

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	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco**	106	190	70	8	3	0	20	23	2	2	9	540
Chicken Softshell Taco	113	190	50	6	3	0	30	21	2	2	14	680
Taco Burger**	135	250	80	9	3	0	25	29	2	4	12	530
Bean Burrito**	173	310	60	7	2	0	0	52	7	1	11	1000
Chili**	213	150	50	6	2	0	20	16	4	4	9	1040
Mexican Rice	170	250	50	6	0	0	0	45	0	2	5	1080
Refried Beans**	255	260	25	2.5	1	0	0	45	15	1	15	970
**If consumed without cheese												
Tacos												
Taco Bravo®	184	330	120	13	5	0	25	38	6	2	14	750
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco	113	220	90	10	4.5	0	25	23	2	2	11	580
Chicken Softshell Taco	113	190	50	6	3	0	30	21	2	2	14	680
Taco Burger	142	280	110	12	4.5	0.5	30	29	2	4	14	570
Stuffed Grilled Taco	210	540	240	27	10	1	40	58	3	1	18	1320
Burritos												
Super Burrito	251	450	180	20	9	1	35	50	6	2	19	1190
Meat & Potato Burrito	237	520	230	25	8	0.5	30	57	5	2	15	1490
Chicken & Potato Burrito	237	480	190	21	7	0	35	56	4	2	18	1590
Crunchy Chicken & Potato Burrito	251	580	240	27	8	0	25	67	4	2	18	1670
Bean Burrito	187	370	100	11	5	0	10	53	7	1	14	1090
Beefy Burrito	187	440	190	21	9	1	45	42	3	1	21	1150
Combination Burrito	187	410	150	16	7	1	30	47	5	1	18	1120
Beef Grilled Burrito	247	590	290	32	14	1	55	53	4	1	24	1680
Chicken Grilled Burrito	247	590	270	30	12	1	70	50	3	1	29	1960
Snacks												
Chips & Queso	191	430	220	25	6	0	20	43	2	1	9	1130
Cini-Sopapilla Bites®	70	200	70	8	1.5	0	0	34	4	8	4	180

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Local Favorites *												
Ranch Burrito – Beef	201	440	210	23	8	1	40	42	3	2	16	1130
Ranch Burrito – Chicken	201	410	170	19	7	0.5	45	40	2	2	19	1240
Mexi Rolls® -2 Piece w/o Nacho Cheese	117	280	90	11	4.5	0.5	20	31	4	0	14	400
Mexi Rolls® -4 Piece w/o Nacho Cheese	230	550	190	21	9	1	45	61	9	1	28	800
Mexi Rolls® -6 Piece w/o Nacho Cheese	294	710	240	27	11	1.5	55	77	11	1	35	1020
Chili Cheese Potato Olés®	302	630	330	37	10	0	20	63	8	3	13	2310
Chili Enchilada	202	290	140	15	7	0.5	45	22	4	2	17	870
Double Chili Enchilada	262	400	180	20	8	1	55	34	6	3	23	1070
Smothered Burrito	327	510	200	22	10	1	40	56	7	3	22	1590
Chilito	130	370	150	17	9	0.5	30	38	2	1	15	960
Breakfast Menu*												
Jr. Breakfast Burrito – Bacon	102	200	80	9	3	0	165	21	1	2	10	620
Jr. Breakfast Burrito – Sausage	113	240	110	12	4.5	0	170	22	1	2	10	630
Breakfast Burrito – Bacon	217	550	240	27	8	0	230	56	3	2	20	1780
Breakfast Burrito – Sausage	246	640	320	36	11	0	245	57	4	2	21	1720
Scrambler Burrito – Bacon	246	550	240	27	8	0	230	57	4	3	21	1780
Scrambler Burrito – Sausage	274	660	300	34	11	0	245	58	4	4	21	1840
Potato Olés® Scrambler – Small Bacon	269	660	370	41	12	0	240	53	6	3	20	2110
Potato Olés® Scrambler – Small Sausage	298	750	450	50	15	0	250	54	6	3	20	2050
Potato Olés® Scrambler – Regular Bacon	439	1080	610	68	20	0.5	365	86	9	4	31	3510
Potato Olés® Scrambler – Regular Sausage	475	1190	710	79	24	0	375	87	9	5	31	3360
Breakfast Egg Burrito	187	420	180	20	10	0.5	230	39	2	2	19	950
Breakfast Egg Burrito – Bacon	201	480	220	24	11	0.5	250	40	2	2	24	1340
Breakfast Egg Burrito – Sausage	232	570	300	34	14	0.5	260	42	2	3	25	1300
Fruit & Nut Oatmeal	251	280	70	8	0	0	0	51	8	17	8	150
Fruit & Nut Oatmeal w/o Cinnamon Sugar	244	260	70	8	0	0	0	45	6	13	8	150
French Toast Sticks	126	390	120	14	2	0	25	65	1	23	2	135
Fruit & Nut Oatmeal w/o Cinnamon S	244	260	70	8	0	0	0	45	6	13	8	150
Current Promotion												
TJ Baja Boneless Wings:												
Sweet Chipotle BBQ – 5 oz	171	420	160	18	3	0	40	40	0	10	22	1150
Sweet Chipotle BBQ – ½ lb.	242	590	230	26	4	0	55	56	0	15	31	1630
Sweet Chipotle BBQ – 1 lb.	485	1180	460	51	8	0	110	113	1	30	63	3250
Honey Habanero – 5 oz	171	440	160	18	3	0	40	48	0	17	22	1030
Honey Habanero – ½ lb.	242	630	230	25	4	0	55	69	0	26	31	1440
Honey Habanero – 1 lb.	485	1250	450	50	8	0	110	138	0	51	62	2890
Bold Buffalo – 5 oz	171	410	200	22	3.5	0	40	30	0	0	22	1880
Bold Buffalo – ½ lb.	242	580	280	31	5	0	55	42	0	1	31	2710
Bold Buffalo – 1 lb.	485	1150	560	63	10	0	110	85	0	1	62	5430

*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. A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary. 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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