



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)

LIMITED TIME ONLY. AT PARTICIPATING LOCATIONS. All items are listed without Potato Olés®, chips & nacho cheese and drinks; see Sides and Drinks for more nutrition information.

Alaska Flounder Fish Taco	340	19	4.5	0	25	790	31	2	1	11
Fiesta Burrito	500	21	6	0	50	1210	54	3	3	21
Fiesta Quesadilla	600	34	13	0.5	80	1500	45	4	3	29
Dirty Strawberry Sunset Lemonade, Small	280	1	0.5	0	<5	180	71	0	69	0
Dirty Strawberry Sunset Lemonade, Medium	460	2.5	1.5	0	5	260	114	0	109	<1
Dirty Strawberry Sunset Lemonade, Large	570	2.5	1.5	0	5	370	143	0	138	<1
Dirty Wildberry Wave Lemonade, Small	280	1	0.5	0	10	180	71	0	69	0
Dirty Wildberry Wave Lemonade, Medium	460	2.5	1.5	0	20	260	114	<1	109	<1
Dirty Wildberry Wave Lemonade, Large	570	2.5	1.5	0	20	370	143	<1	138	<1
Strawberry Sunset Lemonade, Small	230	0	0	0	0	180	60	0	59	0
Strawberry Sunset Lemonade, Medium	350	0	0	0	0	250	92	0	91	0
Strawberry Sunset Lemonade, Large	460	0	0	0	0	360	121	0	120	0
Wildberry Wave Lemonade, Small	230	0	0	0	5	180	60	0	59	0
Wildberry Wave Lemonade, Medium	350	0	0	0	15	250	92	<1	91	0
Wildberry Wave Lemonade, Large	460	0	0	0	15	360	121	<1	120	0

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

Crispy Taco, Beef	150	10	3.5	0	25	290	7	1	<1	8
Crispy Taco, Chicken	130	6	2	0	40	370	7	<1	1	12
Crispy Taco, Refried Beans	120	5	2	0	5	300	14	4	<1	6
Crispy Taco, Steak	140	8	2.5	0	30	280	6	<1	<1	10
Crispy Taco, Super, Beef	180	12	5	0	35	300	9	1	2	9
Crispy Taco, Super, Chicken	160	8	3.5	0	50	380	8	<1	2	13
Crispy Taco, Super, Refried Beans	150	8	3.5	0	15	310	15	4	2	6
Crispy Taco, Super, Steak	170	11	4	0	40	300	8	<1	2	11
Fiesta Softshell Taco, Chicken	250	11	3	0	40	650	22	1	2	15
Fiesta Softshell Taco, Steak	260	13	4	0	30	560	21	1	1	13
Fried Chicken Taco, Chipotle Lime	350	18	4.5	0	40	830	32	2	1	14
Softshell Taco, Beef	230	11	5	0	25	480	22	1	<1	11
Softshell Taco, Chicken	210	7	2.5	0	40	560	21	1	1	14
Softshell Taco, Refried Beans	200	6	2.5	0	5	490	28	4	<1	8
Softshell Taco, Steak	220	9	3.5	0	30	470	21	1	<1	13
Softshell Taco, Super, Beef	260	14	6	0.5	35	490	23	2	2	11
Softshell Taco, Super, Chicken	240	10	4.5	0	50	570	22	1	2	15
Softshell Taco, Super, Refried Beans	230	9	4.5	0	15	500	29	4	2	8
Softshell Taco, Super, Steak	250	12	5	0	40	480	22	1	2	13
Stuffed Grilled Taco, Beef	450	21	7	1	30	920	48	2	1	14
Stuffed Grilled Taco, Chicken	460	21	6	0	45	1020	48	2	2	18
Stuffed Grilled Taco, Refried Beans	420	17	6	0	15	930	54	5	1	11
Stuffed Grilled Taco, Steak	440	19	6	0	35	910	47	2	1	16
Taco Bravo®, Beef	320	14	5	0	25	700	34	5	1	14
Taco Bravo®, Chicken	330	13	4	0	40	810	34	5	2	18
Taco Bravo®, Refried Beans	290	9	3	0	5	710	40	8	1	12
Taco Bravo®, Steak	310	12	4	0	30	700	33	5	1	16
Taco Bravo®, Super, Beef	350	16	6	0.5	35	710	36	5	2	15
Taco Bravo®, Super, Chicken	370	16	5	0	50	820	35	5	3	19
Taco Bravo®, Super, Refried Beans	320	12	5	0	15	720	42	8	2	12
Taco Bravo®, Super, Steak	340	15	5	0	40	710	35	5	2	17

