DEL TACO MENU ITEMS - ALLERGEN LIST (July 2026)

	Menu Item Name	CLAIMS		ALLERGENS									SENSITIVITIES	
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten	MSG
TACOS	Beer Battered Fish Taco			X		X				X	X		X	
	Carne Asada Big Fat Taco			X	X					X	X		X	
	Carne Asada Steak Street Guac'd Up Taco			X									X	
	Carne Asada Steak Street Taco			X									X	
	Carnitas Big Fat Taco			X	X					X	X		X	
	Carnitas Street Taco			X									X	
	Chipotle Crispy Chicken Guac'd Up Taco			X	X					X	X		X	
	Chipotle Crispy Chicken Taco			X	X					X	X		X	
	Crispy Chicken Big Fat Taco			X	X					X	X		X	
	Crunchtada® Tostada*	X		X						X	X		X	
	Grilled Chicken Big Fat Taco			X	X					X	X		X	
	Grilled Chicken Street Guac'd Up Taco			X						X	X		X	
	Grilled Chicken Street Taco			X						X	X		X	
	Grilled Chicken Taco			X	X					X	X		X	
	Ranch Crispy Chicken Guac'd Up Taco			X	X					X			X	
	Ranch Crispy Chicken Taco			X	X					X			X	
	Seasoned Beef Big Fat Taco			X	X					X	X		X	
	Snack Taco (Crunchy)			X						X	X		X	
	Snack Taco (Soft)			X						X	X		X	
	The Del Taco (Crunchy)			X						X	X		X	
	The Del Taco (Soft)			X						X	X		X	
BURRITOS	8 Layer Veggie Burrito	X		X						X	X		X	
	Bean & Cheese Burrito (Green)	X		X						X	X		X	
	Bean & Cheese Burrito (Red)	X		X						X	X		X	
	Carnitas Combo Burrito			X						X	X		X	
	Chicken Cheddar Roller (Chipotle)			X	X					X	X		X	
	Chicken Cheddar Roller (Original)			X						X	X		X	
	Chicken Cheddar Roller (Ranch)			X	X					X	X		X	
	Del Beef™ Burrito (Beef & Cheddar Burrito)			X						X	X		X	
	Del Classic Chicken Burrito (Grilled Chicken Burrito)			X	X					X	X		X	
	Del Combo™ Burrito (Combo Beef & Bean Burrito)			X						X	X		X	
	JACK'D UP Beans, Rice, & Cheese Burrito	X		X						X	X		X	
	Spicy Grilled Chicken Burrito			X						X	X		X	
	Value Bean & Cheese Burrito (Green Sauce)	X		X						X	X		X	
	Value Bean & Cheese Burrito (Red Sauce)	X		X						X	X		X	
EPIC BURRITOS®	Epic Carne Asada Steak Cali Bacon Burrito			X	X					X	X		X	
	Epic Carne Asada Steak Fresh Guacamole Burrito			X						X	X		X	
	Epic Carne Asada Steak Loaded Queso Burrito			X						X	X		X	
	Epic Combo Beef & Bean Burrito			X						X	X		X	
	Epic Grilled Chicken Cali Bacon Burrito			X	X					X	X		X	
	Epic Grilled Chicken Fresh Guacamole Burrito			X						X	X		X	
	Epic Grilled Chicken Loaded Queso Burrito			X						X	X		X	
QUESADILLAS & NACHOS	3 Layer Queso Nachos			X						X	X		X	
	Carnitas Quesadilla			X						X			X	
	Cheddar Quesadilla	X		X						X			X	
	Chicken Snacker			X						X	X		X	
	Chicken Cheddar Quesadilla			X						X	X		X	
	Mini Cheddar Quesadilla	X		X						X	X		X	
	Queso Loaded Nachos (Carne Asada Steak)			X						X	X		X	
	Queso Loaded Nachos (Carnitas)			X						X	X		X	
	Queso Loaded Nachos (Grilled Chicken)			X						X	X		X	
	Queso Loaded Nachos (Seasoned Beef)			X						X	X		X	
	Spicy Jack Chicken Quesadilla			X						X	X		X	
	Spicy Jack Quesadilla	X		X						X	X		X	
SIDES	Bean & Cheese Cup	X		X						X	X		X	
	Chips & Fresh House-made Guac* (Regular sized)	X	X											
	Chips & Queso Dip (Regular sized)			X										
SALADS	Taco Salad with Fresh Guac (Carne Asada Steak)			X						X	X		X	
	Taco Salad with Fresh Guac (Grilled Chicken)			X						X	X		X	
	Taco Salad with Fresh Guac (Seasoned Beef)			X						X	X		X	
BURGERS & FRIES	3 Pc. Chicken & Fries Box (Chipotle Dipping Sauce)			X	X					X	X		X	
	3 Pc. Chicken & Fries Box (Ranch Dipping Sauce)			X	X					X			X	
	Bacon Double Del® Cheeseburger			X	X					X	X	X	X	
	Carne Asada Steak Fries			X	X									
	Carnitas Loaded Fries			X						X	X		X	
	Chili Cheddar Fries			X						X	X		X	
	Crinkle Cut Fries*	X	X											
	Del Cheeseburger			X	X					X	X	X	X	
	Deluxe Chili Cheddar Fries™			X						X	X		X	
	Double Del® Cheeseburger			X	X					X	X	X	X	
	Queso Loaded Fries			X						X	X		X	
BREAKFAST	Breakfast Big Fat Taco (Bacon, Egg, & Cheese)			X	X					X	X		X	
	Breakfast Big Fat Taco (Carnitas)			X	X					X	X		X	
	Breakfast Big Fat Taco (Egg & Cheese)	X		X	X					X	X		X	
	Breakfast Burrito (Bacon, Egg & Cheese)			X	X					X			X	
	Breakfast Burrito (Carne Asada Steak, Egg & Cheese)			X	X					X			X	
	Breakfast Burrito (Egg & Cheese)	X		X	X					X			X	
	Breakfast Roller (Bacon, Egg & Cheese)			X	X					X			X	
	Breakfast Roller (Egg & Cheese)	X		X	X					X			X	
	Donut Bites*	X		X	X					X			X	
	Hashbrown Sticks*	X												
SHAKES & DESSERTS	Caramel Cheesecake Bites*	X		X	X					X	X		X	
	Funnel Cake Fries	X		X	X					X	X			
	Independence Poppers Shake	X		X										

