesadilla, Chicken	590	33	14	0.5	95	1490	43	3	4	33
Quesadilla, Steak	610	36	15	0.5	85	1380	43	3	4	31
Super Nachos, Beef	800	42	13	0.5	60	1310	85	10	3	23
Super Potato Olés®, Beef	1110	67	20	1	65	3060	104	14	4	24
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® and drinks; see below and Drinks 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
VALEST MENU										
Beefy Tostada at select locations	230	16	7	0.5	45	440	13	2	1	15
Cheesy Snack Quesadilla	220	13	6	0	30	410	19	1	1	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
Mini Fried Chicken Taco	220	11	3	0	20	490	23	2	1	8
Nacho Crunch Beef Burrito	310	14	4.5	0	20	690	35	3	2	11
Nacho Crunch Chicken Burrito	360	18	4	0	40	870	35	2	3	15
Refried Bean Tostada at select locations	190	10	4.5	0	20	430	21	5	1	11
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
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	330	7	1	0	5	270	53	2	28	6
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
Ketchup, Packet	10	0	0	0	0	90	2	0	2	0
Nacho Cheese, 3 fl oz	110	9	3.5	0	10	390	5	0	0	3
Pickled Jalapeños, 1 oz	10	0	0	0	0	470	1	1	1	0
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

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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
Taco Sauce, 1 fl oz	10	0	0	0	0	130	2	0	1	0
BREAKFAST All breakfast items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.										
Breakfast Griller, Bacon at select locations	570	29	10	0	200	1510	58	5	3	23
Breakfast Griller, Sausage at select locations	580	30	10	0	190	1370	58	5	3	21
Breakfast Griller, Steak at select locations	540	26	9	0	185	1280	58	5	3	22
Breakfast Taco, Bacon at select locations	340	19	6	0	145	870	31	3	1	13
Breakfast Taco, Sausage at select locations	360	20	7	0	140	830	31	3	1	13
Breakfast Taco, Steak at select locations	340	18	5	0	140	770	31	3	1	13
Jr. Breakfast Burrito, Bacon	260	12	4	0	135	640	27	2	2	11
Jr. Breakfast Burrito, Sausage	270	13	4.5	0	130	600	27	2	2	11
Jr. Breakfast Burrito, Steak	250	11	3.5	0	130	540	27	2	1	11
Jr. Grilled Breakfast Burrito, Bacon at select locations	260	12	4	0	135	640	27	2	2	11
Jr. Grilled Breakfast Burrito, Sausage at select locations	270	13	4.5	0	130	600	27	2	2	11
Jr. Grilled Breakfast Burrito, Steak at select locations	250	11	3.5	0	130	540	27	2	1	11
Meat & Potato Breakfast Burrito, Bacon	540	27	8	0	190	1430	56	5	2	19
Meat & Potato Breakfast Burrito, Sausage	620	34	11	0	190	1460	57	5	2	20
Meat & Potato Breakfast Burrito, Steak	550	26	7	0	190	1280	57	5	2	22
Potato Olés® Scrambler, Bacon	1060	67	19	0	305	3180	87	9	3	29
Potato Olés® Scrambler, Sausage	1150	75	22	0	300	3170	89	10	3	31
Potato Olés® Scrambler, Steak	1070	64	17	0	295	2930	89	9	3	32
Scrambler Breakfast Burrito, Bacon	550	27	8	0	190	1430	58	5	3	19
Scrambler Breakfast Burrito, Sausage	630	34	11	0	190	1460	59	6	3	21
Scrambler Breakfast Burrito, Steak	560	26	7	0	190	1290	59	5	3	22
Spicy Chorizo Breakfast Burrito	480	26	9	0	190	1310	45	4	3	19
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
1% Low-fat White Milk	90	2	1	0	10	90	10	0	10	7
