DEL TACO MENU ITEMS NUTRITIONAL GUIDE (AUGUST 2018)

	Menu Item Name	Serving Size Weight	Calories (kcal)	Calories from Fat (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 & TOSTADAS	Beer Battered Fish Taco	137g	230	110	12	2	0	15	470	26	3	2	7
	CrunchTada Tostada	161g	330	130	14	4.5	0	20	400	38	7	1	12
	Flatbread Taco (Carne Asada)	153g	350	140	15	4.5	0	40	800	34	1	2	17
	Flatbread Taco (Chicken)	153g	320	120	14	3	0	40	690	34	1	2	16
	Grilled Chicken Taco	106g	210	110	12	5	0	45	590	16	1	1	12
	The Del Taco (Crunchy)	125g	310	180	20	11	0	85	320	14	2	2	17
	The Del Taco (Soft)	134g	300	160	18	12	0	65	410	17	2	2	18
	The Turkey Del Taco (Crunchy)	125g	280	150	16	8	0	75	530	15	2	0	17
	The Turkey Del Taco (Soft)	134g	270	130	15	10	0	75	630	17	2	1	18
	Queso Crunch Taco	167g	400	210	23	15	0	65	640	28	3	2	20
	Salsa Chicken Taco	99g	150	45	5	3	0	30	480	16	1	1	10
	Street Taco (Carne Asada)	113g	180	60	7	1.5	0	25	400	20	2	1	11
	Street Taco (Chicken)	113g	170	60	7	0	0	30	280	20	2	1	10
	Value Taco (Crunchy)	63g	130	70	8	3.5	0	20	130	9	2	1	6
	Value Taco (Soft)	78g	150	60	7	6	0	20	260	15	2	1	7
BURRITOS	1/2lb Bean & Cheese Burrito (Green)	242g	450	90	10	6	0	20	1250	70	12	0	21
	1/2lb Bean & Cheese Burrito (Red)	242g	470	90	10	6	0	20	1220	69	13	0	21
	Queso Bean Burrito	242g	480	110	13	7	0	25	1350	70	12	1	23
	8 Layer Veggie Burrito	320g	540	160	18	8	0	30	1200	72	9	3	18
	Carne Asada Wet Burrito	405g	700	240	27	12	0	85	2130	63	11	1	37
	Chicken Roller (Chipotle)	111g	280	110	12	3.5	0	40	730	29	1	0	14
	Chicken Roller (Original)	118g	250	80	9	3	0	40	750	30	1	0	14
	Chicken Roller (Ranch)	111g	280	110	12	3.5	0	40	730	29	1	0	14
	Chicken Roller (Queso)	118g	270	90	10	4	0	40	800	29	1	0	14
	Chicken Verde Wet Burrito	405g	620	240	27	9	0	90	2000	67	10	1	35
	Classic Grilled Chicken Burrito	228g	530	290	33	8	0	75	1100	40	2	2	20
	Del Beef Burrito™	228g	500	220	24	12	0.5	75	810	40	3	2	27
	Del Combo Burrito ™	270g	540	160	17	9	0	45	1150	64	11	1	27
	Del Turkey Combo Burrito	270g	510	120	14	7	0	55	1360	65	11	0	27
	Epic Cali Steak & Guac Burrito	414g	800	350	39	13	0	70	1970	80	7	5	30
	Epic Carne Asada Burrito	421g	750	220	24	9	0.5	75	2450	90	9	4	42
	Epic Chipotle Chicken Avocado Burrito	507g	950	440	48	9	0	95	2130	91	13	7	38
	Epic Grilled Chicken Avocado Burrito	499g	840	320	36	7	0	90	2070	90	13	7	38
	Epic Queso Chicken Burrito	451g	870	400	45	17	0	115	2430	78	5	4	38
	Epic Steak & Potato Burrito	400g	1040	550	61	23	0	120	2280	77	4	4	40
	Jacked Up Value Bean, Rice & Cheese Burrito	149g	280	80	8	3.5	0	15	680	40	6	0	12
	Kid's Value Bean & Cheese Burrito (Green)	146g	310	80	9	4.5	0	20	810	45	7	0	14
	Kid's Value Bean & Cheese Burrito (Red)	146g	320	80	9	4.5	0	20	790	44	7	0	14
	Macho Combo Burrito™	538g	950	340	37	20	0.5	110	1840	100	16	6	46
	Spicy Grilled Chicken Burrito	292g	530	150	17	6	0	55	1450	71	7	1	26
FRESCA BOWLS	Avocado Veggie Bowl	390g	470	140	15	1.5	0	0	940	70	13	9	13
	Pollo Asado Avocado Bowl	447g	580	190	21	1.5	0	60	1390	72	13	8	28
AMERICAN GRILL	Bacon Double Del Cheeseburger®	276g	740	460	51	20	2	135	1400	35	1	7	33
	Carne Asada Fries	354g	810	530	59	15	0	85	1360	46	6	2	24
	Cheeseburger	162g	400	190	21	9	1	60	950	35	1	7	17
	Chili Cheddar Fries	298g	570	310	35	11	0	50	810	42	5	1	15
	Crinkle-Cut Fries (Kids)	85g	160	90	10	1.5	0	0	190	17	2	0	2
	Crinkle-Cut Fries (Small)	113g	210	110	13	2	0	0	250	22	2	0	2
	Crinkle-Cut Fries (Medium)	170g	320	170	19	3	0	0	370	34	4	0	4
	Crinkle-Cut Fries (Macho)	248g	470	250	28	4	0	0	540	49	5	0	5
	Del Cheeseburger™	191g	470	250	28	10	1	70	850	34	1	7	17
	Deluxe Chili Cheddar Fries	340g	610	340	37	13	0	60	820	44	6	2	16
	Double Del Cheeseburger®	266g	690	420	47	18	2	125	1230	35	1	7	30
	Kid's Hamburger	143g	330	140	15	5	1	40	520	34	1	7	13
	Queso Loaded Fries	383g	650	370	42	15	0	70	1470	47	5	4	20
QUESADILLAS & NACHOS	Cheddar Quesadilla	151g	460	240	26	16	0	85	850	31	1	0	22
	Chicken Cheddar Quesadilla	215g	550	280	31	16	0	130	1190	33	1	0	34
	Chicken Spicy Jack Quesadilla	215g	550	280	31	14	0	120	1170	36	1	0	34
	Kid's Quesadilla	42g	130	60	6	6	0	20	300	14	1	0	5
	Regular Queso Loaded Nachos (Beef)	329g	580	280	32	13	0	65	1280	52	8	5	23
	Regular Queso Loaded Nachos (Carne Asada)	319g	560	250	28	11	0	65	1600	52	7	4	24
	Regular Queso Loaded Nachos (Chicken)	319g	550	250	28	10	0	70	1480	52	7	4	23
	Large Queso Loaded Nachos (Beef)	581g	1060	490	55	20	1	105	2060	100	17	8	43
	Large Queso Loaded Nachos (Carne Asada)	553g	980	410	46	16	0.5	100	2700	100	15	7	44
	Large Queso Loaded Nachos (Chicken)	553g	960	410	46	13	0	110	2460	99	15	6	41
	Chips & Queso Dip	113g	290	150	17	5	0	15	570	29	1	1	6
	Large Chips & Queso Dip	283g	650	350	39	13	0	45	1620	61	3	3	16
	Mini Bacon Quesadilla	49g	170	80	9	7	0	25	420	14	1	0	8
	Mini Cheddar Quesadilla	42g	130	60	6	6	0	20	300	14	1	0	5
	Nachos	113g	300	170	19	4	0	5	540	30	1	4	5
	Spicy Jack Quesadilla	151g	460	240	27	14	0	75	830	33	1	0	23
	Chicken Quesadilla Snacker	85g	190	90	9	6	0	50	520	15	1	0	13