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		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten	MSG
	Mini Cinnamon Churros*	X		X	X					X	X		X	
	Mini Sweet Cream Churros			X	X					X	X			
	Orange Cream Shake	X		X										
	Shake (Chocolate)	X		X										
	Shake (Strawberry)	X		X										
	Shake (Vanilla)	X		X										
DRINKS	Bottled Water	X	X											
	Gold Peak® Real Brewed Tea - Sweet Tea	X	X											
	Gold Peak® Real Brewed Tea - Unsweetened	X	X											
	Hot Coffee	X	X											
	Iced Coffee	X		X										
	Independence Lemonade Poppers	X	X											
	Independence Sprite Poppers	X	X											
	Real Strawberry Lemonade	X	X											
	Real Strawberry Sprite®	X	X											
	Simply Orange®	X	X											
FOUNTAIN DRINKS	Fountain Drink (Barq's® Root Beer)	X	X											
	Fountain Drink (Coca-Cola® Cherry)	X	X											
	Fountain Drink (Coca-Cola® ZeroSugar)	X	X											
	Fountain Drink (Coca-Cola®)	X	X											
	Fountain Drink (Diet Coke®)	X	X											
	Fountain Drink (Dr Pepper®)	X	X											
	Fountain Drink (Fanta® Orange)	X	X											
	Fountain Drink (Fuze® Raspberry Iced Tea)	X	X											
	Fountain Drink (Hi-C® Flashin' Fruit Punch)	X	X											
	Fountain Drink (Minute Maid® Zero Sugar Lemonade)	X	X											
	Fountain Drink (POWERADE® Mountain Berry Blast)	X	X											
	Fountain Drink (Sprite®)	X	X											
INGREDIENTS	100% Beef Patties													
	American Cheese	X		X										
	Beer Battered Fish			X		X				X	X			
	Blue Raspberry Syrup	X	X											
	Burger Sauce	X		X	X									
	Cabbage	X	X											
	Caramel Cheesecake Bites*	X		X	X					X	X		X	
	Carne Asada Steak			X										
	Carnitas													
	Cheddar Cheese	X		X										
	Chipotle Sauce	X		X	X					X	X		X	
	Chocolate Syrup	X	X											
	Chopped Bacon													
	Churro Sugar													
	Cilantro	X	X											
	Cilantro Lime Rice	X	X											
	Coffee	X	X											
	Coffee Creamer	X		X										
	Crinkle Cut Fries*	X	X											
	Crispy Chicken			X	X					X			X	
	Crunchtada® Shell*	X	X											
	Del Inferno Sauce	X	X											
	Del Scorcho Sauce	X	X											
	Eggs	X		X	X									
	Fryer Oil*	X	X											
	Green Sauce	X	X											
	Grill Seasoning	X		X	X						X			
	Grilled Chicken			X						X	X		X	
	Hamburger Buns	X	X							X	X	X	X	
	Hamburger Seasoning	X	X											
	Hashbrown Sticks*	X	X											
	House-made Guacamole	X	X											
	Jalapeños	X	X		X									
	Ketchup	X	X											
	Large Taco Shell	X	X											
	Lettuce	X	X											
	Lime Seasoning	X	X											
	Limes	X	X											
	Mild Sauce	X	X											
	Mini Cinnamon Churros*	X		X	X					X	X		X	
	Onions	X	X											
	Pico De Gallo	X	X											
	Pinto Beans	X	X							X	X		X	
	Queso Blanco	X		X							X			
	Ranch Sauce	X		X	X									
	Real Strawberry Topping	X	X											
	Red Sauce	X	X											
	Roasted Salsa Roja													
	Salsa Casera	X	X											
	Salsa Seasoning	X	X											
	Seasoned Beef									X	X		X	
	Secret Sauce	X		X	X									
	Snack Taco Shell	X	X											
	Sour Cream	X		X										
	Spicy Jack Cheese			X										
	Strawberry Popping Boba	X	X											
	Tomatoes	X	X											
	Tortilla (Burritos)	X	X							X			X	

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	Tortilla (Corn)	X	X											
	Tortilla (Epic Burritos)	X	X							X	X		X	
	Tortilla (Small Burritos)	X	X							X			X	
	Tortilla (Tacos)	X	X							X			X	
	Tortilla Chips*	X	X											
	Tortilla Strips	X	X											
	Vanilla Shake Mix	X		X										
	Vanilla Syrup	X	X											

Please be advised that there is a possibility for cross contact with allergens and animal products within Del Taco kitchens and prep areas.

Please be advised that there is a possibility for cross contact with sesame seeds (declared a Top 9 Allergen as of January 2023) within Del Taco kitchens and hamburger prep areas.

*Please be aware that our restaurants use the same frying oil to prepare menu items that could have meat in them. All vegetarian ingredients may possibly come into contact with meat ingredients, which may be unacceptable to particular kinds of

***May Contain Peanuts (Currently no products)

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