1% Low-fat 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	30	41	0	41	0
Pepsi®, Small, 20 fl oz	250	0	0	0	0	50	69	0	69	0
Pepsi®, Medium, 30 fl oz	380	0	0	0	0	80	103	0	103	0
Pepsi®, Large, 42 fl oz	530	0	0	0	0	110	145	0	144	0
Diet Pepsi®, Kid's Meal, 12 fl oz	0	0	0	0	0	55	0	0	0	0
Diet Pepsi®, Small, 20 fl oz	0	0	0	0	0	95	0	0	0	0
Diet Pepsi®, Medium, 30 fl oz	0	0	0	0	0	140	0	0	0	0
Diet Pepsi®, Large, 42 fl oz	0	0	0	0	0	200	0	0	0	0
Sierra Mist®, Kid's Meal, 12 fl oz	150	0	0	0	0	35	41	0	41	0
Sierra Mist®, Small, 20 fl oz	260	0	0	0	0	55	68	0	68	0
Sierra Mist®, Medium, 30 fl oz	380	0	0	0	0	80	101	0	101	0
Sierra Mist®, Large, 42 fl oz	540	0	0	0	0	115	142	0	142	0
Mountain Dew®, Kid's Meal, 12 fl oz	170	0	0	0	0	50	44	0	44	0
Mountain Dew®, Small, 20 fl oz	280	0	0	0	0	85	73	0	73	0
Mountain Dew®, Medium, 30 fl oz	420	0	0	0	0	130	110	0	110	0
Mountain Dew®, Large, 42 fl oz	590	0	0	0	0	180	154	0	153	0
Mountain Dew® Code Red, Kid's Meal, 12 fl oz	170	0	0	0	0	50	46	0	46	0
Mountain Dew® Code Red, Small, 20 fl oz	290	0	0	0	0	85	77	0	77	0
Mountain Dew® Code Red, Medium, 30 fl oz	430	0	0	0	0	125	115	0	115	0
Mountain Dew® Code Red, Large, 42 fl oz	600	0	0	0	0	170	161	0	161	0
Diet Mountain Dew®, Kid's Meal, 12 fl oz	0	0	0	0	0	55	<1	0	0	0
Diet Mountain Dew®, Small, 20 fl oz	10	0	0	0	0	90	<1	0	<1	0
Diet Mountain Dew®, Medium, 30 fl oz	10	0	0	0	0	140	1	0	<1	0
Diet Mountain Dew®, Large, 42 fl oz	15	0	0	0	0	190	2	0	1	0
Tropicana® Fruit Punch, Kid's Meal, 12 fl oz	170	0	0	0	0	35	45	0	45	0
Tropicana® Fruit Punch, Small 20 fl oz	280	0	0	0	0	55	75	0	75	0
Tropicana® Fruit Punch, Medium, 30 fl oz	420	0	0	0	0	85	113	0	112	0
Tropicana® Fruit Punch, Large, 42 fl oz	590	0	0	0	0	120	158	0	157	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

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Tropicana® Lemonade, Medium, 30 fl oz	380	0	0	0	0	390	100	0	99	0
Tropicana® Lemonade, Large, 42 fl oz	530	0	0	0	0	540	140	0	139	0
Tropicana® Lemonade, Light, Kid's Meal, 12 fl oz	5	0	0	0	0	140	0	0	0	0
Tropicana® Lemonade, Light, Small 20 fl oz	10	0	0	0	0	230	0	0	0	0
Tropicana® Lemonade, Light, Medium, 30 fl oz	15	0	0	0	0	350	<1	0	0	0
Tropicana® Lemonade, Light, Large, 42 fl oz	20	0	0	0	0	470	<1	0	0	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, 42 fl oz	530	0	0	0	0	210	139	0	134	0
Mug® Root Beer, Kid's Meal, 12 fl oz	140	0	0	0	0	55	38	0	38	0
Mug® Root Beer, Small, 20 fl oz	240	0	0	0	0	95	64	0	63	0
Mug® Root Beer, Medium, 30 fl oz	360	0	0	0	0	140	96	0	95	0
Mug® Root Beer, Large, 42 fl oz	480	0	0	0	0	190	128	0	127	0
Wild Cherry Pepsi®, Kid's Meal, 12 fl oz	160	0	0	0	0	30	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	80	106	0	105	0
Wild Cherry Pepsi®, Large, 42 fl oz	550	0	0	0	0	110	148	0	147	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	0	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, 42 fl oz	5	0	0	0	0	160	<1	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, 42 fl oz	240	0	0	0	0	170	63	0	63	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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