



DEL TACO MENU ITEMS NUTRITIONAL GUIDE (JUNE 2021)

	Menu Item Name	Serving Size Weight	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
TACOS	Beer Battered Crispy Fish Taco	137g	230	12	2	0	15	470	26	3	2	7
	Beyond Taco®	125g	300	19	10	0	35	510	15	2	1	19
	Beyond Guacamole Taco	135g	240	12	5	0	0	430	24	4	2	9
	Carne Asada Al Carbon Taco	103g	160	4.5	1.5	0	25	430	20	1	1	11
	Chicken Al Carbon Taco	103g	150	4.5	0	0	30	310	19	1	0	10
	Grilled Chicken Taco	106g	210	12	5	0	45	590	16	1	1	12
	Habanero Crispy Chicken Taco	99g	240	15	7	0	35	550	18	1	1	10
	Ranch Crispy Chicken Taco	99g	230	14	6	0	30	540	19	1	1	10
	Stuffed Quesadilla Taco - Grilled Chicken	151g	320	14	6	0	60	880	29	1	2	17
	Stuffed Quesadilla Taco - Grilled Chicken & Guacamole	180g	350	17	7	0	60	940	32	2	2	18
	Stuffed Quesadilla Taco - Carne Asada	151g	330	14	8	0	55	990	30	1	2	19
	Stuffed Quesadilla Taco - Carne Asada & Guacamole	180g	360	17	8	0	55	1060	32	2	2	19
	Stuffed Quesadilla Taco - Crispy Chicken	195g	450	24	9	0	70	1120	35	1	2	21
	Stuffed Quesadilla Taco - Crispy Chicken & Guacamole	223g	480	26	10	0	70	1180	37	2	2	22
	The Del Taco (Crunchy)	125g	310	20	11	0	85	540	14	2	2	17
	The Del Taco (Soft)	134g	300	18	12	0	65	640	17	2	2	18
	Value Taco (Crunchy)	63g	130	8	3.5	0	20	220	9	2	1	6
Value Taco (Soft)	78g	150	7	6	0	20	350	15	2	1	7	
CRUNCHTADAS®	Crunchtada® Tostada	161g	330	14	4.5	0	20	400	38	7	1	12
	Queso Beef Crunchtada®	211g	440	22	8	0	45	750	40	8	1	20
	Chicken Guacamole Crunchtada®	254g	480	26	6	0	50	730	43	9	2	21
BURRITOS	Bean & Cheese Burrito (Green)	237g	440	10	4.5	0	20	1210	69	13	0	19
	Bean & Cheese Burrito (Red)	237g	460	10	4.5	0	20	1180	68	13	0	19
	8 Layer Veggie Burrito	343g	530	18	7	0	30	1330	71	10	3	17
	Beyond 8 Layer Burrito	320g	550	21	10	0	30	1290	60	9	3	27
	Chicken Roller (Chipotle)	111g	280	12	3.5	0	40	730	29	1	0	14
	Chicken Roller (Original)	118g	250	9	3	0	40	750	30	1	0	14
	Chicken Roller (Ranch)	111g	280	12	3.5	0	40	730	29	1	0	14
	Classic Grilled Chicken Burrito	223g	520	32	7	0	75	1060	39	2	2	19
	Del Beef Burrito™	223g	490	23	11	0.5	75	1210	39	4	2	25
	Del Combo Burrito™	230g	470	17	8	0	45	1200	54	8	1	23
	Epic Fresh Guacamole Burrito (Beyond Meat®)	479g	820	32	13	0	0	2110	91	13	5	44
	Epic Fresh Guacamole Burrito (Carne Asada)	449g	760	26	9	0	75	2520	90	10	5	42
	Epic Fresh Guacamole Burrito (Chicken)	449g	730	26	6	0	90	2170	88	10	4	39
	Epic Loaded Queso Burrito (Beyond Meat®)	495g	980	51	23	0	55	2590	78	7	6	50
	Epic Loaded Queso Burrito (Carne Asada)	465g	910	44	20	0	130	2950	76	4	5	48
	Epic Loaded Queso Burrito (Chicken)	465g	880	45	16	0	145	2590	74	4	4	45
	Epic Cali Bacon Burrito (Beyond Meat®)	444g	1120	67	26	0	80	2260	75	7	5	52
	Epic Cali Bacon Burrito (Carne Asada)	414g	1060	60	23	0	155	2620	73	4	4	51
	Epic Cali Bacon Burrito (Chicken)	414g	1030	60	19	0	170	2260	71	4	3	47
Epic Crispy Chicken & Guac Burrito	373g	910	52	13	0	80	1750	78	5	4	29	
Jacked Up Value Beans, Rice & Cheese Burrito	170g	290	7	2.5	0	10	840	46	6	0	11	
Macho Combo Burrito™	538g	950	37	20	0.5	110	2290	100	16	6	46	
Spicy Grilled Chicken Burrito	287g	520	16	5	0	60	1550	68	7	0	25	
BOWLS & SALADS	Veggie Bowl with Fresh Guac	404g	450	12	1.5	0	0	1490	71	11	8	13
	Pollo Asado Bowl with Fresh Guac	461g	570	18	1.5	0	60	1940	73	10	7	28
	Chicken Bacon Guacamole Salad (w/Ranch Dressing)	371g	530	38	6	0	100	1350	26	4	6	27
	Chicken Bacon Guacamole Salad (w/Avocado Caesar Dressing)	371g	580	44	7	0	115	1360	24	4	6	28
	Signature Taco Salad with Fresh Guac	456g	510	26	13	0	85	1220	36	10	12	25
BURGERS & FRIES	Bacon Double Del® Cheeseburger	280g	760	51	20	2	145	1840	35	1	7	37
	Carne Asada Fries	354g	810	59	15	0	85	1360	46	6	2	24
	Chili Cheddar Fries	298g	570	35	11	0	50	810	42	5	1	15
	Crinkle Cut Fries (Small)	85g	160	10	1.5	0	0	190	17	2	0	2
	Crinkle Cut Fries (Medium)	170g	320	19	3	0	0	370	34	4	0	4
	Crinkle Cut Fries (Macho)	218g	410	25	3.5	0	0	480	43	5	0	5
	Del Cheeseburger	191g	470	28	10	1	70	850	34	1	7	17
	Deluxe Chili Cheddar Fries™	340g	610	37	13	0	60	920	44	6	2	16
	Double Del® Cheeseburger	266g	690	47	18	2	125	1230	35	1	7	30
	Queso Loaded Fries	383g	650	42	15	0	70	1470	47	5	4	20
	3PC. Crispy Chicken & Fries Box (Ranch Dipping Sauce)	312g	810	57	10	0	65	1790	59	0	3	27
	3PC. Crispy Chicken & Fries Box (Habanero Dipping Sauce)	312g	870	64	11	0	80	1860	58	0	3	25
	3PC. Crispy Chicken & Fries Box (Chipotle Dipping Sauce)	312g	820	58	10	0	60	1730	58	0	3	25



