



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.										
Alaska Pollock Big Fish Sandwich	520	18	4	0	50	1150	69	5	8	21
Alaska Pollock Fish Taco	310	14	3	0	25	620	33	2	2	10
Stuffed Grilled Taco, Guacamole Ranch	610	32	10	0.5	40	1220	59	4	2	18
Stuffed Grilled Taco, Spicy Chicken	570	27	8	0	55	1380	58	3	3	22
TACOS All tacos are listed without Potato Olés® and drinks; see Sides and Drinks for more nutrition information.										
Crispy Taco, Beef	150	10	3.5	0	25	310	8	1	<1	9
Crispy Taco, Chicken	130	6	2	0	40	390	7	<1	1	12
Crispy Taco, Refried Beans	120	5	2	0	5	320	14	4	<1	6
Crispy Taco, Steak	140	8	2.5	0	30	300	7	<1	<1	10
Crispy Taco, Super, Beef	170	11	4.5	0	30	320	9	1	2	9
Crispy Taco, Super, Chicken	150	7	3	0	45	400	9	1	2	13
Crispy Taco, Super, Refried Beans	140	6	2.5	0	10	330	16	4	2	6
Crispy Taco, Super, Steak	160	9	3.5	0	35	320	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
Crispy Chicken Taco, Chipotle Lime	350	18	4.5	0	40	830	32	2	1	14
Softshell Taco, Beef	230	11	4.5	0	25	480	22	1	< 1	11
Softshell Taco, Chicken	210	7	2.5	0	40	570	21	1	1	14
Softshell Taco, Refried Beans	200	6	2.5	0	5	500	28	4	< 1	8
Softshell Taco, Steak	220	9	3.5	0	30	480	21	1	< 1	13
Softshell Taco, Super, Beef	250	12	5	0	30	500	23	2	2	11
Softshell Taco, Super, Chicken	230	8	3.5	0	45	590	23	1	2	15
Softshell Taco, Super, Refried Beans	220	8	3.5	0	10	520	30	4	2	8
Softshell Taco, Super, Steak	240	10	4	0	35	500	23	1	2	13
Stuffed Grilled Taco, Beef (NEW RECIPE)	530	25	9	1	40	1110	57	3	1	18
Stuffed Grilled Taco, Chicken (NEW RECIPE)	560	26	8	0	55	1230	57	3	2	21
Stuffed Grilled Taco, Refried Beans (NEW RECIPE)	500	20	7	0	20	1120	63	6	1	15
Stuffed Grilled Taco, Steak (NEW RECIPE)	520	23	8	0	40	1100	56	3	1	19
Taco Bravo®, Beef	320	14	5	0	25	720	34	5	1	14
Taco Bravo®, Chicken	350	15	4	0	40	830	34	5	2	18
Taco Bravo®, Refried Beans	290	9	3	0	5	730	41	8	1	12
Taco Bravo®, Steak	310	12	4	0	30	710	33	5	1	16
Taco Bravo®, Super, Beef	340	15	6	0	30	740	36	5	2	15
Taco Bravo®, Super, Chicken	370	16	5	0	45	850	36	5	3	19
Taco Bravo®, Super, Refried Beans	310	10	4	0	10	750	42	8	2	12
Taco Bravo®, Super, Steak	330	13	4.5	0	35	730	35	5	2	17
Make it Super (add Tomatoes and Sour Cream)	20	1	1	0	<5	20	2	0	<1	<1
BURRITOS All burritos are listed without Potato Olés® and drinks; see Sides and Drinks for more nutrition information.										
Bean Burrito	410	13	5	0	15	970	56	8	1	15
Beef Burrito	460	22	9	1	50	930	43	2	1	21
Boss Burrito, Chicken	770	29	9	0.5	85	1850	87	6	6	37
Boss Burrito, Steak	790	33	10	0.5	70	1670	86	6	5	34
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, Crispy 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	510	25	7	0	25	1140	56	4	2	15
Meat & Potato Burrito, Chicken	490	21	6	0	40	1220	55	4	2	18
Meat & Potato Burrito, Crispy Chicken	580	27	7	0	35	1450	65	5	1	18
Meat & Potato Burrito, Refried Beans	490	20	6	0	10	1150	62	7	2	12

