



DEL TACO MENU ITEMS - NUTRITIONAL LIST (SEPTEMBER 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	124g	200	11	2	0	15	460	20	2	2	6
	Beyond Taco® (Crunchy)	125g	290	18	10	0	35	520	17	0	1	15
	Beyond Taco® (Soft)	132g	280	16	9	0	35	610	19	2	1	16
	Beyond Guacamole Taco (Crunchy)	125g	190	10	4	0	0	370	18	2	2	8
	Beyond Guacamole Taco (Soft)	132g	190	8	3	0	0	460	21	2	2	9
	Carne Asada Al Carbon Taco	90g	120	3.5	1.5	0	25	420	14	1	1	10
	Chicken Al Carbon Taco	90g	110	3.5	0	0	30	300	13	0	0	9
	Grilled Chicken Taco	104g	210	12	3	0	45	510	15	1	1	11
	Habanero Crispy Chicken Taco	97g	240	14	4	0	35	540	18	1	1	9
	Ranch Crispy Chicken Taco	97g	230	13	4	0	30	530	18	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	65	540	14	2	2	17
	The Del Taco (Soft)	132g	300	18	10	0	65	630	16	1	2	18
	Value Taco (Crunchy)	53g	120	7	3.5	0	20	140	8	1	1	6
Value Taco (Soft)	69g	150	7	3.5	0	20	340	14	1	1	7	
CRUNCHTADAS®	Crunchtada® Tostada	168g	330	14	4.5	0	20	400	41	8	1	12
	Queso Beef Crunchtada®	211g	440	22	8	0	45	750	40	8	2	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	329g	540	20	9	0	30	1240	60	10	3	26
	Chicken Roller (Chipotle)	102g	250	12	3	0	40	660	25	1	0	12
	Chicken Roller (Original)	109g	220	8	2.5	0	40	680	26	0	0	12
	Chicken Roller (Ranch)	102g	250	11	2.5	0	40	660	25	1	0	13
	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	22
	Epic Fresh Guacamole Burrito (Chicken)	429g	720	25	4.5	0	90	2080	88	10	3	37
	Epic Fresh Guacamole Burrito (Carne Asada)	429g	750	25	8	1	75	2440	89	10	4	41
	Epic Beyond Fresh Guacamole Burrito (Beyond Meat®)	459g	810	32	12	0	0	2080	92	13	5	43
	Epic Loaded Queso Burrito (Chicken)	465g	870	44	15	0	145	2570	75	2	4	44
	Epic Loaded Queso Burrito (Carne Asada)	465g	900	44	19	1	130	2920	76	2	5	47
	Epic Loaded Queso Burrito (Beyond Meat®)	495g	970	50	22	0	55	2560	79	7	6	49
	Epic Cali Bacon Burrito (Chicken)	414g	1020	60	18	0	170	2240	72	4	3	46
	Epic Cali Bacon Burrito (Carne Asada)	414g	1050	60	22	1	155	2600	73	4	4	51
	Epic Cali Bacon Burrito (Beyond Meat®)	444g	1090	64	24	0	80	2190	81	7	6	42
	Epic Crispy Chicken & Guac Burrito	387g	900	53	12	0	80	1750	79	6	5	28
Jacked Up Value Beans, Rice & Cheese Burrito	187g	340	8	3	0	10	960	54	7	0	12	
Macho Combo Burrito™	527g	920	39	20	1	110	2130	91	16	7	44	
Spicy Grilled Chicken Burrito	287g	520	16	5	0	60	1550	68	7	0	25	
BOWLS & SALADS	Veggie Bowl with Fresh Guac	404g	400	13	2	0	0	1490	70	17	4	14
	Pollo Asado Bowl with Fresh Guac	461g	510	19	2	0	60	1940	72	16	3	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	920	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	1000	34	1	7	17
	Deluxe Chili Cheddar Fries™	340g	610	37	13	0	60	930	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	1640	47	5	4	20
	3 PC. Crispy Chicken & Fries Box (Ranch Dipping Sauce)	271g	690	53	9	0	80	1320	33	0	3	21
	3 PC. Crispy Chicken & Fries Box (Habanero Dipping Sauce)	271g	750	61	11	0	90	1390	32	0	3	19
	3 PC. Crispy Chicken & Fries Box (Chipotle Dipping Sauce)	271g	700	55	10	0	70	1270	32	0	3	19



