












MENU & NUTRITIONAL INFORMATION








SOFT TACOS

| | | SERVING SIZE (oz) | CALORIES | PROTEIN (g) | CARBS (g) | DIETARY FIBER (g) | FAT TOTAL (g) | SAT. FAT (g) | TRANS. FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | SUGAR (g) |
|---|---|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
| Pinto Bean Soft Taco A soft flour tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 9.8 | 529 | 17.3 | 58.9 | 8.7 | 26.4 | 8.8 | 0.0 | 32.5 | 1190 | 1.3 |
| Beef Soft Taco A soft flour tortilla filled with seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 9.8 | 602 | 27.3 | 47.9 | 7.7 | 33.9 | 12.8 | 0.0 | 42.5 | 1650 | 1.3 |
| Chicken Soft Taco A soft flour tortilla filled with tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 9.8 | 534 | 30.3 | 41.9 | 2.7 | 27.9 | 8.8 | 0.0 | 57.5 | 1250 | 1.3 |
| Mini Pinto Bean Soft Taco A smaller version of our Soft Taco filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 5.5 | 293 | 10.4 | 30.8 | 5.4 | 13.9 | 4.8 | 0.0 | 20.0 | 668 | 0.6 |
| Mini Beef Soft Taco A smaller version of our Soft Taco filled with seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 5.5 | 341 | 17.0 | 23.5 | 4.7 | 18.9 | 7.4 | 0.0 | 26.7 | 975 | 0.6 |
| Mini Chicken Soft Taco A smaller version of our Soft Taco filled with tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 5.5 | 296 | 19.0 | 19.5 | 1.4 | 14.9 | 4.8 | 0.0 | 36.7 | 708 | 0.6 |
| Pinto Bean Natural Soft Taco A whole-wheat tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 11.8 | 567 | 21.6 | 67.3 | 36.7 | 26.7 | 8.8 | 0.0 | 32.5 | 1423 | 1.3 |
| Beef Natural Soft Taco A whole-wheat tortilla filled with fat-free pinto beans, seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 11.8 | 640 | 31.6 | 56.3 | 35.7 | 34.2 | 12.8 | 0.0 | 42.5 | 1883 | 1.3 |
| Chicken Natural Soft Taco A whole-wheat tortilla filled with fat-free pinto beans, tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes. |  | 11.8 | 572 | 34.6 | 50.3 | 30.7 | 28.2 | 8.8 | 0.0 | 57.5 | 1483 | 1.3 |
| Fish Soft Taco A soft flour tortilla filled with lightly battered Alaskan Cod fillets, tangy white sauce, an assortment of diced vegetables, and Mild Salsa. |  | 10.1 | 655 | 19.0 | 64.5 | 5.8 | 35.0 | 5.5 | 0.0 | 10.0 | 1293 | 1.0 |
| Veggie Soft Taco A whole wheat tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce, Corn Salsa, roasted pumpkin seeds, and an assortment of diced vegetables. |  | 11.1 | 581 | 21.6 | 59.4 | 33.6 | 31.6 | 9.6 | 0.0 | 32.5 | 1131 | 0.8 |














BURRITOS

| | | | | | | | | | | | | |
|--|---|------|------|------|-------|------|------|------|-----|------|------|------|
| Crisp Pinto Bean Burrito Fat-free pinto beans rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown. |  | 4.2 | 310 | 11.0 | 32.0 | 6.0 | 15.0 | 4.5 | 0.0 | 10.0 | 550 | 6.0 |
| Crisp Beef Burrito Seasoned ground beef rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown. |  | 4.2 | 350 | 18.0 | 26.0 | 4.0 | 20.0 | 8.0 | 0.0 | 20.0 | 940 | 2.0 |
| Crisp Chicken Burrito Tender chicken mixed with onion, green chilies, and cream cheese rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown. |  | 4.2 | 300 | 20.0 | 19.0 | 2.0 | 16.0 | 5.0 | 0.0 | 30.0 | 660 | 1.0 |
| Take n' Bake Crisp Pinto Bean Burritos (4-pack) Our original Crisp Pinto Bean Burritos now available in a take home 4-pack. Just heat and enjoy. |  | 16.9 | 1240 | 44.0 | 128.0 | 24.0 | 60.0 | 18.0 | 0.0 | 40.0 | 2200 | 24.0 |
| Take n' Bake Crisp Beef Burritos (4-pack) Our original Crisp Beef Burritos now available in a take home 4-pack. Just heat and enjoy. |  | 16.9 | 1400 | 72.0 | 104.0 | 16.0 | 80.0 | 32.0 | 0.0 | 80.0 | 3760 | 8.0 |
| Soft Pinto Bean Burrito Fat-free pinto beans with burrito sauce and Cheddar cheese wrapped in a soft flour tortilla. |  | 9.2 | 454 | 17.9 | 64.7 | 10.0 | 14.4 | 5.3 | 0.0 | 22.5 | 1299 | 0.0 |