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Meat & Potato Burrito, Steak	500	23	6	0	30	1140	54	4	2	16
Super Burrito, Beef	460	19	8	0.5	35	980	52	6	2	19
Super Burrito, Chicken	440	15	6	0	50	1060	51	5	3	23
Super Burrito, Crispy Chicken	530	21	7	0	45	1280	62	6	2	23
Super Burrito, Refried Beans	430	14	6	0	20	990	58	8	2	16
Super Burrito, Steak	450	17	7	0	40	970	51	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	1	50	930	43	2	1	21
Boss Bowl, Chicken	650	22	7	0	90	1730	75	9	8	38
Boss Bowl, Steak	670	26	8	0	70	1560	74	9	7	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	0.5	30	940	49	5	1	18
Crispy Chicken Tenders, 5 count	380	18	3	0	70	1230	30	2	0	24
Super Nachos, Beef	770	39	12	0.5	50	1590	81	10	3	22
Super Potato Olés®, Beef	1050	68	16	1	50	2780	86	16	3	23
Taco Burger, Beef	350	12	5	0	35	710	45	3	8	17
Taco Burger, Chicken	300	6	3	0	45	720	43	3	8	19
Taco Burger, Refried Beans	290	5	3	0	10	650	50	6	7	12
Taco Burger, Steak	310	8	4	0	35	640	43	3	8	17
Taco Salad, Beef	770	55	15	1	70	1170	45	5	7	25
Taco Salad, Chicken	730	47	12	1	95	1330	44	5	8	33
Taco Salad, Crispy Chicken	830	55	13	1	75	1530	59	6	7	28
Taco Salad, Steak	750	51	13	1	75	1160	43	5	7	29
LOCAL FAVORITES										
Breakfast Taco, Bacon ★	340	19	6	0	145	800	28	2	0	12
Breakfast Taco, Sausage ★	380	22	7	0	150	860	29	2	<1	13
Breakfast Taco, Steak ★	340	18	5	0	145	770	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
KIDS MENU All kids meals are listed without junior Potato Olés® and drinks; see below and Drinks for more nutrition information. Crispy 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
Crispy Chicken Tenders, 3 count	230	11	1.5	0	45	740	18	1	0	15
Crispy Taco, Beef	150	10	3.5	0	25	310	8	1	<1	9
Softshell Taco, Beef	230	11	4.5	0	25	480	22	1	< 1	11
JUNIOR MENU										
Junior Potato Olés®	330	21	3	0	0	720	30	5	0	3
VALUE MENU										
4-Cheese Quesadilla, Cheese	420	21	11	0.5	45	950	39	2	1	18
Bean Burrito	410	13	5	0	15	970	56	8	1	15
Nacho Crunch Beef Burrito	320	14	5	0	20	770	34	2	0	11
Nacho Crunch Chicken Burrito	350	16	4	0	40	880	34	2	1	15
Spicy Chicken & Potato Griller	390	19	4	0	35	960	37	3	2	15
Spicy Steak & Potato Griller	400	21	5	0	25	880	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	1120	44	16	<1	19
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

