



DEL TACO MENU ITEMS - NUTRITIONAL LIST (February 2024)

	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	NEW Beer Battered Crispy Fish Taco made with Stone® Bueneaveza Salt & Lime Lager	157g	229	9	2	0	33	930	28	2	1	11
	Carne Asada Steak Taco Del Carbon	92g	120	3.5	1.5	0	25	420	14	1	1	10
	Carne Asada Steak Taco Del Carbon Guac'd Up	104g	140	4.5	1.5	0	25	460	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	340	14	2	1	9
	Crispy Jumbo Shrimp Taco	121g	305	18	3	0	41	688	27	2	2	8
	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	260	15	4.5	0	35	580	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	250	15	4	0	30	560	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	570	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	970	31	2	2	18
	SQT - Carne Asada Steak Taco	151g	330	14	8	0	55	1010	30	1	2	18
	SQT - Carne Asada Steak Guac'd Up Taco	180g	360	17	8	0	55	1090	32	2	2	19
CLASSIC BURRITOS	8 Layer Veggie Burrito	329g	520	17	7	0	30	1310	70	9	3	16
	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 (50% More Chicken)	251g	560	34	7	0	95	1200	40	0	2	24
	Crispy Jumbo Shrimp Burrito	314g	819	49	9	0	90	1842	73	3	2	18
	Del Beef Burrito™	214g	470	22	10	0.5	70	1180	39	3	2	24
	Del Combo™ Beef & Bean Burrito	226g	470	16	8	0	45	1170	53	8	1	22
	Spicy Grilled Chicken Burrito (50% More Chicken)	315g	560	18	5	0	80	1700	69	6	0	30
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 Steak)	414g	1050	60	22	1	155	2600	73	4	4	51
	Epic Crispy Chicken & Guac Burrito (New Recipe!)	359g	770	44	10	0	70	1740	67	5	5	26
	Epic Combo Beef & Bean 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	2220	87	10	3	37
	Epic Fresh Guacamole Burrito (Carne Asada Steak)	429g	750	25	8	1	75	2580	89	10	4	41
	Epic Loaded Queso Burrito (Grilled Chicken)	465g	860	45	15	0	150	2770	73	2	3	43
	Epic Loaded Queso Burrito (Carne Asada Steak)	465g	890	44	19	1	130	3130	75	2	4	47
NEW SHREDDED BEEF BIRRIA	NEW 2 Shredded Beef Birria Street Tacos + Consomé	341g	400	13	7	0	65	670	49	5	3	26
	NEW Shredded Beef Birria Quesadilla + Consomé	289g	540	28	17	0	105	1520	40	0	1	30
	NEW Shredded Beef Birria Ramen	399g	270	4	1	0	15	1560	45	0	2	14
	NEW Consomé (Side)	94g	25	0	0	0	0	490	5	0	1	1
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 Steak 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
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 Steak)	553g	970	47	16	0.5	100	2800	99	15	6	43
	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	
SALADS	Taco Salad with Fresh Guac (Seasoned Beef)	449g	510	34	17	0.5	110	1320	23	1	9	28
	Taco Salad with Fresh Guac (Carne Asada Steak)	421g	440	26	13	0	105	1510	23	1	7	29
	Taco Salad with Fresh Guac (Grilled Chicken)	421g	420	26	10	0	115	1270	22	1	7	26



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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 Steak Fries	340g	760	56	14	0	75	1190	45	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	
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 Steak)	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	0	125	810	32	0	1	11
	Breakfast Toasted Wrap (Bacon)	177g	400	23	8	0	145	1100	32	1	1	18
	Breakfast Toasted Wrap (Carne Asada Steak)	205g	400	21	8	0	150	1150	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 (NEW Double Strawberry Poppers)	232g	278	4	2	0	16	144	54	0	45	6
	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 (NEW Birthday Cake)	400g	690	8	5	0	32	254	123	0	109	13
	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 (NEW Birthday Cake)	400g	690	8	5	0	32	254	123	0	109	13
	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
	KIDS'	Kids' Hamburger	136g	330	15	5	1	40	460	34	0	7
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
SAUCE PACKETS	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



