

DEL TACO MENU ITEMS NUTRITIONAL GUIDE (JULY 2020)



Menu Item Name		Serving Size	Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>TACOS</b>	Beer Battered Fish Taco	137g	230	110	12	2	0	15	470	26	3	2	7	
	Beyond Taco	125g	300	170	19	10	0	35	510	15	2	1	19	
	Beyond Avocado Taco	135g	260	120	14	6	0	0	390	22	4	2	12	
	Carne Asada Al Carbon Taco	103g	160	40	4.5	1.5	0	25	430	20	1	1	11	
	Chicken Al Carbon Taco	103g	150	40	4.5	0	0	30	310	19	1	0	10	
	Crispy Chicken Taco	99g	230	120	14	6	0	30	540	19	1	1	10	
	CrunchTada Tostada	161g	330	130	14	4.5	0	20	400	38	7	1	12	
	Grilled Chicken Taco	106g	210	110	12	5	0	45	590	16	1	1	12	
	Habanero Crispy Chicken Taco	99g	240	130	15	7	0	35	550	18	1	1	10	
	The Del Taco (Crunchy)	125g	310	180	20	11	0	85	540	14	2	2	17	
	The Del Taco (Soft)	134g	300	160	18	12	0	65	640	17	2	2	18	
	Value Taco (Crunchy)	63g	130	70	8	3.5	0	20	220	9	2	1	6	
	Value Taco (Soft)	78g	150	60	7	6	0	20	350	15	2	1	7	
	<b>BURRITOS</b>	Bean & Cheese Burrito (Green)	242g	450	90	10	6	0	20	1250	70	12	0	21
Bean & Cheese Burrito (Red)		242g	470	90	10	6	0	20	1220	69	13	0	21	
Queso Bean Burrito		242g	480	110	13	7	0	25	1350	70	12	1	23	
8 Layer Veggie Burrito		315g	520	150	17	7	0	30	1310	69	9	2	17	
Beyond Burrito		320g	550	190	21	10	0	30	1290	60	9	3	27	
Carne Asada Wet Burrito		405g	700	240	27	12	0	85	2130	63	11	1	37	
Chicken Crunch Burrito		195g	460	170	19	3.5	0	35	1120	57	2	1	15	
Caesar Chicken Roller		111g	280	110	13	3	0	40	730	30	1	0	13	
Chicken Roller (Chipotle)		111g	280	110	12	3.5	0	40	730	29	1	0	14	
Chicken Roller (Original)		118g	250	80	9	3	0	40	750	30	1	0	14	
Chicken Roller (Ranch)		111g	280	110	12	3.5	0	40	730	29	1	0	14	
Chicken Roller (Queso)		118g	270	90	10	4	0	40	800	29	1	0	14	
Chicken Verde Wet Burrito		405g	620	240	27	9	0	90	2000	67	10	1	35	
Classic Grilled Chicken Burrito		228g	530	290	33	8	0	75	1100	40	2	2	20	
Del Beef Burrito™		228g	500	220	24	12	0.5	75	1260	40	3	2	27	
Del Combo Burrito™		230g	470	150	17	8	0	45	1200	54	8	1	23	
Epic Original Mex Burrito (Beyond Meat)		479g	820	290	32	13	0	0	2110	91	13	5	44	
Epic Original Mex Burrito (Carne Asada)		449g	760	230	26	9	0	75	2520	90	10	5	42	
Epic Original Mex Burrito (Chicken)		449g	730	230	26	6	0	90	2170	88	10	4	39	
Epic Fresh Avocado Burrito (Beyond Meat)		537g	930	380	42	14	0	0	2240	93	16	9	44	
Epic Fresh Avocado Burrito (Carne Asada)		507g	870	320	35	11	0	75	2600	91	13	8	42	
Epic Fresh Avocado Burrito (Chicken)		507g	840	320	36	7	0	90	2240	89	13	7	38	
Epic Loaded Queso Burrito (Beyond Meat)		495g	980	460	51	23	0	55	2590	78	7	6	50	
Epic Loaded Queso Burrito (Carne Asada)		465g	910	400	44	20	0	130	2950	76	4	5	48	
Epic Loaded Queso Burrito (Chicken)		465g	880	400	45	16	0	145	2590	74	4	4	45	
Epic Cali Bacon Burrito (Beyond Meat)		444g	1120	600	67	26	0	80	2260	75	7	5	52	
Epic Cali Bacon Burrito (Carne Asada)		414g	1060	540	60	23	0	155	2620	73	4	4	51	
Epic Cali Bacon Burrito (Chicken)		414g	1030	540	60	19	0	170	2260	71	4	3	47	
Epic Crispy Chicken & Guac Burrito		373g	890	470	52	13	0	80	1750	78	5	4	29	