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| | | SERVING SIZE (oz) | CALORIES | PROTEIN (g) | CARBS (g) | DIETARY FIBER (g) | FAT TOTAL (g) | SAT. FAT (g) | TRANS. FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | SUGAR (g) |
|---|---|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
| Soft Beef Burrito A soft flour tortilla filled with seasoned ground beef, burrito sauce, and Cheddar cheese. |  | 9.2 | 551 | 31.3 | 50.0 | 8.7 | 24.4 | 10.6 | 0.0 | 35.8 | 1913 | 0.0 |
| Soft Chicken Burrito A soft flour tortilla filled with tender chicken, burrito sauce, and Cheddar cheese. |  | 9.2 | 460 | 35.3 | 42.0 | 2.0 | 16.4 | 5.3 | 0.0 | 55.8 | 1379 | 0.0 |
| Habanero Soft Beef Burrito A soft flour tortilla filled with black beans, rice, seasoned ground beef, sour cream, and spicy Habanero Salsa. |  | 13.2 | 726 | 31.7 | 96.6 | 14.7 | 22.6 | 8.5 | 0.0 | 30.3 | 2309 | 1.4 |
| Habanero Soft Chicken Burrito A soft flour tortilla filled with black beans, rice, tender chicken, sour cream, and spicy Habanero Salsa. |  | 13.2 | 658 | 34.7 | 90.6 | 9.7 | 16.6 | 4.5 | 0.0 | 45.3 | 1909 | 1.4 |
| Veggie Classic Burrito A soft flour tortilla filled with an assortment of diced vegetables, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole, roasted pumpkin seeds, and lettuce. |  | 14.6 | 760 | 23.4 | 90.2 | 11.8 | 35.8 | 10.0 | 0.0 | 32.5 | 1427 | 1.1 |
| Beef Classic Burrito A soft flour tortilla filled with seasoned beef, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole, and lettuce. |  | 15.2 | 836 | 34.0 | 91.1 | 14.2 | 38.6 | 13.2 | 0.0 | 42.5 | 2250 | 1.1 |
| Chicken Classic Burrito A soft flour tortilla filled with tender chicken, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole, and lettuce. |  | 15.2 | 768 | 37.0 | 85.1 | 9.2 | 32.6 | 9.2 | 0.0 | 57.5 | 1850 | 1.1 |

TACOS











| | | | | | | | | | | | | |
|--|---|-----|-----|------|------|-----|------|-----|-----|------|------|-----|
| Crisp Pinto Bean Taco  |  | 4.0 | 188 | 6.9 | 21.3 | 4.3 | 7.9 | 2.5 | 0.0 | 15.0 | 356 | 0.2 |
| Crisp Beef Taco  |  | 4.0 | 236 | 13.6 | 14.0 | 3.7 | 12.9 | 5.2 | 0.0 | 21.7 | 663 | 0.2 |
| Crisp Chicken Taco  |  | 4.0 | 191 | 15.6 | 10.0 | 0.3 | 8.9 | 2.5 | 0.0 | 31.7 | 396 | 0.2 |
| Pinto Bean Baja Taco  | | 6.4 | 309 | 7.7 | 45.6 | 5.1 | 9.4 | 2.0 | 0.0 | 0.0 | 1072 | 0.3 |
| Beef Baja Taco  |  | 6.4 | 358 | 14.4 | 38.2 | 4.5 | 14.4 | 4.7 | 0.0 | 6.7 | 1379 | 0.3 |
| Chicken Baja Taco  | | 6.4 | 313 | 16.4 | 34.2 | 1.1 | 10.4 | 2.0 | 0.0 | 16.7 | 1112 | 0.3 |
| Fish Baja Two white corn tortillas filled with an assortment of diced vegetables and topped with tangy white sauce, mild salsa, and a lightly battered Alaskan Cod fillet. |  | 6.1 | 448 | 10.5 | 44.7 | 1.9 | 23.0 | 4.0 | 0.0 | 5.0 | 922 | 0.5 |
| Crisp Chicken Taco Light  |  | 4.0 | 176 | 16.1 | 10.0 | 0.3 | 6.9 | 1.5 | 0.0 | 26.7 | 386 | 0.2 |

