



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)
Current Promotions: Single Sirloin Steak Taco	85	170	60	7	1.5	0	20	17	2	1	9	410
SPARKLING LEMONADES: Prickly Pear	397	270	0	0	0	0	0	69	0	68	0	90
Watermelon	397	220	0	0	0	0	0	57	1	56	0	115
Strawberry	397	230	0	0	0	0	0	59	0	58	0	85
Tacos												
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Softshell Taco-Chicken	113	180	50	5	2.5	0	30	20	3	2	13	520
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	320	110	13	4.5	0	25	36	7	2	14	640
Stuffed Grilled Taco	210	540	230	25	9	0.5	45	58	5	3	18	1040
Burritos												
Super Burrito	251	440	160	18	8	0.5	40	51	7	4	19	940
Meat & Potato Burrito-Beef	237	510	210	24	7	0	30	59	6	4	15	1240
Meat & Potato Burrito-Crunchy Chicken	251	580	230	25	7	0	30	68	5	4	18	1420
Bean Burrito	187	360	90	10	4.5	0	10	54	8	3	14	830
Grilled Burrito-Chicken	247	580	250	28	10	0.5	70	53	4	3	27	1590
Specialties												
Beef Taco Salad w/o Dressing	361	540	300	33	13	1	55	45	6	6	22	920
Chicken Taco Salad w/o Dressing	361	500	250	27	11	0	60	44	5	7	24	980
Super Nachos – Regular	358	790	430	47	15	1	60	72	7	2	22	1640
Super Potato Olés® - Regular	478	1090	600	67	21	1	60	98	14	3	24	3300
Cheesy Quesadilla	161	450	210	24	12	0.5	55	40	3	2	20	1070
Chicken Quesadilla	246	530	220	25	13	0.5	80	48	5	4	30	1300
Crunchy Chicken with Ranch	185	510	300	33	5.5	0	60	31	0	1	23	1270
Mexi Rolls® -4 Piece w/o Nacho Cheese	112	370	190	21	6	0.5	20	30	4	0	14	390
Mexi Rolls® -6 Piece w/o Nacho Cheese	168	550	290	32	9	1	30	45	6	1	21	580
Chips & Queso	191	430	220	25	6	0	20	43	2	1	9	1130
Kid's Meals												
Crispy Taco	92	170	90	10	4	0	25	11	2	1	9	290
Softshell Taco-Beef	113	210	90	10	4	0	25	21	3	1	11	470
Kid's Size Cheesy Quesadilla	63	200	90	10	6	0	25	17	2	1	10	410
Kid's Size Crunchy Chicken without sauce	78	200	90	10	1.5	0	20	16	0	0	12	510
Potato Olés® - Kid's Meal/Breakfast Portion	99	330	170	19	4	0	0	37	4	0	3	970

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)
<u>Sides</u>												
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	60	7	4	0	10	45	15	1	18	1050
Side Salad	92	40	20	2.5	1.5	0	5	3	1	2	2	50
<u>Desserts</u>												
Churro	55	200	90	9	4.5	0	20	29	4	10	3	170
Mexican Donut Bites	91	290	100	12	3	0	5	47	4	21	4	220
<u>Condiments</u>												
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 Sauce1 oz. portion	28	5	0	0	0	0	0	1	0	0	0	140
Pico de Gallo-1 oz. portion	28	10	0	0	0	0	0	2	0	1	0	90
Salsa-1 oz. portion	28	5	0	0	0	0	0	6	0	1	0	160
Nacho Cheese Sauce-3 oz. portion	85	110	80	9	3.5	0	15	5	0	0	3	700
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	15	2.5	0	20	2	0	1	1	350
Bacon Ranch Dressing-1.5 oz. portion	43	120	80	9	1.5	0	10	10	0	6	1	350
Creamy Italian Dressing-1.5 oz. portion	43	130	130	14	2.5	0	0	2	0	2	0	320
<u>*Breakfast</u>												
Jr. Breakfast Burrito-Bacon	102	190	80	8	2.5	0	165	19	2	2	10	510
Jr. Breakfast Burrito-Sausage	113	230	110	12	4	0	170	20	2	2	10	520
Meat & Potato Breakfast Burrito-Bacon	217	540	230	25	7	0	230	57	5	4	20	1520
Meat & Potato Breakfast Burrito-Sausage	246	530	310	34	10	0	245	58	5	4	21	1460
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 – 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
Spicy Chorizo Breakfast Burrito	232	500	240	27	8	0	245	45	4	5	20	1280
Chicken & Gravy Breakfast Burrito	246	630	260	29	9	0	30	70	5	3	20	1500
Giant Goldfish® Grahams	26	120	35	4	1	0	0	19	1	6	1	110

