



DEL TACO MENU ITEMS - NUTRITIONAL LIST (APRIL 2023)

	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)	121g	280	18	10	0	35	500	16	2	1	15
	Beyond Taco® (Soft)	128g	280	15	9	0	35	590	19	2	2	15
	Beyond Guacamole Taco (Crunchy)	121g	190	10	4	0	0	360	18	3	2	8
	Beyond Guacamole Taco (Soft)	128g	180	7	3	0	0	440	20	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	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	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	97g	240	13	4	0	30	520	18	1	1	9
	Chipotle Crispy Chicken Guac'd Up Taco	112g	250	15	4	0	30	560	19	1	1	10
	Habanero Crispy Chicken Taco	97g	240	14	4	0	35	540	18	1	1	9
	Habanero Crispy Chicken Guac'd Up Taco	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	112g	250	14	4	0	30	560	19	1	1	10
	The Del Taco (Crunchy)	121g	300	20	11	0	60	520	14	2	2	16
	The Del Taco (Soft)	128g	290	17	10	0	60	610	16	1	2	17
	Snack Taco (Crunchy)	53g	120	7	3	0	20	135	8	0	1	6
	Snack Taco (Soft)	67g	150	6	3	0	20	330	14	1	1	7
Crunchtada® Tostada	168g	330	14	4.5	0	20	400	41	8	1	12	
STUFFED QUESADILLA TACOS (SQT)	SQT - Grilled Chicken Taco	151g	320	14	6	0	60	890	29	1	1	17
	SQT - Grilled Chicken & Guac'd Up Taco	180g	350	17	7	0	60	960	31	2	2	18
	SQT - Carne Asada Taco	151g	330	14	8	0	55	1010	30	1	2	18
	SQT - Carne Asada & Guac'd Up Taco	180g	360	17	8	0	55	1080	32	2	2	19
	SQT - Crispy Chicken Taco	195g	450	24	9	0	70	1130	35	1	2	21
	SQT - Crispy Chicken & Guac'd Up Taco	223g	480	26	10	0	70	1200	37	2	2	22
QUESADILLAS	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
	Carne Asada Cheddar Quesadilla	195g	550	30	18	0	110	1370	37	0	0	31
	Snack Queso Quesadilla	80g	230	9	5	0	20	620	27	1	1	8
SALADS	Taco Salad with Fresh Guac (Seasoned Beef)	449g	510	34	17	0.5	110	1180	23	1	9	28
	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®)	449g	480	29	15	0	55	1140	29	4	9	25
NACHOS & CHIPS	3 Layer Queso Nachos	173g	330	15	3.5	0	10	730	44	7	1	10
	Queso Loaded Nachos (Seasoned Beef)	573g	1030	54	20	1	100	2580	99	17	8	41
	Queso Loaded Nachos (Grilled Chicken)	553g	950	47	14	0	110	2560	98	15	6	40
	Queso Loaded Nachos (Carne Asada)	553g	970	47	16	0.5	100	2800	99	15	6	43
	Queso Loaded Nachos (Beyond Meat®)	573g	1000	50	18	0	50	2530	105	14	7	38
	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
	Chips & Queso Dip (Snack-sized)	113g	290	18	5	0	15	630	28	2	1	6
Chips & Queso Dip (Regular-sized)	283g	640	40	13	0	45	1790	59	3	3	14	
CLASSIC BURRITOS	8-Layer Veggie Burrito	329g	520	17	7	0	30	1290	70	9	3	16
	Beyond 8 Layer Burrito (Beyond Meat®)	325g	530	20	9	0	30	1220	59	10	3	25
	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
	Chicken Cheddar Roller (Chipotle)	111g	280	12	3	0	40	730	30	0	0	13
	Chicken Cheddar Roller (Original)	118g	250	9	2.5	0	40	750	30	0	0	13
	Chicken Cheddar Roller (Ranch)	111g	270	12	3	0	40	730	30	0	0	13
	Classic Grilled Chicken Burrito	223g	520	32	7	0	75	1060	39	2	2	19
	Del Beef Burrito™	214g	470	22	10	0.5	70	1180	39	3	2	24
	Del Combo Burrito™	226g	470	16	8	0	45	1170	53	8	1	22
	Spicy Grilled Chicken Burrito	287g	520	16	5	0	60	1550	68	7	0	25



