



	Weight (g)	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Burritos												
Chicken Big Juan™ Burrito	354	590	150	16	8	0	65	2440	79	13	4	31
Pork Big Juan Burrito	354	680	200	22	10	0	100	2790	80	13	6	38
Seasoned Beef Big Juan Burrito	354	650	200	22	10	0	60	2890	83	15	6	31
Chicken Casita® Burrito	319	450	150	16	9	0	80	1820	44	6	5	29
Pork Casita Burrito	319	540	200	22	11	0	115	2180	46	6	6	36
Seasoned Beef Casita Burrito	319	510	200	22	11	0	75	2280	48	8	6	29
Chicken & Black Bean Burrito	298	530	160	18	7	0	60	920	65	7	3	28
Chicken B.L.T. Burrito	276	600	270	31	10	0	90	1210	46	5	4	34
Chicken Ranchero Burrito	319	680	220	25	8	0	65	1420	84	8	2	30
Crisp Chicken Burrito	156	380	150	17	6	0	50	500	39	3	3	18
Crisp Meat Burrito	156	390	150	17	4.5	0	30	900	43	5	4	20
Crisp Pinto Bean Burrito	156	380	120	13	3.5	0	10	2000	53	8	2	13
Soft Pinto Bean Burrito	191	380	90	10	4	0	15	2140	56	8	3	14
Soft Seasoned Beef Burrito	191	420	140	16	6	0	45	1070	46	5	5	23
Sweet Pork Burrito	269	550	160	18	8	0	70	1190	72	6	13	26
Veggie Burrito	258	440	150	17	6	0	30	1870	60	7	3	17
5 Alarm™ Burrito	210	420	130	15	4	0	10	1450	58	7	3	14
Impossible Nacho Burrito	345	560	180	20	8	0	25	1830	73	9	6	23
Tostada Wrap	329	670	252	28	8	0	50	1990	79	1	8	28
Quesadillas												
Cheese Quesadilla	135	450	207	23	12	0	55	780	39	3	2	20
Chicken Quesadilla	234	520	216	24	12	0	90	960	42	3	3	34
Mini Quesadilla	61	210	90	10	6	0	30	340	20	1	1	10
Tacos												
Seasoned Beef Crisp Taco	123	260	150	17	5	0	40	460	13	2	2	15
Seasoned Beef Junior Soft Taco	149	300	110	13	6	0	40	730	29	4	3	18
Chicken Soft Taco	198	360	90	10	4	0	50	590	42	3	3	23
Pork Soft Taco	198	440	140	16	6	0	85	860	43	3	4	31
Seasoned Beef Soft Taco	198	410	140	16	6	0	45	960	45	5	4	23
Chicken Super Soft Taco	298	500	140	16	7	0	65	1860	61	12	2	29
Pork Super Soft Taco	298	590	190	21	9	0	100	2220	62	12	4	36
Seasoned Beef Super Soft Taco	298	560	190	21	10	0	60	2320	65	14	4	29
Fish Taco	235	500	220	24	7	0	50	1080	53	4	5	18
Nachos												
Original Nachos	369	810	350	39	20	1	100	2320	78	10	4	30
Chicken Nachos	439	880	360	40	20	1	135	2320	78	10	4	43
Pork Nachos	439	970	410	45	23	1	165	2670	80	10	5	50
Seasoned Beef Nachos	439	930	410	45	23	1	130	2770	82	12	5	43
Salads (does not include dressing)												
Chicken Taco Salad	227	310	120	14	3.5	0	50	450	26	2	3	21
Fiesta Chicken Salad	347	340	90	11	3.5	0	45	690	37	7	4	25
Seasoned Beef Taco Salad	213	360	170	19	6	0	45	810	28	4	4	21



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Sides												
Mexi Fries®, Kid's Size	59	130	70	8	1.5	0	0	410	13	1	0	1
Mexi Fries, Small	89	190	100	12	2.5	0	0	560	19	2	1	2
Mexi Fries, Regular	134	300	170	19	3.5	0	0	780	29	3	1	3
Mexi Fries, Large	178	410	230	26	4.5	0	0	1030	38	4	1	4
Stuffed Mexi Fries, Small	128	320	180	20	6	0	15	740	29	3	3	7
Stuffed Mexi Fries, Regular	187	460	250	28	8	0	20	1070	42	4	4	11
Stuffed Mexi Fries, Large	256	640	360	40	11	0	30	1440	57	6	6	14
Desserts												
