



DEL TACO MENU ITEMS - NUTRITIONAL LIST (December 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)
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 Guac'd Up Taco	104g	140	4.5	1.5	0	25	460	15	2	1	10
	Del Dorado Chicken Taco	125g	190	8	2	0	35	590	19	1	2	11
	Grilled Chicken Street Taco	90g	110	3.5	0	0	30	300	13	0	0	9
	Grilled Chicken Street Guac'd Up Taco	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
	Del Dorado Chicken Crunchtada®	252g	440	19	5	0	55	960	49	9	3	21
	BURRITOS	8 Layer Veggie Burrito	342g	540	17	7	0	30	1360	73	9	3
Bean & Cheese Burrito (Green)		280g	500	10	5	0	15	1360	80	15	1	24
Bean & Cheese Burrito (Red)		280g	520	10	5	0	15	1330	79	15	1	24
Beef & Cheddar Burrito		240g	520	26	12	0.5	80	1290	40	3	3	28
Grilled Chicken Burrito		251g	560	34	7	0	95	1200	40	0	2	24
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
Combo Beef & Bean Burrito		251g	510	18	8	0	50	1280	57	8	2	25
Del Dorado Chicken Grilled Burrito		331g	540	23	7	0	95	1740	56	1	4	26
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
	Epic Carne Asada Steak Cali Bacon Burrito	414g	1050	60	22	1	155	2600	73	4	4	51
	Epic Combo Beef & Bean Burrito	493g	880	41	20	0.5	120	2010	79	12	7	42
	Epic Grilled Chicken Fresh Guacamole Burrito	442g	740	26	5	0.0	90	2130	92	11	3	39
	Epic Carne Asada Steak Fresh Guacamole Burrito	442g	770	26	8	0.5	75	2490	94	9	4	42
	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
	Del Dorado Chicken Epic Burrito	490g	800	33	11	0	135	2190	82	7	7	44
MACHO BURRITOS (In select restaurants)	Macho Beef Burrito	461g	860	46	22	1.5	140	1980	61	6	8	43
	Macho Carne Asada Steak & Bean Burrito	469g	810	31	16	1	120	2420	80	10	5	47
	Macho Chicken & Bean Burrito	469g	780	31	12	0	135	2070	78	10	4	43
	Macho Combo™ Beef & Bean Burrito	472g	850	38	19	1	110	1960	78	12	7	40
	Del Dorado Chicken Macho Burrito	490g	800	33	11	0	135	2190	82	7	7	44
QUESADILLAS & NACHOS	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
	Del Dorado Chicken Quesadilla	265g	610	35	15	0	115	1410	43	2	3	29
	Mini Cheddar Quesadilla	40g	130	6	3.5	0	15	290	13	1	0	5
	3 Layer Queso Nachos	186g	350	15	3.5	0.0	10	770	47	8	1	11
	Queso Loaded Nachos (Seasoned Beef)	615g	1090	55	20	1.0	100	2730	110	21	8	45
	Queso Loaded Nachos (Grilled Chicken)	595g	1010	47	14	0.0	110	2720	109	19	6	44
Queso Loaded Nachos (Carne Asada Steak)	595g	1030	47	16	0.5	100	2960	111	19	6	46	
SIDES	Bean & Cheese Cup	198g	300	6	3	0	15	770	42	14	1	17
	Chips & Fresh House-made Guac (Regular-sized)	176g	340	22	3.5	0	0	430	36	5	2	5
	Chips & Queso Dip (Regular-sized)	283g	640	40	13	0	45	1790	59	3	3	14
SALADS	Taco Salad with Fresh Guac (Seasoned Beef)	446g	540	34	17	0.5	110	1320	23	1	9	28
	Taco Salad with Fresh Guac (Grilled Chicken)	421g	420	26	10	0	115	1270	22	1	7	26
	Taco Salad with Fresh Guac (Carne Asada Steak)	421g	440	26	13	0	105	1510	23	1	7	29
BURGERS & FRIES	Del Cheeseburger	191g	470	28	10	1	70	1000	34	1	7	17
	Double Del® Cheeseburger	266g	690	47	18	2	125	1230	35	1	7	30
	Double Del® Cheeseburger with Bacon	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



