DEL TACO MENU ITEMS - NUTRITIONAL LIST (July 2026)

	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 Big Fat Taco	155g	380	21	6	0	50	510	30	2	2	18
	Carne Asada Steak Street Guac'd Up Taco	104g	140	4.5	1.5	0	25	460	15	2	1	10
	Carne Asada Steak Street Taco	92g	120	3.5	1.5	0	25	420	14	1	1	10
	Carnitas Big Fat Taco	155g	410	25	8	0	55	340	28	0	2	19
	Carnitas Street Taco	91g	150	7	3	0	30	240	12	1	0	11
	Chipotle Crispy Chicken Guac'd Up Taco	111g	260	13	4	0	25	730	23	1	1	9
	Chipotle Crispy Chicken Taco	97g	240	12	3.5	0	25	690	22	1	1	9
	Crispy Chicken Big Fat Taco	198g	440	23	6	0	65	810	39	3	2	22
	Crunchtada® Tostada	181g	350	14	4.5	0	15	440	44	9	1	13
	Grilled Chicken Big Fat Taco	155g	340	18	5	0	50	410	30	2	2	16
	Grilled Chicken Street Guac'd Up Taco	107g	130	4.5	0	0	30	340	14	2	1	9
	Grilled Chicken Street Taco	90g	110	3.5	0	0	30	300	13	0	0	9
	Grilled Chicken Taco	104g	210	12	3	0	45	510	15	1	1	11
	Ranch Crispy Chicken Guac'd Up Taco	111g	250	13	4	0	30	740	24	2	1	10
	Ranch Crispy Chicken Taco	97g	240	12	4	0	30	700	22	1	1	9
	Seasoned Beef Big Fat Taco	165g	320	15	6	0	45	400	31	3	3	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
	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
BURRITOS	8 Layer Veggie Burrito	342g	540	17	7	0	30	1360	73	9	3	18
	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
	Carnitas Combo Burrito	243g	500	19	9	0	55	1240	56	8	0	29
	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
	Del Beef™ Burrito (Beef & Cheddar Burrito)	240g	520	26	12	0.5	80	1290	40	3	3	28
	Del Classic Chicken Burrito (Grilled Chicken Burrito)	251g	560	34	7	0	95	1200	40	0	2	24
	Del Combo™ Burrito (Combo Beef & Bean Burrito)	251g	510	18	8	0	50	1280	57	8	2	25
	JACK'D UP Beans, Rice, & Cheese Burrito	243g	450	12	4	0	15	1290	70	7	0	16
	Spicy Grilled Chicken Burrito	315g	560	18	5	0	80	1700	69	6	0	30
	Value Bean & Cheese Burrito (Red)	150g	300	8	4	0.0	15	760	43	8	0	13
	Value Bean & Cheese Burrito (Green)	150g	300	8	4	0.0	15	780	44	8	0	13
EPIC BURRITOS®	Epic Carne Asada Steak Cali Bacon Burrito	414g	1050	60	22	1	155	2600	73	4	4	51
	Epic Carne Asada Steak Fresh Guacamole Burrito	442g	770	26	8	0.5	75	2490	94	9	4	42
	Epic Carne Asada Steak Loaded Queso Burrito	465g	890	44	19	1	130	3130	75	2	4	47
	Epic Combo Beef & Bean Burrito	493g	880	41	20	0.5	120	2010	79	12	7	42
	Epic Grilled Chicken Cali Bacon Burrito	414g	1020	60	18	0	170	2240	72	4	3	46
	Epic Grilled Chicken Fresh Guacamole Burrito	442g	740	26	5	0.0	90	2130	92	11	3	39
	Epic Grilled Chicken Loaded Queso Burrito	465g	860	45	15	0	150	2770	73	2	3	43
QUESADILLAS & NACHOS	3 Layer Queso Nachos	186g	350	15	3.5	0.0	10	770	47	8	1	11
