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. 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
LIMITED TIME ONLY. AT PARTICIPATING LOCATIONS. All items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.											
Apple Grande	•			X						X	X
FRITOS® Chili & Cheese Burrito, Beef				X				X		X	X
FRITOS® Chili & Cheese Burrito, Chicken				X				X		X	X
FRITOS® Chili & Cheese Burrito, Refried Beans				X				X		X	X
FRITOS® Chili & Cheese Burrito, Steak				X				X		X	X
FRITOS® Chili & Cheese Olés™	•			X				X			
FRITOS® Loaded Cup of Chili				X				X			
Smother Any Burrito w/ FRITOS®, chili, and cheese				X				X			
Nachos Navidad®	•			X				X			
Western Gold Grilled Burrito, Beef	•	X		X				X		X	X
Western Gold Grilled Burrito, Chicken	•	X		X						X	X
Western Gold Grilled Burrito, Crispy Chicken	•	X		X						X	X
Western Gold Grilled Burrito, Refried Beans	•	X		X						X	X
Western Gold Grilled Burrito, Steak	•	X		X				X		X	X
Western Gold Sauce		X									
6-Layer Burrito ★		X		X				X		X	X
Fiesta Rice Burrito, Beef ★		X		X				X		X	X
Fiesta Rice Burrito, Chicken ★		X		X						X	X
Fiesta Rice Bowl, Beef ★		X		X				X			
Fiesta Rice Bowl, Chicken ★		X		X							
Fiesta Rice Bowl, Steak ★		X		X				X		X	X
Loaded Potato Olés® Bowl, Beef ★	•			X				X			
Loaded Potato Olés® Bowl, Chicken ★	•			X							
Loaded Potato Olés® Bowl, Steak ★	•			X				X		X	X
Potato Olés® Taco ★	•	X		X						X	X
TACOS All tacos are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.											
Crispy Taco, Beef	•			X				X			
Crispy Taco, Chicken	•			X							
Crispy Taco, Refried Beans	•			X							
Crispy Taco, Steak	•			X				X		X	X
Crispy Taco, Super, Beef	•			X				X			
Crispy Taco, Super, Chicken	•			X							
Crispy Taco, Super, Refried Beans	•			X							
Crispy Taco, Super, Steak	•			X				X		X	X
Fiesta Softshell Taco, Chicken		X		X						X	X
Fiesta Softshell Taco, Steak		X		X				X		X	X
Crispy Chicken Taco, Chipotle Lime	•	X		X						X	X
Crispy Chicken Taco, Fiesta Sauce	•	X		X						X	X
Crispy Chicken Taco, Western Gold (Limited Time)	•	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
Softshell Taco, Super, Beef				X				X		X	X
Softshell Taco, Super, Chicken				X						X	X
Softshell Taco, Super, Refried Beans				X						X	X
Softshell Taco, Super, Steak				X				X		X	X
Stuffed Grilled Taco, Beef	•			X				X		X	X

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	Fried	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy*	Tree Nuts	Wheat	Gluten
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
Taco Bravo®, Super, Beef	•			X				X		X	X
Taco Bravo®, Super, Chicken	•	X		X						X	X
Taco Bravo®, Super, Refried Beans	•			X						X	X
Taco Bravo®, Super, Steak	•			X				X		X	X
Beef								X			
Chicken											
Crispy Chicken	•									X	X
Refried Beans											
Steak								X		X	X
Crispy Taco Shell	•										
Softshell Flour Tortilla										X	X
Cheddar Cheese				X							
Four-Cheese Blend				X							
Sour Cream				X							
Taco Sauce											
BURRITOS All burritos are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.											
Bean Burrito				X						X	X
Beef Burrito				X				X		X	X
Boss Burrito, Chicken		X		X						X	X
Boss Burrito, Steak		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, Crispy 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, Crispy Chicken	•			X						X	X
Meat & Potato Burrito, Refried Beans	•			X						X	X
Meat & Potato Burrito, Steak	•			X				X		X	X
Super Burrito, Beef				X				X		X	X
Super Burrito, Chicken				X						X	X
Super Burrito, Crispy Chicken	•			X						X	X
Super Burrito, Refried Beans				X						X	X
Super Burrito, Steak				X				X		X	X
Flour Tortilla										X	X
ENTREES 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		X		X							
Boss Bowl, Steak		X		X				X		X	X
Cheesy Snack Quesadilla				X						X	X
Chicken Snack Quesadilla				X						X	X
Combination Burrito				X				X		X	X
Crispy Chicken Tenders, 3 or 4 count	•									X	X
Mexi Rolls®	•			X				X		X	X
Super Nachos, Beef	•			X				X			
Super Potato Olés®, Beef	•			X				X			
Taco Burger				X				X		X	X
Taco Burger, Chicken				X						X	X
Taco Burger, Refried Beans				X						X	X
Taco Burger, Steak				X				X		X	X
Taco Salad, Beef	•			X				X		X	X
Taco Salad, Chicken	•			X						X	X
Taco Salad, Steak	•			X				X		X	X
Burger Bun				X						X	X
Taco Salad Shell	•									X	X

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	Fried	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy*	Tree Nuts	Wheat	Gluten
LOCAL FAVORITES											
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
KIDS MENU All kids meals are listed without Junior Potato Olés® and drinks; see below and Drinks for more allergen information. Crispy Chicken Tenders are listed without Ranch Dressing; see Dips, Condiments & Dressings for more allergen information.											
Cheesy Quesadilla				X						X	X
Crispy Chicken Tenders, 2 count	•									X	X
Crispy Taco, Beef	•			X				X			
Softshell Taco, Beef				X				X		X	X
Junior Potato Olés®	•										
VALUE MENU											
4-Cheese Quesadilla, Cheese				X						X	X
Bean Burrito				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
SIDES All salads are listed without dressing; see Dressings for more allergen information.											
Black Beans											
Chips	•										
Chips & Nacho Cheese	•			X							
Potato Olés®, Junior	•										
Potato Olés®, Small	•										
Potato Olés®, Medium	•										
Potato Olés®, Large	•										
Refried Beans				X							
Rice & Beans											
Seasoned Red Rice											
SWEET TREATS											
Churro	•									X	X
Mexican Donut Bites	•			X						X	X
DIPS, CONDIMENTS & DRESSINGS											
Chipotle Lime Sauce		X									
Creamy Italian Dressing											
Fiesta Sauce		X		X							
Guacamole											
House Dressing											
House Salsa											
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.											
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

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	Fried	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy*	Tree Nuts	Wheat	Gluten
DRINKS											
Tropicana® Orange Juice											
1% Lowfat Chocolate Milk				X							
2% Reduced Fat White Milk				X							
Fresh Brewed 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 Crispy Chicken Tenders 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 for the most up-to-date allergen information. For specific ingredient information, please contact us via our website. ©November 2026. Taco John’s International, Inc. All rights reserved. 11/09/2026

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