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

Bean Burrito	410	13	5	0	15	950	56	8	1	15
Beef Burrito	460	22	9	1	50	930	43	2	1	21
Boss Burrito, Chicken	820	34	10	1	95	1890	88	6	6	37
Boss Burrito, Steak	810	37	11	0.5	70	1660	86	6	6	31

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	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Combination Burrito	440	17	7	0.5	30	940	49	5	1	18
Grilled Burrito, Beef	710	41	13	1	65	1690	57	5	2	26
Grilled Burrito, Chicken	670	33	10	0.5	90	1850	56	4	3	34
Grilled Burrito, Fried Chicken	700	37	11	0.5	55	1810	65	5	1	24
Grilled Burrito, Refried Beans	650	31	10	0.5	30	1710	70	10	2	20
Grilled Burrito, Steak	690	37	11	0.5	75	1680	55	4	2	30
Meat & Potato Burrito, Beef	520	26	8	0.5	30	1140	55	4	2	14
Meat & Potato Burrito, Chicken	500	23	6	0	45	1220	54	4	2	18
Meat & Potato Burrito, Fried Chicken	590	28	7	0	45	1440	65	5	2	18
Meat & Potato Burrito, Refried Beans	500	22	6	0	15	1150	61	7	2	12
Meat & Potato Burrito, Steak	510	25	7	0	35	1130	54	4	2	16
Super Burrito, Beef	470	20	9	0.5	40	950	51	6	2	19
Super Burrito, Chicken	450	16	7	0	55	1030	51	5	3	23
Super Burrito, Fried Chicken	540	22	8	0	55	1260	61	6	2	22
Super Burrito, Refried Beans	440	16	7	0	25	960	58	8	2	16
Super Burrito, Steak	460	18	8	0	45	950	50	5	2	21

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

4 Cheese Quesadilla, Cheese	420	21	11	0.5	45	950	39	2	1	18
4 Cheese Quesadilla, Chicken	550	29	12	0.5	80	1320	42	2	3	28
4 Cheese Quesadilla, Steak	560	31	12	0.5	70	1230	42	2	2	26
Beef Burrito	460	22	9	0.5	50	930	43	2	1	21
Boss Bowl, Chicken	670	25	8	0.5	105	1720	74	9	8	37
Boss Bowl, Steak	690	29	10	0.5	85	1540	74	9	8	34
Cheesy Snack Quesadilla	230	13	6	0	30	390	19	<1	0	9
Chicken Snack Quesadilla	190	7	2.5	0	30	440	19	<1	<1	11
Combination Burrito	440	17	7	1	30	940	49	5	1	18
Fried Chicken Tenders, 5 count	380	18	3	0	70	1230	30	2	0	24
Super Nachos, Beef	790	42	13	1	60	1570	80	10	3	21
Super Potato Olés®, Beef	1070	71	18	1	60	2770	85	16	3	23
Taco Salad, Beef	780	56	16	1.5	75	1170	45	5	7	25
Taco Salad, Chicken	740	48	13	0.5	100	1330	44	5	8	33
Taco Salad, Fried Chicken	840	56	14	1	80	1530	58	6	7	27
Taco Salad, Steak	760	53	14	0.5	80	1150	43	5	7	29

LOCAL FAVORITES

Breakfast Taco, Bacon ★	340	19	6	0	145	800	28	2	0	12
Breakfast Taco, Sausage ★	370	22	7	0	145	810	29	2	0	13
Breakfast Taco, Steak ★	340	18	5	0	140	730	29	2	0	14
Cheese Roll-Up ★	200	10	5	0	20	350	19	<1	0	7
Ranch Burrito ★	480	27	8	0.5	35	920	43	2	2	16
Taco Burger ★	330	15	5	0.5	45	690	32	1	5	19

KIDS MENU All kids meals are listed without junior Potato Olés® and drinks; see below and Drinks for more nutrition information. Fried Chicken Tenders are listed without Ranch Dressing; see Dips, Condiments & Dressings for more nutrition information.

