

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 onions, green chilies, and cream cheese rolled in a flour tortilla 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
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
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

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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 stuffed 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 stuffed 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  GLUTEN-SENSITIVE		4.0	188	6.9	21.3	4.3	7.9	2.5	0.0	15.0	356	0.2
Crisp Beef Taco  GLUTEN-SENSITIVE		4.0	236	13.6	14.0	3.7	12.9	5.2	0.0	21.7	663	0.2
Crisp Chicken Taco  GLUTEN-SENSITIVE		4.0	191	15.6	10.0	0.3	8.9	2.5	0.0	31.7	396	0.2
Pinto Bean Baja Taco  GLUTEN-SENSITIVE		5.6	189	5.7	37.6	7.1	1.4	0.0	0.0	0.0	532	0.3
Beef Baja Taco  GLUTEN-SENSITIVE		5.6	238	12.4	30.2	6.5	6.4	2.7	0.0	6.7	839	0.3
Chicken Baja Taco  GLUTEN-SENSITIVE		5.6	193	14.4	26.2	3.1	2.4	0.0	0.0	16.7	572	0.3
Fish Baja		5.3	328	8.5	36.7	3.9	15.0	2.0	0.0	5.0	382	0.5
Crisp Chicken Taco Light  GLUTEN-SENSITIVE		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		13.4	733	21.6	72.5	15.3	40.9	6.8	0.0	22.5	1160	0.7
Beef Tostado Salad		13.4	830	34.9	57.8	13.9	50.9	12.1	0.0	35.8	1773	0.7

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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
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 tortilla chips and 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 fresh salsa on the side (Totals include tortilla chips and 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 fresh salsa on the side. (Totals include tortilla chips and 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, 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	1132	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	1212	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 of mild or medium 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 mild or medium 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

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











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#11 Classic Burrito - HIGH Your choice of a Veggie, Beef, or Chicken Classic Burrito served with a medium order of Tater Fries and a medium drink.		40.8	1259	38.5	132.5	20.5	64.7	16.4	0.0	42.5	3436	1.1
#12 Soft Habanero Burrito - LOW Your choice of a chicken or beef Soft Habanero Burrito served with a medium order of Tater Fries and a medium drink.		41.2	818	50.7	111.6	17.7	18.6	5.0	0.0	55.3	2549	3.4
#12 Soft Habanero Burrito - HIGH Your choice of a chicken or beef Soft Habanero Burrito served with a medium order of Tater Fries and a medium drink.		38.8	1429	36.2	216.7	21.0	48.7	11.7	0.0	30.3	3548	80.1
PLATTERS (Nutrition information does not include dressing)												
Regular Nachos Hand crafted 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 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 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.		16.7	994	28.3	109.9	21.4	48.2	10.5	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.		16.7	1083	42.0	96.6	18.8	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.		16.7	988	46.0	85.6	13.4	50.2	11.0	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	2233	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 made 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.		20.0	888	31.1	127.6	22.9	27.9	9.8	0.0	57.8	2172	0.3
Beef Enchilada Platter Two white corn tortilla enchiladas made 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.		20.0	1013	46.2	113.0	21.5	40.1	16.4	0.0	78.6	2835	0.3
Chicken Enchilada Platter Two white corn tortilla enchiladas made 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.		20.0	994	55.2	111.6	18.2	33.0	11.0	0.0	98.6	2152	0.3