	Menu Item Name	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat(g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo -hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
DESSERTS & SHAKES	Cinnamon Churro	51g	180	90	10	3.5	0	15	105	27	0	18	1
	Caramel Cheesecake Bites (2 Piece)	122g	460	250	28	10	0	40	310	43	0	12	6
	Caramel Cheesecake Bites (4 Piece)	244g	910	500	55	20	0	80	620	86	0	25	12
	Chocolate Chip Cookies (1 Cookie)	43g	200	90	10	4.5	0	15	85	27	1	18	2
	Churro Dipper Shake (Regular)	448g	700	150	17	9	0	30	460	128	1	100	16
	Churro Dipper Shake (Large)	675g	1010	190	21	12	0	40	680	191	1	149	25
	Mini Shake (Vanilla)	184g	220	35	3.5	3	0	10	150	42	0	35	7
	Mini Shake (Chocolate)	194g	250	35	3.5	3	0	10	170	50	0	40	7
	Mini Shake (Strawberry)	203g	240	30	3.5	2.5	0	10	150	48	0	40	7
	Chocolate Chip Cookies (3 Cookies)	128g	600	270	30	14	0	45	260	81	3	54	6
	Chocolate Chip Cookies (12 Cookies)	510g	2400	1080	120	54	0	180	1020	324	12	216	24
	Premium Shake (Chocolate)	415g	560	90	11	9	0	30	350	105	1	85	15
	Premium Shake (Strawberry)	415g	520	90	10	9	0	30	300	95	1	80	15
	Premium Shake (Vanilla)	415g	520	100	11	9	0	35	320	94	0	78	16
	Premium Shake (Large Chocolate)	642g	870	130	15	12	0	40	570	167	1	134	24
	Premium Shake (Large Strawberry)	659g	800	130	14	11	0	40	470	153	2	129	23
	Premium Shake (Large Vanilla)	585g	730	130	14	11	0	40	450	133	0	111	23