Churro	46	210	140	16	5	0	20	160	15	0	4	2
Churro, Bavarian Cream	118	430	160	18	3	0	0	280	62	0	32	4
Cinnamon Custos®	99	320	45	5	1.5	0	0	380	64	4	21	7
Empanada, Apple	102	250	60	6	1	0	0	280	45	3	11	5
Empanada, Banana Cream	102	260	60	6	1	0	0	310	46	3	6	5
Empanada, Bavarian Cream	102	260	60	6	1	0	0	310	46	3	5	5
Empanada, Blueberry	117	270	60	6	1	0	0	260	49	2	17	5
Empanada, Cherry	102	250	60	6	1	0	0	260	45	3	5	5
Empanada, Chocolate Chip	102	290	80	8	2.5	0	0	300	49	3	10	5
Empanada, Chocolate Peppermint	102	260	60	6	1	0	0	310	46	3	5	5
Empanada, Cinnamon Swirl	102	260	60	6	1	0	0	310	46	3	5	5
Empanada, Coconut Cream	102	260	60	6	1	0	0	310	46	3	6	5
Empanada, Key Lime	102	260	60	6	1	0	0	310	45	3	5	5
Empanada, Peach	102	260	60	6	1	0	0	260	47	3	17	5
Empanada, Pumpkin	102	270	70	7	1.5	0	20	270	47	3	17	5
Empanada, Strawberry Cheesecake	123	340	120	14	5	0	20	350	49	3	14	6
Drinks												
Limeade, Fresh Lime, 16 oz	372	190	0	0	0	0	0	0	50	0	47	0
Limeade, Fresh Lime, 21 oz	465	230	0	0	0	0	0	0	62	0	58	0
Limeade, Fresh Lime, 32 oz	744	370	0	0	0	0	0	0	99	0	93	0
Limeade, Cherry Habanero, 16 oz	372	230	0	0	0	0	0	0	59	0	56	0
Limeade, Cherry Habanero, 21 oz	465	280	0	0	0	0	0	0	74	0	70	0
Limeade, Strawberry Mango, 16 oz	372	230	0	0	0	0	0	0	60	0	57	0
Limeade, Strawberry Mango, 21 oz	465	290	0	0	0	0	0	0	75	0	71	0
Limeade, Strawberry Mango, 32 oz	745	460	0	0	0	0	0	0	120	0	113	0
Limeade, Cherry Habanero, 32 oz	745	450	0	0	0	0	0	0	118	0	111	0
Limeade, Blue Raspberry, 21 oz (Select Stores Only)	425	260	0	0	0	0	0	0	68	0	64	0
Limeade, Blue Raspberry, 32 oz (Select Stores Only)	680	420	0	0	0	0	0	0	109	0	103	0
Limeade, Mango Pineapple, 16 oz (Select Stores Only)	340	210	0	0	0	0	0	0	55	0	52	0
Limeade, Mango Pineapple, 21 oz (Select Stores Only)	425	260	0	0	0	0	0	0	69	0	65	0
Limeade, Mango Pineapple, 32 oz (Select Stores Only)	680	420	0	0	0	0	0	5	110	0	104	0
Limeade, Mojito, 16 oz (Select Stores Only)	340	200	0	0	0	0	0	0	53	0	51	0
Limeade, Mojito, 21 oz (Select Stores Only)	425	250	0	0	0	0	0	0	67	0	63	0
Limeade, Mojito, 32 oz (Select Stores Only)	680	400	0	0	0	0	0	0	107	0	102	0



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Drinks												
Sweet Tea, 16 oz	533	150	0	0	0	0	0	15	38	0	38	0
Sweet Tea, 21 oz	699	190	0	0	0	0	0	20	50	0	50	0
Sweet Tea, 32 oz	1065	290	0	0	0	0	0	30	76	0	75	0
Unsweetened Tea, 16 oz	473	0	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea, 21 oz	620	0	0	0	0	0	0	0	0	0	0	0
Unsweetened Tea, 32 oz	945	0	0	0	0	0	0	0	0	0	0	0
Salsa Bar												
5 Alarm™ Hot Sauce	28	5	0	0	0	0	0	65	1	0	0	0
Avocado Ranch	28	70	60	7	2	0	5	125	2	1	0	1
Banana Peppers (1 Pepper)	14	0	0	0	0	0	0	230	1	0	0	0
BBQ Sauce	28	35	0	0	0	0	0	430	8	1	5	1
Black Olives	14	15	15	1.5	0	0	0	105	1	0	0	0
Casa Sauce	28	60	40	4.5	1	0	5	300	4	0	3	1
Cherry Peppers	14	5	0	0	0	0	0	160	1	0	0	0
Chipotle Ranch	28	90	80	9	2	0	15	180	1	0	1	1
Cilantro	14	5	0	0	0	0	0	5	1	0	0	0
Enchilada Sauce	28	15	0	0	0	0	0	115	2	0	1	0
Fry Sauce	28	120	110	12	2.0	0	10	320	2	0	2	0
