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.										
Apple Grande	**230**	9	2.5	0	5	160	33	1	18	4
FRITOS® Chili & Cheese Burrito, Beef	**570**	28	10	1	50	1100	57	5	2	22
FRITOS® Chili & Cheese Burrito, Chicken	**550**	24	9	0.5	60	1180	57	5	3	26
FRITOS® Chili & Cheese Burrito, Refried Beans	**550**	23	8	0.5	30	1110	64	8	2	19
FRITOS® Chili & Cheese Burrito, Steak	**560**	26	9	0.5	55	1100	56	4	2	24
FRITOS® Chili & Cheese Olés™	**1190**	76	17	1	50	2800	100	17	3	26
FRITOS® Loaded Cup of Chili	**340**	20	8	0.5	45	770	25	5	3	16
Smother Any Burrito w/ FRITOS®, chili, and cheese	**230**	14	5	0	25	460	16	3	1	10
Nachos Navidad®	**790**	44	12	0.5	50	1280	78	11	3	21
Western Gold Grilled Burrito, Beef	**720**	38	10	1	50	1680	70	5	6	23
Western Gold Grilled Burrito, Chicken	**680**	30	7	0	80	1840	69	5	7	30
Western Gold Grilled Burrito, Crispy Chicken	**660**	32	7	0	40	1730	72	5	6	19
Western Gold Grilled Burrito, Refried Beans	**670**	29	7	0	15	1700	83	11	6	17
Western Gold Grilled Burrito, Steak	**700**	35	8	0	60	1670	68	4	6	27
Western Gold Sauce, 1.5 oz	**170**	14	2.5	0	10	360	9	0	9	1
Western Gold Sauce, 3 oz	**330**	29	4.5	0	25	710	19	1	17	1
6-Layer Burrito ★	**480**	19	6	0	25	1050	59	6	1	17
Fiesta Rice Burrito, Beef ★	**730**	32	11	1	60	1610	79	7	4	28
Fiesta Rice Burrito, Chicken ★	**690**	24	7	0	85	1770	77	6	5	36
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, 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, Steak ★	**960**	63	14	0	60	2600	72	12	3	25
Potato Olés® Taco ★	**310**	18	4.5	0	10	630	31	3	1	6
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	**300**	16	4	0	35	770	27	2	2	13
Crispy Chicken Taco, Fiesta Sauce	**290**	15	4	0	35	760	26	2	1	13
Crispy Chicken Taco, Western Gold (Limited Time)	**290**	14	3.5	0	35	780	28	2	3	13
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	**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, 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®, 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

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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	**650**	35	10	0.5	55	1740	59	5	2	22
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	**530**	24	6	0	35	1380	60	5	2	16
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, Crispy Chicken	**480**	18	7	0	45	1210	56	6	3	21
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 and tenders 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, 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, 3 count	**300**	14	2	0	75	1280	20	3	1	24
Crispy Chicken Tenders, 4 count	**400**	18	3	0	100	1700	26	3	2	32
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
Super Nachos, Beef	**800**	46	13	0.5	50	1360	74	11	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	**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, 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, 2 count	**200**	9	1.5	0	50	850	13	2	< 1	16
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

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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, 1.5 fl oz	**10**	0	0	0	0	140	3	< 1	2	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	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

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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

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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.

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