



DEL TACO MENU ITEMS ALLERGEN GUIDE (DECEMBER 2018)

	Menu Item Name	CLAIMS		ALLERGENS							SENSITIVITIES		
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Gluten	MSG
TACOS & TOSTADAS	Beer Battered Fish Taco			X	X	X				X	X	X	
	Street Taco (Carne Asada)			X									
	Street Taco (Chicken)			X					X	X	X		
	CrunchTada Tostada	X		X					X	X	X		
	Flatbread Taco (Carne Asada)			X	X				X	X	X		
	Flatbread Taco (Chicken)			X	X				X	X	X		
	Grilled Chicken Taco			X	X				X	X	X		
	The Del Taco (Crunchy)			X					X	X	X		
	The Del Taco (Soft)			X					X	X	X		
	The Turkey Del Taco (Crunchy)			X					X	X	X		
	The Turkey Del Taco (Soft)			X					X	X	X		
	Value Taco (Crunchy)			X					X	X	X		
Value Taco (Soft)			X					X	X	X			
BURRITOS	1/2lb Bean & Cheese Burrito (Green)	X		X					X	X	X		
	1/2lb Bean & Cheese Burrito (Red)	X		X					X	X	X		
	8 Layer Veggie Burrito	X		X					X	X	X		
	Carne Asada Wet 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		
	Chicken Verde Wet Burrito			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		
	Del Turkey Combo Burrito			X					X	X	X		
	Epic Bacon Ranch Chicken Avocado Burrito			X	X				X	X	X		
	Epic Cali Steak & Guac Burrito			X					X	X	X		
	Epic Carne Asada Burrito			X					X	X	X		
	Epic Grilled Chicken Avocado Burrito			X					X	X	X		
	Epic Steak & Potato Burrito			X	X				X	X	X		
	Jacked Up Value Bean, Rice & Cheese Burrito			X					X	X	X		
	Kid's Value Bean & Cheese Burrito (Green)	X		X					X	X	X		
	Kid's Value Bean & Cheese Burrito (Red)	X		X					X	X	X		
Macho Combo Burrito™			X					X	X	X			
Spicy Grilled Chicken Burrito			X					X	X	X			
FRESCA BOWLS	Avocado Veggie Bowl	X	X								X		
	Pollo Asado Avocado Bowl			X					X	X	X		
AMERICAN GRILL	Bacon Double Del Cheeseburger®			X	X				X	X	X		
	Carne Asada Fries			X	X								
	Cheeseburger			X					X	X	X		
	Chili Cheddar Fries			X					X	X	X		
	Crinkle-Cut Fries (Kids)	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		
	Kid's Hamburger								X	X	X		
	Queso Loaded Fries			X					X	X	X		
QUESADILLAS & NACHOS	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		
	Kid's Quesadilla	X		X					X	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		
	Mini Bacon Quesadilla			X					X	X	X		
	Mini Cheddar Quesadilla	X		X					X	X	X		
	Spicy Jack Quesadilla	X		X					X	X	X		

