



## DEL TACO MENU ITEMS NUTRITIONAL GUIDE (April 2017)

Category	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)
<b>TACOS &amp; TOSTADAS</b>	Beer Battered Fish Taco	137g	230	110	12	2	0	15	470	26	3	2	7
	Carne Asada Street Taco	113g	180	60	7	1.5	0	25	400	20	2	1	11
	Chicken Street Taco	113g	170	60	7	0	0	30	280	20	2	1	10
	CrunchTada Tostada	161g	330	130	14	4.5	0	20	400	38	7	1	12
	Flatbread Taco (Carne Asada Steak)	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
	Kids Value Taco	63g	130	70	8	3.5	0	20	130	9	2	1	6
	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 Del Taco (Turkey, Crunchy)	125g	280	150	16	8	0	75	530	15	2	0	17
	The Del Taco (Turkey, Soft)	134g	270	130	15	10	0	75	630	17	2	1	18
	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	
<b>BURRITOS</b>	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
	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 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 Bacon Ranch Chicken Avocado Burrito	481g	980	460	52	10	0	110	2220	90	12	6	42
	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 Grilled Chicken Avocado Burrito	499g	840	320	36	7	0	90	2070	90	13	7	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
Kids Value Bean & Cheese Burrito (Green)	146g	310	80	9	4.5	0	20	810	45	7	0	14	
Kids 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	
<b>FRESCA BOWLS</b>	Avocado Veggie Bowl	352g	460	130	14	2	0	0	1240	70	13	7	14
	Pollo Asado Avocado Bowl	408g	570	210	23	1.5	0	90	1370	61	8	5	31
<b>AMERICAN GRILL</b>	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
Kids Hamburger	143g	330	140	15	5	1	40	520	34	1	7	13	
<b>QUESADILLAS &amp; NACHOS</b>	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
	Kids Quesadilla	42g	130	60	6	6	0	20	300	14	1	0	5
	Macho Nachos® (Beef)	482g	960	450	50	15	0.5	60	1760	99	15	12	31
	Macho Nachos® (Carne Asada Steak)	482g	950	420	47	13	0.5	65	2210	99	14	11	34
	Macho Nachos® (Chicken)	482g	940	420	47	12	0	70	2050	98	14	11	33
	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

Category	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 SALADS	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 Steak)	591g	960	400	34.5	6.5	0	60	2000	127	19	5	40
	2 Beer Battered Fish Tacos	639g	1060	500	44.5	106.1	0	40	1062	139	21	1063	32
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	Bacon Breakfast Roller	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 Steak)	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 Steak)	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
	Chorizo Breakfast Roller	132g	310	130	15	6	0	195	730	29	1	1	13
	Egg & Cheese Breakfast Roller	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 Steak)	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	

