



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)
TACOS All tacos are listed without Potato Olés®, chips and nacho cheese and drinks; see Sides and Drinks for more nutrition information.										
Alaska Flounder Fish Taco ★	320	18	3.5	0	20	710	31	3	3	9
Crispy Taco, Beef	150	10	4	0	25	290	7	1	<1	8
Crispy Taco, Chicken	130	6	2	0	40	370	7	<1	1	12
Crispy Taco, Refried Beans	120	5	2	0	5	300	14	4	<1	6
Crispy Taco, Steak	140	8	3	0	30	280	6	<1	<1	10
Fried Chicken Taco, Chipotle Lime	350	18	4.5	0	40	830	32	2	1	14
Fried Chicken Taco, Jalapeño Ranch	340	17	4.5	0	40	850	32	2	<1	14
Softshell Taco, Beef	230	11	5	0	25	480	22	1	<1	11
Softshell Taco, Chicken	210	7	3	0	40	560	21	1	1	14
Softshell Taco, Refried Beans	200	6	3	0	5	490	28	4	<1	8
Softshell Taco, Steak	220	9	4	0	30	470	21	1	<1	13
Street Taco, Chicken, with Fiesta Sauce	190	9	3	0	30	520	17	1	1	11
Street Taco, Steak, with Fiesta Sauce	200	10	3.5	0	25	460	17	1	1	9
Stuffed Grilled Taco, Beef	450	21	7	1	30	920	48	2	1	14
Stuffed Grilled Taco, Chicken	460	21	6	0	45	1020	48	2	2	18
Stuffed Grilled Taco, Refried Beans	420	17	6	0	15	930	54	5	1	11
Stuffed Grilled Taco, Steak	440	19	6	0	35	910	47	2	1	16
Taco Bravo®, Beef	320	14	5	0	25	700	35	5	1	15
Taco Bravo®, Chicken	340	13	4	0	40	810	34	5	2	18
Taco Bravo®, Refried Beans	290	9	3	0	5	710	41	8	1	12
Taco Bravo®, Steak	310	12	4	0	30	700	34	5	1	16
BURRITOS All burritos are listed without Potato Olés®, chips and nacho cheese and drinks; see Sides and Drinks for more nutrition information.										
Bean Burrito	410	13	5	0	15	950	56	8	1	15
Beef Burrito	460	22	9	1	50	930	43	2	1	21
Boss Burrito, Chicken, Red Rice	820	34	10	1	95	1890	88	6	6	37
Boss Burrito, Steak, Red Rice	840	38	11	1	75	1720	87	6	6	34
Combination Burrito	440	17	7	1	30	940	49	5	1	18
Grilled Burrito, Beef	700	39	13	1	65	1650	57	5	1	26
Grilled Burrito, Chicken	660	32	10	0	90	1800	55	4	2	34
Grilled Burrito, Fried Chicken	690	36	10	0	55	1760	64	5	1	24
Grilled Burrito, Refried Beans	640	30	10	0	30	1670	69	10	1	20
Grilled Burrito, Steak	670	36	11	0	75	1630	55	4	1	30
Meat & Potato Burrito, Beef	520	26	8	1	30	1140	55	4	2	14
Meat & Potato Burrito, Chicken	500	23	6	0	45	1220	54	4	2	18
Meat & Potato Burrito, Fried Chicken	590	28	7	0	45	1440	65	5	2	18
Meat & Potato Burrito, Refried Beans	500	22	6	0	15	1150	61	7	2	12
Meat & Potato Burrito, Steak	510	25	7	0	35	1130	54	4	2	16
Super Burrito, Beef	470	20	9	1	40	950	51	6	2	19
Super Burrito, Chicken	450	16	7	0	55	1030	51	5	3	23
Super Burrito, Fried Chicken	540	22	8	0	55	1260	61	6	2	22
Super Burrito, Refried Beans	440	16	7	0	25	960	58	8	2	16
Super Burrito, Steak	460	18	8	0	45	950	50	5	2	21
FAVORITES All salads are listed without dressing; see Dressings for more nutrition information.										
4 Cheese Quesadilla, Cheese	420	21	11	1	45	950	39	2	1	18
4 Cheese Quesadilla, Chicken	550	29	12	1	80	1320	42	2	3	28
4 Cheese Quesadilla, Steak	560	31	12	1	70	1230	42	2	2	26
Beef Burrito	460	22	9	1	50	930	43	2	1	21
Boss Bowl, Chicken, Red Rice	680	26	7	0	95	1760	74	9	8	37
Boss Bowl, Steak, Red Rice	700	30	9	0	75	1590	73	9	7	33
Cheesy Snack Quesadilla	230	13	6	0	30	390	19	<1	0	9
Chicken Snack Quesadilla	190	7	3	0	30	440	19	<1	<1	11
Combination Burrito	440	17	7	1	30	940	49	5	1	18
Fried Chicken, 5 count	380	18	3	0	70	1230	30	2	0	24

