



DEL TACO MENU ITEMS NUTRITIONAL GUIDE (April 2016)

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)	Vitamin A (%dv)	Vitamin C (%dv)	Calcium (%dv)	Iron (%dv)
TACOS & TOSTADAS	Beer Battered Fish Taco	137g	230	110	12	2	0	15	470	26	3	2	7	6	25	4	6
	Carne Asada Street Taco	113g	180	60	7	1.5	0	25	390	20	2	1	11	10	6	2	10
	Chicken Street Taco	113g	170	60	7	0	0	30	270	20	2	1	10	10	6	2	8
	CrunchTada Tostada	161g	330	130	14	4.5	0	20	430	38	7	1	12	4	2	15	10
	Double Beef Classic Taco* (Crunchy)	91g	190	100	12	6	0	45	370	10	2	1	13	8	2	10	8
	Double Beef Classic Taco* (Soft)	106g	220	100	11	5	0	45	470	16	2	1	14	8	2	15	15
	Flatbread Taco (Carne Asada Steak)	153g	350	140	15	4.5	0	40	800	34	1	2	17	4	2	6	60
	Flatbread Taco (Chicken)	153g	320	120	14	3	0	40	690	34	1	2	16	4	4	6	60
	Grilled Chicken Taco	106g	220	110	12	3	0	45	490	16	2	1	12	2	2	10	10
	Regular Taco (Crunchy)	63g	130	70	7	3.5	0	20	220	9	1	0	7	4	2	6	4
	Regular Taco (Soft)	78g	150	60	6	3	0	20	330	15	2	1	8	4	2	10	10
	Salsa Fresca Chicken Taco	109g	150	40	4.5	0	0	30	310	19	2	1	10	4	6	2	8
	Turkey Taco (Crunchy)	96g	150	70	8	3.5	0	40	350	11	2	1	10	6	4	8	4
	Turkey Taco (Soft)	110g	170	60	6	3	0	35	520	17	2	1	12	6	6	10	10
BURRITOS	1/2lb Bean & Cheese Burrito (Green)	242g	450	90	10	6	0	20	1250	70	12	0	21	2	10	35	25
	1/2lb Bean & Cheese Burrito (Red)	242g	470	90	10	6	0	20	1220	69	13	0	21	2	2	35	25
	8 Layer Veggie Burrito	320g	540	160	18	8	0	30	1200	72	9	3	18	10	15	35	20
	Carne Asada Combo Burrito	299g	570	140	16	8	0	65	1810	66	10	1	36	4	2	35	35
	Chicken Roller	118g	250	80	9	3	0	40	750	30	1	0	14	2	6	15	15
	Classic Grilled Chicken Burrito	228g	530	290	33	8	0	75	1100	40	2	2	20	8	10	30	15
	Del Beef Burrito™	228g	490	180	20	10	0.5	85	1290	40	2	0	31	10	2	30	25
	Del Combo Burrito™	270g	530	140	16	8	0	50	1390	64	11	0	29	6	2	35	30
	Del Turkey Combo Burrito	270g	510	120	14	7	0	55	1360	65	11	0	27	2	2	35	25
	Epic Cali Steak & Guac Burrito	414g	800	350	39	13	0	70	1970	80	7	5	30	20	25	25	30
	Epic Carne Asada Burrito	421g	750	220	24	9	0.5	75	2450	90	9	4	42	15	15	25	45
	Epic Chicken Chipotle Ranch Burrito	513g	1160	600	66	17	0	150	2650	91	4	6	46	20	30	45	30
	Epic Grilled Chicken Avocado Burrito	499g	840	320	36	7	0	90	2070	90	13	7	38	15	30	25	40
	Epic Steak & Potato Burrito	400g	1040	550	61	23	0	120	2280	77	4	4	40	15	15	40	30
	Jacked Up Value Bean, Rice & Cheese Burrito	149g	280	70	8	3.5	0	15	680	40	6	0	12	4	10	15	15
	Macho Combo Burrito™	538g	940	300	34	17	0.5	120	2320	100	15	4	50	20	20	60	50
Spicy Grilled Chicken Burrito	292g	530	150	17	6	0	55	1450	71	7	0	26	2	15	35	25	
Value Bean & Cheese Burrito (Green)	146g	310	80	8	4.5	0	20	810	45	7	0	14	2	6	25	20	
Value Bean & Cheese Burrito (Red)	146g	320	80	8	4.5	0	20	790	44	7	0	14	2	0	25	20	
FRESCA BOWLS	Avocado Veggie Bowl	352g	460	130	14	2	0	0	1240	70	13	7	14	10	15	10	40
	Green Chile Chicken with Avocado Bowl	468g	570	210	23	1.5	0	90	1610	64	8	5	31	6	45	6	25
	Pollo Asado Avocado Bowl	408g	570	210	23	1.5	0	90	1370	61	8	5	31	6	30	6	25
AMERICAN GRILL	Bacon Double Del Cheeseburger*	276g	770	460	52	20	2	135	1440	40	1	7	34	15	4	30	30
	Carne Asada Fries	354g	810	530	59	15	0	85	1360	46	6	2	24	10	20	20	15
	Cheeseburger	162g	430	200	22	9	1	60	990	40	1	7	18	8	0	15	20
	Chili Cheddar Fries	298g	570	300	34	10	0	50	920	41	5	0	16	8	15	20	10
	Crinkle-Cut Fries (Kids)	85g	160	90	10	1.5	0	0	190	17	2	0	2	0	6	0	2
