



# ALLERGEN GUIDE

To ensure you have a safe experience, please review the following information to guide you in your selection of menu items that best fit your individual needs. This allergen guide includes the nine major food allergens identified by the Food and Drug Administration (FDA): **egg, milk, peanut, fish, sesame, shellfish, soy, tree nut and wheat.**

When reviewing the allergen guide, it is important to note that due to shared equipment and preparation areas, we cannot eliminate the risk of cross-contact or guarantee any item is free of any allergen. No items are certified gluten-free, vegetarian or vegan. Please note, with the addition of the Alaska Flounder Fish Taco, the fish allergen is now present. Due to the use of shared fryers, there is potential for allergen cross-contact.

Before placing your order, please inform a team member if a person in your party has a food allergy. If you have further questions, please ask to speak to a Manager. If you have specific questions about food allergies or sensitivities, we recommend you contact your medical professional.

This guide is updated periodically; we suggest you check back each time you dine with us.

X Contains this allergen

• Risk of cross-contact due to shared equipment preparation areas\*\*

	Fried	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy*	Tree Nuts	Wheat	Gluten
<b>TACOS</b> All tacos are listed without Potato Olés®, chips and nacho cheese and drinks; see Sides and Drinks for more allergen information.											
Alaska Flounder Fish Taco ★	•	X	Flounder							X	X
Crispy Taco, Beef	•			X				X			
Crispy Taco, Chicken	•			X							
Crispy Taco, Refried Beans	•			X							
Crispy Taco, Steak	•			X				X		X	X
Fried Chicken Taco, Chipotle Lime	•	X		X						X	X
Fried Chicken Taco, Jalapeño Ranch	•	X		X						X	X
Softshell Taco, Beef				X				X		X	X
Softshell Taco, Chicken				X						X	X
Softshell Taco, Refried Beans				X						X	X
Softshell Taco, Steak				X				X		X	X
Street Taco, Chicken, with Fiesta Sauce		X		X						X	X
Street Taco, Steak, with Fiesta Sauce		X		X				X		X	X
Stuffed Grilled Taco, Beef	•			X				X		X	X
Stuffed Grilled Taco, Chicken	•	X		X						X	X
Stuffed Grilled Taco, Refried Beans	•			X						X	X
Stuffed Grilled Taco, Steak	•			X				X		X	X
Taco Bravo®, Beef	•			X				X		X	X
Taco Bravo®, Chicken	•	X		X						X	X
Taco Bravo®, Refried Beans	•			X						X	X
Taco Bravo®, Steak	•			X				X		X	X
<b>BURRITOS</b> All burritos are listed without Potato Olés®, chips and nacho cheese and drinks; see Sides and Drinks for more allergen information.											
Alaska Flounder	•		Flounder							X	X
Beef								X			
Chicken											
Fried Chicken	•			X						X	X
Refried Beans											
Steak								X		X	X
Crispy Taco Shell	•										
Softshell Flour Tortilla										X	X
Street Taco Tortilla (corn & flour)										X	X
Cheddar Cheese				X							
Four-Cheese Blend				X							
Queso Fresco				X							
Taco Sauce											
Bean Burrito				X				X		X	X
Beef Burrito				X				X		X	X
Boss Burrito, Chicken, Red Rice		X		X						X	X
Boss Burrito, Steak, Red Rice		X		X				X		X	X
Combination Burrito				X				X		X	X
Grilled Burrito, Beef	•	X		X				X		X	X
Grilled Burrito, Chicken	•	X		X						X	X
Grilled Burrito, Fried Chicken	•	X		X						X	X
Grilled Burrito, Refried Beans	•	X		X						X	X
Grilled Burrito, Steak	•	X		X				X		X	X
Meat & Potato Burrito, Beef	•			X				X		X	X
Meat & Potato Burrito, Chicken	•			X						X	X
Meat & Potato Burrito, Fried Chicken	•			X						X	X
Meat & Potato Burrito, Refried Beans	•			X						X	X