Category	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	Bottled Water	479g	0	0	0	0	0	0	10	0	0	0	0
	Fountain Drink (Real Strawberry Lemonade)	528g	35	0	0	0	0	0	15	8	1	7	0
	Fountain Drink (Barq's Root Beer)	Kids	120	0	0	0	0	0	40	33	0	33	
	Fountain Drink (Barq's Root Beer)	Small	200	0	0	0	0	0	65	55	0	54	
	Fountain Drink (Barq's Root Beer)	Medium	300	0	0	0	0	0	100	82	0	82	
	Fountain Drink (Barq's Root Beer)	Macho	420	0	0	0	0	0	140	0	114	0	
	Fountain Drink (Cherry Coke)	Kids	120	0	0	0	0	0	30	31	0	31	
	Fountain Drink (Cherry Coke)	Small	190	0	0	0	0	0	40	42	0	42	
	Fountain Drink (Cherry Coke)	Medium	290	0	0	0	0	0	75	79	0	79	
	Fountain Drink (Cherry Coke)	Macho	400	0	0	0	0	0	110	110	0	110	
	Fountain Drink (Coca-Cola Zero)	Kids	0	0	0	0	0	0	30	0	0	0	
	Fountain Drink (Coca-Cola Zero)	Small	0	0	0	0	0	0	50	0	0	0	
	Fountain Drink (Coca-Cola Zero)	Medium	0	0	0	0	0	0	75	0	0	0	
	Fountain Drink (Coca-Cola Zero)	Macho	0	0	0	0	0	0	105	0	0	0	
	Fountain Drink (Coca-Cola)	Kids	110	0	0	0	0	0	30	30	0	30	
	Fountain Drink (Coca-Cola)	Small	180	0	0	0	0	0	50	50	0	50	
	Fountain Drink (Coca-Cola)	Medium	280	0	0	0	0	0	75	75	0	75	
	Fountain Drink (Coca-Cola)	Macho	390	0	0	0	0	0	105	105	0	105	
	Fountain Drink (Diet Coke)	Kids	0	0	0	0	0	0	35	0	0	0	
	Fountain Drink (Diet Coke)	Small	0	0	0	0	0	0	50	0	0	0	
	Fountain Drink (Diet Coke)	Medium	0	0	0	0	0	0	90	0	0	0	
	Fountain Drink (Diet Coke)	Macho	0	0	0	0	0	0	125	0	0	0	
	Fountain Drink (Dr Pepper)	Kids	70	0	0	0	0	0	20	20	0	19	
	Fountain Drink (Dr Pepper)	Small	120	0	0	0	0	0	35	33	0	32	
	Fountain Drink (Dr Pepper)	Medium	180	0	0	0	0	0	55	49	0	48	
	Fountain Drink (Dr Pepper)	Macho	250	0	0	0	0	0	75	68	0	67	
	Fountain Drink (Fanta Orange)	Kids	120	0	0	0	0	0	30	33	0	32	
	Fountain Drink (Fanta Orange)	Small	200	0	0	0	0	0	50	55	0	54	
	Fountain Drink (Fanta Orange)	Medium	300	0	0	0	0	0	75	82	0	80	
	Fountain Drink (Fanta Orange)	Macho	420	0	0	0	0	0	105	115	0	112	
	Fountain Drink (Fuze Raspberry Ice Tea)	Kids	60	0	0	0	0	0	40	17	0	17	
	Fountain Drink (Fuze Raspberry Ice Tea)	Small	110	0	0	0	0	0	65	29	0	28	
	Fountain Drink (Fuze Raspberry Ice Tea)	Medium	160	0	0	0	0	0	95	43	0	42	
	Fountain Drink (Fuze Raspberry Ice Tea)	Macho	220	0	0	0	0	0	130	60	0	78	

Fountain Drink (Hi C Fruit Punch)	Kids	0	0	0	0	0	0	35	1	0	0	
Fountain Drink (Hi C Fruit Punch)	Small	5	0	0	0	0	0	55	2	0	0	
Fountain Drink (Hi C Fruit Punch)	Medium	10	0	0	0	0	0	80	2	0	0	
Fountain Drink (Hi C Fruit Punch)	Macho	10	0	0	0	0	0	115	3	0	0	
Fountain Drink (Minute Maid Light Lemonade)	Kids	0	0	0	0	0	0	30	1	0	0	
Fountain Drink (Minute Maid Light Lemonade)	Small	10	0	0	0	0	0	55	2	0	0	
Fountain Drink (Minute Maid Light Lemonade)	Medium	10	0	0	0	0	0	80	4	0	0	
Fountain Drink (Minute Maid Light Lemonade)	Macho	15	0	0	0	0	0	110	5	0	0	
Fountain Drink (Mr. Pibb Xtra)	Kids	100	0	0	0	0	0	40	28	0	28	
Fountain Drink (Mr. Pibb Xtra)	Small	170	0	0	0	0	0	65	47	0	47	
Fountain Drink (Mr. Pibb Xtra)	Medium	260	0	0	0	0	0	100	71	0	71	
Fountain Drink (Mr. Pibb Xtra)	Macho	360	0	0	0	0	0	140	99	0	99	
Fountain Drink (Power Aid Blue Mountain Blast)	Kids	60	0	0	0	0	0	85	16	0	16	
Fountain Drink (Power Aid Blue Mountain Blast)	Small	100	0	0	0	0	0	140	27	0	27	
Fountain Drink (Power Aid Blue Mountain Blast)	Medium	160	0	0	0	0	0	210	41	0	41	
Fountain Drink (Power Aid Blue Mountain Blast)	Macho	220	0	0	0	0	0	290	58	0	57	
Fountain Drink (Sprite)	Kids	110	0	0	0	0	0	50	29	0	29	
Fountain Drink (Sprite)	Small	180	0	0	0	0	0	85	48	0	48	
Fountain Drink (Sprite)	Medium	270	0	0	0	0	0	125	72	0	72	
Fountain Drink (Sprite)	Macho	380	0	0	0	0	0	180	101	0	101	
Gold Peak Tea	Kids	0	0	0	0	0	0	0	0	0	0	
Gold Peak Tea	Small	0	0	0	0	0	0	0	0	0	0	
Gold Peak Tea	Medium	0	0	0	0	0	0	0	0	0	0	
Gold Peak Tea	Macho	0	0	0	0	0	0	0	0	0	0	
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
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

\* 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 nutritional advice, but calories may vary.