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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	195g	540	30	14	0	105	1230	39	1	0	30
	Chicken Quesadilla Snacker	83g	190	9	3.5	0	45	510	15	1	0	13
	Mini Cheddar Quesadilla	40g	130	6	3.5	0	15	290	13	1	0	5
	Spicy Jack Quesadilla	152g	480	27	14	0	75	1010	37	1	0	22
	Chips & Fresh House-made Guac (Snack-sized)	91g	170	11	1.5	0	0	190	18	4	1	2
	Chips & Fresh House-made 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	410	23	8	0	25	500	48	0	16	7
	Caramel Cheesecake Bites (4 Pc.)	244g	820	47	16	0	45	1010	96	0	32	14
	Mini Cinnamon Churros (2 Pc.)	51g	200	10	1.5	0	15	125	25	1	8	1
	Mini Shake (Vanilla)	184g	240	5	3	0	15	135	43	0	36	7
	Mini Shake (Chocolate)	194g	270	5	3	0	15	160	50	0	41	7
	Mini Shake (Strawberry)	203g	260	4	3	0	15	140	48	0	41	7
	Regular Shake (Vanilla)	397g	480	9	5	0	35	270	85	0	72	14
	Regular Shake (Chocolate)	397g	550	9	5	0	35	330	102	0	83	14
	Regular Shake (Strawberry)	408g	520	9	5	0	35	280	96	0	82	14
	Large Shake (Large Vanilla)	567g	730	13	8	0	50	420	131	0	110	21
	Large Shake (Large Chocolate)	624g	880	13	8	0	50	540	165	0	134	22
	Large Shake (Large Strawberry)	646g	820	13	8	0	50	440	153	0	130	21
	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	990	58	21	0	465	2140	71	2	3	34
	Epic Scrambler (Carne Asada)	469g	940	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)		Calorie Range (Medium)		Calorie Range (Macho)	
		Min	Max	Min	Max	Min	Max
QUICK COMBOS & FIESTA PACKS	#1) 2 The Del Tacos (+ Fries & Drink)	760	980	920	1240	1010	1430
	#2) Del Combo Burrito™ (+ Fries & Drink)	630	830	790	1090	880	1280
	#3) Classic Grilled Chicken Burrito (+ Fries & Drink)	680	880	840	1140	930	1330
	#4) Double Del® Cheeseburger (+ Fries & Drink)	850	1050	1010	1310	1100	1500
	#5) 2 Grilled Chicken Tacos (+ Fries & Drink)	580	780	740	1040	830	1230
	#6) The Del Taco & Cheddar Quesadilla (+ Fries & Drink)	940	1150	1100	1410	1190	1600
	#7) 2 Beer Battered Crispy Fish Tacos (+ Fries & Drink)	560	760	720	1020	810	1210
	#8) 2 Crispy Chicken Tacos (+ Fries & Drink)	620	840	780	1100	870	1290
	#9) Del Beef Burrito & The Del Taco (+ Fries & Drink)	950	1160	1110	1420	1200	1610
	#10) Macho Combo Burrito™ (+ Fries & Drink)	1080	1280	1240	1540	1330	1730
	Fiesta Pack - 6 Value Tacos & 6 Bean & Cheese Burritos	3360	3660				
	Fiesta Pack - Upgrade to The Del Tacos	4440	4620				
	Fiesta Pack - Upgrade to Grilled Chicken Tacos	3900	4020				

	Menu Item Name	Calorie Range	
		Min	Max
FRESH FAVES	Sampler Box	1000	1230
	Triple Chicken Box	770	970



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	Menu Item Name	Meal (Small Fries & Small Drink)	
		Min	Max
EPIC BURRITO	Epic Fresh Guacamole Burrito (Chicken)	880	1080
	Epic Fresh Guacamole Burrito (Carne Asada)	910	1110
	Epic Beyond Fresh Guacamole Burrito (Beyond Meat)	970	1170
	Epic Loaded Queso Burrito (Chicken)	1030	1230
	Epic Loaded Queso Burrito (Carne Asada)	1060	1260
	Epic Loaded Queso Burrito (Beyond Meat)	1130	1330
	Epic Cali Bacon Burrito (Chicken)	1180	1380
	Epic Cali Bacon Burrito (Carne Asada)	1210	1410
	Epic Cali Bacon Burrito (Beyond Meat)	1250	1450
	Epic Crispy Chicken & Guac Burrito	1060	1260

	Menu Item Name	Calorie Range (Small)	
		Min	Max
BREAKFAST COMBOS	Breakfast Toasted Wrap (Egg & Cheese) (+Hashbowns & Drink)	570	760
	Breakfast Toasted Wrap (Bacon) (+Hashbowns & Drink)	650	840
	Breakfast Toasted Wrap (Carne Asada) (+Hashbowns & Drink)	650	840
	Breakfast Burrito (Egg & Cheese) (+ Hashbowns & Drink)	630	820
	Breakfast Burrito (Bacon) (+Hashbowns & Drink)	760	950
	Breakfast Burrito (Carne Asada) (+Hashbowns & Drink)	700	890
	Epic Scrambler (Bacon) (+Hashbowns & Drink)	1230	1420
	Epic Scrambler (Carne Asada) (+Hashbowns & Drink)	1180	1370

Calorie Range (Medium)	
Min	Max
570	860
650	940
650	940
630	920
760	1050
700	990
1230	1520
1190	1470

Calorie Range (Macho)	
Min	Max
570	960
650	1040
650	1040
630	1020
760	1150
700	1090
1230	1620
1190	1570

	Menu Item Name	Meal Calories
KID LOCO® MEALS	Kids' Hamburger	490
	Kids' Cheeseburger	560
	Bean & Cheese Burrito (Green)	600
	Bean & Cheese Burrito (Red)	620
	Mini Cheddar Quesadilla	290
	Value Taco (Crunchy)	280
	Value Taco (Soft)	310

	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 (Regluar)	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	109	109
	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.