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	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)
EPIC BURRITOS®	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 Beyond Cali Bacon Burrito (Beyond Meat®)	444g	1090	64	24	0	80	2190	81	7	6	42
	Epic Crispy Chicken & Guac Burrito	387g	880	50	11	0	70	1750	80	5	5	28
	Epic Combo Burrito (formerly Macho Combo Burrito™)	519g	900	38	19	1	105	2080	91	16	7	43
	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	860	45	15	0	150	2650	74	2	4	43
	Epic Loaded Queso Burrito (Carne Asada)	465g	890	45	19	1	130	3010	76	2	5	47
	Epic Beyond Loaded Queso Burrito (Beyond Meat®)	495g	960	51	23	0	60	2650	78	7	6	48
EPIC TORTAS™	Chicken BLT Torta	348g	780	41	12	0	145	2390	61	4	6	46
	Crispy Chicken & Guac Torta	364g	760	42	12	0	85	1910	69	6	7	29
	Carne Asada & Queso Torta	292g	570	22	11	0	90	2080	59	3	5	35
BURGERS & FRIES	Bacon Double Del® Cheeseburger	280g	760	51	20	2	145	1840	35	1	7	37
	Double Del® 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™	340g	610	37	13	0	60	930	44	6	2	16
	Queso Loaded Fries	393g	660	44	16	0	75	1760	46	6	4	21
	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	
KIDS'	Kids' Hamburger	136g	330	15	5	1	40	460	34	0	7	13
	Kids' Cheeseburger	162g	400	21	9	1	60	870	35	0	7	17
	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
	Snack Queso Quesadilla	80g	230	9	5	0	20	620	27	1	1	8
	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
BREAKFAST	Breakfast Burrito (Egg & Cheese)	195g	380	16	7	0	235	950	35	2	0	16
	Breakfast Burrito (Bacon)	223g	520	26	9	0	275	1540	36	2	0	30
	Breakfast Burrito (Carne Asada)	237g	450	19	8	0	260	1290	38	0	1	25
	Breakfast Roller (Egg & Cheese)	116g	250	11	5	0	125	610	24	1	0	11
	Breakfast Roller (Bacon)	123g	290	14	5	0	140	860	24	1	0	16
	Breakfast Toasted Wrap (Egg & Cheese)	163g	330	17	6	1	125	750	32	0	1	11
	Breakfast Toasted Wrap (Bacon)	177g	400	23	8	0	145	1040	32	1	1	18
	Breakfast Toasted Wrap (Carne Asada)	205g	410	21	8	0	150	1090	34	1	1	20
	Double Cheese Breakfast Taco (Egg & Cheese)	90g	180	9	4	0	120	480	14	1	1	9
	Double Cheese Breakfast Taco (Hashbrowns & Beef)	139g	310	18	7	0	135	640	22	1	1	12
	Double Cheese Breakfast Taco (Hashbrowns & Bacon)	132g	340	21	7	0	130	790	21	1	1	13
	Donut Bites (4 Pc.)	51g	240	16	6	0	0	150	22	1	8	3
	Hashbrown Sticks (5 Pc.)	71g	230	17	3.5	0	0	180	18	0	0	0
SHAKES & DESSERTS	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 (Vanilla)	567g	730	13	8	0	50	420	131	0	110	21
	Large Shake (Chocolate)	624g	880	13	8	0	50	540	165	0	134	22
	Large Shake (Strawberry)	646g	820	13	8	0	50	440	153	0	130	21



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BETTER MEX™

SAUCE PACKETS	Item	g	0	0	0	0	0	30	0	0	0	0
	Mild Hot Sauce Packet	6g	0	0	0	0	0	30	0	0	0	0
	Del Scorcho Hot Sauce Packet	6g	0	0	0	0	0	60	0	0	0	0
	Del Inferno Hot Sauce Packet	6g	5	0	0	0	0	80	1	0	0	0
	Ketchup Packet	8g	10	0	0	0	0	80	2	0	2	0

