



DEL TACO MENU ITEMS - NUTRITIONAL LIST (June 2025)

	Menu Item Name	Serving Size Weight (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
TACOS	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
	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
	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 (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	181g	350	14	4.5	0	15	440	44	9	1	13
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
	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
	Spicy Grilled Chicken Burrito	315g	560	18	5	0	80	1700	69	6	0	30
EPIC BURRITOS®	Epic Grilled Chicken Cali Bacon Burrito	414g	1020	60	18	0	170	2240	72	4	3	46
	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
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
	Mini Cheddar Quesadilla	40g	130	6	3.5	0	15	290	13	1	0	5
NACHOS & CHIPS	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
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
BURGERS & FRIES	Double Del® Cheeseburger	266g	690	47	18	2	125	1230	35	1	7	30
	Bacon Double Del® Cheeseburger	280g	760	51	20	2	145	1840	35	1	7	37
	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
	Queso Loaded Fries	393g	660	44	16	0	75	1760	46	6	4	21
	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
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
	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
NEW SLOW-COOKED CARNITAS	Carnitas Street Taco	91g	160	8	3	0	30	260	12	1	1	11
	Carnitas Loaded Fries	350g	770	59	16	0	90	1140	41	0	3	24
	Carnitas Quesadilla	209g	610	36	21	0	125	760	35	1	1	36
	Carnitas Combo Burrito	230g	490	19	9	0	55	720	53	7	1	28



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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
	Independence Poppers Shake (Regular)	415	530	9	5	0	35	290	97	0	82	14
	Independence Poppers Shake (Large)	661	830	13	8	0	50	450	156	0	131	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

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

MEALS (Meals Include Crinkle Cut Fry & Drink)	Menu Item Name	Calorie Range (Regular)		Calorie Range (Large)	
		Min	Max	Min	Max
TACO MEALS	(#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

EPIC BURRITO® MEALS	(#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

CLASSIC BURRITO MEALS	(#9) Del Combo™ Beef & Bean Burrito Meal	790	1100	880	1280
	(#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

BURGER MEALS	(#13) Double Del® Cheeseburger Meal	1010	1320	1100	1500
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QUESADILLA MEALS	(#14) Chicken Cheddar Quesadilla Meal	860	1170	950	1350
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BREAKFAST MEALS	(#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)
DRINKS	Independence Poppers - Lemonade (Regular)	359g	50	0	0	0	0	20	12	0	10	0
	Independence Poppers - Lemonade (Large)	490g	100	0	0	0	0	35	24	0	20	0
	Independence Poppers - Sprite (Regular)	359g	70	0	0	0	0	25	17	0	15	0
	Independence Poppers - Sprite (Large)	490g	120	0	0	0	0	40	30	0	26	0
	Hot Coffee	16 fl oz	10	0	0	0	0	0	2	0	0	0
	Iced Coffee (Regular)	10 fl oz	150	2	1	0	10	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	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 (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
	Real Strawberry Sprite® (Regular)	16 fl oz	60	0	0	0	0	20	16	0	15	0
	Real Strawberry Sprite® (Large)	24 fl oz	110	0	0	0	0	35	28	0	26	0



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FOUNTAIN DRINKS	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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