Jacked Up Value Bean, Rice & Cheese Burrito		170g	290	70	7	2.5	0	10	840	46	6	0	11	
Kid's Bean & Cheese Burrito (Green)	146g	300	80	9	4.5	0	20	800	45	7	0	13		
Kid's Bean & Cheese Burrito (Red)	146g	310	80	9	4.5	0	20	790	45	7	0	13		
Macho Combo Burrito™	538g	950	340	37	20	0.5	110	2290	100	16	6	46		
Spicy Grilled Chicken Burrito	292g	530	150	17	6	0	60	1600	69	7	1	26		
<b>FRESCA BOWLS</b>	Avocado Veggie Bowl	418g	490	150	16	2	0	0	1430	72	12	8	14	
	Pollo Asado Avocado Bowl	475g	610	200	22	2	0	60	1880	74	12	7	28	
<b>AMERICAN GRILL</b>	Bacon Double Del Cheeseburger®	280g	760	460	51	20	2	145	1530	35	1	7	37	
	Carne Asada Fries	354g	810	530	59	15	0	85	1360	46	6	2	24	
	Cheeseburger	162g	400	190	21	9	1	60	950	35	1	7	17	
	Chili Cheddar Fries	298g	570	310	35	11	0	50	810	42	5	1	15	
	Crinkle-Cut Fries (Small)	113g	210	110	13	2	0	0	250	22	2	0	2	
	Crinkle-Cut Fries (Medium)	170g	320	170	19	3	0	0	370	34	4	0	4	
	Crinkle-Cut Fries (Macho)	248g	470	250	28	4	0	0	540	49	5	0	5	
	Del Cheeseburger™	191g	470	250	28	10	1	70	850	34	1	7	17	
	Deluxe Chili Cheddar Fries	340g	610	340	37	13	0	60	920	44	6	2	16	
	Double Del Cheeseburger®	266g	690	420	47	18	2	125	1230	35	1	7	30	
Kid's Hamburger	143g	330	140	15	5	1	40	520	34	1	7	13		
Queso Loaded Fries	383g	650	370	42	15	0	70	1470	47	5	4	20		

	Menu Item Name	Serving Size	Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>QUESADILLAS &amp; NACHOS</b>	3 Layer Queso Nachos	156g	270	90	11	3	0	5	680	36	7	1	9	
	Cheddar Quesadilla	151g	460	240	26	16	0	85	850	31	1	0	22	
	Chicken Cheddar Quesadilla	215g	550	280	31	16	0	130	1190	33	1	0	34	
	Chicken Spicy Jack Quesadilla	215g	550	280	31	14	0	120	1170	36	1	0	34	
	Chips & Guac (Snack Size)	91g	170	100	11	1.5	0	0	190	18	4	1	2	
	Chips and Guac (Regular Size)	176g	340	200	22	3.5	0	0	370	36	7	2	5	
	Kid's Quesadilla	42g	130	60	6	6	0	20	300	14	1	0	5	
	Regular Queso Loaded Nachos (Beef)	329g	580	280	32	13	0	65	1480	52	8	5	23	
	Regular Queso Loaded Nachos (Carne Asada)	319g	560	250	28	11	0	65	1600	52	7	4	24	
	Regular Queso Loaded Nachos (Chicken)	319g	550	250	28	10	0	70	1480	52	7	4	23	
	Large Queso Loaded Nachos (Beef)	581g	1060	490	55	20	1	105	2510	100	17	8	43	
	Large Queso Loaded Nachos (Carne Asada)	553g	980	410	46	16	0.5	100	2700	100	15	7	44	
	Large Queso Loaded Nachos (Chicken)	553g	960	410	46	13	0	110	2460	99	15	6	41	
	Chips & Queso Dip	113g	290	150	17	5	0	15	570	29	1	1	6	
	Large Chips & Queso Dip	283g	650	350	39	13	0	45	1620	61	3	3	16	
	Mini Bacon Quesadilla	49g	170	80	9	7	0	25	420	14	1	0	8	
	Mini Cheddar Quesadilla	42g	130	60	6	6	0	20	300	14	1	0	5	
	Nachos	113g	300	170	19	4	0	5	540	30	1	4	5	
	Spicy Jack Quesadilla	151g	460	240	27	14	0	75	830	33	1	0	23	
	Chicken Quesadilla Snacker	85g	190	90	9	6	0	50	520	15	1	0	13	
<b>DESSERTS &amp; SHAKES</b>	Caramel Cheesecake Bites (2 Piece)	122g	460	250	28	10	0	40	310	43	0	12	6	
	Caramel Cheesecake Bites (4 Piece)	244g	910	500	55	20	0	80	620	86	0	25	12	
	Mini Churro Dipper Shake	283g	450	90	10	4.5	0	20	310	83	1	59	10	
	Mini Cinnamon Churro (1pc)	27g	110	60	6	1	0	10	65	13	1	4	1	