Guacamole	28	60	45	4.5	1	0	0	85	3	2	0	1
Honey Mustard	28	40	0	0	0	0	0	200	8	2	6	2
Ketchup	28	35	0	0	0	0	0	270	8	0	7	0
Lemon Wedge (1 Wedge)	14	5	0	0	0	0	0	0	1	0	0	0
Lime Wedge (1 Wedge)	14	5	0	0	0	0	0	0	1	0	0	0
Onions	14	5	0	0	0	0	0	0	1	0	1	0
Original Hot Sauce	28	20	0	0	0	0	0	210	4	0	0	0
Pepperoncini	14	5	0	0	0	0	0	300	0	0	0	0
Picante sauce	28	20	0	0	0	0	0	500	4	2	4	0
Pickled Jalapeno	14	0	0	0	0	0	0	150	0	0	0	0
Optional Products												
Enchilada Soup	227	130	5	0.5	0	0	10	1750	20	5	3	10
Green Chili Pork Carnitas Burrito	253	540	170	18	8	0	90	1130	58	3	5	33
Green Chili Pork Carnitas Chimichanga	337	590	190	21	9	0	100	1350	65	4	6	34
Green Chili Pork Carnitas Enchiladas	244	380	140	16	7	0	95	800	28	1	4	28
Navajo Taco	489	790	300	34	11	0	55	2160	25	10	10	32
Plate It (rice & beans only)	163	190	35	4	2	0	10	1470	30	4	2	8
Taco Burger	206	460	220	25	7	0	50	1180	38	2	7	23



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Breakfast (optional program)												
Bacon and Egg Burrito, Small	153	360	160	18	7	0	200	990	33	3	2	17
Bacon and Egg Burrito, Regular	211	490	200	22	7	0	210	1410	50	4	4	22
Country Burrito	275	650	340	38	14	0	400	1250	51	4	4	26
Egg and Cheese Burrito, Regular	135	370	140	16	7	0	195	580	40	3	3	16
Egg and Taters Burrito, Small	146	340	150	17	7	0	195	680	33	3	2	14
Egg and Taters Burrito, Regular	197	440	170	19	7	0	195	970	49	4	4	16
Enchilada Breakfast Burrito	202	470	180	20	7	0	200	1070	49	4	4	19
Green Chili Breakfast Burrito	182	390	200	22	8	0	145	910	33	3	2	15
Sausage and Egg Burrito, Small	167	410	220	24	10	0	210	910	33	3	2	17
Sausage and Egg Burrito, Regular	218	520	240	26	10	0	210	1200	50	4	4	19
Ultimate Burrito	282	720	390	44	15	0	410	1550	51	4	5	28
Coffee (12 oz)	355	5	0	0	0	0	0	5	0	0	0	0
Minute Maid® Orange Juice (10 oz)	315	160	0	0	0	0	0	40	40	0	39	0
Breakfast Quesadilla	114	340	160	18	8	0	155	730	26	2	1	18
Taters and Gravy, Small	156	250	140	15	4	0	10	750	23	2	2	4
Taters and Gravy, Regular	269	410	240	27	7	0	25	1290	36	3	3	8
Biscuits and Gravy, Small	149	320	150	17	8	0	15	1160	35	1	4	8
Biscuits and Gravy, Large	298	640	300	33	16	0	30	2320	71	2	9	16
Platter Meals (optional program)												
Chicken Casita® Burrito Platter	666	1120	440	50	19	0.5	125	4400	107	14	8	53
Pork Casita Burrito Platter	666	1200	490	55	21	0.5	160	4750	109	14	9	61
Seasoned Beef Casita Burrito Platter	666	1170	490	55	21	1	125	4830	111	16	10	53
Chicken Chimi Platter	716	1300	540	60	20	0.5	125	4640	126	16	9	56
Pork Chimi Platter	716	1390	590	66	22	0.5	160	4990	128	16	11	64
Chicken Enchilada Platter	593	1000	440	49	19	0.5	130	3020	84	10	7	47
Pork Enchilada Platter	593	1090	490	55	21	0.5	165	3370	85	10	8	54
Seasoned Beef Enchilada Platter	593	1070	510	57	22	0.5	120	3560	88	12	10	51
<p>Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.</p> <p>The Nutritional Information Taco Time has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.</p> <p>All trademarks are property of their respective owners.</p>												