



DEL TACO MENU ITEMS ALLERGEN GUIDE (NOVEMBER 2021)

	Menu Item Name	CLAIMS		ALLERGENS							SENSITIVITIES		
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Gluten	MSG
TACOS	Beer Battered Crispy Fish Taco			X	X	X				X	X	X	
	Beyond Taco® (Crunchy)*	X		X					*See Below				
	Beyond Taco® (Soft)*	X		X					*See Below	X		X	
	Beyond Guacamole Taco (Crunchy)*	X	X						*See Below				
	Beyond Guacamole Taco (Soft)*	X	X						*See Below	X		X	
	Carne Asada Al Carbon Taco			X									X
	Chicken Al Carbon Taco			X						X	X	X	
	Grilled Chicken Taco			X	X					X	X	X	
	Ranch Crispy Chicken Taco			X	X					X		X	
	Habanero Crispy Chicken Taco				X					X		X	
	Stuffed Quesadilla Taco - Grilled Chicken			X						X	X	X	
	Stuffed Quesadilla Taco - Grilled Chicken & Guacamole			X						X	X	X	
	Stuffed Quesadilla Taco - Carne Asada			X						X		X	
	Stuffed Quesadilla Taco - Carne Asada & Guacamole			X						X		X	
	Stuffed Quesadilla Taco - Crispy Chicken			X						X		X	
	Stuffed Quesadilla Taco - Crispy Chicken & Guacamole			X						X		X	
The Del Taco (Crunchy)			X						X	X	X		
The Del Taco (Soft)			X						X	X	X		
Value Taco (Crunchy)			X						X	X	X		
Value Taco (Soft)			X						X	X	X		
CRUNCHTADAS®	Crunchtada® Tostada	X		X						X	X	X	
	Queso Beef Crunchtada®			X						X	X	X	
	Chicken Guacamole Crunchtada®			X						X	X	X	
BURRITOS & EPIC BURRITOS®	Bean & Cheese Burrito (Green)	X		X						X	X	X	
	Bean & Cheese Burrito (Red)	X		X						X	X	X	
	8 Layer Veggie Burrito	X		X						X	X	X	
	Beyond 8 Layer Burrito	X								X	X	X	
	Chicken Roller (Chipotle)			X	X					X	X	X	
	Chicken Roller (Original)			X						X	X	X	
	Chicken Roller (Ranch)			X	X					X	X	X	
	Classic Grilled Chicken Burrito			X	X					X	X	X	
	Del Beef Burrito™			X						X	X	X	
	Del Combo Burrito™			X						X	X	X	
	Epic Fresh Guacamole Burrito (Chicken)			X						X	X	X	
	Epic Fresh Guacamole Burrito (Carne Asada)			X						X	X	X	
	Epic Fresh Guacamole Burrito (Beyond Meat®)	X	X						*See Below	X	X	X	
	Epic Loaded Queso Burrito (Chicken)			X						X	X	X	
	Epic Loaded Queso Burrito (Carne Asada)			X						X	X	X	
	Epic Loaded Queso Burrito (Beyond Meat®)	X		X					*See Below	X	X	X	
	Epic Cali Bacon Burrito (Chicken)			X						X	X	X	
	Epic Cali Bacon Burrito (Carne Asada)			X						X	X	X	
	Epic Cali Bacon Burrito (Beyond Meat®)	X		X					*See Below	X	X	X	
	Epic Crispy Chicken & Guac Burrito			X	X					X	X	X	
Jacked Up Value Beans, Rice & Cheese Burrito			X						X	X	X		
Macho Combo Burrito™			X						X	X	X		
Spicy Grilled Chicken Burrito			X						X	X	X		
BOWLS & SALADS	Veggie Bowl with Fresh Guac	X	X								X		
	Pollo Asado Bowl with Fresh Guac			X						X	X	X	
	Signature Taco Salad with Fresh Guac - (Taco Meat)			X						X	X	X	
	Signature Taco Salad with Fresh Guac (Chicken)			X						X	X	X	
	Signature Taco Salad with Fresh Guac (Carne Asada)			X									
	Signature Taco Salad with Fresh Guac (Beyond Meat®)			X									
BURGERS & FRIES	Bacon Double Del® Cheeseburger			X	X					X	X	X	
	Carne Asada Fries			X	X								
	Chili Cheddar Fries			X						X	X	X	
	Crinkle Cut Fries (Small)	X	X										
	Crinkle Cut Fries (Medium)	X	X										
	Crinkle Cut Fries (Macho)	X	X										
	Del Cheeseburger			X	X					X	X	X	
	Deluxe Chili Cheddar Fries™			X						X	X	X	
	Double Del® Cheeseburger			X	X					X	X	X	
	Queso Loaded Fries			X						X	X	X	
	3 PC. Chicken & Fries Box (Ranch Dipping Sauce)			X	X					X		X	
3 PC. Chicken & Fries Box (Habanero Dipping Sauce)				X					X		X		
3 PC. Chicken & Fries Box (Chipotle Dipping Sauce)			X	X					X	X	X		
QUESADILLAS & NACHOS	3 Layer Queso Nachos			X						X	X	X	
	Cheddar Quesadilla	X		X						X	X	X	
	Chicken Cheddar Quesadilla			X						X	X	X	
	Chicken Spicy Jack Quesadilla			X						X	X	X	
	Chicken Quesadilla Snacker			X						X	X	X	
	Mini Cheddar Quesadilla	X		X						X	X	X	
	Spicy Jack Quesadilla	X		X						X	X	X	
	Chips & Guac	X	X										
	Queso Loaded Nachos (Beef)			X						X	X	X	
	Queso Loaded Nachos (Carne Asada)			X						X	X	X	
	Queso Loaded Nachos (Chicken)			X						X	X	X	
Chips & Queso	X		X										