SALADS





(Nutrition information does not include dressing)

| | | | | | | | | | | | | |
|---|---|------|-----|------|------|------|------|------|-----|------|------|-----|
| Pinto Bean Tostado Salad A crisp flour tortilla bowl filled with fat-free pinto beans, Cheddar cheese, lettuce, and tomatoes. Served with your choice of dressing or salsa on the side. (Totals do not include dressing). |  | 13.4 | 733 | 21.6 | 72.5 | 15.3 | 40.9 | 6.8 | 0.0 | 22.5 | 1160 | 0.7 |
| Beef Tostado Salad A crisp flour tortilla bowl filled with fat-free pinto beans, seasoned ground beef, Cheddar cheese, lettuce, and tomatoes. Served with your choice of dressing or salsa on the side. (Totals do not include dressing). |  | 13.4 | 830 | 34.9 | 57.8 | 13.9 | 50.9 | 12.1 | 0.0 | 35.8 | 1773 | 0.7 |
| Chicken Tostado Salad A crisp flour tortilla bowl filled with fat-free pinto beans, tender chicken, Cheddar cheese, lettuce, and tomatoes. Served with your choice of dressing or salsa on the side. (Totals do not include dressing). |  | 13.4 | 740 | 38.9 | 49.8 | 7.3 | 42.9 | 6.8 | 0.0 | 55.8 | 1240 | 0.7 |


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|---|---|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
| Pinto Bean Taco Salad  GLUTEN-SENSITIVE Fat-free pinto beans on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or salsa on the side. (Totals include corn tortilla chips but do not include dressing). |  | 10.8 | 386 | 15.0 | 42.0 | 10.6 | 17.9 | 5.5 | 0.0 | 30.0 | 719 | 0.7 |
| Beef Taco Salad  GLUTEN-SENSITIVE Seasoned ground beef on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or salsa on the side. (Totals include corn tortilla chips but do not include dressing). |  | 10.8 | 484 | 28.4 | 27.4 | 9.2 | 27.9 | 10.9 | 0.0 | 43.3 | 1333 | 0.7 |
| Chicken Taco Salad  GLUTEN-SENSITIVE Tender chicken on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or salsa on the side. (Totals include corn tortilla chips but do not include dressing). |  | 10.8 | 393 | 32.4 | 19.4 | 2.6 | 19.9 | 5.5 | 0.0 | 63.3 | 799 | 0.7 |
| Veggie Chop Salad  GLUTEN-SENSITIVE A blend of shredded iceberg lettuce, and diced assorted vegetables topped with whole black beans, fat-free pinto beans, Pico de Gallo, Corn Salsa, and roasted pumpkin seeds. Served with your choice of dressing or fresh salsa. (Totals do not include dressing). |  | 14.9 | 359 | 19.3 | 56.3 | 20.4 | 7.1 | 0.9 | 0.0 | 0.0 | 1133 | 0.3 |
| Chicken Chop Salad  GLUTEN-SENSITIVE A blend of shredded iceberg lettuce, and diced assorted vegetables topped with tender chicken, whole black beans, Pico de Gallo, Corn Salsa, and roasted pumpkin seeds. Served with your choice of dressing or fresh salsa. (Totals do not include dressing). |  | 14.9 | 366 | 36.7 | 33.6 | 12.4 | 9.1 | 0.9 | 0.0 | 33.3 | 1213 | 0.3 |

SOUPS













| | | | | | | | | | | | | |
|--|---|------|-----|------|------|------|-----|-----|-----|------|-----|-----|
| White Chicken Chili - Cup  GLUTEN-SENSITIVE Made from scratch with tender chicken simmered in a rich broth with Corn Salsa, roasted red peppers, diced green chilies, and onions. |  | 7.0 | 160 | 16.0 | 21.0 | 8.0 | 2.0 | 0.5 | 0.0 | 10.0 | 570 | 2.0 |
| White Chicken Chili - Bowl  GLUTEN-SENSITIVE Made from scratch with tender chicken simmered in a rich broth with Corn Salsa, roasted red peppers, diced green chilies, and onions. |  | 11.0 | 251 | 25.1 | 33.0 | 12.6 | 3.1 | 0.8 | 0.0 | 15.7 | 896 | 3.1 |

BOWLS























| | | | | | | | | | | | | |
|---|---|------|-----|------|------|------|-----|-----|-----|------|------|-----|
| Veggie Fit-Hit Bowl™ Rice, whole black beans, and an assortment of diced vegetables with Pico de Gallo, Corn Salsa, roasted pumpkin seeds, and your choice salsa. |  | 13.5 | 470 | 17.6 | 82.8 | 12.9 | 8.0 | 0.9 | 0.0 | 0.0 | 1477 | 2.4 |
| Chicken Fit-Hit Bowl™ Rice, whole black beans, and tender chicken topped with Pico de Gallo, Corn Salsa, and your choice of salsa. |  | 15.1 | 486 | 31.6 | 79.5 | 11.0 | 4.8 | 0.1 | 0.0 | 25.0 | 1908 | 2.4 |

