



DEL TACO MENU ITEMS - NUTRITIONAL LIST (MARCH 2022)

	Menu Item Name	Serving Size Weight (g)	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	290	16	9	0	35	610	19	2	2	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 Tacos Del Carbon	92g	120	3.5	1.5	0	25	420	14	1	1	10
	Carne Asada Taco Del Carbon Guac'd Up (NEW)	104g	140	4.5	1.5	0	25	450	15	2	1	10
	Chicken Taco Del Carbon	90g	110	3.5	0	0	30	300	13	0	0	9
	Chicken Taco Del Carbon Guac'd Up (NEW)	107g	130	4.5	0	0	30	330	14	2	1	9
	Grilled Chicken Taco	104g	210	12	3	0	45	510	15	1	1	11
	Chipotle Crispy Chicken Taco (NEW)	97g	240	13	4	0	30	520	18	1	1	9
	Chipotle Crispy Chicken Guac'd Up Taco (NEW)	112g	250	15	4	0	30	560	19	1	1	10
	Crispy Jumbo Shrimp Taco (*NEW-LTO)	121g	310	18	3.5	0	40	630	27	1	2	8
	Habanero Crispy Chicken Taco	97g	240	14	4	0	35	540	18	1	1	9
	Habanero Crispy Chicken Guac'd Up Taco (NEW)	112g	260	15	4.5	0	35	570	19	1	1	10
	Ranch Crispy Chicken Taco	97g	230	13	4	0	30	530	18	1	1	10
	Ranch Crispy Chicken Guac'd Up Taco (NEW)	112g	250	14	4	0	30	560	19	1	1	10
	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
Snack Taco (Crunchy)	53g	120	7	3.5	0	20	140	8	1	1	6	
Snack Taco (Soft)	69g	150	7	3.5	0	20	340	14	1	1	7	
STUFFED QUESADILLA TACOS	SQT - Grilled Chicken Taco	151g	320	14	6	0	60	880	29	1	2	17
	SQT - Grilled Chicken & Guac Taco	180g	350	17	7	0	60	940	32	2	2	18
	SQT - Carne Asada Taco	151g	330	14	8	0	55	990	30	1	2	19
	SQT - Carne Asada & Guac Taco	180g	360	17	8	0	55	1060	32	2	2	19
	SQT - Crispy Chicken Taco	195g	450	24	9	0	70	1120	35	1	2	21
	SQT - Crispy Chicken & Guac Taco	223g	480	26	10	0	70	1180	37	2	2	22
	SQT - Crispy Jumbo Shrimp Taco (*NEW-LTO)	176g	460	25	8	0	60	910	40	1	2	14
	SQT - Crispy Jumbo Shrimp & Guac Taco (*NEW-LTO)	204g	490	28	8	0	60	980	43	2	3	14
*NEW-LTO = NEW LIMITED TIME OFFER												
CRUNCHTADA® TOSTADAS	Crunchtada® Tostada	168g	330	14	4.5	0	20	400	41	8	1	12
	Queso Beef Crunchtada®	211g	440	22	8	0	45	750	43	9	2	20
	Chicken Guacamole Crunchtada®	254g	480	26	6	0	50	730	46	10	2	21
BURRITOS & EPIC 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
	Crispy Jumbo Shrimp Burrito (*NEW-LTO)	314g	820	49	9	0	90	1720	27	0	2	18
	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 (Grilled 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 (Grilled 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 (Grilled 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 (NEW RECIPE)	387g	880	50	11	0	70	1750	80	5	5	28
	Epic Crispy Fish & Guac Burrito (*NEW-LTO)	385g	890	49	10	0	45	2060	90	6	4	24
	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	
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SALADS	Taco Salad with Fresh Guac (Seasoned Beef)	441g	500	33	16	0.05	105	1150	23	1	9	27
	Taco Salad with Fresh Guac (Carne Asada)	421g	440	26	13	0	105	1370	23	1	8	29
	Taco Salad with Fresh Guac (Grilled Chicken)	421g	420	26	10	0	115	1140	22	1	7	26
	Taco Salad with Fresh Guac (Beyond Meat SM)	441g	460	29	15	0	55	1110	29	4	9	24
BURGERS & FRIES	Bacon Double Del SM Cheeseburger	280g	760	51	20	2	145	1840	35	1	7	37
	Double Del SM Cheeseburger	266g	690	47	18	2	125	1230	35	1	7	30
	Del Cheeseburger	191g	470	28	10	1	70	1000	34	1	7	17
	Carne Asada Fries	340g	760	56	14	0	75	1180	46	6	1	21
	Chili Cheddar Fries	298g	570	35	11	0	50	920	42	5	1	15
	Deluxe Chili Cheddar Fries SM	340g	610	37	13	0	60	930	44	6	2	16
	Queso Loaded Fries	393g	670	43	15	0	75	1680	47	5	4	22
	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
	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	
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
	Spicy Jack Quesadilla	152g	480	27	14	0	75	1010	37	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
	Snack Queso Quesadilla	80	230	9	5	0	20	480	27	1	1	8
	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
	Large Queso Loaded Nachos (Seasoned 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 (Grilled 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
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
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



