



DEL TACO MENU ITEMS - NUTRITIONAL LIST (February 2025)

	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)
<b>TACOS</b>	Beer Battered Fish Taco	157g	230	9	2	0	33	930	28	2	1	11
	Carne Asada Steak Street Taco	92g	120	3.5	1.5	0	25	420	14	1	1	10
	Carne Asada Steak Street Taco Guac'd Up	104g	140	4.5	1.5	0	25	460	15	2	1	10
	Grilled Chicken Taco	104g	210	12	3	0	45	510	15	1	1	11
	Chipotle Crispy Chicken Taco	97g	240	12	3.5	0	25	690	22	1	1	9
	Chipotle Crispy Chicken Guac'd Up Taco	111g	260	13	4	0	25	730	23	1	1	9
	Ranch Crispy Chicken Taco	97g	240	12	4	0	30	700	22	1	1	9
	Ranch Crispy Chicken Guac'd Up Taco	111g	250	13	4	0	30	740	24	2	1	10
	The Del Taco	121g	300	20	11	0	60	520	14	2	2	16
	Snack Taco	53g	120	7	3	0	20	135	8	0	1	6
Crunchtada® Tostada	168g	330	14	4.5	0	20	400	41	8	1	12	
<b>CLASSIC BURRITOS</b>	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
	Grilled Chicken Burrito	251g	560	34	7	0	95	1200	40	0	2	24
	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
	<b>EPIC BURRITOS®</b>	Epic Grilled Chicken Cali Bacon Burrito	414g	1020	60	18	0	170	2240	72	4	3
Epic Carne Asada Steak Cali Bacon Burrito		414g	1050	60	22	1	155	2600	73	4	4	51
Epic Combo Beef & Bean Burrito		519g	900	38	19	1	105	2080	91	16	7	43
Epic Grilled Chicken Fresh Guacamole Burrito		429g	720	25	4.5	0	90	2220	87	10	3	37
Epic Carne Asada Steak Fresh Guacamole Burrito		429g	750	25	8	1	75	2580	89	10	4	41
Epic Grilled Chicken Loaded Queso Burrito		465g	860	45	15	0	150	2770	73	2	3	43
Epic Carne Asada Steak Loaded Queso Burrito		465g	890	44	19	1	130	3130	75	2	4	47
<b>QUESADILLAS</b>	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
	Mini Cheddar Quesadilla	40g	130	6	3.5	0	15	290	13	1	0	5
<b>NACHOS &amp; CHIPS</b>	3 Layer Queso Nachos	173g	330	15	3.5	0	10	730	44	7	1	10
	Chips & Fresh House-made Guac (Snack-sized)	91g	170	11	1.5	0	0	220	18	2	1	2
	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
<b>BURGERS &amp; FRIES</b>	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
	Crinkle Cut Fries (Regular)	170g	320	19	3	0	0	370	34	4	0	4
	Crinkle Cut Fries (Large)	218g	410	25	4	0	0	480	43	5	0	5
	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
	3 Pc. Crispy Chicken & Fries Box (Ranch Dipping Sauce)	270g	710	50	9	0	70	1820	47	0	2	20
	3 Pc. Crispy Chicken & Fries Box (Chipotle Dipping Sauce)	270g	720	51	9	0	60	1770	45	0	2	18
<b>BREAKFAST</b>	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
	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
<b>SHAKES &amp; DESSERTS</b>	Caramel Cheesecake Bites (2 Pc.)	122g	410	23	8	0	25	500	48	0	16	7
	Mango Pineapple Poppers Shake (Regular)	422g	540	9	5	0	35	270	102	0	87	14
	Mango Pineapple Poppers Shake (Large)	675g	870	13	8	0	50	420	164	0	140	21
	Mini Cinnamon Churros (2 Pc.)	51g	200	10	1.5	0	15	125	25	1	8	1
	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
	<b>SAUCE PACKETS</b>	Mild Hot Sauce Packet	6g	0	0	0	0	0	30	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 (Regular)		Calorie Range (Large)	
		Min	Max	Min	Max
<b>TACO MEALS</b>	(#1) 2 The Del Tacos Meal	920	1230	1010	1410
	(#2) 2 Grilled Chicken Tacos Meal	740	1050	830	1230
	(#3) 2 Beer Battered Fish Tacos Meal	780	1090	870	1270
	(#4) 2 Carne Asada Street Tacos Meal	560	870	650	1050
<b>EPIC BURRITO® MEALS</b>	(#5) Epic Grilled Chicken Fresh Guacamole Burrito Meal	1040	1350	1130	1530
	(#5) Epic Carne Asada Steak Fresh Guacamole Burrito Meal	1070	1380	1160	1560
	(#6) Epic Grilled Chicken Cali Bacon Burrito Meal	1340	1650	1430	1830
	(#6) Epic Carne Asada Steak Cali Bacon Burrito Meal	1370	1680	1460	1860
	(#7) Epic Grilled Chicken Loaded Queso Burrito Meal	1180	1490	1270	1670
	(#7) Epic Carne Asada Steak Loaded Queso Burrito Meal	1210	1520	1300	1700
	(#8) Epic Combo Beef & Bean Burrito Meal	1220	1530	1310	1710
	<b>CLASSIC BURRITO MEALS</b>	(#9) Del Combo™ Beef & Bean Burrito Meal	790	1100	880
(#10) Grilled Chicken Burrito Meal		880	1190	970	1370
(#11) Del Beef Burrito™ Meal		790	1100	880	1280
(#12) 8 Layer Veggie Burrito Meal		840	1150	930	1330
<b>BURGER MEALS</b>	(#13) Double Del® Cheeseburger Meal	1010	1320	1100	1500
<b>QUESADILLA MEALS</b>	(#14) Chicken Cheddar Quesadilla Meal	860	1170	950	1350
<b>BREAKFAST MEALS</b>	(#15) Egg & Cheese Breakfast Burrito Meal	620	920	620	1010
	(#16) Bacon Breakfast Burrito Meal	760	1060	760	1150
	(#17) Carne Asada Steak Breakfast Burrito Meal	690	960	690	1080