MEALS (Meals Include Crinkle Cut Fry & Drink)	Menu Item Name	Calorie Range (Small)		Calorie Range (Medium)		Calorie Range (Macho)	
		Min	Max	Min	Max	Min	Max
TACO MEALS	(#1) 2 The Del Tacos Meal	740	960	900	1220	990	1410
	(#2) 2 Grilled Chicken Tacos Meal	580	780	740	1040	830	1230
	(#3) 2 Beer Battered Crispy Fish Tacos Meal (Original or NEW Habanero)	560	760	720	1020	810	1210
	(#4) Stuffed Quesadilla Tacos (SQT) Meal						
	SQT - 2 Grilled Chicken Tacos Meal	800	1000	960	1260	1050	1450
	SQT - 2 Grilled Chicken & Guac'd Up 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'd Up 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'd Up Tacos Meal	1120	1320	1280	1580	1370	1770	
QUESADILLA MEALS	(#5) Chicken Cheddar Quesadilla Meal	700	900	860	1160	950	1350
	(#5) Carne Asada Cheddar Quesadilla Meal	710	910	870	1170	960	1360
EPIC BURRITO® MEALS	(#6) Epic Fresh Guacamole Burrito Meal (Grilled Chicken)	880	1080	1040	1340	1130	1530
	(#6) Epic Fresh Guacamole Burrito Meal (Carne Asada)	910	1110	1070	1370	1160	1560
	(#6) Epic Beyond Fresh Guacamole Burrito Meal (Beyond Meat®)	970	1170	1130	1430	1220	1620
	(#7) Epic Crispy Chicken & Guac Burrito Meal	1040	1240	1200	1500	1290	1690
	(#8) Epic Cali Bacon Burrito Meal (Grilled Chicken)	1180	1380	1340	1640	1430	1830
	(#8) Epic Cali Bacon Burrito Meal (Carne Asada)	1210	1410	1370	1670	1460	1860
	(#8) Epic Beyond Cali Bacon Burrito Meal (Beyond Meat®)	1250	1450	1410	1710	1500	1900
	(#9) Epic Loaded Queso Burrito Meal (Grilled Chicken)	1020	1220	1180	1480	1270	1670
	(#9) Epic Loaded Queso Burrito Meal (Carne Asada)	1050	1250	1210	1510	1300	1700
	(#9) Epic Beyond Loaded Queso Burrito Meal (Beyond Meat®)	1120	1320	1280	1580	1370	1770
(#10) Epic Combo Burrito Meal (formerly Macho Combo Burrito)	1060	1260	1220	1520	1310	1710	
CLASSIC BURRITO MEALS	(#11) Del Combo Burrito™ Meal	630	830	790	1090	880	1280
	(#12) Classic Grilled Chicken Burrito Meal	680	880	840	1140	930	1330
	(#13) Del Beef Burrito™ Meal	630	830	790	1090	880	1280
	(#14) Spicy Grilled Chicken Burrito Meal	680	880	840	1140	930	1330
	(#15) 8 Layer Veggie Burrito Meal	680	880	840	1140	930	1330
	(#15) Beyond 8 Layer Burrito Meal (Beyond Meat®)	690	890	850	1150	940	1340
BURGER MEALS	(#16) Double Del® Cheeseburger Meal	850	1050	1010	1310	1100	1500
	(#16) Bacon Double Del® Cheeseburger Meal	920	1120	1080	1380	1170	1570

NEW \$5 DEL'S DEAL VALUE MEALS	Menu Item Name	Calorie Range (Small)		Calorie Range (Medium)		Calorie Range (Macho)	
		Min	Max	Min	Max	Min	Max
	NEW \$5 Snack Taco Deal	520	720	680	980	770	1170
	NEW \$5 Grilled Chicken Deal	600	800	760	1060	850	1250
	NEW \$5 Crispy Chicken Deal	620	830	780	1090	870	1280
	NEW \$5 Bean & Cheese Deal	830	1050	990	1310	1080	1500

