



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® and drinks; see Sides and Drinks for more nutrition information.										
Crunchy Dorado Taco	330	23	6	0	85	560	15	2	2	16
Chipotle Chicken Burrito	640	32	10	0.5	90	1410	59	5	3	25
Chipotle Chicken Quesadilla	590	34	14	0.5	115	1370	40	2	2	29
Chipotle Ranch, 1.5 fl oz	160	16	2.5	0	5	330	2	0	1	<1
Chipotle Ranch, 3 fl oz	320	31	5	0	15	650	3	0	3	1
Mexi Rolls®, 2 count	250	12	4	0	30	410	23	4	<1	12
Mexi Rolls®, 4 count	500	24	8	0.5	55	820	46	8	1	24
Mexi Rolls®, 6 count	740	36	12	1	85	1230	68	11	2	37
Mexi Rolls®, Chipotle Shredded Chicken, 2 count ★	250	12	4	0	30	410	23	4	<1	12
Mexi Rolls®, Chipotle Shredded Chicken, 4 count ★	500	24	8	0.5	55	820	46	8	1	24
Mexi Rolls®, Chipotle Shredded Chicken, 6 count ★	740	36	12	1	85	1230	68	11	2	37
Fiesta Rice Bowl, Beef ★	670	27	9	0.5	65	1600	76	100	7	30
Fiesta Rice Bowl, Chicken ★	630	19	6	0	90	1760	74	9	8	38
Fiesta Rice Bowl, Chipotle Shredded Chicken ★	730	32	10	0	160	1840	71	9	6	40
Fiesta Rice Bowl, Steak ★	650	23	7	0	70	1580	74	9	7	34
Loaded Potato Olés® Bowl, Beef ★	970	65	15	0.5	55	2610	74	12	3	23
Loaded Potato Olés® Bowl, Chicken ★	950	61	13	0	70	2690	73	12	3	27
Loaded Potato Olés® Bowl, Chipotle Shredded Chicken ★	1010	68	15	0	105	2730	71	12	3	28
Loaded Potato Olés® Bowl, Steak ★	960	63	14	0	60	2600	72	12	3	25
Cherry Fizz, Small	280	0	0	0	0	60	71	0	71	0
Cherry Fizz, Medium	420	0	0	0	0	85	108	0	107	0
Cherry Fizz, Large	580	0	0	0	0	120	149	0	148	0
Summer Punch, Small	310	0	0	0	0	80	79	0	78	0
Summer Punch, Medium	460	0	0	0	0	120	119	0	118	0
Summer Punch, Large	640	0	0	0	0	170	165	0	164	0
Add-on, Cherry Fizz Syrup, Small	20	0	0	0	0	0	5	0	4	0
Add-on, Cherry Fizz Syrup, Medium/Large	40	0	0	0	0	0	9	0	9	0
Add-on, Summer Punch Syrup, Small	20	0	0	0	0	0	5	0	4	0
Add-on, Summer Punch Syrup, Medium/Large	35	0	0	0	0	0	9	0	9	0
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, Chipotle Shredded Chicken (Limited Time)	180	12	4	0	75	430	5	<1	<1	14
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, Chipotle Shredded Chicken (Limited Time)	200	13	5	0	75	450	7	<1	2	14
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, Chipotle Shredded Chicken (Limited Time)	300	18	5	0	75	690	20	1	1	16
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, Chipotle Shredded Chicken (Limited Time)	260	14	4.5	0	75	600	19	<1	<1	16
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, Chipotle Shredded Chicken (Limited Time)	280	15	5.0	0	75	620	21	1	1	16
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

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Stuffed Grilled Taco, Beef	540	26	9	1	40	1070	56	3	1	18
Stuffed Grilled Taco, Chicken	570	27	8	0	55	1190	56	3	2	21
Stuffed Grilled Taco, Chipotle Shredded Chicken (Limited Time)	620	34	10	0	90	1230	54	3	2	23
Stuffed Grilled Taco, Refried Beans	510	21	7	0	20	1080	62	6	1	15
Stuffed Grilled Taco, Steak	530	24	8	0	40	1060	55	3	2	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®, Chipotle Shredded Chicken (Limited Time)	400	22	6	0	75	880	33	4	1	19
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, Chipotle Shredded Chicken (Limited Time)	430	23	7	0	80	900	35	5	2	20
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, Chipotle Shredded Chicken (Limited Time)	880	42	13	0.5	155	1930	84	6	5	40
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, Chipotle Shredded Chicken (Limited Time)	770	46	14	0.5	160	1940	53	4	1	36
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, Chipotle Shredded Chicken (Limited Time)	550	28	8	0	75	1270	53	4	1	19
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
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, Chipotle Shredded Chicken (Limited Time)	490	21	8	0	85	1100	50	5	2	24
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
ENTREES 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	530	27	12	0.5	80	1290	42	2	2	28
4-Cheese Quesadilla, Steak	540	29	12	0.5	70	1210	41	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, Chipotle Shredded Chicken (Limited Time)	760	35	11	0	160	1820	72	8	7	40
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	800	46	13	0.5	50	1360	74	11	3	22
Super Nachos, Chipotle Shredded Chicken (Limited Time)	830	49	13	0.0	95	1480	72	11	3	27
Super Potato Olés®, Beef	1050	68	16	1	50	2780	86	16	3	23
Super Potato Olés®, Chipotle Shredded Chicken (Limited Time)	1080	71	16	0.0	95	2910	83	16	3	28
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, Chipotle Shredded Chicken (Limited Time)	350	12	5	0	80	770	42	3	7	20
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	840	62	16	2	70	1390	46	5	7	25
Taco Salad, Chicken	800	54	13	1	95	1550	45	5	8	32
Taco Salad, Chipotle Shredded Chicken (Limited Time)	900	67	17	1	165	1630	42	4	7	35

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Taco Salad, Crispy Chicken	900	62	14	1	75	1750	60	6	7	27
Taco Salad, Steak	820	58	14	1	75	1370	44	4	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 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	15	5	0	20	750	34	2	<1	11
Nacho Crunch Chicken Burrito	350	17	4	0	40	860	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	290	15	2	0	0	65	35	4	<1	4
Chips & Nacho Cheese	410	25	5	0	10	710	40	4	<1	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
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	410	5	0	0	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
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

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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	1360	42	2	1	19
DRINKS										
Tropicana® Orange Juice	170	0	0	0	0	0	39	0	33	3
1% Lowfat Chocolate Milk	140	2.5	1.5	0	10	220	22	0	20	9
2% Reduced Fat White Milk	130	5	3	0	20	130	13	0	12	9
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
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

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. ©July 2026. Taco John’s International, Inc. All rights reserved. 07/9/2026. All trademarks are the property of their respective owners.