	Mini Cinnamon Churro (2pc)	51g	200	90	10	1.5	0	15	125	25	1	8	1	
	Mini Shake (Vanilla)	184g	220	35	3.5	3	0	10	150	42	0	35	7	
	Mini Shake (Chocolate)	194g	250	35	3.5	3	0	10	170	50	0	40	7	
	Mini Shake (Strawberry)	203g	240	30	3.5	2.5	0	10	150	48	0	40	7	
	Premium Shake (Chocolate)	415g	560	90	11	9	0	30	350	105	1	85	15	
	Premium Shake (Strawberry)	415g	520	90	10	9	0	30	300	95	1	80	15	
	Premium Shake (Vanilla)	415g	520	100	11	9	0	35	320	94	0	78	16	
	Premium Shake (Large Chocolate)	642g	870	130	15	12	0	40	570	167	1	134	24	
	Premium Shake (Large Strawberry)	659g	800	130	14	11	0	40	470	153	2	129	23	
	Premium Shake (Large Vanilla)	585g	730	130	14	11	0	40	450	133	0	111	23	
<b>HANDCRAFTED ENSALADAS</b>	Chicken Bacon Avocado Salad (w/ Ranch Dressing)	385g	570	380	42	6	0	100	1280	27	5	6	27	
	Chicken Bacon Avocado Salad (w/ Caesar Dressing)	385g	620	430	48	8	0	115	1290	25	6	6	28	
	Mini Taco Salad	113g	130	70	8	3	0	20	230	10	1	2	6	
	Signature Taco Salad	470g	550	260	29	13	0	80	1160	38	12	12	25	
<b>PLATOS</b>	Chicken Verde Wet Burrito	799g	1250	430	48	13.5	0	100	3550	158	24	4	54	
	Carne Asada Wet Burrito	799g	1330	430	48	16.5	0	95	3680	154	25	4	56	
<b>SIDES</b>	Bean & Cheese Cup	149g	220	30	3	1.5	0	10	570	34	12	0	13	
<b>BREAKFAST</b>	Breakfast Burrito (Egg & Cheese)	202g	430	190	21	9	0	375	890	38	1	2	20	
	Breakfast Burrito (Bacon)	245g	640	320	36	15	0	405	1620	38	1	2	32	
	Breakfast Burrito (Carne Asada)	245g	500	210	24	10	0	400	1240	40	1	2	28	
	Breakfast Burrito (Chorizo)	231g	520	250	28	11	0	395	1190	39	2	2	24	
	Breakfast Roller (Bacon)	132g	340	150	17	7	0	200	820	28	1	1	15	
	Breakfast Roller (Chorizo)	132g	310	130	15	6	0	195	730	29	1	1	13	
	Breakfast Roller (Egg & Cheese)	125g	290	120	13	6	0	190	620	28	1	1	13	
	Breakfast Toasted Wrap (Bacon)	186g	440	220	24	9	0	165	1050	37	1	1	16	
	Breakfast Toasted Wrap (Carne Asada)	241g	440	200	22	9	0	180	1150	39	1	1	21	
	Breakfast Toasted Wrap (Chorizo)	186g	410	200	23	9	0	165	960	37	2	1	14	
	Breakfast Toasted Wrap (Egg & Cheese)	172g	370	170	19	7	0	155	810	37	1	1	12	
	Donut Bites (4 Pc)	51g	240	140	16	6	0	0	150	22	1	8	3	
	Epic Scrambler (Bacon)	445g	1040	550	62	23	0	590	2030	71	3	5	39	
	Epic Scrambler (Carne Asada)	459g	960	490	54	20	0	595	1890	73	3	6	39	
	Epic Scrambler (Chorizo)	473g	1030	560	62	22	0	410	2310	73	3	4	36	
	Epic Scrambler (Huevos Rancheros)	516g	1100	530	59	24	0	505	2230	91	13	5	45	
	Hashbrown Sticks (5 pieces)	71g	230	150	17	3.5	0	0	180	18	0	0	0	
	Menu Item Name	Calorie Range (Small)			Calorie Range (Medium)			Calorie Range (Macho)						
		Min	Max		Min	Max		Min	Max					
<b>COMBOS &amp; FIESTA PACK</b>	#1) 2 Del Tacos (+ Fries & Drink)	810	1010		920	1220		1070	1470					
	(+ Fries & Drink)	750	950		860	1160		1010	1410					
	(+ Fries & Drink)	740	940		850	1150		1000	1400					
	(+ Fries & Drink)	900	1100		1010	1310		1160	1560					
	(+ Fries & Drink)	630	830		740	1040		890	1290					
	#6) The Del Taco & Quesadilla (+ Fries & Drink)	980	1180		1090	1390		1240	1640					
	(+ Fries & Drink)	670	870		780	1080		930	1330					