COMBO MEALS

(LOW = Cup of White Chicken Chili and Diet Coke, HIGH = Tater Fries and Root Beer)

| | | | | | | | | | | | | |
|---|---|------|------|------|-------|------|------|------|-----|------|------|------|
| #1 Soft Burrito - LOW Your choice of a Soft Pinto Bean, Beef, or Chicken Burrito served with a medium order of Tater Fries and a medium drink. |   | 37.2 | 614 | 33.9 | 85.7 | 18.0 | 16.4 | 5.8 | 0.0 | 32.5 | 1939 | 2.0 |
| #1 Soft Burrito - HIGH Your choice of a Soft Pinto Bean, Beef, or Chicken Burrito served with a medium order of Tater Fries and a medium drink. |   | 34.8 | 1254 | 35.8 | 170.2 | 15.0 | 50.5 | 13.7 | 0.0 | 35.8 | 3151 | 78.8 |
| #2 Crisp Burrito - LOW Your choice of a Crisp Pinto Bean, Beef, or Chicken Burrito served with a medium order of Tater Fries and a medium drink. |   | 32.2 | 460 | 36.0 | 40.0 | 10.0 | 18.0 | 5.5 | 0.0 | 40.0 | 1300 | 3.0 |
| #2 Crisp Burrito - HIGH Your choice of a Crisp Pinto Bean, Beef, or Chicken Burrito served with a medium order of Tater Fries and a medium drink. |   | 29.8 | 1053 | 22.5 | 146.2 | 10.3 | 46.1 | 11.2 | 0.0 | 20.0 | 2178 | 80.8 |
| #3 Soft Taco - LOW Your choice of a Pinto Bean, Beef, or Chicken Soft Taco served with a medium order of Tater Fries and a medium drink. |   | 37.8 | 689 | 33.3 | 79.9 | 16.7 | 28.4 | 9.3 | 0.0 | 42.5 | 1830 | 3.3 |
| #3 Soft Taco - HIGH Your choice of a Soft Pinto Bean, Beef, or Chicken Soft Taco served with a medium order of Tater Fries and a medium drink. |   | 35.4 | 1305 | 31.8 | 168.1 | 14.0 | 60.0 | 15.9 | 0.0 | 42.5 | 2889 | 80.0 |