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DESSERTS, SHAKES & SIDES	Caramel Cheesecake Bites	X		X	X					X	X	X	
	Mini Cinnamon Churros	X		X	X					X	X	X	
	Premium Shake (Vanilla)	X		X									
	Premium Shake (Chocolate)	X		X									
	Premium Shake (Strawberry)	X		X									
	Bean & Cheese Cup	X		X						X	X	X	
BREAKFAST	Breakfast Burrito (Egg & Cheese)	X		X	X					X	X	X	
	Breakfast Burrito (Bacon)			X	X					X	X	X	
	Breakfast Burrito (Carne Asada)			X	X					X	X	X	
	Breakfast Roller (Egg & Cheese)	X		X	X					X	X	X	
	Breakfast Roller (Bacon)			X	X					X	X	X	
	Breakfast Toasted Wrap (Egg & Cheese)			X	X					X		X	
	Breakfast Toasted Wrap (Bacon)			X	X					X		X	
	Breakfast Toasted Wrap (Carne Asada)			X	X					X		X	
	Epic Scrambler (Bacon)			X	X					X	X	X	
	Epic Scrambler (Carne Asada)			X	X					X	X	X	
		Hashbrown Sticks (5 Pc.)	X										
	Donut Bites (2 Pc.)	X											
DRINKS	Prima Java Hot Coffee	X	X										
	Prima Java Iced Coffee	X		X									
	Milk (2%)	X		X									
	Simply Orange®	X	X										
	Bottled Water	X	X										
	Real Strawberry Lemonade	X	X										
FOUNTAIN DRINKS	Fountain Drink (Barq's® Root Beer)	X	X										
	Fountain Drink (Coca-Cola® Cherry)	X	X										
	Fountain Drink (Coca-Cola® ZeroSugar)	X	X										
	Fountain Drink (Coca-Cola®)	X	X										
	Fountain Drink (Diet Coke®)	X	X										
	Fountain Drink (Dr Pepper®)	X	X										
	Fountain Drink (Fanta® Orange)	X	X										
	Fountain Drink (Fuze® Raspberry Tea)	X	X										
	Fountain Drink (Hi-C® Flashin' Fruit Punch)	X	X										
	Fountain Drink (Minute Maid® ZeroSugar Lemonade)	X	X										
	Fountain Drink (Pibb Xtra®)	X	X										
	Fountain Drink (POWERADE® Mountain Berry Blast)	X	X										
	Fountain Drink (Sprite®)	X	X										
	Gold Peak® Iced Tea	X	X										

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		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Gluten	MSG
	100% Beef Patties												
	American Cheese	X		X									
	Avocado	X	X										
	Avocado Caesar Dressing	X		X	X						X		
	Beer Battered Crispy Fish			X		X				X		X	
	Beyond Meat®	X	X										
	Burger Sauce	X		X	X								
	Cabbage	X	X										
	Caramel Cheesecake Bites	X		X	X					X	X	X	
	Carne Asada			X									
	Cheddar Cheese	X		X									
	Chipotle Sauce	X		X	X					X	X	X	
	Chocolate Syrup	X	X										
	Chopped Bacon												
	Cilantro	X	X										
	Cilantro Lime Rice	X	X										
	Cinnamon Churros	X		X	X					X	X	X	
	Coffee	X	X										
	Coffee Creamer	X		X									
	Crinkle Cut Fries	X	X										
	Crispy Chicken									X		X	
	Crunchtada® Shell	X	X										
	Del Inferno Sauce	X	X										
	Del Scorcho Sauce	X	X										
	Eggs	X		X	X								
	Fryer Oil	X	X										
	Green Sauce	X	X										
	Grill Seasoning	X		X	X						X		
	Grilled Chicken			X						X	X	X	
	Habanero Sauce	X			X								
	Hamburger Buns	X	X							X	X	X	
	Hamburger Seasoning	X	X										
	Hashbrown Sticks	X	X										
	House-made Guacamole	X	X										
	Jalapeños	X	X		X								
	Ketchup	X	X										



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	Large Taco Shell	X	X										
	Lemons	X	X										
	Lettuce	X	X										
	Lettuce Blend	X	X										
	Lime Seasoning	X	X										
	Limes	X	X										
	Mild Sauce	X	X										
	Onions	X	X										
	Pinto Beans	X	X							X	X	X	
	Queso Blanco	X		X									
	Ranch Sauce	X		X	X								
	Real Strawberry Topping	X	X										
	Salsa Casera	X	X										
	Salsa Seasoning	X	X										
	Seasoned Beef									X	X	X	
	Seasoned Black Beans	X	X										
	Secret Sauce	X		X	X								
	Sour Cream	X		X									
	Spicy Jack Cheese	X		X									
	Tomatoes	X	X										
	Tortilla (Burritos)	X	X							X		X	
	Tortilla (Epic Burritos)	X	X							X	X	X	
	Tortilla (Small Burritos)	X	X							X		X	
	Tortilla (Tacos)	X	X							X		X	
	Tortilla (Corn)	X	X										
	Tortilla Chips	X	X										
	Tortilla Strips	X	X										
	Value Taco Shell	X	X										
	Vanilla Shake Mix	X		X									
	Vanilla Syrup	X	X										

Please be advised that there is a possibility for cross contact with allergens and animal products within Del Taco kitchens and prep areas.

A vegetarian diet does not include any meat, poultry, game, fish, shellfish or by-products of animal slaughter.

A vegan diet avoids animal foods such as meat, poultry, game, fish, shellfish, dairy, eggs and honey.

*For items containing Beyond Meat: Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy. Our products do not contain peanuts or tree nuts.