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	Menu Item Name	Serving Size (Weight)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
QUESADILLAS & NACHOS	3 Layer Queso Nachos	156g	270	11	3	0	5	680	36	7	1	9
	Cheddar Quesadilla	152g	480	27	16	0	85	1030	35	1	0	22
	Chicken Cheddar Quesadilla	195g	540	30	16	0	115	1250	36	1	0	29
	Chicken Spicy Jack Quesadilla	215g	550	31	14	0	120	1170	36	1	0	34
	Chicken Quesadilla Snacker	85g	190	9	6	0	50	520	15	1	0	13
	Mini Cheddar Quesadilla	42g	130	6	6	0	20	300	14	1	0	5
	Spicy Jack Quesadilla	151g	460	27	14	0	75	830	33	1	0	23
	Chips & Guac (Snack-sized)	91g	170	11	1.5	0	0	190	18	4	1	2
	Chips & Guac (Regular-sized)	176g	340	22	3.5	0	0	370	36	7	2	5
	Regular Queso Loaded Nachos (Beef)	329g	580	32	13	0	65	1480	52	8	5	23
	Regular Queso Loaded Nachos (Carne Asada)	319g	560	28	11	0	65	1600	52	7	4	24
	Regular Queso Loaded Nachos (Chicken)	319g	550	28	10	0	70	1480	52	7	4	23
	Large Queso Loaded Nachos (Beef)	581g	1060	55	20	1	105	2510	100	17	8	43
	Large Queso Loaded Nachos (Carne Asada)	553g	980	46	16	0.5	100	2700	100	15	7	44
	Large Queso Loaded Nachos (Chicken)	553g	960	46	13	0	110	2460	99	15	6	41
	Chips & Queso Dip (Snack-sized)	113g	290	17	5	0	15	570	29	1	1	6
Chips & Queso Dip (Regular-sized)	283g	650	39	13	0	45	1620	61	3	3	16	