	Crinkle-Cut Fries (Macho)	248g	470	250	28	4	0	0	540	49	5	0	5	0	15	0	6
	Crinkle-Cut Fries (Medium)	170g	320	170	19	3	0	0	370	34	4	0	4	0	10	0	4
	Crinkle-Cut Fries (Regular)	113g	210	110	13	2	0	0	250	22	2	0	2	0	8	0	2
	Del Cheeseburger™	190g	500	260	29	10	1	70	890	39	1	7	18	8	6	15	20
	Deluxe Chili Cheddar Fries	340g	600	330	37	12	0	60	930	44	5	1	17	10	20	20	10
	Double Del Cheeseburger*	266g	720	430	48	18	2	125	1270	40	1	7	31	15	4	30	30
QUESADILLAS & NACHOS	Chicken Cheddar Quesadilla	215g	550	280	31	16	0	130	1190	33	1	0	34	15	4	70	15
	Cheddar Quesadilla	151g	460	240	26	16	0	85	850	31	1	0	22	15	4	70	15
	Chicken Spicy Jack Quesadilla	215g	550	280	31	14	0	120	1170	36	1	0	34	15	10	40	15
	Macho Nachos* (Beef)	482g	960	430	49	14	0	65	2020	98	15	11	33	10	10	25	30
	Macho Nachos* (Chicken)	482g	940	420	47	12	0	70	2050	98	14	11	33	8	10	25	25
	Macho Nachos* (Carne Asada Steak)	482g	950	420	47	13	0.5	65	2210	99	14	11	34	10	10	25	30
	Mini Bacon Quesadilla	49g	170	80	9	4.5	0	25	390	14	1	0	8	2	0	15	6
	Mini Cheddar Quesadilla	42g	140	60	7	3.5	0	20	270	14	1	0	6	2	0	15	6
	Nachos	113g	300	170	19	4	0	5	540	30	1	4	5	0	0	8	2
	Salsa Verde Nachos	191g	430	50	6	1	0	5	570	77	12	4	19	0	20	15	20
Spicy Jack Quesadilla	151g	460	240	27	14	0	75	830	33	1	0	23	15	10	40	10	
DESSERTS & SHAKES	Cinnamon Churros	51g	220	130	15	6	0	20	160	23	0	10	2	0	0	2	0
	Caramel Cheesecake Bites	122g	460	250	28	10	0	40	310	43	0	12	6	8	0	8	8
	Chocolate Chip Cookies	43g	200	90	10	4.5	0	15	85	27	1	18	2	--	--	2	4
	Premium Shake (Chocolate)	415g	560	90	11	9	0	30	350	105	1	85	15	30	8	60	0
	Premium Shake (Strawberry)	415g	520	90	10	9	0	30	300	95	1	80	15	30	25	60	0
Premium Shake (Vanilla)	415g	520	100	11	9	0	35	320	94	0	78	16	35	8	60	0	
HANDCRAFTED SALADS	Chicken Bacon Avocado Salad	379g	590	410	46	7	0	85	1110	23	5	6	23	50	60	40	20
	Mexican Chopped Chicken Salad	470g	510	210	23	6	0	90	1340	39	11	9	31	70	60	50	30
	Signature Taco Salad	470g	540	250	27	12	0	85	1170	38	11	11	27	70	60	60	30

Menu Item Name		Calorie Range																
COMBOS & FIESTA PACK	#1) 2 Double Beef Classic Tacos® & Cheddar Quesadilla (+ Drink)	840-1,060																
	#2) Del Combo Burrito™ (+ Fries & Drink)	740-960																
	#3) Classic Grilled Chicken Burrito (+ Fries & Drink)	740-960																
	#4) Double Del Cheeseburger® (+ Fries & Drink)	930-1,150																
	#5) 2 Grilled Chicken Tacos (+ Fries & Drink)	650-870																
	#6) 2 Double Beef Classic Tacos® (+ Fries & Drink)	590-810																
	#7) 2 Beer Battered Fish Tacos (+ Fries & Drink)	670-890																
	#8) Spicy Grilled Chicken Burrito & Grilled Chicken Taco (+Fries & Drink)	960-1,180																
	#9) Del Beef Burrito & Double Beef Classic Taco (+Fries & Drink)	890-1,110																
	#10) Macho Combo Burrito™ (+Fries & Drink)	1150-1,370																
Fiesta Pack - 6 Regular Tacos & 6 1/2 lb. Bean & Cheese Burritos	3,480-3,720																	
Fiesta Pack - Upgrade to Classic Tacos®	3,840-4,140																	
Fiesta Pack - Upgrade to Grilled Chicken Tacos	4,020-4,140																	
KID'S MEALS	Kid's Hamburger	520-650																
	Kid's Quesadilla	440-570																
	Kid's Regular Taco	290-420																
	Kid's Value Bean & Cheese Burrito (Green)	470-600																
