

# 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)

## SOFT TACOS

### 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 filets, 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
-----	-----	------	------	-----	------	------	-----	------	------	-----

## 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)
<b>Soft Chicken Burrito</b> 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
<b>Habanero Soft Beef Burrito</b> 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
<b>Habanero Soft Chicken Burrito</b> 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
<b>Veggie Classic Burrito</b> 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
<b>Beef Classic Burrito</b> 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
<b>Chicken Classic Burrito</b> 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

<b>Crisp Pinto Bean Taco</b> <b>GLUTEN-SENSITIVE</b> A crisp corn tortilla filled with fat-free pinto beans, Cheddar cheese, lettuce, and tomato.		4.0	188	6.9	21.3	4.3	7.9	2.5	0.0	15.0	356	0.2
<b>Crisp Beef Taco</b> <b>GLUTEN-SENSITIVE</b> A crisp corn tortilla filled with seasoned ground beef, Cheddar cheese, lettuce, and tomato.		4.0	236	13.6	14.0	3.7	12.9	5.2	0.0	21.7	663	0.2
<b>Crisp Chicken Taco</b> <b>GLUTEN-SENSITIVE</b> A crisp corn tortilla filled with tender chicken, Cheddar cheese, lettuce, and tomato.		4.0	191	15.6	10.0	0.3	8.9	2.5	0.0	31.7	396	0.2
<b>Pinto Bean Baja Taco</b> <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with fat-free pinto beans, Pico de Gallo, and lettuce.		5.6	189	5.7	37.6	7.1	1.4	0.0	0.0	0.0	532	0.3
<b>Beef Baja Taco</b> <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with seasoned ground beef, Pico de Gallo, and lettuce.		5.6	238	12.4	30.2	6.5	6.4	2.7	0.0	6.7	839	0.3
<b>Chicken Baja Taco</b> <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with tender chicken, Pico de Gallo, and lettuce.		5.6	193	14.4	26.2	3.1	2.4	0.0	0.0	16.7	572	0.3
<b>Fish Baja</b> 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.		5.3	328	8.5	36.7	3.9	15.0	2.0	0.0	5.0	382	0.5
<b>Crisp Chicken Taco Light</b> <b>GLUTEN-SENSITIVE</b> A crisp corn tortilla filled with tender chicken, low-fat white cheese, lettuce, and tomato.		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)

<b>Pinto Bean Tostado Salad</b> 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
<b>Beef Tostado Salad</b> 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

## 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)
<b>Chicken Tostado Salad</b> 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
<b>Pinto Bean Taco Salad</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Beef Taco Salad</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Chicken Taco Salad</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Veggie Chop Salad</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Chicken Chop Salad</b> <b>GLUTEN-SENSITIVE</b> 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

<b>White Chicken Chili - Cup</b> <b>GLUTEN-SENSITIVE</b> 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
<b>White Chicken Chili - Bowl</b> <b>GLUTEN-SENSITIVE</b> 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

<b>Veggie Fit-Hit Bowl™</b> 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
<b>Chicken Fit-Hit Bowl™</b> 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)

<b>#1 Soft Burrito - LOW</b> 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
<b>#1 Soft Burrito - HIGH</b> 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
<b>#2 Crisp Burrito - LOW</b> 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

## 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)
<b>#2 Crisp Burrito - HIGH</b> 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
<b>#3 Soft Taco - LOW</b> 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
<b>#3 Soft Taco - HIGH</b> 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
<b>#4 Two Crisp Tacos - LOW</b> <b>GLUTEN-SENSITIVE</b> 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
<b>#4 Two Crisp Tacos - HIGH</b> <b>GLUTEN-SENSITIVE</b> 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
<b>#5 Natural Soft Taco - LOW</b> 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
<b>#5 Natural Soft Taco - HIGH</b> 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
<b>#6 Veggie Soft Taco - LOW</b> 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
<b>#6 Veggie Soft Taco - HIGH</b> 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
<b>#7 Light Meal - LOW</b> 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
<b>#7 Light Meal - HIGH</b> 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
<b>#8 Two Baja Tacos - LOW</b> <b>GLUTEN-SENSITIVE</b> 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
<b>#8 Two Baja Tacos - HIGH</b> <b>GLUTEN-SENSITIVE</b> 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
<b>#9 Two Fish Bajas - LOW</b> 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
<b>#9 Two Fish Bajas - HIGH</b> 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
<b>#10 Fish Soft Taco - LOW</b> 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
<b>#10 Fish Soft Taco - HIGH</b> 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
<b>#11 Classic Burrito - LOW</b> 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

## 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)
<b>#11 Classic Burrito - HIGH</b> 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
<b>#12 Soft Habanero Burrito - LOW</b> 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
<b>#12 Soft Habanero Burrito - HIGH</b> 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)