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	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Super Nachos, Beef	790	42	13	1	60	1570	80	10	3	21
Super Nachos, Beef, Small	450	24	7	1	40	910	46	7	2	15
Super Potato Olés®, Beef	1070	71	18	1	60	2770	85	16	3	23
Super Potato Olés®, Beef, Small	610	39	10	1	40	1540	49	11	2	16
Taco Pizza ★	1160	60	21	1.5	115	2260	106	9	6	46
Taco Salad, Beef	620	43	13	1	55	770	41	5	6	19
Taco Salad, Chicken	620	40	11	0.5	80	940	41	5	6	26
Taco Salad, Fried Chicken	770	49	13	0.5	80	1320	57	6	6	27
Taco Salad, Steak	640	43	12	0.5	65	820	40	4	6	23

LOCAL FAVORITES

Breakfast Taco, Bacon ★	340	19	6	0	145	800	28	2	0	12
Breakfast Taco, Sausage ★	370	22	7	0	145	810	29	2	0	13
Breakfast Taco, Steak ★	340	18	5	0	140	730	29	2	0	14
Cheese Roll-Up ★	200	10	5	0	20	350	19	<1	0	7
Ranch Burrito ★	490	28	8	1	40	900	42	3	2	15
Taco Burger ★	330	15	5	1	45	690	32	1	5	19

KIDS MENU All kids meals are listed without junior Potato Olés® and drinks; see below and Drinks for more nutrition information.

Cheesy Quesadilla	230	13	6	0	30	390	19	<1	0	9
Chicken Tenders, with Ranch Dressing	400	29	4.5	0	55	1000	19	1	<1	15
Crispy Taco, Beef	150	10	4	0	25	290	7	1	<1	8
Softshell Taco, Beef	230	11	5	0	25	480	22	1	<1	11

Junior Potato Olés®	330	21	3	0	0	720	30	5	0	3
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The ValuEST Menu

4 Cheese Quesadilla, Cheese	420	21	11	1	45	950	39	2	1	18
Bean Burrito	410	13	5	0	15	950	56	8	1	15
Cheesy Beef & Potato Taco	250	13	3.5	0	20	570	23	2	0	9
Nacho Crunch Beef Burrito	320	14	5	0	20	750	34	2	0	11
Nacho Crunch Chicken Burrito	330	14	4	0	35	860	34	2	1	15
Spicy Chicken & Potato Griller	370	17	4	0	35	940	37	3	1	15
Spicy Steak & Potato Griller	380	20	5	0	25	850	37	3	1	13

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	270	10	2	0	0	220	40	3	0	4
Chips & Nacho Cheese	390	20	5	0	10	860	45	3	0	6
Potato Olés®, Junior	330	21	3	0	0	720	30	5	0	3
Potato Olés®, Small	460	30	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	4	0	15	1110	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
Side Salad	40	2.5	1.5	0	5	55	3	1	2	2