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	Fried	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy*	Tree Nuts	Wheat	Gluten
Meat & Potato Burrito, Steak	•			X				X		X	X
Super Burrito, Beef				X				X		X	X
Super Burrito, Chicken				X						X	X
Super Burrito, Fried Chicken	•			X						X	X
Super Burrito, Refried Beans				X						X	X
Super Burrito, Steak				X				X		X	X
<b>Flour Tortilla</b>											
FAVORITES All salads are listed without dressing; see Dressings for more allergen information.											
4 Cheese Quesadilla, Cheese				X						X	X
4 Cheese Quesadilla, Chicken		X		X						X	X
4 Cheese Quesadilla, Steak		X		X				X		X	X
Beef Burrito				X				X		X	X
Boss Bowl, Chicken, Red Rice		X		X							
Boss Bowl, Steak, Red Rice		X		X				X		X	X
Cheesy Snack Quesadilla				X						X	X
Chicken Snack Quesadilla				X						X	X
Combination Burrito				X				X		X	X
Fried Chicken, 5 count	•			X						X	X
Meat & Potato Burrito, Fried Chicken	•			X						X	X
Super Nachos, Beef	•			X				X			
Super Potato Olés®, Beef	•			X				X			
Taco Pizza ★	•	X		X				X		X	X
Taco Salad, Beef	•			X				X		X	X
Taco Salad, Chicken	•			X				X		X	X
Taco Salad, Fried Chicken	•	X		X				X		X	X
Taco Salad, Steak	•			X				X		X	X
<b>Corn Flour Flatbread</b>											
Taco Salad Shell	•									X	X
<b>LOCAL FAVORITES</b>											
Breakfast Taco, Bacon ★	•	X		X						X	X
Breakfast Taco, Sausage ★	•	X		X						X	X
Breakfast Taco, Steak ★	•	X		X				X		X	X
Cheese Roll-Up ★				X						X	X
Ranch Burrito ★		X		X				X		X	X
Taco Burger ★				X				X		X	X
<b>KIDS MENU All kids meals are listed without junior Potato Olés® and drinks; see below and Drinks for more allergen information.</b>											
Cheesy Quesadilla				X						X	X
Chicken Tenders, with Ranch Dressing	•	X		X						X	X
Crispy Taco, Beef	•			X				X			
Softshell Taco, Beef				X				X		X	X
<b>Junior Potato Olés®</b>											
<b>The ValuEST Menu</b>											
4 Cheese Quesadilla, Cheese				X						X	X
Bean Burrito				X				X		X	X
Cheesy Beef & Potato Taco	•			X				X		X	X
Nacho Crunch Beef Burrito	•			X				X		X	X
Nacho Crunch Chicken Burrito	•			X				X		X	X
Spicy Chicken & Potato Griller	•	X		X						X	X
Spicy Steak & Potato Griller	•	X		X				X		X	X
<b>SIDES All salads are listed without dressing; see Dressings for more allergen information.</b>											
Black Beans											
Chips	•										
Chips & Nacho Cheese	•			X							
Cilantro Lime Rice ★											
Potato Olés®, Junior	•										
Potato Olés®, Small	•										
Potato Olés®, Medium	•										
Potato Olés®, Large	•										
Red Seasoned Rice											
Refried Beans				X							
Rice & Beans											
Side Salad				X							
<b>SWEET TREATS</b>											
Churro	•									X	X
Mexican Donut Bites	•			X						X	X

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Fried Egg Fish Milk Peanut Sesame Shellfish Soy\* Tree Nuts Wheat Gluten

DIPS, CONDIMENTS & DRESSINGS										
Chipotle Lime Sauce		X								
Creamy Italian Dressing										
Fiesta Sauce		X		X						
Guacamole										
House Dressing										
House Salsa										
Jalapeño Ranch Sauce		X		X						
Ketchup										
Nacho Cheese				X						
Pickled Jalapeños										
Pico de Gallo										
Ranch Dressing		X		X						
Sour Cream				X						
Super Hot Sauce										
Taco Sauce										

**BREAKFAST** All breakfast items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.

French Toast Sticks w/ Maple Syrup ★	•	X				X			X	X
Jr. Breakfast Burrito, Bacon		X		X					X	X
Jr. Breakfast Burrito, Sausage		X		X					X	X
Jr. Breakfast Burrito, Steak		X		X			X		X	X
Meat & Potato Breakfast Burrito, Bacon	•	X		X					X	X
Meat & Potato Breakfast Burrito, Sausage	•	X		X					X	X
Meat & Potato Breakfast Burrito, Steak	•	X		X			X		X	X
Potato Olés® Scrambler, Bacon	•	X		X						
Potato Olés® Scrambler, Sausage	•	X		X						
Potato Olés® Scrambler, Steak	•	X		X			X		X	X
Scrambler Breakfast Burrito, Bacon	•	X		X					X	X
Scrambler Breakfast Burrito, Sausage	•	X		X					X	X
Scrambler Breakfast Burrito, Steak	•	X		X			X		X	X
Spicy Chorizo Breakfast Burrito		X		X					X	X

**DRINKS**

Tropicana® Orange Juice										
1% Lowfat White Milk				X						
1% Lowfat Chocolate Milk				X						
Fresh Brewed Lipton® Unsweetened Iced Tea										
Pepsi®										
Diet Pepsi®										
Starry™										
Mountain Dew®										
Mountain Dew® Code Red ★										
Diet Mountain Dew®										
Tropicana® Fruit Punch ★										
Tropicana® Lemonade										
Tropicana® Lemonade, Light ★										
Dr Pepper®										
Mug® Root Beer ★										
Wild Cherry Pepsi® ★										
Lifewater® Yumberry Pomegranate ★										
Brisk® Raspberry Iced Tea ★										

\*Our soybean oil is highly refined oil unless otherwise specified. Highly refined soybean oil does not contain soy protein and therefore does not demonstrate hazardous risk to those allergic individuals. The FDA does not require foods that contain soybean oil to be listed as a soy allergen. Although soy lecithin is a 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 "soy".

\*\*Normal kitchen operations involve shared equipment and preparation areas, therefore we cannot eliminate the risk of cross-contact with other allergen-containing ingredients. For example, Potato Olés® are fried in the same fryer and oil as Chicken Tenders, Alaska Flounder, and Mexican Donut Bites. **There is no guarantee that cross-contact with other allergens will not occur.**

This allergen guide is compiled based on current allergen information provided to Taco John's International, Inc. (TJI) by approved food suppliers as of the date of publication. Allergens for limited time offers, test items and regional items may not be included. TJI, its employees, and its franchisees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. Content and allergens are subject to change. Menu items served in Taco John's® restaurants that are **co-branded with Steak Escape or Good Times Burgers & Custard** may come in contact with allergens from the other brand, such as peanut oil in the fryers of Steak Escape restaurants and peanuts used in treat preparation in Good Times restaurants.

Please refer to our website at [tacojohns.com](http://tacojohns.com) for the most up-to-date allergen information. For specific ingredient information, please contact us via our website. ©March 2024. Taco John's International, Inc. All rights reserved. 03/18/2024