	Taco (+ Fries & Drink)	950	1150		1060	1360		1210	1610					
	#9) Del Beef Burrito & The Del Taco (+ Fries & Drink)	1020	1220		1130	1430		1280	1680					
	#10) Macho Combo Burrito™ (+ Fries & Drink)	1160	1360		1270	1570		1420	1820					
Fiesta Pack - 6 Value Tacos &	3480	3600												
Fiesta Pack - Upgrade to Del Tacos	4560	4680												
Fiesta Pack - Upgrade to Grilled Chicken Tacos	3960	4080												

FRESH FAVES	Box Meal	Calorie Range															
		Min	Max														
	Crispy Chicken & Fries Box (Ranch)	690															
	Crispy Chicken & Fries Box (Ranch) Meal	900	1100														
	Crispy Chicken & Fries Box (Chipotle)	700															
	Crispy Chicken & Fries Box (Chipotle) Meal	910	1110														
	Crispy Chicken & Fries Box (Habanero)	750															
	Crispy Chicken & Fries Box (Habanero) Meal	960	1160														
	Crispy Chicken & Fries Box (Avocado Caesar)	730															
	Crispy Chicken & Fries Box (Avocado Caesar) Meal	940	1140														
	Sampler Box	1060	1280														
	Triple Chicken Box	820	1020														
CRISPY CHICKEN MEALS	Crispy Chicken Taco Meal	440	640														
	Habanero Crispy Chicken Taco Meal	450	650														
Menu Item Name		Meal (Small Fries & Small Drink)															
		Min	Max														
EPIC BURRITO MEALS	Epic Original Mex Burrito (Beyond Meat)	1030	1230														
	Epic Original Mex Burrito (Carne Asada)	970	1170														
	Epic Original Mex Burrito (Chicken)	940	1140														
	Epic Fresh Avocado Burrito (Beyond Meat)	1140	1340														
	Epic Fresh Avocado Burrito (Carne Asada)	1080	1280														
	Epic Fresh Avocado Burrito (Chicken)	1050	1250														
	Epic Loaded Queso Burrito (Beyond Meat)	1190	1390														
	Epic Loaded Queso Burrito (Carne Asada)	1120	1320														
	Epic Loaded Queso Burrito (Chicken)	1090	1290														
	Epic Cali Bacon Burrito (Beyond Meat)	1330	1530														
	Epic Cali Bacon Burrito (Carne Asada)	1270	1470														
	Epic Cali Bacon Burrito (Chicken)	1240	1440														
	Epic Crispy Chicken & Guac Burrito	1100	1300														
Menu Item Name		Calorie Range (Small)		Calorie Range (Medium)		Calorie Range (Macho)											
		Min	Max	Min	Max	Min	Max										
BREAKFAST COMBOS	(+Hashbrowns & Drink)	870	1070	870	1170	870	1270										
	(+Hashbrowns & Drink)	750	950	750	1050	750	1150										
	(+Hashbrowns & Drink)	730	930	730	1030	730	1130										
	(+ Hashbrowns & Drink)	660	860	660	960	660	1060										
Menu Item Name		Calorie Range (Small)		Calorie Range (Medium)		Calorie Range (Macho)											
		Min	Max	Min	Max	Min	Max										
	Drink)	1270	1470	1270	1570	1270	1670										
	(+Hashbrowns & Drink)	1190	1390	1190	1490	1190	1590										
	Drink)	1260	1460	1260	1560	1260	1660										
	(+Hashbrowns & Drink)	1330	1530	1330	1630	1330	1730										
Menu Item Name		Calorie Range															
		Min	Max														
KID'S MEALS	Kid's Hamburger	330	540														
	Kid's Quesadilla	130	340														
