

TACO JOHN'S

The Fresh Taste of West-Mex

Nutritional Chart

Menu Items	Serving (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)
10g or Less of Fat												
Crispy Taco	92	180	90	10	3.5	0	25	13	2	1	9	270
Softshell Taco**	106	190	70	8	3	0	20	20	2	1	9	530
Chicken Softshell Taco	113	190	50	6	3	0	30	19	1	0	13	700
Taco Burger**	135	250	80	9	2.5	0	25	28	3	4	12	560
Bean Burrito**	173	320	40	4.5	0	0	0	58	9	5	11	740
Texas Chili**	213	160	60	6	2	0	20	17	4	2	10	1160
Mexican Rice	170	250	50	6	0	0	0	45	0	2	5	1080
Refried Beans**	269	280	15	1.5	0.5	0.5	0	50	11	2	15	980
**If consumed without cheese												
Tacos												
Taco Bravo®	184	340	120	13	4.5	0.5	25	40	5	1	15	750
Crispy Taco	92	180	90	10	3.5	0	25	13	2	1	9	270
Softshell Taco	113	220	90	11	4.5	0.5	25	21	2	1	11	580
Chicken Softshell Taco	113	190	50	6	3	0	30	19	1	0	13	700
Chicken Softshell Taco w/o Cheese	106	160	30	3.5	1.5	0	20	19	1	0	12	650
Chipotle Chicken Softshell Taco	127	200	70	7	3	0	30	20	1	1	13	780
Cilantro Lime Steak Softshell Taco	127	240	120	14	4.5	0	30	19	4	2	13	760
Taco Burger	142	270	110	12	4	0.5	30	28	3	4	14	600
Chalupas												
Beef Chalupa	159	300	150	17	6	0.5	30	28	2	2	13	430
Beef Chalupa w/o Cheese & Sour Cream	131	240	100	12	2.5	0	20	27	2	2	10	340
Chipotle Chicken Chalupa	145	240	90	10	1	0	20	26	2	2	13	650
Cilantro Lime Steak Chalupa	145	310	170	19	3.5	0	25	25	4	3	12	590
Burritos												
Super Burrito	251	450	160	18	7	0.5	40	54	9	6	19	920
Meat & Potato Burrito	237	500	210	23	6	0.5	30	58	8	5	15	1100
Chicken & Potato Burrito	237	470	170	19	4.5	0	30	56	7	5	17	1220
Crunchy Chicken & Potato Burrito	251	600	260	28	6	0	35	65	7	5	20	1320
Steak & Potato Burrito	237	480	190	22	6	0	30	56	10	6	17	1240
Bean Burrito	187	380	80	9	3	0	15	58	9	5	15	830
Beefy Burrito	187	440	180	20	7	1	50	45	7	5	22	860
Combination Burrito	187	400	130	14	5	0.5	35	50	8	5	18	830
Beef Grilled Burrito	233	600	280	32	13	1	75	52	8	5	27	1230
Chicken Grilled Burrito	233	590	260	29	11	0.5	90	50	6	5	32	1510
Steak Grilled Burrito	233	610	310	34	13	0.5	85	49	10	6	31	1540
Chicken & Rice Burrito	279	470	130	14	4	0	30	67	5	6	19	1420
Steak & Rice Burrito	276	450	160	17	5	0	35	57	8	6	20	1440

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Local Favorites *												
Ranch Burrito – Beef	201	440	200	22	6	0	45	45	6	6	17	850
Ranch Burrito – Chicken	201	400	160	17	4.5	0	45	44	5	6	19	970
Mexi Rolls® -2 Piece w/o Nacho Cheese	54	160	60	7	2	0	15	16	6	2	8	190
Mexi Rolls® -4 Piece w/o Nacho Cheese	108	310	120	14	4.5	1	30	32	12	5	16	390
Mexi Rolls® -6 Piece w/o Nacho Cheese	162	470	190	21	7	1	50	47	18	7	24	580
Chili Cheese Potato Olés®	305	590	320	36	8	0.5	25	55	8	2	13	2130
Chili Enchilada	216	310	140	16	7	1	50	24	4	2	18	1000
Chilito	130	360	140	15	7	0	35	40	5	5	15	670
Smothered Burrito	322	510	180	20	8	1	45	60	10	6	23	1330
Breakfast Menu*												
Breakfast Taco – Bacon	106	270	120	13	4	0	125	25	2	1	10	810
Breakfast Taco – Sausage	120	310	160	18	6	0	135	25	2	1	11	770
Breakfast Burrito – Bacon	217	550	230	25	6	0	250	56	7	5	21	1370
Breakfast Burrito – Sausage	246	640	310	35	10	0	275	56	7	5	23	1300
Scrambler Burrito – Bacon	246	550	230	25	6	0	250	58	7	6	21	1370
Scrambler Burrito – Sausage	274	640	290	32	9	0	270	58	7	7	21	1440
Potato Olés® Scrambler – Small Bacon	269	630	370	41	10	0.5	260	45	6	2	20	1860
Potato Olés® Scrambler – Small Sausage	298	720	450	50	14	0.5	280	45	6	2	22	1780
Potato Olés® Scrambler – Regular Bacon	439	1030	600	67	17	1	395	72	9	4	32	3060
Potato Olés® Scrambler – Regular Sausage	475	1140	710	79	22	1	425	72	9	3	34	2890
Breakfast Egg Burrito	187	420	170	19	8	0	270	42	5	6	21	730
Breakfast Egg Burrito – Bacon	201	500	220	24	9	0	275	43	5	6	26	1120
Breakfast Egg Burrito – Sausage	232	590	300	34	13	0	300	44	6	6	28	1050
Waffle Stix – Maple Syrup	227	880	460	52	4	0	0	104	1	48	4	600
Waffle Stix – Cinnamon Sugar	170	740	460	52	4	0	0	68	8	21	5	560

*Not available at all locations.

Nutritional Analysis

All information is based on Taco John's International, Inc.'s current standard product formulations and information from product suppliers. Slight variations may occur depending on the quantities used in analysis. Content and nutrition facts are subject to change. Giant Goldfish® Grahams is a registered trademark of Pepperidge Farms. Test products are not included.

For specific ingredient information, call Taco John's Quality Assurance Hotline at 800-854-0819, option #2.

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