<b>Regular Nachos</b> 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
<b>Beef Nachos</b> 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
<b>Chicken Nachos</b> 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
<b>Pinto Bean Fiesta Platter</b> 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
<b>Beef Fiesta Platter</b> 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
<b>Chicken Fiesta Platter</b> 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
<b>Pinto Bean Casita Burrito™</b> 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
<b>Beef Casita Burrito™</b> 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
<b>Chicken Casita Burrito™</b> 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
<b>Pinto Bean Enchilada Platter</b> 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
<b>Beef Enchilada Platter</b> 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
<b>Chicken Enchilada Platter</b> 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

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)

## MINI TIME MEALS™

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

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

## KIDS MEALS

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

<b>Kids Soft Burrito - LOW</b> 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.		25.5	477	16.1	81.0	8.5	9.5	3.0	0.0	15.0	1305	0.0
<b>Kids Soft Burrito - HIGH</b> 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.		23.5	783	24.0	107.0	9.5	30.0	8.8	0.0	25.0	1903	60.0
<b>Kids Crisp Burrito - LOW</b> 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.		22.7	365	14.6	55.5	2.5	9.5	2.5	0.0	15.0	905	0.5
<b>Kids Soft Burrito - HIGH</b> 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.		20.7	410	11.5	36.0	5.5	24.5	5.8	0.0	10.0	1143	1.0
<b>Quesadilla - LOW</b> 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
<b>Quesadilla - HIGH</b> 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	4.5	24.5	6.3	0.0	25.0	1153	60.0

# 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)

## SIDES

<b>Small Tater Fries</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Medium Tater Fries</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Large Tater Fries</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Chips and Mild Salsa</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Chips and Medium Salsa</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Chips and Guacamole</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Rice</b> <b>GLUTEN-SENSITIVE</b> Seasoned Mexican Rice.	4.6	215	4.6	46.0	1.5	1.5	0.0	0.0	0.0	521	<1
<b>Pinto Beans</b> <b>GLUTEN-SENSITIVE</b> 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
<b>Whole Black Beans</b> <b>GLUTEN-SENSITIVE</b> 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

<b>Ranch Dressing</b> 3.0 330 2.6 3.0 0.2 36.0 10.5 0.0 30.0 375 2.5
<b>Thousand Island Dressing</b> 3.0 392 0.0 14.0 0.0 36.4 5.6 0.0 42.0 672 11.2
<b>Sour Cream</b> 3.0 182 3.0 6.1 0.0 15.2 9.1 0.0 60.8 47 0.0
<b>Cilantro Lime Dressing</b> 3.0 111 2.2 6.6 0.4 8.3 4.8 0.0 28.9 547 3.6
<b>Mild Salsa</b> 3.0 27 0.7 6.0 1.2 0.0 0.0 0.0 0.0 423 3.1
<b>Medium Salsa</b> 3.0 28 0.8 6.0 1.3 0.2 0.0 0.0 0.0 532 3.0
<b>Habanero Salsa</b> 2.9 67 0.0 8.1 0.0 2.7 0.0 0.0 0.0 1343 5.4
<b>Pico de Gallo</b> 3.0 25 1.1 4.8 2.6 0.2 0.0 0.0 0.0 831 0.9
<b>Corn Salsa</b> 3.0 66 2.3 15.5 1.7 0.6 0.1 0.0 0.0 218 0.0
<b>Tangy White Sauce</b> 1.0 170 0.0 <1 0.0 18.0 3.0 0.0 10.0 125 0.0
<b>Taco Time Hot Sauce</b> 1.0 10 0.0 2.0 <1 0.0 0.0 0.0 0.0 130 0.0
<b>Guacamole</b> 1.0 40 0.5 2.5 1.6 3.4 0.5 0.0 0.0 7 0.3

# 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)

## DRINKS

<b>Freestyle Low (Small Diet Coke)</b>	16.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	53	0.0
<b>Freestyle High (Large Root Beer)</b>	32.0	427	0.0	120	0.0	0.0	0.0	0.0	0.0	0.0	187	120.0
<b>Gold Peak Tea - Small</b>	16.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	48	0.0
<b>Gold Peak Tea - Medium</b>	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	62	0.0
<b>Gold Peak Tea - Large</b>	32.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	95	0.0
<b>Apple Juice</b>	6.8	100	0.0	24	0.0	0.0	0.0	0.0	0.0	0.0	25	23

## DESSERTS

<b>Crustos®</b> 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
<b>Chocolate Chip Cookie</b>	   	3.0	380	4.0	51.0	0.0	18.0	11.0	0.0	55.0	250	28.0
<b>Churro</b> An authentic churro deep-fried and rolled in cinnamon and sugar.		2.2	240	3.0	25.0	0.0	14.0	1.0	0.0	0.0	250	1.0

### 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