	Kid's Value Taco	130	340														
	Kid's Bean & Cheese Burrito (Green)	300	510														
	Kid's Bean & Cheese Burrito (Red)	310	520														
Menu Item Name		Serving Size	Weight	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)			
DRINKS	Prima Java Hot Coffee	454g	10	0	0	0	0	0	0	2	0	0	0				
	Prima Java Iced Coffee	269g	140	15	1.5	1.5	0	5	70	29	0	25	3				
	Prima Java Iced Coffee (Large)	453g	240	25	3	2	0	5	115	49	0	42	6				
	Milk (2%)	227g	130	45	5	3	0	25	130	13	0	13	10				
	Simply Orange	326g	160	0	0	0	0	0	0	37	0	33	2				
	Bottled Water	479g	0	0	0	0	0	0	10	0	0	0	0				
	Real Strawberry Lemonade	528g	35	0	0	0	0	0	15	8	1	7	0				
Menu Item Name		KID'S (12 oz)				SMALL (20 oz)				MEDIUM (30 oz)				MACHO (40 oz)			
		Calories (kcal)	Sodium (mg)	Carbo-hydrates (g)	Total Sugars (g)	Calories (kcal)	Sodium (mg)	Carbo-hydrates (g)	Total Sugars (g)	Calories (kcal)	Sodium (mg)	Carbo-hydrates (g)	Total Sugars (g)	Calories (kcal)	Sodium (mg)	Carbo-hydrates (g)	Total Sugars (g)
FOUNTAIN DRINKS	Fountain Drink (Barq's Root Beer)	120	40	33	33	200	65	55	54	300	100	82	82	400	135	109	109
	Fountain Drink (Cherry Coke)	120	30	31	31	190	40	42	42	290	75	79	79	380	105	105	105
	Fountain Drink (Coca-Cola Zero Sugar)	0	30	0	0	0	50	0	0	0	75	0	0	0	100	0	0
	Fountain Drink (Coca-Cola)	110	30	30	30	180	50	50	50	280	75	75	75	370	100	100	100
	Fountain Drink (Diet Coke)	0	35	0	0	0	50	0	0	0	90	0	0	0	120	1	0
	Fountain Drink (Dr Pepper)	70	20	20	19	120	35	33	32	180	55	49	48	240	75	65	64
	Fountain Drink (Fanta Orange)	120	30	33	32	200	50	55	54	300	75	82	80	400	100	109	107
	Fountain Drink (Fuze Raspberry Ice Tea)	60	40	17	17	110	65	29	28	160	95	43	42	210	125	57	55
	Fountain Drink (Hi C Fruit Punch)	120	55	32	31	190	90	53	52	290	135	79	78	390	180	106	103
	Fountain Drink (Minute Maid Light Lemonade)	0	30	1	0	10	55	2	0	10	80	4	0	15	105	5	0
	Fountain Drink (Mr. Pibb Xtra)	100	40	28	28	170	65	47	47	260	100	71	71	350	135	95	95
	Fountain Drink (Power Aid Blue Mountain Blast)	60	85	16	16	100	140	27	27	160	210	41	41	210	280	55	55
	Fountain Drink (Sprite)	110	50	29	29	180	85	48	48	270	125	72	72	360	170	97	97
	Gold Peak Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

\* We calculated our nutritional information using standard product formulations and serving sizes and information provided by our suppliers. Actual nutritional values may vary because of seasonal variances; differences in suppliers, ingredients, recipes, and preparation techniques; and rounding of fractional values. You should expect some variation in the nutrition content of the products purchased in our restaurants. We have not included information on limited time promotional offers or test products. The nutritional information applies to our company-owned Del Taco restaurants. Some of our franchised Del Taco restaurants may use different ingredients in the preparation of some of their menu items. Those differences may affect the nutritional values.

\*2,000 calories a day is used for general nutrition advice, but calorie needs vary