	Menu Item Name	Calorie Range (Small)		Calorie Range (Medium)		Calorie Range (Macho)	
		Min	Max	Min	Max	Min	Max
BREAKFAST MEALS (Meals Include 5 Pc. Hashbrown Sticks and choice of Hot Coffee, Regular Iced Tea or Fountain Drink)	(#20) Breakfast Toasted Wrap Meal (Egg & Cheese)	570	760	570	860	570	960
	(#20) Breakfast Toasted Wrap Meal (Bacon)	640	830	640	930	640	1030
	(#20) Breakfast Toasted Wrap Meal (Carne Asada)	650	840	650	940	650	1040
	(#21) Breakfast Burrito Meal (Egg & Cheese)	620	810	620	910	620	1010
	(#21) Breakfast Burrito Meal (Bacon)	760	950	760	1050	760	1150
	(#21) Breakfast Burrito Meal (Carne Asada)	690	880	690	980	690	1080

	Menu Item Name	Calorie Range	
		Min	Max
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 (kcal)
KID LOCO® MEALS (Meals include small Crinkle Cut Fry and Bottled Water)	Kids' Hamburger	490
	Kids' Cheeseburger	560
	Bean & Cheese Burrito (Green)	600
	Bean & Cheese Burrito (Red)	620
	Snack Queso Quesadilla	390
	Snack Taco (Crunchy)	280
	Snack Taco (Soft)	310



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	Menu Item Name	Serving Size (fl oz)	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	Café Del Olla Hot Coffee	16 fl oz	10	0	0	0	0	0	2	0	0	0
	Café Del Olla Iced Coffee (Regular)	10 fl oz	150	2	1	0	10	65	29	0	26	3
	Café Del Olla Iced Coffee (Large)	16 fl oz	250	4	2	0	15	105	50	0	43	5
	Simply Orange®	10 fl oz	160	0	0	0	0	0	37	0	33	2
	Bottled Water	16 fl oz	0	0	0	0	0	10	0	0	0	0
	Gold Peak® Iced Tea (Small)	16 fl oz	0	0	0	0	0	0	0	0	0	0
	Gold Peak® Iced Tea (Medium)	30 fl oz	0	0	0	0	0	0	0	0	0	0
	Gold Peak® Iced Tea (Macho)	40 fl oz	0	0	0	0	0	0	0	0	0	0
	Real Strawberry Lemonade (Small)	16 fl oz	45	0	0	0	0	20	11	0	10	0
	Real Strawberry Lemonade (Medium)	30 fl oz	90	0	0	0	0	30	22	0	20	0
	Real Strawberry Lemonade (Macho)	40 fl oz	130	0	0	0	0	55	33	0	30	0
	Real Strawberry Sprite® (Small)	16 fl oz	60	0	0	0	0	20	16	0	15	0
	Real Strawberry Sprite® (Medium)	30 fl oz	120	0	0	0	0	40	30	0	29	0
	Real Strawberry Sprite® (Macho)	40 fl oz	170	0	0	0	0	55	43	0	41	0
	Purple Pear Lemonade Poppers (Regular)	16 fl oz	50	0	0	0	0	10	13	0	11	0
	Purple Pear Lemonade Poppers (Large)	30 fl oz	110	0	0	0	0	15	25	0	22	0
	Purple Pear Sprite Poppers(Regular)	16 fl oz	70	0	0	0	0	15	17	0	16	0
	Purple Pear Sprite Poppers (Large)	30 fl oz	130	0	0	0	0	15	31	0	28	0