SWEET TREATS

Churro	220	12	2	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, 1 fl oz	150	15	3	0	10	230	3	0	2	0
Creamy Italian Dressing, 1.5 fl oz	140	15	3	0	0	340	2	0	2	0
Fiesta Sauce, 2.5 fl oz	310	32	5	0	25	510	4	<1	2	1
Guacamole, 2.5 fl oz	150	14	3	0	0	370	8	4	0	2
House Dressing, 1.5 fl oz	80	8	1	0	0	250	2	0	1	0
House Salsa, 1 fl oz	10	0	0	0	0	180	2	0	<1	0
Jalapeño Ranch Sauce, 1 fl oz	130	13	2	0	10	280	2	0	1	<1
Ketchup, Packet	10	0	0	0	0	90	2	0	2	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 fl oz	10	0	0	0	0	110	2	0	1	0
Ranch Dressing, 1.5 fl oz	220	23	4	0	15	320	1	0	<1	<1
Sour Cream, 2.5 fl oz	150	14	9	1	55	55	5	0	3	2
Super Hot Sauce, 1 fl oz	5	0	0	0	0	45	1	<1	<1	0
Taco Sauce, 1 fl oz	5	0	0	0	0	110	1	0	<1	0

	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
BREAKFAST All breakfast items are listed without Potato Olés® and drinks; see Sides and Drinks for more allergen information.										
French Toast Sticks, 3 pieces, w/ Maple Syrup ★	370	13	2.5	0	170	350	55	2	27	9
French Toast Sticks, 5 pieces, w/ Maple Syrup ★	540	22	4	0	285	560	72	3	30	15
Jr. Breakfast Burrito, Bacon	260	12	4	0	135	650	27	1	0	11
Jr. Breakfast Burrito, Sausage	300	15	5	0	135	670	27	1	<1	12
Jr. Breakfast Burrito, Steak	270	11	4	0	135	580	27	1	0	12
Meat & Potato Breakfast Burrito, Bacon	530	27	8	0	190	1340	51	4	<1	18
Meat & Potato Breakfast Burrito, Sausage	610	34	10	0	190	1380	53	4	<1	20
Meat & Potato Breakfast Burrito, Steak	540	26	7	0	185	1200	52	4	<1	21
Potato Olés® Scrambler, Bacon	990	67	15	0	210	2820	73	12	2	23
Potato Olés® Scrambler, Bacon, Small	580	39	9	0	145	1590	43	7	1	14
Potato Olés® Scrambler, Sausage	1070	74	18	0	210	2860	74	12	3	25
Potato Olés® Scrambler, Sausage, Small	620	43	10	0	145	1600	44	7	1	14
Potato Olés® Scrambler, Steak	1000	66	14	0	205	2680	74	12	2	26
Potato Olés® Scrambler, Steak, Small	590	39	8	0	145	1510	44	7	1	15
Scrambler Breakfast Burrito, Bacon	540	27	8	0	190	1440	53	4	2	18
Scrambler Breakfast Burrito, Sausage	620	34	10	0	190	1470	54	4	2	20
Scrambler Breakfast Burrito, Steak	550	26	7	0	185	1290	54	4	2	21
Spicy Chorizo Breakfast Burrito	490	26	9	0	190	1330	42	2	2	19