	Kid's Value Bean & Cheese Burrito (Red)	480-610																
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)	Vitamin A (%dv)	Vitamin C (%dv)	Calcium (%dv)	Iron (%dv)	
DRINKS	Bottled Water	479g	0	0	0	0	0	0	10	0	0	0	0					
	(Small) Fountain Drink (Real Strawberry Lemonade)	528g	35	0	0	0	0	0	15	8	1	7	0	0	35	0	0	
	(Small) Fountain Drink (Barq's Root Beer)	567g	220	0	0	0	0	0	90	61	0	61	0					
	(Small) Fountain Drink (Cherry Coke)	567g	210	0	0	0	0	0	50	57	0	57	0					
	(Small) Fountain Drink (Coca-Cola Zero)	567g	0	0	0	0	0	0	50	0	0	0	0					
	(Small) Fountain Drink (Coca-Cola)	567g	200	0	0	0	0	0	50	55	0	55	0					
	(Small) Fountain Drink (Diet Coke)	567g	0	0	0	0	0	0	60	0	0	0	0					
	(Small) Fountain Drink (Fanta Orange)	567g	210	0	0	0	0	0	55	59	0	58	0					
	(Small) Fountain Drink (Fuze Raspberry Ice Tea)	567g	120	0	0	0	0	0	60	31	0	31	0					
	(Small) Fountain Drink (Hi C Fruit Punch)	567g	210	0	0	0	0	0	70	58	0	56	0					
	(Small) Fountain Drink (Minute Maid Light)	567g	10	0	0	0	0	0	55	3	0	0	0					
	(Small) Fountain Drink (Mr. Pibb Xtra)	567g	190	0	0	0	0	0	75	52	0	52	0					
	(Small) Fountain Drink (Power Aid Blue Mountain Blast)	567g	110	0	0	0	0	0	150	30	0	30	0					
	(Small) Fountain Drink (Sprite)	567g	180	0	0	0	0	0	85	48	0	48	0					
	Gold Peak Tea	528g	0	0	0	0	0	0	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	0	0	0	0	0		
Prima Java Iced Coffee	269g	140	15	1.5	1.5	0	5	70	29	0	25	3	6	2	15	0		
Milk (2%)	227g	130	45	5	3	0	25	130	13	0	13	10	10	4	35	0		
Minute Maid Orange Juice	283g	140	5	0.5	0.5	0	0	15	34	1	30	2	4	150	4	10		
BREAKFAST	Half Pounder (Bacon)	245g	640	320	36	15	0	405	1620	38	1	2	32	15	0	35	10	
	Half Pounder (Carne Asada Steak)	245g	500	210	24	10	0	400	1240	40	1	2	28	15	0	35	15	
	Half Pounder (Chorizo)	231g	520	250	28	11	0	395	1190	39	2	2	24	20	0	40	10	
	Bacon & Egg Quesadilla	164g	430	220	24	10	0	225	830	32	1	1	20	10	4	40	10	
	Bacon Breakfast Burrito	149g	420	200	23	9	0	210	1000	28	1	1	20	8	0	25	10	
	Breakfast Burrito	128g	310	140	15	6	0	195	640	28	1	1	14	8	0	25	10	
	Breakfast Taco (Bacon)	88g	230	120	14	5	0	195	420	15	1	1	11	6	0	15	6	
	Breakfast Taco (Egg & Cheese)	80g	200	100	11	4	0	190	300	15	1	1	9	6	0	15	6	
	Breakfast Taco (Carne Asada Steak)	109g	240	120	13	5	0	205	530	16	1	1	15	8	0	15	10	
	Breakfast Taco (Chorizo)	95g	240	140	15	5	0	195	450	16	2	2	11	10	0	15	8	
	Egg & Cheese Burrito	201g	430	190	21	9	0	375	890	38	1	2	20	15	0	35	10	
	Epic Scrambler (Bacon)	445g	1040	550	62	23	0	590	2030	71	3	5	39	35	20	50	15	
	Epic Scrambler (Carne Asada Steak)	459g	960	490	54	20	0	595	1890	73	3	6	39	35	20	50	20	
	Epic Scrambler (Chorizo)	473g	1030	560	62	22	0	410	2310	73	3	4	36	35	20	50	30	
	Hashbrown Sticks (5 pieces)	71g	230	150	17	3.5	0	0	180	18	0	0	0	0	8	0	0	
Hashbrown Sticks (8 pieces)	113g	360	240	27	6	0	0	280	28	0	0	0	0	15	0	0		
Menu Item Name		Calorie Range																
Bacon & Egg Quesadilla Meal (+ Hashbrowns & Drink)		660-880																
Half Pounder (Bacon) Combo (+Hashbrowns & Drink)		870-1,090																
Half Pounder (Chorizo) Combo (+Hashbrowns & Drink)		750-970																
Half Pounder (Carne Asada Steak) Combo (+Hashbrowns & Drink)		720-940																
Egg & Cheese Burrito Meal (+ Hashbrowns & Drink)		670-890																
<p>* 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.</p>																		