	Cheddar Quesadilla	152g	480	27	16	0	85	1030	35	1	0	22
	Carnitas Cheddar Quesadilla	195g	610	36	21	0	125	1180	34	1	0	36
	Chicken Cheddar Quesadilla	195g	540	30	16	0	115	1250	36	1	0	29
	Chicken Snacker	83g	190	9	4	0.0	45	510	15	1	0	13
	Mini Cheddar Quesadilla	40g	130	6	3.5	0	15	290	13	1	0	5
	Spicy Jack Quesadilla	152g	460	25	12	0.0	65	990	37	0	0	20
	Spicy Jack Chicken Quesadilla	195g	520	28	12	0.0	95	1210	39	0	0	28
	Queso Loaded Nachos (Carne Asada Steak)	595g	1030	47	16	0.5	100	2960	111	19	6	46
	Queso Loaded Nachos (Carnitas)	581g	1070	55	20	0.0	105	2550	102	14	5	48
	Queso Loaded Nachos (Grilled Chicken)	595g	1010	47	14	0.0	110	2720	109	19	6	44
	Queso Loaded Nachos (Seasoned Beef)	615g	1090	55	20	1.0	100	2730	110	21	8	45
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 (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
	Taco Salad with Fresh Guac (Seasoned Beef)	446g	540	34	17	0.5	110	1320	23	1	9	28
BURGERS & FRIES	3 Pc. Crispy Chicken & Fries Box (Chipotle Dipping Sauce)	270g	720	51	9	0	60	1770	45	0	2	18
	3 Pc. Crispy Chicken & Fries Box (Ranch Dipping Sauce)	270g	710	50	9	0	70	1820	47	0	2	20
	Carne Asada Steak Fries	340g	760	56	14	0	75	1190	45	6	1	21
	Carnitas Loaded Fries	320g	800	60	16	0	90	990	40	4	1	25
	Chili Cheddar Fries	298g	570	35	11	0	50	920	42	5	1	15
	Crinkle Cut Fries (Large)	218g	410	25	4	0	0	480	43	5	0	5
	Crinkle Cut Fries (Regular)	170g	320	19	3	0	0	370	34	4	0	4
	Crinkle Cut Fries (Small)	85g	160	10	1.5	0	0	190	17	2	0	2
	Del Cheeseburger	191g	470	28	10	1	70	1000	34	1	7	17
	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
	Double Del® Cheeseburger with Bacon	280g	760	51	20	2	145	1840	35	1	7	37
	Queso Loaded Fries	393g	660	44	16	0	75	1760	46	6	4	21

DEL TACO MENU ITEMS - NUTRITIONAL LIST (July 2026)

BREAKFAST	Breakfast Big Fat Taco (Bacon Egg & Cheese)	141g	340	18	7	0	170	500	29	1	1	18
	Breakfast Big Fat Taco (Egg & Cheese)	127g	280	13	5	0	155	260	28	0	1	12
	Breakfast Big Fat Taco (Carnitas)	169g	380	20	8	0	225	380	29	0	2	24
	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 Burrito (Egg & Cheese)	195g	380	16	7	0	235	950	35	2	0	16
	Breakfast Roller (Bacon, Egg & Cheese)	123g	290	14	5	0	140	860	24	1	0	16
	Breakfast Roller (Egg & Cheese)	116g	250	11	5	0	125	610	24	1	0	11
	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
	Funnel Cake Fries	70g	250	11	2	0	20	240	34	0	14	2
	Independence Poppers Shake	415g	530	9	5	0	35	290	97	0	82	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
	Mini Cinnamon Churros (2 Pc.)	51g	200	10	1.5	0	15	125	25	1	8	1
	Mini Shake (Chocolate)	200g	280	5	3	0.0	15	180	54	0	43	7
