



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	190	11	3.5	0	25	270	14	2	1	10
Crispy Taco, Chicken	160	7	2	0	40	350	13	1	1	13
Crispy Taco, Refried Beans	160	6	2	0	5	260	20	4	1	7
Crispy Taco, Steak	170	9	2.5	0	30	260	12	1	1	12
Fried Chicken Taco, Chipotle Lime	370	20	4.5	0	40	830	32	3	2	15
Fried Chicken Taco, Jalapeño Ranch	360	20	4.5	0	40	850	32	3	2	16
Fried Chicken Taco, Queso at select locations	350	17	6	0	50	960	33	3	2	18
Grande Beef Taco at select locations	450	25	9	0.5	50	940	40	5	3	18
Mini Fried Chicken Taco	220	11	3	0	20	480	22	2	1	9
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, Chicken, with Fiesta Sauce at select locations	190	9	2.5	0	30	420	17	1	2	10
Street Taco, Steak	180	9	3	0	20	330	17	1	2	9
Street Taco, Steak, with Fiesta Sauce at select locations	190	10	3	0	25	360	17	1	2	9
Stuffed Grilled Taco, Beef	510	26	10	0.5	45	930	53	5	3	19
Stuffed Grilled Taco, Chicken	530	26	9	0	60	1040	53	4	3	23
Stuffed Grilled Taco, Refried Beans	480	21	8	0	30	920	60	7	3	16
Stuffed Grilled Taco, Steak	500	24	9	0	50	920	52	4	3	21
Taco Bravo®, Beef	350	15	5	0	25	680	41	6	2	16
Taco Bravo®, Chicken	370	14	4	0	40	790	40	6	3	19
Taco Bravo®, Refried Beans	320	10	3	0	5	670	47	9	2	12
Taco Bravo®, Steak	340	13	4	0	30	670	40	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. *at select locations										
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 at select locations	830	33	14	1	65	2230	108	13	7	34
Boss Burrito, Beef, Roasted Corn & Pepper Salsa at sl*	840	34	14	1	65	2210	109	13	8	34
Boss Burrito, Chicken, Pico de Gallo at select locations	800	27	12	0	85	2370	107	12	8	40
Boss Burrito, Chicken, Roasted Corn & Pepper Salsa at sl*	810	27	12	0	85	2360	108	13	8	40
Boss Burrito, Steak, Pico de Gallo at select locations	810	30	12	0	70	2220	106	12	7	37
Boss Burrito, Steak, Roasted Corn & Pepper Salsa at sl*	820	31	13	0	70	2200	107	13	8	37
Combination Burrito	430	18	7	0	30	970	50	7	2	20
Fried Chicken Grande Griller at select locations	740	39	8	0	35	1740	80	8	4	19
Grilled Burrito, Beef	690	41	13	1	60	1540	56	6	3	25
Grilled Burrito, Chicken	660	35	10	0	85	1680	55	5	4	31
Grilled Burrito, Fried Chicken	710	40	11	0	60	1660	65	6	3	24
Grilled Burrito, Refried Beans	640	34	10	0	30	1530	67	10	3	19
Grilled Burrito, Steak	670	38	11	0	70	1520	54	5	3	28
Meat & Potato Burrito, Beef	510	26	8	0	30	1080	55	6	3	15
Meat & Potato Burrito, Chicken	490	22	6	0	45	1160	54	5	4	19
Meat & Potato Burrito, Fried Chicken	580	28	7	0	45	1330	65	6	3	19
Meat & Potato Burrito, Refried Beans	480	22	6	0	15	1070	62	8	3	12
Meat & Potato Burrito, Steak	500	25	7	0	35	1070	54	5	3	17
Spicy Beef Grande Griller at select locations	610	31	8	0	35	1360	65	6	3	18
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	540	22	8	0	55	1230	62	8	4	24
Super Burrito, Refried Beans	440	16	7	0	25	980	59	10	4	17
Super Burrito, Steak	450	19	7	0	45	970	51	7	4	23

