

NUTRITIONAL INFO

SOFT TACOS

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
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.	10	550	19.6	67.1	8.6	23.4	10	0.1	24.8	1080	3.7
Beef Soft Taco A soft flour tortilla filled with seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes.	10	631	27.5	57.6	4.7	33.1	14.1	0.6	45.3	1471	3.2
Chicken Soft Taco A soft flour tortilla filled with tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce, and tomatoes.	10	556	32.6	49.9	1.8	25.9	10.5	0.1	50.4	1360	3.1
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.	5.9	325	12.2	39.5	6.9	13.4	5.7	0.0	15.9	793	2.4
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.	5.9	380	17.5	33.1	4.3	19.9	8.4	0.4	29.5	1054	2.2
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.	5.9	330	20.9	28.0	2.4	15.1	6.0	0.0	32.9	980	2.0
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.	12.1	584	24.6	76.5	19.1	20.6	8.6	0.1	24.8	1142	4.1
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.	12.1	665	32.5	67.0	15.2	30.4	12.7	0.6	45.3	1534	3.6
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.	12.1	590	37.6	59.4	12.3	23.2	9.0	0.1	50.4	1422	3.5
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.	10.6	772	34.7	54.0	17.4	27.4	5.1	16.5	572.9	793	4.3
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.	12	694	29.1	68.3	17.2	34.7	11.1	0.1	24.8	1009	4.5








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.	4.8	382	12.8	40.4	8.0	18.8	2.9	0.1	5.4	545	1.6
Crisp Beef Burrito Seasoned ground beef rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown.	4.8	466	18	27.3	4.5	31.6	8.8	0.8	29.7	927	1.2
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	330	18	23	2.0	19	4.5	0.0	35.7	700	2.0
Soft Pinto Bean Burrito Fat-free pinto beans with burrito sauce and Cheddar cheese wrapped in a soft flour tortilla.	9.4	510	20.6	72.8	10.7	15.7	6.2	0.0	21	1143	2.8
Soft Beef Burrito A soft flour tortilla filled with seasoned ground beef, burrito sauce, and Cheddar cheese.	9.4	619	31.1	60.1	5.5	28.7	11.6	0.7	48.2	1665	2.2

NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
Soft Chicken Burrito A soft flour tortilla filled with tender chicken, burrito sauce, and Cheddar cheese.	9.4	519	38.0	49.9	1.7	19.1	6.8	0.0	55	1516	2.0
Habanero Soft Beef Burrito A soft flour tortilla stuffed with black beans, rice, seasoned ground beef, sour cream, and spicy Habanero Salsa.	13.7	776	33	96.6	13.6	28.9	11.3	0.7	47.1	2316	5.7
Habanero Soft Chicken Burrito A soft flour tortilla stuffed with black beans, rice, tender chicken, sour cream, and spicy Habanero Salsa.	13.7	676	39.8	86.4	9.8	19.3	6.4	0.0	53.9	2168	5.5
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.	14.7	844	29.9	89.8	12.2	42	13.2	0.1	24.8	1442	5.9
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.	14.7	830	33.7	90.7	11.4	38.1	14.8	0.6	45.3	2083	4.4
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.	14.7	755	38.8	83.1	8.5	30.9	11.2	0.1	50.4	1972	4.2






TACOS

*Crisp Pinto Bean Taco  GLUTEN-SENSITIVE A crisp corn tortilla filled with fat-free pinto beans, Cheddar cheese, lettuce, and tomato.	3.8	193	8.2	20	5.4	9.0	3.1	0.0	14	253	1.1
*Crisp Beef Taco  GLUTEN-SENSITIVE A crisp corn tortilla filled with seasoned ground beef, Cheddar cheese, lettuce, and tomato.	3.8	241	12.8	14.4	3.1	14.7	5.5	0.3	25.9	481	0.9
*Crisp Chicken Taco  GLUTEN-SENSITIVE A crisp corn tortilla filled with tender chicken, Cheddar cheese, lettuce, and tomato.	3.8	197	15.8	10	1.4	10.5	3.3	0.0	28.9	416	0.8
*Pinto Bean Baja Taco  GLUTEN-SENSITIVE Two white corn tortillas loaded with fat-free pinto beans, Pico de Gallo, and lettuce.	5.0	180	6.5	34.8	6.5	1.8	0.1	0.0	0.0	436	2.0
*Beef Baja Taco  GLUTEN-SENSITIVE Two white corn tortillas loaded with seasoned ground beef, Pico de Gallo, and lettuce.	5.0	220	10.5	30.1	4.6	6.7	2.1	0.3	10.2	632	1.8
*Chicken Baja Taco  GLUTEN-SENSITIVE Two white corn tortillas loaded with tender chicken, Pico de Gallo, and lettuce.	5.0	183	13	26.2	3.1	3.1	0.3	0.0	12.8	576	1.7
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.	5.5	366	16.9	28	10.2	11.2	1.5	8.3	286.5	162	2.6
*Crisp Chicken Taco Light  GLUTEN-SENSITIVE A crisp corn tortilla filled with tender chicken, low-fat white cheese, lettuce, and tomato.	3.8	180	16.3	9.7	1.4	8.3	2.1	0.0	24.9	416	0.8