	Mini Shake (Strawberry)	203g	260	4	3	0.0	15	140	48	0	41	7
	Mini Shake (Vanilla)	184g	240	5	3	0.0	15	135	43	0	36	7
	Mini Sweet Cream Churros	122g	460	20	6	0	0	280	70	0	38	6
	Orange Cream Shake	397g	530	9	5	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
SAUCE PACKETS	Del Inferno Hot Sauce Packet	6g	5	0	0	0	0	80	1	0	0	0
	Del Scorcho Hot Sauce Packet	6g	0	0	0	0	0	60	0	0	0	0
	Ketchup Packet	8g	10	0	0	0	0	80	2	0	2	0
	Mild Hot Sauce Packet	6g	0	0	0	0	0	30	0	0	0	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	1400
	(#2) 2 Grilled Chicken Tacos Meal	740	1050	830	1220
	(#3) 2 Beer Battered Fish Tacos Meal	780	1090	870	1260
	(#4) 2 Carne Asada Street Tacos Meal	560	870	650	1040
	2 Carnitas Street Tacos Meal	620	930	710	1110
	2 Carne Asada Steak Big Fat Tacos Meal	1080	1390	1170	1560
	2 Carnitas Big Fat Tacos Meal	1140	1450	1230	1630
	2 Crispy Chicken Big Fat Tacos Meal	1200	1510	1290	1680
	2 Grilled Chicken Big Fat Tacos Meal	1000	1310	1090	1480
	2 Seasoned Beef Big Fat Tacos Meal	960	1270	1050	1440
EPIC BURRITO® MEALS	(#5) Epic Carne Asada Steak Fresh Guacamole Burrito Meal	1090	1400	1180	1570
	(#5) Epic Grilled Chicken Fresh Guacamole Burrito Meal	1060	1370	1150	1540
	(#6) Epic Carne Asada Steak Cali Bacon Burrito Meal	1370	1680	1460	1850
	(#6) Epic Grilled Chicken Cali Bacon Burrito Meal	1340	1650	1430	1820
	(#7) Epic Carne Asada Steak Loaded Queso Burrito Meal	1210	1520	1300	1690
	(#7) Epic Grilled Chicken Loaded Queso Burrito Meal	1180	1490	1270	1660
	(#8) Epic Combo Beef & Bean Burrito Meal	1200	1510	1290	1680
CLASSIC BURRITO MEALS	(#10) Del Classic Chicken Burrito Meal	880	1190	970	1360
	(#11) Del Beef™ Burrito Meal	840	1150	930	1320
	(#12) 8 Layer Veggie Burrito Meal	860	1170	950	1340
	(#9) Del Combo™ Burrito Meal	830	1140	920	1310
	Carnitas Combo Burrito Meal	820	1130	910	1310
BURGER MEALS	(#13) Double Del® Cheeseburger Meal	1010	1320	1100	1490
QUESADILLA MEALS	(#14) Chicken Cheddar Quesadilla Meal	860	1170	950	1340
	Carnitas Cheddar Quesadilla Meal	930	1240	1020	1420
	Spicy Jack Chicken Quesadilla Meal	840	1150	930	1320
BREAKFAST MEALS*	(#15) Egg & Cheese Breakfast Burrito Meal	610	920		
	(#16) Bacon Breakfast Burrito Meal	750	1060		
	(#17) Carne Asada Steak Breakfast Burrito Meal	680	960		
	Bacon, Egg, & Cheese Breakfast Big Fat Tacos Meal	1000	1310		
	Carnitas Breakfast Big Fat Tacos Meal	620	920		
	Egg & Cheese Breakfast Big Fat Tacos Meal	880	1190		

DEL TACO MENU ITEMS - NUTRITIONAL LIST (July 2026)

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)
*Fountain Drinks and Iced Tea vary by location.											