	Menu Item Name	Serving Size (fl oz)	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)
FOUNTAIN DRINKS	Barq's® Root Beer (Small)	20 fl oz	190	0	0	0	0	85	50	0	50	0
	Barq's® Root Beer (Medium)	30 fl oz	280	0	0	0	0	130	76	0	75	0
	Barq's® Root Beer (Macho)	40 fl oz	370	0	0	0	0	170	101	0	101	0
	Coca-Cola® Cherry (Small)	20 fl oz	190	0	0	0	0	50	52	0	52	0
	Coca-Cola® Cherry (Medium)	30 fl oz	290	0	0	0	0	75	78	0	78	0
	Coca-Cola® Cherry (Macho)	40 fl oz	380	0	0	0	0	105	105	0	105	0
	Coca-Cola® ZeroSugar (Small)	20 fl oz	0	0	0	0	0	50	0	0	0	0
	Coca-Cola® ZeroSugar (Medium)	30 fl oz	0	0	0	0	0	75	0	0	0	0
	Coca-Cola® ZeroSugar (Macho)	40 fl oz	0	0	0	0	0	100	0	0	0	0
	Coca-Cola® (Small)	20 fl oz	180	0	0	0	0	50	50	0	50	0
	Coca-Cola® (Medium)	30 fl oz	280	0	0	0	0	75	75	0	75	0
	Coca-Cola® (Macho)	40 fl oz	370	0	0	0	0	100	100	0	100	0
	Diet Coke® (Small)	20 fl oz	0	0	0	0	0	60	0	0	0	0
	Diet Coke® (Medium)	30 fl oz	0	0	0	0	0	90	1	0	0	0
	Diet Coke® (Macho)	40 fl oz	0	0	0	0	0	120	1	0	0	0
	Dr Pepper® (Small)	20 fl oz	180	0	0	0	0	55	49	0	48	0
	Dr Pepper® (Medium)	30 fl oz	270	0	0	0	0	80	73	0	72	0
	Dr Pepper® (Macho)	40 fl oz	360	0	0	0	0	110	98	0	96	0
	Fanta® Orange (Small)	20 fl oz	190	0	0	0	0	50	50	0	50	0
	Fanta® Orange (Medium)	30 fl oz	280	0	0	0	0	75	75	0	74	0
	Fanta® Orange (Macho)	40 fl oz	370	0	0	0	0	100	99	0	99	0
	Fuze® Raspberry Tea (Small)	20 fl oz	110	0	0	0	0	65	28	0	28	0
	Fuze® Raspberry Tea (Medium)	30 fl oz	160	0	0	0	0	95	42	0	42	0
	Fuze® Raspberry Tea (Macho)	40 fl oz	210	0	0	0	0	125	56	0	55	0
	Hi-C® Flashin' Fruit Punch (Small)	20 fl oz	190	0	0	0	0	90	53	0	52	0
	Hi-C® Flashin' Fruit Punch (Medium)	30 fl oz	290	0	0	0	0	135	79	0	78	0
	Hi-C® Flashin' Fruit Punch (Macho)	40 fl oz	390	0	0	0	0	180	106	0	103	0
	Mello Yello® (Small)	20 fl oz	200	0	0	0	0	65	54	0	54	0
	Mello Yello® (Medium)	30 fl oz	300	0	0	0	0	95	82	0	82	0
	Mello Yello® (Macho)	40 fl oz	390	0	0	0	0	125	109	0	109	0
	Minute Maid® ZeroSugar Lemonade (Small)	20 fl oz	10	0	0	0	0	55	2	0	0	0
	Minute Maid® ZeroSugar Lemonade (Medium)	30 fl oz	10	0	0	0	0	80	4	0	0	0
	Minute Maid® ZeroSugar Lemonade (Macho)	40 fl oz	15	0	0	0	0	105	5	0	0	0
	POWERADE® Mountain Berry Blast (Small)	20 fl oz	100	0	0	0	0	140	27	0	27	0
POWERADE® Mountain Berry Blast (Medium)	30 fl oz	160	0	0	0	0	210	41	0	41	0	
POWERADE® Mountain Berry Blast (Macho)	40 fl oz	210	0	0	0	0	280	55	0	55	0	
Sprite® (Small)	20 fl oz	170	0	0	0	0	90	47	0	47	0	
Sprite® (Medium)	30 fl oz	260	0	0	0	0	135	70	0	70	0	
Sprite® (Macho)	40 fl oz	350	0	0	0	0	180	93	0	93	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.

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