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|---|---|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
| #4 Two Crisp Tacos - LOW  GLUTEN-SENSITIVE |  | 36.0 | 535 | 29.9 | 63.6 | 16.7 | 17.8 | 5.5 | 0.0 | 40.0 | 1352 | 2.4 |
| Your choice of two Crisp Pinto Bean, Beef or Chicken Tacos served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #4 Two Crisp Tacos - HIGH  GLUTEN-SENSITIVE |  | 33.6 | 1175 | 31.7 | 148.1 | 13.6 | 51.9 | 13.5 | 0.0 | 43.3 | 2564 | 79.2 |
| Your choice of two Crisp Pinto Bean, Beef or Chicken Tacos served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #5 Natural Soft Taco - LOW |  | 39.8 | 727 | 37.6 | 88.3 | 44.7 | 28.7 | 9.3 | 0.0 | 42.5 | 2063 | 3.3 |
| Your choice of a Pinto Bean, Beef or Chicken Natural Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #5 Natural Soft Taco - HIGH |  | 37.4 | 1343 | 36.1 | 176.4 | 42.0 | 60.3 | 15.9 | 0.0 | 42.5 | 3122 | 80.0 |
| Your choice of a Pinto Bean, Beef or Chicken Natural Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #6 Veggie Soft Taco - LOW |  | 39.1 | 741 | 37.6 | 80.4 | 41.6 | 33.6 | 10.1 | 0.0 | 42.5 | 1771 | 2.8 |
| A Veggie Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #6 Veggie Soft Taco - HIGH |  | 36.7 | 1284 | 26.1 | 179.6 | 39.9 | 57.7 | 12.7 | 0.0 | 32.5 | 2370 | 79.6 |
| A Veggie Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #7 Light Meal - LOW |  | 32.0 | 336 | 32.1 | 31.0 | 8.3 | 8.9 | 2.0 | 0.0 | 36.7 | 1026 | 2.2 |
| Crisp Chicken Taco Light served with a cup of White Chicken Chili and a medium drink. | | | | | | | | | | | | |
| #7 Light Meal - HIGH |  | 32.0 | 616 | 32.1 | 109.7 | 8.3 | 8.9 | 2.0 | 0.0 | 36.7 | 1078 | 81.0 |
| Crisp Chicken Taco Light served with a bowl of White Chicken Chili and a medium drink. | | | | | | | | | | | | |
| #8 Two Baja Tacos - LOW  GLUTEN-SENSITIVE |  | 40.7 | 779 | 31.5 | 112.2 | 18.2 | 20.8 | 4.5 | 0.0 | 10.0 | 2785 | 2.6 |
| Your choice of two Pinto Bean, Beef or Chicken Baja Tacos served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #8 Two Baja Tacos - HIGH  GLUTEN-SENSITIVE |  | 38.3 | 1419 | 33.3 | 196.6 | 15.2 | 54.9 | 12.5 | 0.0 | 13.3 | 3997 | 79.4 |
| Your choice of two Pinto Bean, Beef or Chicken Baja Tacos served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #9 Two Fish Bajas - LOW |  | 40.2 | 1055 | 37.0 | 110.5 | 11.8 | 48.0 | 8.5 | 0.0 | 20.0 | 2483 | 3.0 |
| Two Fish Bajas served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #9 Two Fish Bajas - HIGH |  | 37.8 | 1598 | 25.5 | 209.6 | 10.1 | 72.1 | 11.2 | 0.0 | 10.0 | 3082 | 79.8 |
| Two Fish Bajas served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #10 Fish Soft Taco - LOW |  | 38.1 | 815 | 35.0 | 85.5 | 13.8 | 37.0 | 6.0 | 0.0 | 20.0 | 1933 | 3.0 |
| A Fish Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #10 Fish Soft Taco - HIGH |  | 35.7 | 1410 | 23.5 | 184.6 | 12.1 | 61.1 | 8.7 | 0.0 | 10.0 | 2532 | 79.8 |
| A Fish Soft Taco served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #11 Classic Burrito - LOW |  | 42.6 | 920 | 39.4 | 111.2 | 19.8 | 37.8 | 10.5 | 0.0 | 42.5 | 2067 | 3.1 |
| Your choice of a Veggie, Beef, or Chicken Classic Burrito served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #11 Classic Burrito - HIGH |  | 40.8 | 1259 | 38.5 | 132.5 | 20.5 | 64.7 | 16.4 | 0.0 | 42.5 | 3436 | 1.1 |
| Your choice of a Veggie, Beef, or Chicken Classic Burrito served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #12 Soft Habanero Burrito - LOW |  | 41.2 | 818 | 50.7 | 111.6 | 17.7 | 18.6 | 5.0 | 0.0 | 55.3 | 2549 | 3.4 |
| Your choice of a Beef or Chicken Soft Habanero Burrito served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |
| #12 Soft Habanero Burrito - HIGH |  | 38.8 | 1429 | 36.2 | 216.7 | 21.0 | 48.7 | 11.7 | 0.0 | 30.3 | 3548 | 80.1 |
| Your choice of a Beef or Chicken Soft Habanero Burrito served with a medium order of Tater Fries and a medium drink. | | | | | | | | | | | | |

MENU & NUTRITIONAL INFORMATION

PLATTERS

(Nutrition information does not include dressing)

Regular Nachos

Hand crafted corn tortilla chips loaded with a blend of aged Cheddar and low-fat white cheese, whole black beans, and Pico de Gallo. Served with a side of guacamole and sour cream.



15.7

1096

43.4

69.8

15.8

69.4

24.8

0.0

140.5

1608

1.4

Beef Nachos

Hand crafted corn tortilla chips loaded with a blend of aged Cheddar and low-fat white cheese, seasoned ground beef, whole black beans, and Pico de Gallo. Served with a side of guacamole and sour cream.



18.7

1256

58.4

75.8

20.8

77.4

28.8

0.0

150.5

2448

1.4

Chicken Nachos

Hand crafted corn tortilla chips loaded with a blend of aged Cheddar and low-fat white cheese, tender chicken, whole black beans, and Pico de Gallo. Served with a side of guacamole and sour cream.



18.7

1188

61.4

69.8

15.8

71.4

24.8

0.0

165.5

2048

1.4

Pinto Bean Fiesta Platter

A Crisp Pinto Bean Taco and Crisp Pinto Bean Burrito served with Tater Fries, fat-free pinto beans, and a side salad with your choice of dressing.



16.8

994

28.3

109.9

21.9

48.2

10.6

0.0

32.5

1961

6.4

Beef Fiesta Platter

A Crisp Beef Taco and Crisp Beef Burrito served with Tater Fries, fat-free pinto beans, and a side salad with your choice of dressing.



16.8

1083

42.0

96.6

19.3

58.2

16.7

0.0

49.2

2657

2.4

Chicken Fiesta Platter

A Crisp Chicken Taco and Crisp Chicken Burrito served with Tater Fries, fat-free pinto beans, and a side salad with your choice of dressing.