	Menu Item Name	Serving Size (Weight)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
DESSERTS, SHAKES & SIDES	Caramel Cheesecake Bites (2 Pc.)	122g	460	28	10	0	40	310	43	0	12	6
	Caramel Cheesecake Bites (4 Pc.)	244g	910	55	20	0	80	620	86	0	25	12
	Mini Cinnamon Churros (2 Pc.)	51g	200	10	1.5	0	15	125	25	1	8	1
	Mini Shake (Vanilla)	184g	220	3.5	3	0	10	150	42	0	35	7
	Mini Shake (Chocolate)	194g	250	3.5	3	0	10	170	50	0	40	7
	Mini Shake (Strawberry)	203g	240	3.5	2.5	0	10	150	48	0	40	7
	Regular Shake (Vanilla)	397g	480	8	6	0	20	320	91	0	75	16
	Regular Shake (Chocolate)	397g	510	8	6	0	20	350	102	0	82	15
	Regular Shake (Strawberry)	397g	470	7	6	0	20	300	92	0	77	15
	Large Shake (Large Vanilla)	567g	680	11	9	0	30	450	130	0	108	23
	Large Shake (Large Chocolate)	624g	820	12	9	0	30	570	164	0	131	24
	Large Shake (Large Strawberry)	641g	760	11	9	0	30	470	150	0	126	23
	Bean & Cheese Cup	149g	220	3	1.5	0	10	570	34	12	0	13

	Menu Item Name	Serving Size (Weight)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
BREAKFAST	Breakfast Burrito (Egg & Cheese)	195g	390	17	7	0	290	930	36	2	0	16
	Breakfast Burrito (Bacon)	223g	520	26	10	0	330	1530	37	2	0	29
	Breakfast Burrito (Carne Asada)	237g	460	20	8	0	315	1280	39	0	0	25
	Breakfast Roller (Egg & Cheese)	116g	250	12	5	0	155	600	24	1	0	10
	Breakfast Roller (Bacon)	123g	290	14	5	0	165	850	24	1	0	15
	Breakfast Toasted Wrap (Egg & Cheese)	163g	330	18	6	1	155	740	33	0	1	11
	Breakfast Toasted Wrap (Bacon)	177g	410	23	8	0	175	1030	33	1	1	17
	Breakfast Toasted Wrap (Carne Asada)	205g	410	21	8	0	180	1080	35	1	1	19
	Epic Scrambler (Bacon)	441g	1000	58	21	0	465	2140	71	2	3	34
	Epic Scrambler (Carne Asada)	469g	950	51	19	0.05	480	2120	74	3	3	38
	Hashbrown Sticks (5 Pc.)	71g	230	17	3.5	0	0	180	18	0	0	0
	Donut Bites (4 Pc.)	51g	240	16	6	0	0	150	22	1	8	3

	Menu Item Name	Calorie Range (Small)	
		Min	Max
COMBOS & FIESTA PACK	#1) 2 The Del Tacos (+ Fries & Drink)	760	980
	#2) Del Combo Burrito™ (+ Fries & Drink)	630	830
	#3) Classic Grilled Chicken Burrito (+ Fries & Drink)	690	890
	#4) Double Del® Cheeseburger (+ Fries & Drink)	850	1050
	#5) 2 Grilled Chicken Tacos (+ Fries & Drink)	580	780
	#6) The Del Taco & Cheddar Quesadilla (+ Fries & Drink)	920	1130
	#7) 2 Beer Battered Crispy Fish Tacos (+ Fries & Drink)	620	820
	#8) 2 Crispy Chicken Tacos (+ Fries & Drink)	620	840
	#9) Del Beef Burrito & The Del Taco (+ Fries & Drink)	960	1170
	#10) Macho Combo Burrito™ (+ Fries & Drink)	1110	1310
	Fiesta Pack - 6 Value Tacos & 6 Bean & Cheese Burritos	3480	3600
Fiesta Pack - Upgrade to The Del Tacos	4560	4680	
Fiesta Pack - Upgrade to Grilled Chicken Tacos	3960	4080	

Calorie Range (Medium)	
Min	Max
920	1240
790	1090
850	1150
1010	1310
740	1040
1080	1390
780	1080
780	1100
1120	1430
1270	1570

Calorie Range (Macho)	
Min	Max
1010	1430
880	1280
940	1340
1100	1500
830	1230
1170	1580
870	1270
870	1290
1210	1620
1360	1760

	Menu Item Name	Calorie Range	
		Min	Max
FRESH FAVES	Sampler Box	965	1230
	Triple Chicken Box	770	970