	Menu Item Name	Serving Size Weight	Calories (kcal)	Calories from Fat (kcal)	Fat(g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbo -hydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein(g)
HANDCRAFTED ENSALADAS	Chicken Bacon Avocado Salad	379g	590	410	46	7	0	85	1110	23	5	6	23
	Mexican Chopped Chicken Salad	470g	510	210	23	6	0	90	1340	39	11	9	31
	Signature Taco Salad	470g	550	260	29	13	0	80	930	38	12	12	25
PLATOS	Chicken Verde Wet Burrito	770g	1220	520	47.5	12.5	0	100	3200	154	25	4	53
	Carne Asada Wet Burrito	770g	1300	520	47.5	15.5	0	95	3330	150	26	55	55
	2 Street Tacos (Grilled Chicken)	591g	940	400	34.5	3.5	0	70	1760	127	19	5	38
	2 Street Tacos (Carne Asada)	591g	960	400	34.5	6.5	0	60	2000	127	19	5	40
	2 Beer Battered Fish Tacos	639g	1060	500	44.5	7.5	0	40	2140	139	21	7	32
	2 Del Tacos (Beef)	615g	1220	640	60.5	25.5	0	180	1840	115	19	7	52
	2 Del Tacos (Turkey)	615g	1160	580	52.5	19.5	0	160	2260	117	19	3	52
SIDES	Bean & Cheese Cup	220g	320	35	3.5	2	0	10	830	52	18	1	20
	Potato Poppers (4 Piece)	91g	240	130	14	6	0	20	430	20	2	1	7
	Potato Poppers (6 Piece)	136g	360	190	21	9	0	30	640	30	3	2	11
BREAKFAST	Breakfast Roller (Bacon)	132g	340	150	17	7	0	200	820	28	1	1	15
	Breakfast Burrito	202g	430	190	21	9	0	375	890	38	1	2	20
	Breakfast Burrito (Bacon)	245g	640	320	36	15	0	405	1620	38	1	2	32
	Breakfast Burrito (Carne Asada)	245g	500	210	24	10	0	400	1240	40	1	2	28
	Breakfast Burrito (Chorizo)	231g	520	250	28	11	0	395	1190	39	2	2	24
	Breakfast Taco (Bacon)	88g	230	120	14	7	0	195	450	15	1	1	11
	Breakfast Taco (Carne Asada)	109g	240	120	13	7	0	205	560	16	1	1	15
	Breakfast Taco (Chorizo)	95g	240	130	15	8	0	195	480	16	1	2	11
	Breakfast Taco (Egg & Cheese)	80g	190	100	11	6	0	190	330	15	1	1	9
	Breakfast Roller (Chorizo)	132g	310	130	15	6	0	195	730	29	1	1	13
	Breakfast Roller (Egg & Cheese)	125g	290	120	13	6	0	190	620	28	1	1	13
	Epic Scrambler (Bacon)	445g	1040	550	62	23	0	590	2030	71	3	5	39
	Epic Scrambler (Carne Asada)	459g	960	490	54	20	0	595	1890	73	3	6	39
	Epic Scrambler (Chorizo)	473g	1030	560	62	22	0	410	2310	73	3	4	36
	Epic Scrambler (Huevos Rancheros)	516g	1120	560	62	24	0	615	2100	91	13	7	48
	Hashbrown Sticks (5 pieces)	71g	230	150	17	3.5	0	0	180	18	0	0	0

