

TACO JOHN'S

The Fresh Taste of West-Mex

Nutritional Chart

Menu Items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
10g or Less of Fat												
Crispy Taco	92	180	90	10	3.5	0	25	13	2	1	9	270
Softshell Taco**	106	190	70	8	3	0	20	20	2	1	9	530
Chicken Softshell Taco	113	190	50	6	3	0	30	19	1	0	13	700
Taco Burger**	135	250	80	9	2.5	0	25	28	3	4	12	560
Bean Burrito**	173	310	40	4.5	0	0	0	56	9	5	11	700
Chili**	213	160	60	6	2	0	20	17	4	2	10	1160
Mexican Rice	170	250	50	6	0	0	0	45	0	2	5	1080
Refried Beans**	269	260	15	1.5	0.5	0.5	0	50	11	2	15	940
**If consumed without cheese												
Tacos												
Taco Bravo®	184	340	120	13	4.5	0.5	25	40	5	1	15	750
Crispy Taco	92	180	90	10	3.5	0	25	13	2	1	9	270
Softshell Taco	113	220	90	11	4.5	0.5	25	21	2	1	11	580
Chicken Softshell Taco	113	190	50	6	3	0	30	19	1	0	13	700
Taco Burger	142	270	110	12	4	0.5	30	28	3	4	14	600
Stuffed Grilled Taco	211	560	230	25	9	0	40	63	7	4	19	920
Burritos												
Super Burrito	251	450	160	18	7	0.5	40	54	9	6	19	900
Meat & Potato Burrito	237	500	210	23	6	0.5	30	58	8	5	15	1100
Chicken & Potato Burrito	237	470	170	19	4.5	0	30	56	7	5	17	1220
Crunchy Chicken & Potato Burrito	251	600	260	28	6	0	35	65	7	5	20	1320
Bean Burrito	187	360	80	9	3	0	15	56	9	5	14	790
Beefy Burrito	187	440	180	20	7	1	50	45	7	5	22	860
Combination Burrito	187	400	130	14	5	0.5	35	50	8	5	18	830
Beef Grilled Burrito	247	590	270	30	12	1	65	54	8	5	25	1340
Chicken Grilled Burrito	247	580	250	28	10	0	75	52	6	5	30	1620
Snacks												
Chips & Queso	187	380	80	9	3	0	15	58	9	5	15	830
Cini-Sopapilla Bites®	191	430	220	25	7	0	20	43	2	1	9	940
Cini-Sopapilla Bites®	74	210	50	5	0.5	0	0	37	4	7	4	320

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Local Favorites *												
Ranch Burrito – Beef	201	440	200	22	6	0	45	45	6	6	17	850
Ranch Burrito – Chicken	201	400	160	17	4.5	0	45	44	5	6	19	970
Mexi Rolls® -2 Piece w/o Nacho Cheese	54	130	45	5	2	0	10	14	2	0	6	190
Mexi Rolls® -4 Piece w/o Nacho Cheese	108	260	90	10	4	.5	20	28	4	0	13	370
Mexi Rolls® -6 Piece w/o Nacho Cheese	162	390	130	15	6	1	30	56	6	0	19	560
Chili Cheese Potato Olés®	305	590	320	36	8	0.5	25	55	8	2	13	2130
Chili Enchilada	216	310	140	16	7	1	50	24	4	2	18	1000
Chilito	130	360	140	15	7	0	35	40	5	5	15	670
Smothered Burrito	322	510	180	20	8	1	45	60	10	6	23	1310
Breakfast Menu*												
Breakfast Taco – Bacon	106	270	120	13	4	0	125	25	2	1	10	810
Breakfast Taco – Sausage	120	310	160	18	6	0	135	25	2	1	11	770
Breakfast Burrito – Bacon	217	550	230	25	6	0	250	56	7	5	21	1370
Breakfast Burrito – Sausage	246	640	310	35	10	0	275	56	7	5	23	1300
Scrambler Burrito – Bacon	246	550	230	25	6	0	250	58	7	6	21	1370
Scrambler Burrito – Sausage	274	640	290	32	9	0	270	58	7	7	21	1440
Potato Olés® Scrambler – Small Bacon	269	630	370	41	10	0.5	260	45	6	2	20	1860
Potato Olés® Scrambler – Small Sausage	298	720	450	50	14	0.5	280	45	6	2	22	1780
Potato Olés® Scrambler – Regular Bacon	439	1030	600	67	17	1	395	72	9	4	32	3060
Potato Olés® Scrambler – Regular Sausage	475	1140	710	79	22	1	425	72	9	3	34	2890
Breakfast Egg Burrito	187	420	170	19	8	0	270	42	5	6	21	730
Breakfast Egg Burrito – Bacon	201	500	220	24	9	0	275	43	5	6	26	1120
Breakfast Egg Burrito – Sausage	232	590	300	34	13	0	300	44	6	6	28	1050
Current Promotions												
Sierra Chicken Sandwich	235	350	100	11	3	0	50	37	2	2	23	1350

*Not available at all locations.

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. Content and nutrition facts are subject to change. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms. Test products are not included.

For specific ingredient information, call Taco John's Quality Assurance Hotline at 800-854-0819, option #2.

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