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)
<u>Other Menu Items</u>												
Taco Burger	142	270	100	11	4	0.5	30	28	2	4	3	570
Meat & Potato Burrito-Chicken	237	480	170	19	6	0	35	58	5	4	17	1290
Beef Burrito	187	440	180	20	8	1	45	43	5	2	21	890
Combination Burrito	187	400	130	15	6	0	30	478	7	3	18	860
Grilled Burrito-Beef	247	590	270	31	13	1	55	54	6	3	24	1430
Crunchy Chicken Taco Salad w/o Dressing	383	630	320	36	12	0.5	50	58	5	6	26	1170
Super Nachos-Small	192	420	230	25	8	0	35	37	4	1	12	700
Super Potato Olés®-Small	277	650	360	40	12	0.5	35	59	9	2	14	1940
Beef Quesadilla	246	560	260	29	14	1	75	49	6	4	27	1260
Mexi Rolls®-2 piece w/o Nacho Cheese	56	180	100	11	3	0	10	15	2	0	7	190
Single Street Taco-Shrimp	99	230	100	11	2	0	20	24	2	2	6	530
Fish Taco	139	280	130	14	4.5	0	35	29	2	3	10	1160
<u>*Other Breakfast</u>												
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
Egg Burrito	187	410	170	19	9	0	230	45	3	4	19	800
Breakfast Egg Burrito-Bacon	201	470	210	23	10	0	250	45	3	4	24	1190
Breakfast Egg Burrito-Sausage	232	570	290	32	13	0	260	47	3	5	25	1140

Drinks	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)
<u>Pepsi</u>												
Kids size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small – 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium – 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large – 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
<u>Diet Pepsi & Caffeine</u>												
<u>Free Diet Pepsi</u>												
Kids size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	40
Small – 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium – 30 oz.	1	0	0	0	0	0	0	1	0	0	0	105
Large – 40 oz.	1	0	0	0	0	0	0	1	0	0	0	140
<u>Mist TWST</u>												
Kids size - 12 oz.	1	150	0	0	0	0	0	40	0	40	0	30
Small – 20 oz.	1	250	0	0	0	0	0	66	0	66	0	50
Medium – 30 oz.	1	370	0	0	0	0	0	99	0	99	0	75
Large – 40 oz.	1	500	0	0	0	0	0	135	0	135	0	100
<u>Mountain Dew</u>												
Kids size - 12 oz.	1	170	0	0	0	0	0	43	0	43	0	55
Small – 20 oz.	1	280	0	0	0	0	0	72	0	72	0	90
Medium – 30 oz.	1	410	0	0	0	0	0	109	0	109	0	130
Large – 40 oz.	1	550	0	0	0	0	0	145	0	145	0	180
<u>Diet Mountain Dew</u>												
Kid's size – 12 oz.	1	5	0	0	0	0	0	1	0	0	0	55
Small – 20 oz.	1	5	0	0	0	0	0	1	0	0	0	95
Medium – 30 oz.	1	10	0	0	0	0	0	1	0	1	0	140
Large – 40 oz.	1	15	0	0	0	0	0	2	0	1	0	190
<u>Tropicana Lemonade</u>												
Kids size - 12 oz.	1	150	0	0	0	0	0	41	0	41	0	160
Small – 20 oz.	1	250	0	0	0	0	0	68	0	68	0	260
Medium – 30 oz.	1	380	0	0	0	0	0	102	0	102	0	390
Large – 40 oz.	1	510	0	0	0	0	0	136	0	136	0	530
<u>Dr Pepper</u>												
Kids size - 12 oz.	1	140	0	0	0	0	0	39	0	38	0	45
Small – 20 oz.	1	240	0	0	0	0	0	65	0	64	0	68
Medium – 30 oz.	1	360	0	0	0	0	0	98	0	96	0	102
Large – 40 oz.	1	480	0	0	0	0	0	130	0	128	0	137
<u>Lifewater Yumberry</u>												
<u>Pomegranate</u>												
Kids size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	45
Small – 20 oz.	1	0	0	0	0	0	0	0	0	0	0	70
Medium – 30 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Large – 40 oz.	1	0	0	0	0	0	0	0	0	0	0	140
<u>Brisk No Calorie Peach</u>												
<u>Iced Green Tea</u>												
Kids size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	105
Small – 20 oz.	1	0	0	0	0	0	0	0	0	0	0	180
Medium – 30 oz.	1	0	0	0	0	0	0	0	0	0	0	260
Large – 40 oz.	1	0	0	0	0	0	0	0	0	0	0	350
<u>Brisk Raspberry Iced Tea</u>												
Kids size - 12 oz.	1	70	0	0	0	0	0	19	0	19	0	35
Small – 20 oz.	1	120	0	0	0	0	0	32	0	32	0	60
Medium – 30 oz.	1	190	0	0	0	0	0	49	0	49	0	95
Large – 40 oz.	1	250	0	0	0	0	0	65	0	65	0	125