MENU & NUTRITIONAL INFORMATION







MINI TIME MEALS™

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

		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)
#13 Mini Time - Crisp Taco - LOW  GLUTEN-SENSITIVE		22.6	423	9.4	44.3	7.8	22.4	4.3	0.0	15.0	1029	0.2
Your choice of a Crisp Pinto Bean, Beef, or Chicken Taco served with a small order of Tater Fries and a small soft drink.												
#13 Mini Time - Crisp Taco - HIGH  GLUTEN-SENSITIVE		22.6	685	16.1	97.0	7.2	27.4	6.9	0.0	21.7	1376	60.2
Your choice of a Crisp Pinto Bean, Beef, or Chicken Taco served with a small order of Tater Fries and a small soft drink.												
#14 Mini Time - Crisp Burrito - LOW		22.8	535	22.5	42.0	5.5	30.5	6.8	0.0	30.0	1333	1.0
Your choice of a Pinto Bean, Beef, or Chicken Crisp Burrito served with a small order of Tater Fries and a small soft drink.												
#14 Mini Time - Crisp Burrito - HIGH		22.8	798	20.5	109.0	7.5	34.5	9.8	0.0	20.0	1653	62.0
Your choice of a Pinto Bean, Beef, or Chicken Crisp Burrito served with a small order of Tater Fries and a small soft drink.												
#15 Mini Time - Mini Soft Taco - LOW		24.0	528	12.9	53.8	8.9	28.4	6.5	0.0	20.0	1342	0.6
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.												
#15 Mini Time - Mini Soft Taco - HIGH		24.0	790	19.5	106.5	8.2	33.4	9.2	0.0	26.7	1688	60.6
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.												
#16 Mini Time - Baja Taco - LOW		24.1	424	8.2	60.6	10.6	15.9	1.8	0.0	0.0	1206	0.3
Your choice of a Pinto Bean, Beef, or Chicken Baja Taco served with a small order of Tater Fries and a small soft drink.												
#16 Mini Time - Baja Taco - HIGH		24.1	686	14.9	113.2	10.0	20.9	4.4	0.0	6.7	1552	60.3
Your choice of a Pinto Bean, Beef, or Chicken Baja Taco served with a small order of Tater Fries and a small soft drink.												














KIDS MEALS

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

Kids Soft Burrito - LOW		25.5	477	16.1	81.0	8.5	9.5	3.0	0.0	15.0	1305	0.0
A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												
Kids Soft Burrito - HIGH		23.5	783	24.0	107.0	9.5	30.0	8.8	0.0	25.0	1903	60.0
A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												
Kids Crisp Burrito - LOW		22.7	365	14.6	55.5	2.5	9.5	2.5	0.0	15.0	905	0.5
A Kids Crisp Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												
Kids Soft Burrito - HIGH		20.7	410	11.5	36.0	5.5	24.5	5.8	0.0	10.0	1143	1.0
A Kids Crisp Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												
Quesadilla - LOW		23.0	430	15.1	64.0	2.5	11.5	4.5	0.0	25.0	1015	0.0
A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												
Quesadilla - HIGH		21.0	663	13.0	101.0	4.5	24.5	6.3	0.0	25.0	1153	60.0
A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink, or Apple Juice.												

MENU & NUTRITIONAL INFORMATION

SIDES

	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)
Small Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned.	2.6	235	2.5	23.0	3.5	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 Medium Salsa  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Medium 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 handcrafted Guacamole.	 6.8	596	5.1	56.9	9.6	38.8	3.5	0.0	0.0	30	1.1
Rice  GLUTEN-SENSITIVE Seasoned Mexican Rice.	 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 Whole black beans with a touch of low-fat white 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

DRESSINGS & SALSAS






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	47	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	423	3.1
Medium Salsa	3.0	28	0.8	6.0	1.3	0.2	0.0	0.0	0.0	532	3.0
Habanero Salsa	2.9	67	0.0	8.1	0.0	2.7	0.0	0.0	0.0	1343	5.4
Pico de Gallo	3.0	25	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
Guacamole 	1.0	40	0.5	2.5	1.6	3.4	0.5	0.0	0.0	7	0.3

MENU & NUTRITIONAL INFORMATION

DRINKS

	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)
Freestyle Low (Small Diet Coke)	16.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	53	0.0	
Freestyle High (Large Root Beer)	32.0	427	0.0	120	0.0	0.0	0.0	0.0	187	120.0	
Gold Peak Tea - Small	16.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	48	0.0	
Gold Peak Tea - Medium	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	62	0.0	
Gold Peak Tea - Large	32.0	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	25	23	

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

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, egg 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