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	Menu Item Name	Meal (Small Fries & Small Drink)	
		Min	Max
		EPIC BURRITO MEALS	Epic Fresh Guacamole Burrito (Beyond Meat)
	Epic Fresh Guacamole Burrito (Carne Asada)	920	1120
	Epic Fresh Guacamole Burrito (Chicken)	890	1090
	Epic Loaded Queso Burrito (Beyond Meat)	1140	1340
	Epic Loaded Queso Burrito (Carne Asada)	1070	1270
	Epic Loaded Queso Burrito (Chicken)	1040	1240
	Epic Cali Bacon Burrito (Beyond Meat)	1280	1480
	Epic Cali Bacon Burrito (Carne Asada)	1220	1420
	Epic Cali Bacon Burrito (Chicken)	1190	1390
	Epic Crispy Chicken & Guac Burrito	1070	1270

	Menu Item Name	Calorie Range (Small)	
		Min	Max
		BREAKFAST COMBOS	Breakfast Toasted Wrap (Egg & Cheese) (+Hashbowns & Drink)
	Breakfast Toasted Wrap (Bacon) (+Hashbowns & Drink)	650	840
	Breakfast Toasted Wrap (Carne Asada) (+Hashbowns & Drink)	650	840
	Breakfast Burrito (Egg & Cheese) (+ Hashbrowns & Drink)	630	820
	Breakfast Burrito (Bacon) (+Hashbowns & Drink)	760	950
	Breakfast Burrito (Carne Asada) (+Hashbowns & Drink)	700	890
	Epic Scrambler (Bacon) (+Hashbowns & Drink)	1240	1430
	Epic Scrambler (Carne Asada) (+Hashbowns & Drink)	1190	1380

Calorie Range (Medium)	
Min	Max
570	860
650	940
650	940
630	920
760	1050
700	990
1240	1530
1190	1480

Calorie Range (Macho)	
Min	Max
570	960
650	1040
650	1040
630	1020
760	1150
700	1090
1240	1630
1190	1580

	Menu Item Name	Meal Calories
KID LOCO® MEALS	Kids' Hamburger	490
	Kids' Cheeseburger	560
	Mini Cheddar Quesadilla	290
	Value Taco (crunchy)	290
	Value Taco (soft)	310
	Bean & Cheese Burrito (Green)	610
	Bean & Cheese Burrito (Red)	630

	Menu Item Name	Serving Size	Weight	Calories (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	2	0	0	0
	Prima Java Iced Coffee (Reglular)	269g		150	2	1	0	10	65	29	0	26	3
	Prima Java Iced Coffee (Large)	453g		250	4	2	0	15	105	50	0	43	5
	Simply Orange®	326g		160	0	0	0	0	0	37	0	33	2
	Bottled Water	479g		0	0	0	0	0	10	0	0	0	0
	Real Strawberry Lemonade	528g		35	0	0	0	0	15	8	1	7	0

	Menu Item Name	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)
		FOUNTAIN DRINKS	Fountain Drink (Barq's® Root Beer)	200	65	55	54	300	100	82	82	400	135
	Fountain Drink (Coca-Cola® Cherry)	190	40	42	42	290	75	79	79	380	105	105	105
	Fountain Drink (Coca-Cola® ZeroSugar)	0	50	0	0	0	75	0	0	0	100	0	0
	Fountain Drink (Coca-Cola®)	180	50	50	50	280	75	75	75	370	100	100	100
	Fountain Drink (Diet Coke®)	0	50	0	0	0	90	0	0	0	120	1	0
	Fountain Drink (Dr Pepper®)	120	35	33	32	180	55	49	48	240	75	65	64
	Fountain Drink (Fanta® Orange)	200	50	55	54	300	75	82	80	400	100	109	107
	Fountain Drink (Fuze® Raspberry Tea)	110	65	29	28	160	95	43	42	210	125	57	55
	Fountain Drink (Hi-C® Flashin' Fruit Punch)	190	90	53	52	290	135	79	78	390	180	106	103
	Fountain Drink (Minute Maid® ZeroSugar Lemonade)	10	55	2	0	10	80	4	0	15	105	5	0
	Fountain Drink (Pibb Xtra®)	170	65	47	47	260	100	71	71	350	135	95	95
	Fountain Drink (POWERADE® Mountain Berry Blast)	100	140	27	27	160	210	41	41	210	280	55	55
	Fountain Drink (Sprite®)	180	85	48	48	270	125	72	72	360	170	97	97
	Gold Peak® Iced Tea	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.