



## Nutritional Chart

<b>MENU ITEMS</b>	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)
<b><u>Current Promotion</u></b>												
Chicken Queso Nachos Navidad	337	700	300	34	8	0	60	71	6	3	28	1790
Classic Nachos Navidad	358	790	430	47	15	1	55	72	7	2	22	1650
Apple Grande®	110	280	100	11	3	0	5	33	2	14	5	270
Chicken & Gravy Breakfast Burrito	246	630	260	29	9	0	30	70	5	3	20	1500
<b><u>Tacos</u></b>												
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco-Beef	113	220	90	10	4.5	0	25	23	2	2	11	580
Softshell Taco-Chicken	113	190	50	6	3	0	30	21	2	2	14	680
Single Street Taco-Shredded Beef	92	180	70	8	2.5	0	20	17	2	1	9	480
Single Street Taco-Chicken	92	170	60	6	1.5	0	25	17	1	2	10	380
Taco Bravo®	184	330	120	13	5	0	25	38	6	2	14	750
Stuffed Grilled Taco	210	540	240	27	10	1	40	58	3	1	18	1320
<b><u>Burritos</u></b>												
Super Burrito	251	450	180	20	9	1	35	50	6	2	19	1190
Meat & Potato Burrito-Beef	237	520	230	25	8	0.5	30	57	5	2	15	1490
Meat & Potato Burrito-Chicken	237	480	190	21	7	0	35	56	4	2	18	1590
Meat & Potato Burrito-Crunchy Chicken	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
Beef 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
Grilled Burrito-Beef	247	590	290	32	14	1	55	53	4	1	24	1680
Grilled Burrito-Chicken	247	590	270	30	12	1	70	50	3	1	29	1960
<b><u>Specialties</u></b>												
Beef Taco Salad w/o Dressing	361	540	300	33	13	1	50	40	6	6	22	820
Chicken Taco Salad w/o Dressing	361	500	250	27	11	0	60	39	5	6	25	950
Crunchy Chicken Taco Salad w/o Dressing	383	630	320	36	12	0	50	53	5	6	26	1070
Super Nachos – Regular	358	790	430	47	15	1	55	72	7	2	22	1650
Super Nachos – Small	192	420	230	25	8	0	30	37	4	1	12	710
Super Potato Olés® - Regular	478	1090	600	67	21	1	55	98	14	3	24	3300
Super Potato Olés® - Small	277	650	360	40	12	0.5	30	59	9	2	14	1940
Cheesy Quesadilla	161	450	220	24	12	1	55	40	1	0	19	1400
Chicken Quesadilla	246	520	230	25	12	1	75	45	2	2	28	1690
Beef Quesadilla	246	550	270	29	14	1	71	46	3	2	26	1590
Crunchy Chicken w/o Sauce	142	370	160	18	3	0	40	29	0	0	22	920

<b>Menu Items</b>	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)
<b><u>Specialties-cont.</u></b>												
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
Chips & Queso	191	430	220	25	6	0	20	43	2	1	9	1130
<b><u>Kid's Meals</u></b>												
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
Bean Burrito	187	370	100	11	5	0	10	53	7	1	14	1090
Kid's Meal Cheese Quesadilla	63	200	90	10	6	0	25	20	1	1	9	550
Kid's Meal Crunchy Chicken w/ Ranch	177	490	270	30	5	0	55	31	0	1	23	1220
Potato Olés® - Kid's Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970
Giant Goldfish® Grahams	14	70	20	2	0.5	0	0	11	1	4	1	55
<b><u>Sides</u></b>												
Potato Olés® - Small	142	480	250	27	6	0	0	52	6	1	5	1380
Potato Olés® - Medium	198	670	350	38	8	0	0	73	8	1	7	1930
Potato Olés® - Large	255	860	440	49	11	0	0	94	10	1	9	2490
Nachos	142	380	200	23	5	0	15	39	1	0	6	940
Refried Beans	269	320	70	7	4	0	10	46	15	1	18	1060
Side Salad	92	40	20	2.5	1.5	0	5	3	1	2	2	50
<b><u>Desserts</u></b>												
Churro	55	200	80	9	2.5	0	20	29	4	10	3	170
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220
<b><u>Condiments</u></b>												
Mild Sauce – 1 oz. portion	28	10	0	0	0	0	0	1	0	0	0	130
Hot Sauce – 1 oz. portion	28	5	0	0	0	0	0	1	0	0	0	140
Super-Hot Sauce – 1 oz. portion	28	5	0	0	0	0	0	1	1	1	0	25
Pico de Gallo – 1 oz. portion	28	10	0	0	0	0	0	1	0	1	0	85
Salsa – 2 oz. portion	57	10	0	0	0	0	0	2	1	1	0	110
Nacho Cheese – 3 oz. portion	85	110	80	9	3.5	0	15	5	0	0	3	520
Sour Cream – 2.5 oz. portion	71	140	120	13	8	0	50	4	0	3	3	35
Guacamole – 2.5 oz. portion	71	90	70	8	1	0	0	6	4	1	1	280
House Dressing – 1.5 oz. portion	43	70	60	7	1	0	0	2	0	1	0	280
Ranch Dressing – 1.5 oz. portion	43	140	140	16	2.5	0	20	2	0	1	1	350
Bacon Ranch Dressing – 1.5 oz.	43	120	80	9	1.5	0	10	10	0	6	1	350
Creamy Italian Dressing – 1.5 oz.	43	130	130	14	2.5	0	0	2	0	2	0	320

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<b><u>Breakfast*</u></b>												
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
Meat & Potato Breakfast Burrito – Bacon	217	550	240	27	8	0	230	56	3	2	20	1780
Meat & Potato Breakfast Burrito – Sausage	246	640	320	36	11	0	245	57	4	2	21	1720
Scrambler Burrito – Bacon	246	550	230	25	7	0	230	59	5	5	21	1520
Scrambler Burrito – Sausage	274	650	290	33	10	0	245	60	5	6	21	1590
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	5	31	3510
Potato Olés® Scrambler – Regular Sausage	475	1190	710	79	24	0	375	88	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
Spicy Chorizo Breakfast Burrito	232	510	250	28	9	0	245	44	2	3	20	1540
<b><u>Other</u></b>												
Taco Burger	99	230	100	11	2	0	20	24	2	2	6	530
Chicken Sopapilla Taco	181	460	170	19	5	0	20	55	2	13	15	600
Blood Orange Mist TWST (20 oz. cup)	1	200	5	0	0	0	0	51	0	51	0	110

\*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 menu items are not included.

For specific ingredient information, call Taco John's at 800-854-0819.

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November 2016