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BREAKFAST	Breakfast Burrito (Egg & Cheese)	195g	380	16	7	0	235	950	35	2	0	16
	Breakfast Burrito (Bacon, Egg & Cheese)	223g	520	26	9	0	275	1540	36	2	0	30
	Breakfast Burrito (Carne Asada Steak, Egg & Cheese)	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, Egg & Cheese)	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
DESSERTS & SHAKES	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
	Orange Cream Shake (Regular)	397g	530	9	5	0.0	35	270	101	0	87	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
	Regular Shake (Vanilla)	397g	480	9	5	0	35	270	85	0	72	14
	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
Large Shake (Vanilla)	567g	730	13	8	0	50	420	131	0	110	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
	Del Dorado Chicken Tacos Meal	700	1010	790	1190
EPIC BURRITO® MEALS	(#5) Epic Grilled Chicken Fresh Guacamole Burrito Meal	1060	1370	1150	1550
	(#5) Epic Carne Asada Steak Fresh Guacamole Burrito Meal	1090	1400	1180	1580
	(#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
	Del Dorado Chicken Epic Burrito Meal	810	1120	900	1300
MACHO BURRITO MEALS (In select restaurants)	(#5) Macho Combo™ Beef & Bean Burrito Meal	1170	1480	1260	1650
	(#6) Macho Chicken & Bean Burrito Meal	1100	1410	1190	1580
	(#7) Macho Beef Burrito Meal	1180	1490	1270	1660
	(#8) Macho Carne Asada Steak & Bean Burrito Meal	1130	1440	1220	1610
	Del Dorado Chicken Macho Burrito Meal	810	1120	900	1300
CLASSIC BURRITO MEALS	(#9) Combo Beef & Bean Burrito Meal	1200	1510	1290	1690
	(#10) Grilled Chicken Burrito Meal	880	1190	970	1370
	(#11) Beef & Cheddar Burrito Meal	790	1100	880	1280
	(#12) 8 Layer Veggie Burrito Meal	840	1150	930	1330
	Del Dorado Chicken Grilled Burrito Meal	860	1170	950	1350
BURGER MEALS	(#13) Double Del® Cheeseburger Meal	1010	1320	1100	1500
QUESADILLA MEALS	(#14) Chicken Cheddar Quesadilla Meal	860	1170	950	1350
	Del Dorado Chicken Quesadilla Meal	930	1240	1020	1075
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



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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)
Bottled Water	16.9 fl oz	0	0	0	0	0	10	0	0	0	0
Hot Coffee	16 fl oz	10	0	0	0	0	0	2	0	0	0
Iced Coffee (Regular)	16 fl oz	150	2	1	0	10	65	29	0	26	3
Iced Coffee (Large)	24 fl oz	250	4	2	0	15	105	50	0	43	5
Simply Orange®	11.5 fl oz	160	0	0	0	0	0	37	0	33	2
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
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® Zero Sugar (Regular)	24 fl oz	0	0	0	0	0	80	0	0	0	0
Coca-Cola® Zero Sugar (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
Gold Peak® Real Brewed Tea - Unsweetened (Regular)	24 fl oz	0	0	0	0	0	0	0	0	0	0
Gold Peak® Real Brewed Tea - Unsweetened (Large)	40 fl oz	0	0	0	0	0	0	0	0	0	0
Gold Peak® Real Brewed Tea - Sweet Tea (Regular)	24 fl oz	250	0	0	0	0	0	73	0	73	0
Gold Peak® Real Brewed Tea - Sweet Tea (Large)	40 fl oz	400	0	0	0	0	0	121	0	121	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
*Fountain Drinks and Iced Tea vary by location.											
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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