Barq's® Root Beer (Large)	40 fl oz	370	0	0	0	0	170	101	0	101	0
Barq's® Root Beer (Regular)	24 fl oz	300	0	0	0	0	140	81	0	80	0
Bottled Water	16.9 fl oz	0	0	0	0	0	10	0	0	0	0
Coca-Cola® (Large)	40 fl oz	370	0	0	0	0	100	100	0	100	0
Coca-Cola® (Regular)	24 fl oz	290	0	0	0	0	80	80	0	80	0
Coca-Cola® Cherry (Large)	40 fl oz	380	0	0	0	0	105	105	0	105	0
Coca-Cola® Cherry (Regular)	24 fl oz	310	0	0	0	0	80	84	0	84	0
Coca-Cola® Zero Sugar (Large)	40 fl oz	0	0	0	0	0	100	0	0	0	0
Coca-Cola® Zero Sugar (Regular)	24 fl oz	0	0	0	0	0	80	0	0	0	0
Diet Coke® (Large)	40 fl oz	0	0	0	0	0	120	1	0	0	0
Diet Coke® (Regular)	24 fl oz	0	0	0	0	0	95	1	0	0	0
Dr Pepper® (Large)	40 fl oz	360	0	0	0	0	110	98	0	96	0
Dr Pepper® (Regular)	24 fl oz	290	0	0	0	0	90	78	0	77	0
Fanta® Orange (Large)	40 fl oz	370	0	0	0	0	100	99	0	99	0
Fanta® Orange (Regular)	24 fl oz	300	0	0	0	0	75	79	0	79	0
Fuze® Raspberry Iced Tea (Large)	40 fl oz	210	0	0	0	0	125	56	0	55	0
Fuze® Raspberry Iced Tea (Regular)	24 fl oz	180	0	0	0	0	110	48	0	48	0
Gold Peak® Real Brewed Tea - Sweet Tea (Large)	40 fl oz	400	0	0	0	0	0	121	0	121	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 - Unsweetened (Large)	40 fl oz	0	0	0	0	0	0	0	0	0	0
Gold Peak® Real Brewed Tea - Unsweetened (Regular)	24 fl oz	0	0	0	0	0	0	0	0	0	0
Hi-C® Flashin' Fruit Punch (Large)	40 fl oz	390	0	0	0	0	180	106	0	103	0
Hi-C® Flashin' Fruit Punch (Regular)	24 fl oz	310	0	0	0	0	150	85	0	83	0
Hot Coffee	16 fl oz	10	0	0	0	0	0	2	0	0	0
Iced Coffee (Large)	24 fl oz	250	4	2	0	15	105	50	0	43	5
Iced Coffee (Regular)	16 fl oz	150	2	1	0	10	65	29	0	26	3
Independence Lemonade (Large)	490g	100	0	0	0	0	35	24	0	20	0
Independence Lemonade (Regular)	359g	50	0	0	0	0	20	12	0	10	0
Independence Sprite (Large)	490g	120	0	0	0	0	40	30	0	26	0
Independence Sprite (Regular)	359g	70	0	0	0	0	25	17	0	15	0
Minute Maid® Zero Sugar Lemonade (Large)	40 fl oz	15	0	0	0	0	105	5	0	0	0
Minute Maid® Zero Sugar Lemonade (Regular)	24 fl oz	15	0	0	0	0	85	4	0	0	0
POWERADE® Mountain Berry Blast (Large)	40 fl oz	210	0	0	0	0	280	55	0	55	0
POWERADE® Mountain Berry Blast (Regular)	24 fl oz	170	0	0	0	0	220	44	0	44	0
Real Strawberry Lemonade (Large)	24 fl oz	90	0	0	0	0	30	22	0	20	0
Real Strawberry Lemonade (Regular)	16 fl oz	45	0	0	0	0	20	11	0	10	0
Real Strawberry Sprite® (Large)	24 fl oz	110	0	0	0	0	35	28	0	26	0
Real Strawberry Sprite® (Regular)	16 fl oz	60	0	0	0	0	20	16	0	15	0
Simply Orange®	11.5 fl oz	160	0	0	0	0	0	37	0	33	2
Sprite® (Large)	40 fl oz	350	0	0	0	0	180	93	0	93	0
Sprite® (Regular)	24 fl oz	280	0	0	0	0	140	75	0	75	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.

©2025 Del Taco LLC, ©2025 The Coca-Cola Company. All trademarks are the property of their respective owners., ©2025 Simply Orange Juice Company. "Simply Orange" is a registered trademark of Simply Orange Juice Company., DR PEPPER is a registered trademark of Dr Pepper/Seven Up, Inc. ©2025.