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DIPS, CONDIMENTS & DRESSINGS										
Chipotle Lime Sauce, 3 fl oz	430	44	7	0.5	25	640	8	0	5	<1
Creamy Italian Dressing, 1.5 fl oz	140	15	2.5	0	0	340	2	0	2	0
Fiesta Sauce, 3 fl oz	360	38	6	0	30	600	4	<1	2	1
Guacamole, 2.5 fl oz	140	13	2.5	0	0	350	7	4	0	1
Hot Sauce, Packet	0	0	0	0	0	35	0	0	0	0
House Dressing, 3 fl oz	150	15	2.5	0	0	490	4	0	3	0
House Salsa, 3 fl oz	25	0	0	0	0	500	5	0	2	<1
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
Pico de Gallo, 3 fl oz	25	0	0	0	0	330	6	1	4	<1
Ranch Dressing, 1.5 fl oz	190	20	3.5	0	10	350	2	0	2	<1
Ranch Dressing, 3 fl oz	390	40	7	0.5	20	710	4	0	3	2
Sour Cream, 2.5 fl oz	90	6	4.5	0	20	90	6	0	2	3
Super Hot Sauce, 1.5 fl oz	15	0	0	0	0	90	3	1	2	0
Taco Sauce, 1.5 fl oz	10	0	0	0	0	170	2	0	<1	0
Taco Sauce, 3 fl oz	20	0	0	0	0	340	4	<1	2	<1
BREAKFAST All breakfast items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.										
Jr. Breakfast Burrito, Bacon	250	11	3.5	0	95	620	27	1	0	9
Jr. Breakfast Burrito, Sausage	290	14	5	0	100	680	27	1	< 1	10
Jr. Breakfast Burrito, Steak	250	10	3	0	100	590	27	1	0	11
Meat & Potato Breakfast Burrito, Bacon	530	27	7	0	190	1310	51	4	< 1	18
Meat & Potato Breakfast Burrito, Sausage	610	34	10	0	200	1440	53	4	< 1	20
Meat & Potato Breakfast Burrito, Steak	540	26	7	0	195	1260	52	4	< 1	21
Potato Olés® Scrambler, Bacon	980	66	15	0	205	2760	72	12	2	23
Potato Olés® Scrambler, Sausage	1060	74	18	0	220	2890	73	12	3	25
Potato Olés® Scrambler, Steak	990	65	14	0	215	2710	73	12	2	26
Scrambler Breakfast Burrito, Bacon	540	27	7	0	190	1410	53	4	2	18
Scrambler Breakfast Burrito, Sausage	620	35	10	0	200	1530	54	4	2	20
Scrambler Breakfast Burrito, Steak	550	26	7	0	195	1360	54	4	2	22
Spicy Chorizo Breakfast Burrito	490	26	9	0	200	1370	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	240	0	0	0	0	50	65	0	65	0
Pepsi®, Medium	340	0	0	0	0	70	94	0	94	0
Pepsi®, Large	500	0	0	0	0	100	137	0	137	0
Diet Pepsi®, Small	0	0	0	0	0	85	0	0	0	0
Diet Pepsi®, Medium	0	0	0	0	0	125	0	0	0	0
Diet Pepsi®, Large	0	0	0	0	0	180	0	0	0	0
Starry®, Small	240	0	0	0	0	55	62	0	62	0
Starry®, Medium	340	0	0	0	0	80	89	0	89	0
Starry®, Large	500	0	0	0	0	115	130	0	130	0
Mountain Dew®, Small	270	0	0	0	0	80	70	0	70	0
Mountain Dew®, Medium	390	0	0	0	0	115	101	0	101	0
Mountain Dew®, Large	570	0	0	0	0	170	147	0	147	0
Mountain Dew® Code Red, Small ★	270	0	0	0	0	80	73	0	73	0
Mountain Dew® Code Red, Medium ★	390	0	0	0	0	115	105	0	105	0
Mountain Dew® Code Red, Large ★	570	0	0	0	0	170	153	0	153	0
Diet Mountain Dew®, Small	0	0	0	0	0	85	2	0	0	0
Diet Mountain Dew®, Medium	0	0	0	0	0	125	2	0	0	0
Diet Mountain Dew®, Large	0	0	0	0	0	180	3	0	0	0
Tropicana® Fruit Punch, Small ★	270	0	0	0	0	55	71	0	71	0
Tropicana® Fruit Punch, Medium ★	390	0	0	0	0	80	103	0	103	0
Tropicana® Fruit Punch, Large ★	570	0	0	0	0	115	150	0	150	0
Tropicana® Lemonade, Small	240	0	0	0	0	240	63	0	63	0
Tropicana® Lemonade, Medium	340	0	0	0	0	340	92	0	92	0
Tropicana® Lemonade, Large	500	0	0	0	0	500	133	0	133	0

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Tropicana® Lemonade, Light, Small ★	10	0	0	0	0	220	0	0	0	0
Tropicana® Lemonade, Light, Medium ★	10	0	0	0	0	320	0	0	0	0
Tropicana® Lemonade, Light, Large ★	15	0	0	0	0	470	0	0	0	0
Dr Pepper®, Small	220	0	0	0	0	25	57	0	57	0
Dr Pepper®, Medium	320	0	0	0	0	35	83	0	83	0
Dr Pepper®, Large	470	0	0	0	0	50	120	0	120	0
Mug® Root Beer, Small ★	220	0	0	0	0	85	60	0	60	0
Mug® Root Beer, Medium ★	320	0	0	0	0	125	87	0	87	0
Mug® Root Beer, Large ★	470	0	0	0	0	180	127	0	127	0
Wild Cherry Pepsi®, Small ★	250	0	0.0	0	0	50	67	0	67	0
Wild Cherry Pepsi®, Medium ★	370	0	0.0	0	0	70	96	0	96	0
Wild Cherry Pepsi®, Large ★	530	0	0.0	0	0	100	140	0	140	0
Lifewater® Yumberry Pomegranate, Small ★	0	0	0	0	0	70	0	0	0	0
Lifewater® Yumberry Pomegranate, Medium ★	0	0	0	0	0	105	0	0	0	0
Lifewater® Yumberry Pomegranate, Large ★	0	0	0	0	0	150	0	0	0	0
Brisk® Raspberry Iced Tea, Small ★	110	0	0	0	0	80	29	0	29	0
Brisk® Raspberry Iced Tea, Medium ★	160	0	0	0	0	115	41	0	41	0
Brisk® Raspberry Iced Tea, Large ★	230	0	0	0	0	170	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.

For specific ingredient information, please contact us via our website. ©January 2026. Taco John’s International, Inc. All rights reserved. 01/12/2026