		CLAIMS		ALLERGENS								SENSITIVITIES	
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Gluten	MSG
DESSERTS & SHAKES	Cinnamon Churro	X		X	X					X	X	X	
	Caramel Cheesecake Bites	X		X	X					X	X	X	
	Chocolate Chip Cookies	X		X	X					X	X	X	
	Churro Dipper Shake	X		X	X					X	X	X	
	Premium Shake (Chocolate)	X		X									
	Premium Shake (Strawberry)	X		X									
Premium Shake (Vanilla)	X		X										
HANDCRAFTED ENSALADAS	Chicken Bacon Avocado Salad			X	X					X	X	X	
	Mexican Chopped Chicken Salad			X						X	X	X	
	Signature Taco Salad			X						X	X	X	
PLATOS	Chicken Verde Wet Burrito			X						X	X	X	
	Carne Asada Wet Burrito			X						X	X	X	
	2 Del Tacos (Beef)			X						X	X	X	
	2 Del Tacos (Turkey)			X						X	X	X	
	2 Street Tacos (Grilled Chicken)			X						X	X	X	
	2 Street Tacos (Carne Asada)			X						X	X	X	
2 Beer Battered Fish Tacos			X	X	X					X	X	X	
SIDES	Bean & Cheese Cup	X		X						X	X	X	
	Potato Poppers (4 Piece)	X		X						X	X	X	
	Potato Poppers (6 Piece)	X		X						X	X	X	
BREAKFAST	Breakfast Roller (Bacon)			X	X					X	X	X	
	Breakfast Burrito	X		X	X					X	X	X	
	Breakfast Burrito (Bacon)			X	X					X	X	X	
	Breakfast Burrito (Carne Asada)			X	X					X	X	X	
	Breakfast Burrito (Chorizo)			X	X					X	X	X	
	Breakfast Taco (Bacon)			X	X					X	X	X	
	Breakfast Taco (Carne Asada)			X	X					X	X	X	
	Breakfast Taco (Chorizo)			X	X					X	X	X	
	Breakfast Taco (Egg & Cheese)	X		X	X					X	X	X	
	Breakfast Roller (Chorizo)			X	X					X	X	X	
	Breakfast Roller (Egg & Cheese)	X		X	X					X	X	X	
	Epic Scrambler (Bacon)			X	X					X	X	X	
	Epic Scrambler (Carne Asada)			X	X					X	X	X	
	Epic Scrambler (Chorizo)			X	X					X	X	X	
Epic Scrambler (Huevos Rancheros)			X	X					X	X	X		
Hashbrown Sticks (5 pieces)	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 (Cherry Coke)	X	X										
	Fountain Drink (Coca-Cola Zero)	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 Ice Tea)	X	X										
	Fountain Drink (Hi C Fruit Punch)	X	X										
	Fountain Drink (Minute Maid Light Lemonade)	X	X										
	Fountain Drink (Mr. Pibb Xtra)	X	X										
	Fountain Drink (Power Aid Blue Mountain Blast)	X	X										
	Fountain Drink (Sprite)	X	X										
	Gold Peak Tea	X	X										

INGREDIENTS	Ingredient Name	CLAIMS		ALLERGENS								SENSITIVITIES	
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Gluten	MSG
	100% USDA Beef Patties												
	Avocado	X	X										
	Beer Battered Fish			X		X				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									
	Cheddar Potato Poppers	X		X						X		X	
	Chipotle Sauce	X		X	X					X	X	X	
	Chocolate Chip Cookies	X		X	X					X	X	X	
	Chocolate Syrup	X	X										
	Chopped Bacon												
	Chorizo Sausage												
	Cilantro	X	X										
	Cilantro Pepita Dressing	X		X	X								
	Cinnamon Churro	X		X	X					X	X	X	
	Coffee	X	X										
	Coffee Creamer	X		X									
	Corn Tortilla	X	X										
	Creamy Ranch	X		X	X								
	Crinkle Cut Fries	X	X										
	Del Scorcho Sauce	X	X										
	Dill Pickle Chips	X	X										
	Eggs	X			X								
	Flatbread	X		X						X	X	X	
	Fresca Lime Rice	X	X								X		
	Freshly Fried Tortilla Chips	X	X										
	Fryer Oil	X	X										
	Green Sauce	X	X										
	Grill Seasoning	X		X	X						X		
	Grilled Marinated Chicken			X						X	X	X	
	Guacamole	X	X										
	Hamburger Buns	X	X							X	X	X	
	Hamburger Seasoning	X	X										
	Hashbrown Sticks	X	X										
	Inferno Sauce	X	X										
	Jalapeno Peppers	X	X		X								
	Jumbo Shrimp			X	X		X			X	X	X	
	Ketchup	X	X										
	Large Taco Shell	X	X										
	Lemons	X	X										
	Lettuce	X	X										
	Lettuce Blend	X	X										
	Lime Seasoning	X	X										
	Limes	X	X										
	Mild Salsa Bar	X	X										
	Mild Sauce	X	X										
	Milk 2%	X		X									
	Onions	X	X										
	Pinto Beans	X	X							X	X	X	
	Queso Sauce	X		X									
	Real Strawberry Topping	X	X										
	Roasted Chile Salsa	X	X										
	Salsa Bar Hot	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								
	Sharp American Cheese	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	
	Tostada Shell	X	X										

Turkey Taco Meat										X	X	X	
Value Taco Shell	X	X											
Vanilla Shake	X		X										
Vanilla Syrup	X	X											
Whipped Cream	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.