16.8

988

46.0

85.6

13.9

50.2

11.1

0.0

69.2

2111

1.4

Pinto Bean Casita Burrito™

A soft flour tortilla filled with fat-free pinto beans and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.



16.9

807

25.1

95.8

16.1

37.1

10.5

0.0

40.0

1773

1.3

Beef Casita Burrito™

A soft flour tortilla filled with fat-free pinto beans, seasoned ground beef and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.



16.9

880

35.1

84.8

15.1

44.6

14.5

0.0

50.0

2223

1.3

Chicken Casita Burrito™

A soft flour tortilla filled with fat-free pinto beans, tender chicken and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.



16.9

812

38.1

78.8

10.1

38.6

10.5

0.0

65.0

1833

1.3

Pinto Bean Enchilada Platter

Two white corn tortilla enchiladas filled with fat-free pinto beans. Covered with burrito sauce, Cheddar cheese, sour cream, and Pico de Gallo. Served with a side of fat-free pinto beans and rice.



20.7

1008

33.1

135.6

20.9

35.9

11.8

0.0

57.8

2712

0.3

Beef Enchilada Platter

Two white corn tortilla enchiladas filled with seasoned ground beef. Covered with burrito sauce, Cheddar cheese, sour cream, and Pico de Gallo. Served with a side of fat-free pinto beans and rice.



20.7

1133

48.2

121.0

19.5

48.1

18.4

0.0

78.6

3375

0.3

Chicken Enchilada Platter

Two white corn tortilla enchiladas filled with tender chicken. Covered with burrito sauce, Cheddar cheese, sour cream, and Pico de Gallo. Served with a side of fat-free pinto beans and rice.



20.7

1114

57.2

119.6

16.2

41.0

13.0

0.0

98.6

2692

0.3

MINI TIME MEALS™

(LOW = Tater Fries and Diet Coke, HIGH = Tater Fries and Root Beer)

#13 Mini Time - Crisp Taco - LOW

Your choice of a Crisp Pinto Bean, Beef or Chicken Taco served with a small order of Tater Fries and a small soft drink.



22.6

423

9.4

44.3

8.3

22.4

4.3

0.0

15.0

1029

0.2

#13 Mini Time - Crisp Taco - HIGH

Your choice of a Crisp Pinto Bean, Beef or Chicken Taco served with a small order of Tater Fries and a small soft drink.



22.6

685

16.1

97.0

7.7

27.4

7.0

0.0

21.7

1376

60.2

#14 Mini Time - Crisp Burrito - LOW

Your choice of a Crisp Pinto Bean, Beef or Chicken Burrito served with a small order of Tater Fries and a small soft drink.



22.8

535

22.5

42.0

6.0

30.5

6.8

0.0

30.0

1333

1.0

#14 Mini Time - Crisp Burrito - HIGH

Your choice of a Crisp Pinto Bean, Beef or Chicken Burrito served with a small order of Tater Fries and a small soft drink.



22.8

798

20.5

109.0

8.0

34.5

9.8





0.0

20.0

1653







62.0

MENU & NUTRITIONAL INFORMATION














| | | SERVING SIZE (oz) | CALORIES | PROTEIN (g) | CARBS (g) | DIETARY FIBER (g) | FAT TOTAL (g) | SAT. FAT (g) | TRANS. FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | SUGAR (g) |
|--|---|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
| #15 Mini Time - Mini Soft Taco - LOW Your choice of a Pinto Bean, Beef or Chicken Mini Soft Taco served with a small order of Tater Fries and a small soft drink. |  | 24.1 | 528 | 12.9 | 53.8 | 9.4 | 28.4 | 6.6 | 0.0 | 20.0 | 1342 | 0.6 |
| #15 Mini Time - Mini Soft Taco - HIGH Your choice of a Pinto Bean, Beef or Chicken Mini Soft Taco served with a small order of Tater Fries and a small soft drink. |  | 24.1 | 790 | 19.5 | 106.5 | 8.7 | 33.4 | 9.2 | 0.0 | 26.7 | 1688 | 60.6 |
| #16 Mini Time - Baja Taco - LOW Your choice of a Pinto Bean, Beef or Chicken Baja Taco served with a small order of Tater Fries and a small soft drink. |  | 25.0 | 544 | 10.2 | 68.6 | 9.1 | 23.9 | 3.8 | 0.0 | 0.0 | 1745 | 0.3 |
| #16 Mini Time - Baja Taco - HIGH Your choice of a Pinto Bean, Beef or Chicken Baja Taco served with a small order of Tater Fries and a small soft drink. |  | 25.0 | 806 | 16.9 | 121.2 | 8.5 | 28.9 | 6.5 | 0.0 | 6.7 | 2092 | 60.3 |