*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)

FAVORITES All salads are listed without dressing; see Dressings for more nutrition information. *at select locations

4 Cheese Quesadilla, Cheese	420	21	10	0	45	910	39	3	3	18
4 Cheese Quesadilla, Chicken	540	29	12	0.5	80	1320	42	3	4	29
4 Cheese Quesadilla, Steak	560	32	12	0.5	70	1210	42	3	4	26
Bean Burrito	400	13	5	0	15	960	57	9	2	17
Boss Bowl, Beef, Pico de Gallo at select locations	640	27	12	1	65	1970	79	12	6	30
Boss Bowl, Beef, Roasted Corn & Pepper Salsa at sl*	650	27	12	1	65	1960	81	12	7	30
Boss Bowl, Chicken, Pico de Gallo at select locations	610	20	9	0	85	2120	78	11	7	36
Boss Bowl, Chicken, Roasted Corn & Pepper Salsa at sl*	620	20	9	0	85	2100	79	12	7	37
Boss Bowl, Steak, Pico de Gallo at select locations	630	24	10	0	70	1960	77	12	6	33
Boss Bowl, Steak, Roasted Corn & Pepper Salsa at sl*	630	24	10	0	70	1950	79	12	7	34
Fried Chicken, 5 count	380	18	3	0	75	1090	31	2	0	25
Fried Chicken & Potato Olés® Snacker, Chipotle Lime	730	50	8	0	55	1690	53	7	2	18
Fried Chicken & Potato Olés® Snacker, Jalapeño Ranch	750	52	8	0	55	1800	53	7	2	19
Super Nachos, Beef	800	41	14	1	60	1310	84	11	4	23
Super Nachos, Beef, Small	430	23	7	0.5	35	710	44	6	2	13
Super Potato Olés®, Beef	1090	71	18	1	60	2540	90	17	4	24
Super Potato Olés®, Beef, Small	640	42	10	0.5	35	1480	53	10	2	14
Taco Salad, Beef	710	45	15	1	60	940	57	5	6	27
Taco Salad, Chicken	680	40	13	0	80	1060	56	5	7	32
Taco Salad, Fried Chicken	830	49	14	0.5	80	1350	72	6	6	33
Taco Salad, Steak	700	43	13	0	65	930	56	5	6	29

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	410	30	4.5	0	55	920	19	2	1	15
Crispy Taco, Beef	190	11	3.5	0	25	270	14	2	1	10
Softshell Taco, Beef	230	11	4	0	25	490	21	2	1	12

Junior Potato Olés®	330	21	3.5	0	0	720	30	5	0	3
---------------------	-----	----	-----	---	---	-----	----	---	---	---

VALEST MENU

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	290	30	1	10	2
Grande Beef Taco	450	25	9	0.5	50	940	40	5	3	18
Mini Fried Chicken Taco	220	11	3	0	20	480	22	2	1	9
Nacho Crunch Beef Burrito	310	14	4.5	0	20	690	35	3	2	12
Nacho Crunch Chicken Burrito	360	18	4	0	40	870	35	3	3	15
Spicy Chicken & Potato Griller	360	17	4	0	35	920	37	4	2	15
Spicy Steak & Potato Griller	370	19	4.5	0	25	830	37	4	2	13

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	10	1.5	0	0	210	39	4	1	4
Chips & Nacho Cheese	380	19	5	0	10	600	45	4	1	6
Chips & Queso	430	22	9	0	40	970	44	4	4	12
Cilantro Lime Rice	280	9	1.5	0	0	680	43	2	2	5
Potato Olés®, Junior	330	21	3.5	0	0	720	30	5	0	3
Potato Olés®, Small	460	30	4.5	0	0	1030	43	8	0	5
Potato Olés®, Medium	650	42	6	0	0	1440	61	11	1	7
Potato Olés®, Large	840	55	8	0	0	1860	78	14	1	8
Red Seasoned Rice at select locations	220	1	0	0	0	630	46	2	2	5
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	290	30	1	10	2
Mexican Donut Bites	330	7	1	0	5	270	53	2	26	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