Drinks	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)
<u>Pepsi Wild Cherry</u>												
Kids size - 12 oz.	1	150	0	0	0	0	0	42	0	42	0	30
Small – 20 oz.	1	250	0	0	0	0	0	70	0	70	0	50
Medium – 30 oz.	1	380	0	0	0	0	0	105	0	105	0	75
Large – 40 oz.	1	500	0	0	0	0	0	140	0	140	0	100
<u>Mug Root Beer</u>												
Kids size - 12 oz.	1	150	0	0	0	0	0	39	0	39	0	25
Small – 20 oz.	1	250	0	0	0	0	0	65	0	65	0	40
Medium – 30 oz.	1	380	0	0	0	0	0	98	0	98	0	55
Large – 40 oz.	1	500	0	0	0	0	0	130	0	130	0	75
<u>Tropicana Fruit Punch</u>												
Kids size - 12 oz.	1	170	0	0	0	0	0	45	0	45	0	35
Small – 20 oz.	1	280	0	0	0	0	0	75	0	75	0	60
Medium – 30 oz.	1	410	0	0	0	0	0	113	0	113	0	95
Large – 40 oz.	1	550	0	0	0	0	0	150	0	150	0	125
<u>Tropicana Twister Orange</u>												
Kids size - 12 oz.	1	170	0	0	0	0	0	47	0	45	0	35
Small – 20 oz.	1	280	0	0	0	0	0	78	0	75	0	60
Medium – 30 oz.	1	410	0	0	0	0	0	116	0	113	0	95
Large – 40 oz.	1	550	0	0	0	0	0	155	0	150	0	125
<u>Lipton® Iced Tea</u>												
Kids size - 12 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Small – 20 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Medium – 30 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Large – 40 oz.	1	0	0	0	0	0	0	0	0	0	0	0
<u>Lipton® Sweet Tea</u>												
Kids size - 12 oz.	1	160	0	0	0	0	0	42	0	42	0	5
Small – 20 oz.	1	270	0	0	0	0	0	70	0	70	0	10
Medium – 30 oz.	1	410	0	0	0	0	0	105	0	105	0	20
Large – 40 oz.	1	540	0	0	0	0	0	140	0	140	0	25
<u>Other Beverage</u>												
Coffee – 16 oz.	1	0	0	0	0	0	0	0	0	0	0	0
Nesquik White Milk - 8 oz.	1	100	25	2.5	1.5	0	10	12	0	12	8	130
Nesquik Chocolate Milk - 8 oz.	1	150	25	2.5	1.5	0	10	25	0	24	8	160
Tropicana Orange Juice – 12 oz.	1	170	0	0	0	0	0	39	0	34	3	20
Nestlé Pure Life Water 16.9 oz.	1	0	0	0	0	0	0	0	0	0	0	30

*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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