	Menu Item Name	Calorie Range (Small) Min	Calorie Range (Small) Max			Calorie Range (Medium) Min	Calorie Range (Medium) Max			Calorie Range (Macho) Min	Calorie Range (Macho) Max		
COMBOS & FIESTA PACK	#1) 2 Del Tacos (+ Fries & Drink)	810	1010			920	1220			1070	1470		
	2 Turkey Del Tacos (+Fries & Drink)	770	970			880	1180			1030	1430		
	#2) Del Combo Burrito™	750	950			860	1160			1010	1410		
	#3) Classic Grilled Chicken Burrito	740	940			850	1150			1000	1400		
	#4) Double Del Cheeseburger®	900	1100			1010	1310			1160	1560		
	#5) 2 Grilled Chicken Tacos	630	830			740	1040			890	1290		
	#6) The Del Taco & Quesadilla	980	1180			1090	1390			1240	1640		
	#7) 2 Beer Battered Fish Tacos	670	870			780	1080			930	1330		
	#8) Spicy Grilled Chicken Burrito & Grilled	950	1150			1060	1360			1210	1610		
	#9) Del Beef Burrito & The Del Taco	1020	1220			1130	1430			1280	1680		
	#10) Macho Combo Burrito™	1160	1360			1270	1570			1420	1820		
	Fiesta Pack - 6 Value Tacos &	3480	3600										
	Fiesta Pack - Upgrade to Del Tacos	4560	4680										
	Fiesta Pack - Upgrade to Grilled Chicken Tacos	3960	4080										

		Meal (Small Fries & Small Drink) Min	Meal (Small Fries & Small Drink) Max			Meal (Medium Drink Only) Min	Meal (Medium Drink Only) Max	
EPIC BURRITO MEALS	Epic Carne Asada Burrito	960	1160			750	1050	
	Epic Grilled Chicken Avocaod Burrito	1050	1250			840	1140	
	Epic Bacon Ranch Chicken Avocado Burrito	1190	1390			980	1280	
	Epic Steak & Potato Burrito	1250	1450			1040	1340	
	Epic Cali Steak & Guac Burrito	1010	1210			800	1100	
	Macho Combo Burrito	1160	1360			950	1250	

		Calorie Range (Small)				Calorie Range (Medium)				Calorie Range (Macho)			
		Min	Max			Min	Max			Min	Max		
BREAKFAST COMBOS	Breakfast Burrito (Bacon) Combo	870	1070			870	1170			870	1270		
	Breakfast Burrito (Chorizo) Combo	750	950			750	1050			750	1150		
	Brakfast Burrito (Carne Asada) Combo	730	930			730	1030			730	1130		
	Breakfast Burrito Meal	660	860			660	960			660	1060		
		Calorie Range (Small)				Calorie Range (Medium)				Calorie Range (Macho)			
		Min	Max			Min	Max			Min	Max		
	Epic Scrambler (Bacon) Combo	1270	1470			1270	1570			1270	1670		
	Epic Scrambler (Carne Asada) Combo	1190	1390			1190	1490			1190	1590		
	Epic Scrambler (Chorizo) Combo	1260	1460			1260	1560			1260	1660		
	Epic Scrambler (Huevos Rancheros) Combo	1350	1550			1350	1650			1350	1750		