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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	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 Steak Tacos Meal	820	1020	980	1280	1070	1470	
	SQT - 2 Carne Asada Steak & Guac'd Up Tacos Meal	880	1080	1040	1340	1130	1530	
CLASSIC BURRITO MEALS	(#11) Del Combo™ Beef & Bean Burrito Meal	630	830	790	1090	880	1280	
	(#12) Classic Grilled Chicken Burrito Meal (50% More Chicken)	720	920	880	1180	970	1370	
	(#13) Del Beef Burrito™ Meal	630	830	790	1090	880	1280	
	(#14) Spicy Grilled Chicken Burrito Meal (50% More Chicken)	720	920	880	1180	970	1370	
	(#15) 8 Layer Veggie Burrito Meal	680	880	840	1140	930	1330	
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 Steak)	910	1110	1070	1370	1160	1560	
	(#7) Epic Crispy Chicken & Guac Burrito Meal (New Recipe!)	930	1130	1090	1390	1180	1580	
	(#8) Epic Cali Bacon Burrito Meal (Grilled Chicken)	1180	1380	1340	1640	1430	1830	
	(#8) Epic Cali Bacon Burrito Meal (Carne Asada Steak)	1210	1410	1370	1670	1460	1860	
	(#9) Epic Loaded Queso Burrito Meal (Grilled Chicken)	1020	1220	1180	1480	1270	1670	
	(#9) Epic Loaded Queso Burrito Meal (Carne Asada Steak)	1050	1250	1210	1510	1300	1700	
	(#10) Epic Combo Beef & Bean Burrito Meal	1060	1260	1220	1520	1310	1710	
	QUESADILLA MEALS	(#5) Chicken Cheddar Quesadilla Meal	700	900	860	1160	950	1350
		(#5) Carne Asada Steak Cheddar Quesadilla Meal	710	910	870	1170	960	1360
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 SHREDDED BEEF BIRRIA MEALS	NEW 2 Shredded Beef Birria Street Tacos + Consomé Dip Meal	560	760	720	1020	810	1210	
	NEW Shredded Beef Birria Quesadilla + Consomé Dip Meal	700	900	860	1160	950	1350	
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 Steak)	640	830	640	930	640	1030	
	(#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 Steak)	690	880	690	980	690	1080	
FIESTA PACKS	Menu Item Name	Calorie Range						
		Min	Max					
	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						
KID LOCO® MEALS (Meals include small Crinkle Cut Fry and Bottled Water)	Menu Item Name	Meal Calories (kcal)						
	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)	16 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® Real Brewed Tea (Small)	16 fl oz	0	0	0	0	0	0	0	0	0	0
	Gold Peak® Real Brewed Tea (Medium)	30 fl oz	0	0	0	0	0	0	0	0	0	0
	Gold Peak® Real Brewed 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
	NEW Double Strawberry Lemonade Poppers (Regular)	16 fl oz	77	0	0	0	0	31	19	1	16	0
	NEW Double Strawberry Lemonade Poppers (Large)	30 fl oz	153	0	0	0	0	58	38	2	33	0
	NEW Double Strawberry Sprite® Poppers (Regular)	16 fl oz	94	0	0	0	0	33	24	1	21	0
	NEW Double Strawberry Sprite® Poppers (Large)	30 fl oz	174	0	0	0	0	55	44	2	39	0
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 Iced Tea (Small)	20 fl oz	110	0	0	0	0	65	28	0	28	0
	Fuze® Raspberry Iced Tea (Medium)	30 fl oz	160	0	0	0	0	95	42	0	42	0
	Fuze® Raspberry Iced 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® Zero Sugar Lemonade (Small)	20 fl oz	10	0	0	0	0	55	2	0	0	0
	Minute Maid® Zero Sugar Lemonade (Medium)	30 fl oz	10	0	0	0	0	80	4	0	0	0
	Minute Maid® Zero Sugar 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	



DEL TACO MENU ITEMS - NUTRITIONAL LIST (February 2024)

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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