KIDS MEALS

(LOW = Side of Rice and Diet Coke, HIGH = Tater Fries and Root Beer)

| | | | | | | | | | | | | |
|---|---|------|-----|------|-------|------|------|-----|-----|------|------|------|
| Kids Soft Burrito - LOW A Kids Soft Pinto Bean, Beef or Chicken Burrito with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 25.5 | 477 | 16.1 | 81.0 | 8.5 | 9.5 | 3.0 | 0.0 | 15.0 | 1305 | 0.0 |
| Kids Soft Burrito - HIGH A Kids Soft Pinto Bean, Beef or Chicken Burrito with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 23.5 | 783 | 24.0 | 107.0 | 10.0 | 30.0 | 8.8 | 0.0 | 25.0 | 1903 | 60.0 |
| Kids Crisp Burrito - LOW A Kids Crisp Pinto Bean, Beef or Chicken Burrito with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 22.7 | 365 | 14.6 | 55.5 | 2.5 | 9.5 | 2.5 | 0.0 | 15.0 | 90.5 | 0.5 |
| Kids Crisp Burrito - HIGH A Kids Crisp Pinto Bean, Beef or Chicken Burrito with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 20.7 | 410 | 11.5 | 36.0 | 6.0 | 24.5 | 5.8 | 0.0 | 10.0 | 1143 | 1.0 |
| Quesadilla - LOW A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 23.0 | 430 | 15.1 | 64.0 | 2.5 | 11.5 | 4.5 | 0.0 | 25.0 | 1015 | 0.0 |
| Quesadilla - HIGH A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink or Apple Juice. |  | 21.0 | 663 | 13.0 | 101.0 | 5.0 | 24.5 | 6.3 | 0.0 | 25.0 | 1153 | 60.0 |













SIDES

| | | | | | | | | | | | | |
|--|---|-----|-----|------|------|------|------|-----|-----|-----|------|-----|
| Small Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned. | | 2.6 | 235 | 2.5 | 23.0 | 4.0 | 14.5 | 1.8 | 0.0 | 0.0 | 620 | 0.0 |
| Medium Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned. | | 4.6 | 423 | 4.5 | 41.4 | 6.3 | 26.1 | 3.2 | 0.0 | 0.0 | 1116 | 0.0 |
| Large Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned. | | 7.2 | 658 | 7.0 | 64.4 | 9.8 | 40.6 | 4.9 | 0.0 | 0.0 | 1736 | 0.0 |
| Chips and Mild Salsa  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Mild Salsa. | | 6.8 | 474 | 4.0 | 54.9 | 4.7 | 25.0 | 1.6 | 0.0 | 0.0 | 565 | 4.2 |
| Chips and Green Salsa  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Green Salsa. | | 6.8 | 475 | 4.1 | 54.8 | 4.8 | 25.2 | 1.6 | 0.0 | 0.0 | 710 | 4.0 |
| Chips and Guacamole  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Guacamole. |  | 6.8 | 596 | 5.1 | 56.9 | 9.6 | 38.8 | 3.5 | 0.0 | 0.0 | 30 | 1.1 |
| Rice  GLUTEN-SENSITIVE Rice, with diced yellow onions, tomatoes, fresh cilantro and a blend of seasonings. |  | 4.6 | 215 | 4.6 | 46.0 | 1.5 | 1.5 | 0.0 | 0.0 | 0.0 | 521 | <1 |
| Pinto Beans  GLUTEN-SENSITIVE Fat-free pinto beans with a touch of Cheddar cheese. Served with a side of freshly prepared corn tortilla chips. |  | 8.2 | 260 | 15.1 | 45.3 | 16.0 | 3.6 | 1.3 | 0.0 | 7.5 | 1063 | 0.0 |
| Whole Black Beans  GLUTEN-SENSITIVE Fat-free Pinto Beans with a touch of Cheddar cheese. Served with a side of freshly prepared corn tortilla chips. |  | 5.2 | 237 | 15.3 | 35.0 | 13.3 | 2.9 | 0.8 | 0.0 | 5.0 | 528 | 0.0 |

MENU & NUTRITIONAL INFORMATION

| SERVING SIZE (oz) | CALORIES | PROTEIN (g) | CARBS (g) | DIETARY FIBER (g) | FAT TOTAL (g) | SAT. FAT (g) | TRANS. FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | SUGAR (g) |
|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|
|-------------------|----------|-------------|-----------|-------------------|---------------|--------------|----------------|------------------|-------------|-----------|