	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)
<b>DRINKS</b>	Mango Pineapple Poppers Lemonade (Regular)	16 fl oz	70	0	0	0	0	10	17	0	15	0
	Mango Pineapple Poppers Lemonade (Large)	24 fl oz	130	0	0	0	0	15	33	0	30	0
	Mango Pineapple Poppers Sprite® (Regular)	16 fl oz	80	0	0	0	0	15	21	0	20	0
	Mango Pineapple Poppers Sprite® (Large)	24 fl oz	150	0	0	0	0	15	39	0	36	0
	Hot Coffee	16 fl oz	10	0	0	0	0	2	0	0	0	0
	Iced Coffee (Regular)	10 fl oz	150	2	1	0	0	65	29	0	26	3
	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	37	0	33	2	0
	Bottled Water	16 fl oz	0	0	0	0	0	10	0	0	0	0
	Gold Peak® Real Brewed Tea (Regular)	24 fl oz	0	0	0	0	0	0	0	0	0	0
	Gold Peak® Real Brewed Tea (Large)	40 fl oz	0	0	0	0	0	0	0	0	0	0
	Real Strawberry Lemonade (Regular)	16 fl oz	45	0	0	0	0	20	11	0	10	0
	Real Strawberry Lemonade (Large)	24 fl oz	90	0	0	0	0	30	22	0	20	0

<b>FOUNTAIN DRINKS</b>	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)
	Barq's® Root Beer (Regular)	24 fl oz	300	0	0	0	0	140	81	0	80	0
	Barq's® Root Beer (Large)	40 fl oz	370	0	0	0	0	170	101	0	101	0
	Coca-Cola® Cherry (Regular)	24 fl oz	310	0	0	0	0	80	84	0	84	0
	Coca-Cola® Cherry (Large)	40 fl oz	380	0	0	0	0	105	105	0	105	0
	Coca-Cola® ZeroSugar (Regular)	24 fl oz	0	0	0	0	0	80	0	0	0	0
	Coca-Cola® ZeroSugar (Large)	40 fl oz	0	0	0	0	0	100	0	0	0	0
	Coca-Cola® (Regular)	24 fl oz	290	0	0	0	0	80	80	0	80	0
	Coca-Cola® (Large)	40 fl oz	370	0	0	0	0	100	100	0	100	0
	Diet Coke® (Regular)	24 fl oz	0	0	0	0	0	95	1	0	0	0
	Diet Coke® (Large)	40 fl oz	0	0	0	0	0	120	1	0	0	0
	Dr Pepper® (Regular)	24 fl oz	290	0	0	0	0	90	78	0	77	0
	Dr Pepper® (Large)	40 fl oz	360	0	0	0	0	110	98	0	96	0
	Fanta® Orange (Regular)	24 fl oz	300	0	0	0	0	75	79	0	79	0
	Fanta® Orange (Large)	40 fl oz	370	0	0	0	0	100	99	0	99	0
	Fuze® Raspberry Iced Tea (Regular)	24 fl oz	180	0	0	0	0	110	48	0	48	0
	Fuze® Raspberry Iced Tea (Large)	40 fl oz	210	0	0	0	0	125	56	0	55	0
	Hi-C® Flashin' Fruit Punch (Regular)	24 fl oz	310	0	0	0	0	150	85	0	83	0
	Hi-C® Flashin' Fruit Punch (Large)	40 fl oz	390	0	0	0	0	180	106	0	103	0
	Mello Yello® (Regular)	24 fl oz	310	0	0	0	0	100	87	0	87	0
	Mello Yello® (Large)	40 fl oz	390	0	0	0	0	125	109	0	109	0
	Minute Maid® Zero Sugar Lemonade (Regular)	24 fl oz	15	0	0	0	0	85	4	0	0	0
	Minute Maid® Zero Sugar Lemonade (Large)	40 fl oz	15	0	0	0	0	105	5	0	0	0
	POWERADE® Mountain Berry Blast (Regular)	24 fl oz	170	0	0	0	0	220	44	0	44	0
	POWERADE® Mountain Berry Blast (Large)	40 fl oz	210	0	0	0	0	280	55	0	55	0
	Sprite® (Regular)	24 fl oz	280	0	0	0	0	140	75	0	75	0
	Sprite® (Large)	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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