*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)
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
Queso, 3 fl oz	160	12	7	0	40	750	5	0	3	8
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
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	550	29	10	0	200	1370	54	5	3	23
Breakfast Griller, Sausage at select locations	550	30	10	0	190	1230	54	5	3	21
Breakfast Griller, Steak at select locations	520	26	8	0	185	1140	54	5	3	22
Breakfast Taco, Bacon at select locations	320	18	6	0	145	750	27	3	1	13
Breakfast Taco, Sausage at select locations	340	20	6	0	140	710	28	3	1	13
Breakfast Taco, Steak at select locations	320	17	5	0	135	650	28	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	520	27	8	0	190	1280	51	5	2	19
Meat & Potato Breakfast Burrito, Sausage	600	34	10	0	190	1320	53	5	2	20
Meat & Potato Breakfast Burrito, Steak	530	26	7	0	190	1140	52	5	2	22
Potato Olés® Scrambler, Bacon	1050	71	17	0.5	305	2660	74	12	3	29
Potato Olés® Scrambler, Bacon, Small	630	42	10	0	200	1590	44	7	2	18
Potato Olés® Scrambler, Sausage	1140	79	20	0.5	300	2650	75	12	3	30
Potato Olés® Scrambler, Sausage, Small	700	49	12	0	200	1620	45	8	2	20
Potato Olés® Scrambler, Steak	1050	69	15	0.5	295	2410	75	12	3	32
Potato Olés® Scrambler, Steak, Small	640	41	9	0	195	1440	45	7	2	21
Scrambler Breakfast Burrito, Bacon	530	27	8	0	190	1290	53	5	3	19
Scrambler Breakfast Burrito, Sausage	600	34	10	0	190	1320	54	6	3	21
Scrambler Breakfast Burrito, Steak	540	26	7	0	190	1140	54	5	3	22
Spicy Chorizo Breakfast Burrito	480	26	9	0	190	1310	45	4	3	19
DRINKS										
Tropicana® Orange Juice	170	0	0	0	0	20	39	0	34	3
1% Lowfat White Milk	90	2	1	0	10	90	10	0	10	7
1% Lowfat Chocolate Milk	140	2.5	1.5	0	10	160	23	1	23	7
Fresh Brewed Lipton® Unsweetened Iced Tea (all sizes)	0	0	0	0	0	0	0	0	0	0
Pepsi®, Kids, 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®, Kids, 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
Starry®, Kids, 12 fl oz	150	0	0	0	0	35	39	0	39	0
Starry®, Small, 20 fl oz	250	0	0	0	0	60	65	0	65	0
Starry®, Medium, 30 fl oz	380	0	0	0	0	90	98	0	98	0
Starry®, Large, 42 fl oz	530	0	0	0	0	125	137	0	137	0
Mountain Dew®, Kids, 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, Kids, 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®, Kids, 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

*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)
Diet Mountain Dew®, Large, 42 fl oz	15	0	0	0	0	190	2	0	1	0
Tropicana® Fruit Punch, Kids, 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, Kids, 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, 42 fl oz	530	0	0	0	0	540	140	0	139	0
Tropicana® Lemonade, Light, Kids, 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®, Kids, 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, Kids, 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®, Kids, 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, Kids, 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, Kids, 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

NUTRITION ABBREVIATION KEY	Cals = Calories	Fat = Total Fat	Sat Fat = Saturated Fat	Trans Fat = Trans Fat	Chol = Cholesterol
	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.

For specific ingredient information, please contact us via our website. ©March 2023. Taco John's International, Inc. All rights reserved. 03/13/2023