		Calorie Range											
		Min	Max										
KID'S MEALS	Kid's Hamburger	490	610										
	Kid's Quesadilla	290	410										
	Kid's Value Taco	290	410										
	Kid's Value Bean & Cheese Burrito (Green)	470	590										
	Kid's Value Bean & Cheese Burrito (Red)	480	600										

	Menu Item Name	**Serving Size Weight**	**Calories (kcal)**	**Calories from Fat (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	Prima Java Hot Coffee	454g	10	0	0	0	0	0	0	2	0	0	
	Prima Java Iced Coffee	269g	140	15	1.5	1.5	0	5	70	29	0	25	3
	Prima Java Iced Coffee (Large)	453g	240	25	3	2	0	5	115	49	0	42	6
	Milk (2%)	227g	130	45	5	3	0	25	130	13	0	13	10
	Simply Orange	326g	160	0	0	0	0	0	0	37	0	33	2
	Bottled Water	479g	0	10	0	0	0	0	10	0	0	0	0
	Real Strawberry Lemonade	528g	35	0	0	0	0	0	15	8	1	7	0

		KID'S (12 oz)				SMALL (20 oz)				MEDIUM (30 oz)				MACHO (40 oz)			
	Menu Item Name	**Calories (kcal)**	**Sodium (mg)**	**Carbo -hydrates (g)**	**Total Sugars (g)**	**Calories (kcal)**	**Sodium (mg)**	**Carbo -hydrates (g)**	**Total Sugars (g)**	**Calories (kcal)**	**Sodium (mg)**	**Carbo -hydrates (g)**	**Total Sugars (g)**	**Calories (kcal)**	**Sodium (mg)**	**Carbo -hydrates (g)**	**Total Sugars (g)**
FOUNTAIN DRINKS	Fountain Drink (Barq's Root Beer)	120	40	33	33	200	65	55	54	300	100	82	82	400	135	109	109
	Fountain Drink (Cherry Coke)	120	30	31	31	190	40	42	42	290	75	79	79	380	105	105	105
	Fountain Drink (Coca-Cola Zero Sugar)	0	30	0	0	0	50	0	0	0	75	0	0	0	100	0	0
	Fountain Drink (Coca-Cola)	110	30	30	30	180	50	50	50	280	75	75	75	370	100	100	100
	Fountain Drink (Diet Coke)	0	35	0	0	0	50	0	0	0	90	0	0	0	120	1	0
	Fountain Drink (Dr Pepper)	70	20	20	19	120	35	33	32	180	55	49	48	240	75	65	64
	Fountain Drink (Fanta Orange)	120	30	33	32	200	50	55	54	300	75	82	80	400	100	109	107
	Fountain Drink (Fuze Raspberry Ice Tea)	60	40	17	17	110	65	29	28	160	95	43	42	210	125	57	55
	Fountain Drink (Hi C Fruit Punch)	120	55	32	31	190	90	53	52	290	135	79	78	390	180	106	103
	Fountain Drink (Minute Maid Light Lemonade)	0	30	1	0	10	55	2	0	10	80	4	0	15	105	5	0
	Fountain Drink (Mr. Pibb Xtra)	100	40	28	28	170	65	47	47	260	100	71	71	350	135	95	95
	Fountain Drink (Power Aid Blue Mountain Blast)	60	85	16	16	100	140	27	27	160	210	41	41	210	280	55	55
	Fountain Drink (Sprite)	110	50	29	29	180	85	48	48	270	125	72	72	360	170	97	97
	Gold Peak Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	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