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	Menu Item Name	(Small)		(Medium)		(Macho)	
		Min	Max	Min	Max	Min	Max
QUICK COMBOS (Meals include Fries & Drink)	#1) 2 The Del Tacos Meal	760	980	920	1240	1010	1430
	#2) Del Combo Burrito™ Meal	630	830	790	1090	880	1280
	#3) Classic Grilled Chicken Burrito Meal	680	880	840	1140	930	1330
	#4) Double Del® Cheeseburger Meal	850	1050	1010	1310	1100	1500
	#5) 2 Grilled Chicken Tacos Meal	580	780	740	1040	830	1230
	#6) The Del Taco & Cheddar Quesadilla Meal	940	1150	1100	1410	1190	1600
	#7) 2 Beer Battered Crispy Fish Tacos Meal	560	760	720	1020	810	1210
	#8) 2 Crispy Chicken Tacos Meal	620	840	780	1100	870	1290
	#9) Del Beef Burrito & The Del Taco Meal	950	1160	1110	1420	1200	1610
	#10) Macho Combo Burrito™ Meal	1080	1280	1240	1540	1330	1730
STUFFED QUESADILLA TACO MEALS (SQT) (Meals include Fries & Drink)	SQT - 2 Grilled Chicken Tacos Meal	800	1000	960	1260	1050	1450
	SQT - 2 Grilled Chicken & Guac Tacos Meal	860	1060	1020	1320	1110	1510
	SQT - 2 Carne Asada Tacos Meal	820	1020	980	1280	1070	1470
	SQT - 2 Carne Asada & Guac Tacos Meal	880	1080	1040	1340	1130	1530
	SQT - 2 Crispy Chicken Tacos Meal	1060	1260	1220	1520	1310	1710
	SQT - 2 Crispy Chicken & Guac Tacos Meal	1120	1320	1280	1580	1370	1770
	SQT - 2 Crispy Jumbo Shrimp Tacos Meal (*NEW-LTO)	1080	1280	1240	1540	1330	1730
	SQT - 2 Crispy Jumbo Shrimp & Guac Tacos Meal (*NEW-LTO)	1140	1340	1300	1600	1390	1790

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EPIC BURRITO MEALS (Meals include Fries & Drink)	Epic Fresh Guacamole Burrito Meal (Grilled Chicken)	880	1080	1040	1340	1130	1530
	Epic Fresh Guacamole Burrito Meal (Carne Asada)	910	1110	1070	1370	1160	1560
	Epic Beyond Fresh Guacamole Burrito Meal (Beyond Meat®)	970	1170	1130	1430	1220	1620
	Epic Loaded Queso Burrito Meal (Grilled Chicken)	1030	1230	1190	1490	1280	1680
	Epic Loaded Queso Burrito Meal (Carne Asada)	1060	1260	1220	1520	1310	1710
	Epic Loaded Queso Burrito Meal (Beyond Meat®)	1130	1330	1290	1590	1380	1780
	Epic Cali Bacon Burrito Meal (Grilled Chicken)	1180	1380	1340	1640	1430	1830
	Epic Cali Bacon Burrito Meal (Carne Asada)	1210	1410	1370	1670	1460	1860
	Epic Cali Bacon Burrito Meal (Beyond Meat®)	1250	1450	1410	1710	1500	1900
	Epic Crispy Chicken & Guac Burrito Meal (NEW RECIPE)	1040	1240	1200	1500	1290	1690
Epic Crispy Fish & Guac Burrito Meal (*NEW-LTO)	1050	1250	1210	1510	1300	1700	

BREAKFAST COMBOS (Meals include Hashbrowns & Drink)	Breakfast Toasted Wrap Meal (Egg & Cheese)	570	760	570	860	570	960
	Breakfast Toasted Wrap Meal (Bacon)	650	840	650	940	650	1040
	Breakfast Toasted Wrap Meal (Carne Asada)	650	840	650	940	650	1040
	Breakfast Burrito Meal (Egg & Cheese)	630	820	630	920	630	1020
	Breakfast Burrito Meal (Bacon)	760	950	760	1050	760	1150
	Breakfast Burrito Meal (Carne Asada)	700	890	700	990	700	1090
	Epic Scrambler Meal (Bacon)	1230	1420	1230	1520	1230	1620
	Epic Scrambler Meal (Carne Asada)	1180	1370	1190	1470	1190	1570

FIESTA PACKS	Fiesta Pack - 6 Snack 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	Meal Calories
KID LOCO® MEALS (Meal Includes Small Fry & Bottled Water)	Kids' Hamburger Meal	490
	Kids' Cheeseburger Meal	560
	Bean & Cheese Burrito Meal (Green)	600
	Bean & Cheese Burrito Meal (Red)	620
	Snack Queso Quesadilla (NEW)	390
	Snack Taco Meal (Crunchy)	280
	Snack Taco Meal (Soft)	310



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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	40	0	0	0	0	15	8	1	7	0
	Real Strawberry Sprite® (NEW)	492g	170	0	0	0	0	40	45	1	44	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 (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.