Cheesy Quesadilla	230	13	6	0	30	390	19	<1	0	9
Fried Chicken Tenders, 3 count	230	11	1.5	0	45	740	18	1	0	15
Crispy Taco, Beef	150	10	4	0	25	290	7	1	<1	8
Softshell Taco, Beef	230	11	5	0	25	480	22	1	<1	11
Junior Potato Olés®	330	21	3	0	0	720	30	5	0	3

VALUE MENU

4 Cheese Quesadilla, Cheese	420	21	11	1	45	950	39	2	1	18
Bean Burrito	410	13	5	0	15	950	56	8	1	15
Nacho Crunch Beef Burrito	320	14	4.5	0	20	750	34	2	0	11
Nacho Crunch Chicken Burrito	330	14	3.5	0	35	860	34	2	1	15
Spicy Chicken & Potato Griller	370	17	4	0	35	940	37	3	1	15
Spicy Steak & Potato Griller	380	20	4.5	0	25	850	37	3	1	13

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

Black Beans	210	1	0	0	0	420	40	9	3	13
Chips	270	10	1.5	0	0	220	40	3	0	4
Chips & Nacho Cheese	390	20	4.5	0	10	860	45	3	0	6
Potato Olés®, Junior	330	21	3	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
Refried Beans	320	7	3.5	0	15	1110	44	16	<1	19

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	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Rice & Beans	220	1	0	0	0	530	43	6	2	9
Seasoned Red Rice	220	1	0	0	0	640	46	2	1	5
SWEET TREATS										
Churro	220	12	1.5	0	0	240	26	2	10	2
Mexican Donut Bites	290	8	2	0	<5	250	50	2	25	6
Strawberry Puree (Limited Time)	110	0	0	0	0	0	26	0	25	0
Wildberry Puree (Limited Time)	100	0	0	0	15	0	26	<1	25	0
DIPS, CONDIMENTS & DRESSINGS										
Chipotle Lime Sauce, 1 fl oz	150	15	2.5	0	10	230	3	0	2	0
Creamy Italian Dressing, 1.5 fl oz	140	15	2.5	0	0	340	2	0	2	0
Fiesta Sauce, 2.5 fl oz	310	32	5	0	25	510	4	<1	2	1
Guacamole, 2.5 fl oz	150	14	2.5	0	0	370	8	4	0	2
Hot Sauce, Packet	0	0	0	0	0	35	0	0	0	0
House Dressing, 1.5 fl oz	80	8	1	0	0	250	2	0	1	0
House Salsa, 1 fl oz	10	0	0	0	0	180	2	0	<1	0
Ketchup, Packet	10	0	0	0	0	90	2	0	2	0
Mild Sauce, Packet	0	0	0	0	0	40	0	0	0	0
Nacho Cheese, 3 fl oz	120	9	3	0	10	640	5	0	0	2
Pickled Jalapeños, 1 oz	10	0	0	0	0	280	<1	0	<1	0
Pico de Gallo, 1 fl oz	10	0	0	0	0	110	2	0	1	0
Ranch Dressing, 1.5 fl oz	190	20	3.5	0	10	350	2	0	2	<1
Sour Cream, 2.5 fl oz	150	14	9	0.5	55	55	5	0	3	2
Super Hot Sauce, 1 fl oz	5	0	0	0	0	45	1	<1	<1	0
Taco Sauce, 1 fl oz	5	0	0	0	0	110	1	0	<1	0
BREAKFAST All breakfast items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.										
Jr. Breakfast Burrito, Bacon	260	12	4	0	135	650	27	1	0	11
Jr. Breakfast Burrito, Sausage	300	15	5	0	135	670	27	1	<1	12
Jr. Breakfast Burrito, Steak	270	11	3.5	0	135	580	27	1	0	12
Meat & Potato Breakfast Burrito, Bacon	530	27	8	0	190	1340	51	4	<1	18
Meat & Potato Breakfast Burrito, Sausage	610	34	10	0	190	1380	53	4	<1	20
Meat & Potato Breakfast Burrito, Steak	540	26	7	0	185	1200	52	4	<1	21
Potato Olés® Scrambler, Bacon	990	67	15	0	210	2820	72	12	2	23
Potato Olés® Scrambler, Sausage	1070	74	18	0	210	2860	74	12	3	25
Potato Olés® Scrambler, Steak	1000	66	14	0	205	2680	74	12	2	26
Scrambler Breakfast Burrito, Bacon	540	27	8	0	190	1440	53	4	2	18
Scrambler Breakfast Burrito, Sausage	620	34	10	0	190	1470	54	4	2	20
Scrambler Breakfast Burrito, Steak	550	26	7	0	185	1290	54	4	2	21
Spicy Chorizo Breakfast Burrito	490	26	9	0	190	1330	42	2	2	19
DRINKS										
Tropicana® Orange Juice	170	0	0	0	0	0	39	0	33	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 Iced Tea (all sizes)	0	0	0	0	0	0	0	0	0	0
Pepsi®, Small	230	0	0	0	0	45	62	0	62	0
Pepsi®, Medium	330	0	0	0	0	65	89	0	89	0
Pepsi®, Large	470	0	0	0	0	95	130	0	130	0
Diet Pepsi®, Small	0	0	0	0	0	85	0	0	0	0
Diet Pepsi®, Medium	0	0	0	0	0	120	0	0	0	0
Diet Pepsi®, Large	0	0	0	0	0	170	0	0	0	0
Starry®, Small	230	0	0	0	0	55	59	0	59	0
Starry®, Medium	330	0	0	0	0	75	85	0	85	0
Starry®, Large	470	0	0	0	0	110	124	0	124	0
Mountain Dew®, Small	260	0	0	0	0	75	66	0	66	0
Mountain Dew®, Medium	370	0	0	0	0	110	96	0	96	0
Mountain Dew®, Large	540	0	0	0	0	160	139	0	139	0
Mountain Dew® Code Red, Small ★	260	0	0	0	0	75	69	0	69	0
Mountain Dew® Code Red, Medium ★	400	0	0	0	0	120	109	0	109	0
Mountain Dew® Code Red, Large ★	540	0	0	0	0	160	146	0	146	0
Diet Mountain Dew®, Small	0	0	0	0	0	85	2	0	0	0
Diet Mountain Dew®, Medium	0	0	0	0	0	120	2	0	0	0
Diet Mountain Dew®, Large	0	0	0	0	0	170	3	0	0	0
Tropicana® Fruit Punch, Small ★	260	0	0	0	0	55	68	0	68	0
Tropicana® Fruit Punch, Medium ★	400	0	0	0	0	85	107	0	107	0
Tropicana® Fruit Punch, Large ★	540	0	0	0	0	110	143	0	143	0