DRESSINGS & SALSAS

| | | | | | | | | | | | | |
|-----------------------------|---|------|-----|-----|------|-----|------|------|-----|------|------|------|
| Ranch Dressing |    | 1.0 | 110 | 0.9 | 1.0 | 0.1 | 12.0 | 3.5 | 0.0 | 10.0 | 125 | 0.8 |
| Ranch Dressing |    | 3.0 | 330 | 2.6 | 3.0 | 0.2 | 36.0 | 10.5 | 0.0 | 30.0 | 375 | 2.5 |
| Thousand Island Dressing |  | 3.0 | 392 | 0.0 | 14.0 | 0.0 | 36.4 | 5.6 | 0.0 | 42.0 | 672 | 11.2 |
| Sour Cream |  | 3.0 | 182 | 3.0 | 6.1 | 0.0 | 15.2 | 9.1 | 0.0 | 60.8 | 46 | 0.0 |
| Cilantro Lime Dressing |  | 3.0 | 111 | 2.2 | 6.6 | 0.4 | 8.3 | 4.8 | 0.0 | 28.9 | 547 | 3.6 |
| Mild Salsa | | 3.0 | 27 | 0.7 | 6.0 | 1.2 | 0.0 | 0.0 | 0.0 | 0.0 | 424 | 3.1 |
| Green Salsa | | 3.0 | 28 | 0.8 | 6.0 | 1.3 | 0.2 | 0.0 | 0.0 | 0.0 | 532 | 3.0 |
| Habanero Salsa | | 3.0 | 67 | 0.0 | 8.1 | 0.0 | 2.7 | 0.0 | 0.0 | 0.0 | 1343 | 5.4 |
| Pico de Gallo | | 3.0 | 26 | 1.1 | 4.8 | 2.6 | 0.2 | 0.0 | 0.0 | 0.0 | 831 | 0.9 |
| Corn Salsa | | 3.0 | 66 | 2.3 | 15.5 | 1.7 | 0.6 | 0.1 | 0.0 | 0.0 | 218 | 0.0 |
| Tangy White Sauce |   | 1.0 | 170 | 0.0 | <1 | 0.0 | 18.0 | 3.0 | 0.0 | 10.0 | 125 | 0.0 |
| Taco Time Hot Sauce | | 1.0 | 10 | 0.0 | 2.0 | <1 | 0.0 | 0.0 | 0.0 | 0.0 | 130 | 0.0 |
| Taco Time Bottled Hot Sauce | | 12.0 | 150 | 0.0 | 24.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1560 | 0.0 |
| Guacamole |  | 1.0 | 40 | 0.5 | 2.5 | 1.6 | 3.4 | 0.5 | 0.0 | 0.0 | 7 | 0.3 |

DRINKS

| | | | | | | | | | | | | |
|--|------|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-------|
| Soft Drink (SMALL Diet Coke) - <i>LOW</i> | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 53 | 0.0 |
| Soft Drink (LARGE Root Beer) - <i>HIGH</i> | 32.0 | 427 | 0.0 | 120.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 187 | 120.0 |
| Iced Tea - Small | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 48 | 0.0 |
| Iced Tea - Medium | 21.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 62 | 0.0 |
| Iced Tea - Large | 32.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 95 | 0.0 |
| Apple Juice | 6.8 | 100 | 0.0 | 24.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 25 | 23.0 |

DESSERTS

| | | | | | | | | | | | | |
|---|---|-----|-----|-----|------|-----|------|------|-----|------|-----|------|
| Crustos® Strips of deep-fried flour tortillas, sprinkled with cinnamon and sugar. |   | 2.0 | 327 | 4.0 | 31.0 | 2.0 | 21.0 | 2.0 | 0.0 | 0.0 | 170 | 7.0 |
| Chocolate Chip Cookie |     | 3.0 | 380 | 4.0 | 51.0 | 0.0 | 18.0 | 11.0 | 0.0 | 55.0 | 250 | 28.0 |
| Churro An authentic churro deep-fried and rolled in cinnamon and sugar. |  | 2.5 | 248 | 3.0 | 27.1 | 0.0 | 14.0 | 1.0 | 0.0 | 0.0 | 250 | 2.8 |
| Churro and Caramel Sauce An authentic churro deep-fried and rolled in cinnamon and sugar. Served with a side of caramel sauce. |  | 4.1 | 372 | 3.0 | 54.1 | 0.0 | 14.6 | 1.0 | 0.0 | 0.0 | 250 | 20.8 |

GLUTEN-SENSITIVE

This item is prepared with gluten-free ingredients, however they may come in contact with other ingredients in our kitchen that contain gluten.

ALLERGENS

Our restaurants prepare and serve products that contain wheat, soy, dairy, eggs and fish. While a particular product may not list one of these allergens, our ingredients may be prepared with equipment that is shared with products containing one or more of these allergens. Food cooked in common oil has also been indicated as possible allergens.

ALLERGEN KEY:

The symbols below indicate possible allergens for each item.

 Wheat  Dairy

 Fish  Soy

 Eggs