DRINKS

Tropicana® Orange Juice	170	0	0	0	0	0	39	0	33	3
1% Lowfat White Milk	90	2	1	0	10	90	10	0	10	7
1% Lowfat Chocolate Milk	140	2.5	1.5	0	10	160	23	1	23	7
Fresh Brewed Lipton® Unsweetened Iced Tea (all sizes)	0	0	0	0	0	0	0	0	0	0
Pepsi®, Small	230	0	0	0	0	45	62	0	62	0
Pepsi®, Medium	330	0	0	0	0	65	89	0	89	0
Pepsi®, Large	470	0	0	0	0	95	130	0	130	0
Diet Pepsi®, Small	0	0	0	0	0	85	0	0	0	0
Diet Pepsi®, Medium	0	0	0	0	0	120	0	0	0	0
Diet Pepsi®, Large	0	0	0	0	0	170	0	0	0	0
Starry™, Small	230	0	0	0	0	55	59	0	59	0
Starry™, Medium	330	0	0	0	0	75	85	0	85	0
Starry™, Large	470	0	0	0	0	110	124	0	124	0
Mountain Dew®, Small	260	0	0	0	0	75	66	0	66	0
Mountain Dew®, Medium	370	0	0	0	0	110	96	0	96	0
Mountain Dew®, Large	540	0	0	0	0	160	139	0	139	0
Mountain Dew® Code Red, Small ★	260	0	0	0	0	75	69	0	69	0
Mountain Dew® Code Red, Medium ★	400	0	0	0	0	120	109	0	109	0
Mountain Dew® Code Red, Large ★	540	0	0	0	0	160	146	0	146	0
Diet Mountain Dew®, Small	0	0	0	0	0	85	2	0	0	0
Diet Mountain Dew®, Medium	0	0	0	0	0	120	2	0	0	0
Diet Mountain Dew®, Large	0	0	0	0	0	170	3	0	0	0
Tropicana® Fruit Punch, Small ★	260	0	0	0	0	55	68	0	68	0
Tropicana® Fruit Punch, Medium ★	400	0	0	0	0	85	107	0	107	0
Tropicana® Fruit Punch, Large ★	540	0	0	0	0	110	143	0	143	0
Tropicana® Lemonade, Small	230	0	0	0	0	230	60	0	60	0
Tropicana® Lemonade, Medium	330	0	0	0	0	330	87	0	87	0
Tropicana® Lemonade, Large	470	0	0	0	0	470	127	0	127	0
Tropicana® Lemonade, Light, Small ★	10	0	0	0	0	210	0	0	0	0
Tropicana® Lemonade, Light, Medium ★	10	0	0	0	0	300	0	0	0	0
Tropicana® Lemonade, Light, Large ★	15	0	0	0	0	440	0	0	0	0
Dr Pepper®, Small	210	0	0	0	0	25	54	0	54	0
Dr Pepper®, Medium	300	0	0	0	0	35	78	0	78	0
Dr Pepper®, Large	440	0	0	0	0	50	114	0	114	0
Mug® Root Beer, Small ★	210	0	0	0	0	85	57	0	57	0
Mug® Root Beer, Medium ★	300	0	0	0	0	120	83	0	83	0
Mug® Root Beer, Large ★	440	0	0	0	0	170	120	0	120	0
Wild Cherry Pepsi®, Small ★	240	0	0	0	0	45	63	0	63	0
Wild Cherry Pepsi®, Medium ★	350	0	0	0	0	65	91	0	91	0
Wild Cherry Pepsi®, Large ★	510	0	0	0	0	95	133	0	133	0
Lifewater® Yumberry Pomegranate, Small ★	0	0	0	0	0	70	0	0	0	0
Lifewater® Yumberry Pomegranate, Medium ★	0	0	0	0	0	100	0	0	0	0
Lifewater® Yumberry Pomegranate, Large ★	0	0	0	0	0	140	0	0	0	0
Brisk® Raspberry Iced Tea, Small ★	110	0	0	0	0	75	27	0	27	0

*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)
Brisk® Raspberry Iced Tea, Medium ★	150	0	0	0	0	110	39	0	39	0
Brisk® Raspberry Iced Tea, Large ★	220	0	0	0	0	160	57	0	57	0

NUTRITION ABBREVIATION KEY	Cals = Calories	Fat = Total Fat	Sat Fat = Saturated Fat	Trans Fat = Trans Fat	Chol = Cholesterol
	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.

For specific ingredient information, please contact us via our website. ©March 2024. Taco John's International, Inc. All rights reserved. 03/18/2024