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	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Tropicana® Lemonade, Small	230	0	0	0	0	230	60	0	60	0
Tropicana® Lemonade, Medium	330	0	0	0	0	330	87	0	87	0
Tropicana® Lemonade, Large	470	0	0	0	0	470	127	0	127	0
Tropicana® Lemonade, Light, Small ★	10	0	0	0	0	210	0	0	0	0
Tropicana® Lemonade, Light, Medium ★	10	0	0	0	0	300	0	0	0	0
Tropicana® Lemonade, Light, Large ★	15	0	0	0	0	440	0	0	0	0
Dr Pepper®, Small	210	0	0	0	0	25	54	0	54	0
Dr Pepper®, Medium	300	0	0	0	0	35	78	0	78	0
Dr Pepper®, Large	440	0	0	0	0	50	114	0	114	0
Mug® Root Beer, Small ★	210	0	0	0	0	85	57	0	57	0
Mug® Root Beer, Medium ★	300	0	0	0	0	120	83	0	83	0
Mug® Root Beer, Large ★	440	0	0	0	0	170	120	0	120	0
Wild Cherry Pepsi®, Small ★	240	0	0	0	0	45	63	0	63	0
Wild Cherry Pepsi®, Medium ★	350	0	0	0	0	65	91	0	91	0
Wild Cherry Pepsi®, Large ★	510	0	0	0	0	95	133	0	133	0
Lifewater® Yumberry Pomegranate, Small ★	0	0	0	0	0	70	0	0	0	0
Lifewater® Yumberry Pomegranate, Medium ★	0	0	0	0	0	100	0	0	0	0
Lifewater® Yumberry Pomegranate, Large ★	0	0	0	0	0	140	0	0	0	0
Brisk® Raspberry Iced Tea, Small ★	110	0	0	0	0	75	27	0	27	0
Brisk® Raspberry Iced Tea, Medium ★	150	0	0	0	0	110	39	0	39	0
Brisk® Raspberry Iced Tea, Large ★	220	0	0	0	0	160	57	0	57	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.

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