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).	13.1	695	23.9	71.9	16.8	34.9	6.9	0.1	21	996	4.7
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).	13.1	805	34.5	59.2	11.6	48	12.3	0.7	48.2	1518	4.1

NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
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).	13.1	704	41.3	49	7.7	38.3	7.5	0.1	55	1369	3.9
* 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).	11	435	17.8	44.5	12.8	21.1	6.4	0.0	27.9	559	3.9
* 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).	11	544	28.3	31.8	7.6	34.2	11.9	0.7	55.2	1080	3.3
* 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)	11	444	35.1	21.6	3.7	24.5	7	0.0	62	932	3.1
* 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).	16	476.3	25.9	58.2	25.5	16.2	3.0	0.0	0.0	1229.4	6.5
* 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).	16	485.4	43.2	35.3	16.4	19.6	3.5	0.0	34	1602.4	5.7

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	171	14.1	23.6	10.3	2.2	0.4	0.0	9.9	861	2.8
* 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	268	22.1	37.1	16.2	3.4	0.6	0.0	15.6	1353	4.4

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.	14.1	543	20.4	73.4	16.9	18.8	3.3	0.0	0.0	1562	6.3
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	462	29.8	68.3	13.7	7.7	1.3	0.0	25.5	2101	5.4

COMBO MEALS

(Data ranges from lowest to highest calorie options for each meal with Tater Fries and Diet Coke or 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.	36.1	982	24.6	115.9	19.1	47.1	9.8	0.1	21	2077	3.1
#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.	36.1	1370	35.1	181.9	13.9	60.2	15.3	0.7	48.2	2652	81.3
#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.	30.9	801	22	66.1	10.3	50.4	8.1	0.1	35.7	1634	2.3

NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
#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.	31.5	1217	21.9	149.1	12.8	63	12.4	0.9	29.7	1914	80.3
#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.	36.7	1021	23.6	110.2	16.9	54.8	13.7	0.2	24.8	2014	4.0
#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.	36.7	1383	31.5	179.4	13	64.6	17.8	0.7	45.3	2458	82.3
*#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.	34.3	857	20.4	83.1	19.1	49.4	9.8	0.1	27.9	1440	2.6
*#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.	34.3	1233	29.6	150.7	14.5	60.8	14.6	0.7	51.8	1949	80.9
#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.	38.8	1055	28.6	119.6	27.4	52.1	12.2	0.2	24.8	2077	4.4
#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.	38.8	1417	36.5	188.9	23.5	61.9	16.3	0.7	45.3	2520	82.7
#6 Veggie Soft Taco - LOW A Veggie Soft Taco served with a medium order of Tater Fries and a medium drink.	38.7	1166	33	111.4	25.6	66.2	14.8	0.2	24.8	1943	4.8
#6 Veggie Soft Taco - HIGH A Veggie Soft Taco served with a medium order of Tater Fries and a medium drink.	38.7	1446	33	190.1	25.6	66.2	14.8	0.2	24.8	1996	83.6
#7 Light Meal - LOW Crisp Chicken Taco Light served with a cup of White Chicken Chili and a medium drink.	31.8	350	30.4	33.3	11.7	10.5	2.5	0.0	34.8	1347	3.6
#7 Light Meal - HIGH Crisp Chicken Taco Light served with a cup of White Chicken Chili and a medium drink.	31.8	630	30.4	112.0	11.7	10.5	2.5	0.0	34.8	1399	82.3
*#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.	36.7	830	17.1	112.8	21.4	35	3.7	0.1	0.0	1806	4.3
*#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.	36.7	1192	25	182	17.5	44.8	7.8	0.6	20.4	2250	82.6
#9 Two Fish Bajas - LOW Two Fish Bajas served with a medium order of Tater Fries and a medium drink.	37.6	1203	37.7	99.1	28.7	53.8	6.7	16.6	572.9	1258	5.6
#9 Two Fish Bajas - HIGH Two Fish Bajas served with a medium order of Tater Fries and a medium drink.	37.6	1483	37.7	177.8	28.7	53.8	6.7	16.6	572.9	1310	84.3
#10 Fish Soft Taco - LOW A Fish Soft Taco served with a medium order of Tater Fries and a medium drink.	37.3	1243	38.7	97.1	25.7	58.8	8.7	16.6	572.9	1728	4.6
#10 Fish Soft Taco - HIGH A Fish Soft Taco served with a medium order of Tater Fries and a medium drink.	37.3	1523	38.7	175.8	25.7	58.8	8.7	16.6	572.9	1780	83.3
#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.	41.4	1315	33.7	132.9	20.5	73.4	16.8	0.2	24.8	2376	6.2

NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
#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.	41.4	1582	37.7	212.6	19.7	69.5	18.5	0.7	45.3	3070	83.5
#12 Soft Habanero Chicken Burrito - LOW A Soft Habanero Chicken Burrito served with a medium order of Tater Fries and a medium drink.	40.4	1147	43.8	129.4	18.1	50.7	10.1	0.1	53.9	3102	5.8
#12 Soft Habanero Chicken Burrito - HIGH A Soft Habanero Chicken Burrito served with a medium order of Tater Fries and a medium drink.	40.4	1527	36.9	218.4	22	60.3	14.9	0.7	47.1	3303	84.8

PLATTERS (Nutrition information does not include dressing)



Regular Nachos Handcrafted tortilla chips loaded with aged Cheddar cheese, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	15.5	1153	42.7	74.4	18	76	27	0.0	135.6	2133	6.0
Beef Nachos Handcrafted tortilla chips loaded with aged Cheddar cheese, seasoned ground beef, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	18.5	1331	56.5	82	21	87	32	1.0	156	2798	6.0
Chicken Nachos Handcrafted tortilla chips loaded with aged Cheddar cheese, tender chicken, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	18.5	1256	61.7	74.4	18	79	28	0.0	161.1	2687	6.0
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.	17.6	1115	32.7	117.5	27.1	57.3	10.1	0.2	26.4	1554	4.9
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.	17.6	1246	42.5	98.8	21.2	75.9	18.4	1.2	62.6	2164	4.2
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.	17.0	1067	45.5	90.1	17.1	59.1	12	0.1	71.6	1872	4.9
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.	17.4	872	29.7	106.4	18.7	37.4	12.4	0.1	31.8	1578	6.4
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.	17.4	954	37.6	96.9	14.7	47.1	16.5	0.6	52.2	1969	5.9
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.	17.4	879	42.7	89.3	11.9	39.9	12.8	0.1	57.3	1858	5.8
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.	18.4	876	32.8	114.7	24.8	32.1	11.5	0.0	54.8	1644	6.5
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.	18.4	985	43.3	102	19.6	45.2	16.9	0.7	82	2165	5.9
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.	18.4	885	50.1	91.8	15.7	35.5	12.1	0.0	88.8	2017	5.7

NUTRITIONAL INFO

SERVING SIZE
CALORIES
PROTEIN
CARBS
DIETARY FIBER
FAT TOTAL
SAT. FAT
TRANS. FAT
CHOLESTEROL
SODIUM
SUGAR

MINI TIME MEALS™

(Data ranges from lowest to highest calorie options for each meal with Tater Fries and Diet Coke or Root beer)

*#13 Mini Time - Crisp Taco - LOW  GLUTEN-SENSITIVE Your choice of a Crisp Pinto Bean, Beef, or Chicken Taco served with a small order of Tater Fries and a small soft drink.	22.7	429	10.2	41.5	9.5	24.7	4.9	0.0	14	738	1.3
*#13 Mini Time - Crisp Taco - HIGH  GLUTEN-SENSITIVE Your choice of a Crisp Pinto Bean, Beef, or Chicken Taco served with a small order of Tater Fries and a small soft drink.	22.7	690	14.8	96.0	7.3	30.4	7.3	0.3	25.9	1007	61.1
#14 Mini Time - Crisp Burrito - LOW Your choice of a Pinto Bean, Beef, or Chicken Crisp Burrito served with a small order of Tater Fries and a small soft drink.	23.1	566	20	44.5	6.2	34.7	6.3	0.0	35.7	1185	2.2
#14 Mini Time - Crisp Burrito - HIGH Your choice of a Pinto Bean, Beef, or Chicken Crisp Burrito served with a small order of Tater Fries and a small soft drink.	23.7	915	19.9	108.8	8.6	47.3	10.6	0.8	29.7	1453	61.4
#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.	24.7	561	14.2	61.0	11.1	29.1	7.5	0.1	15.9	1279	2.6
#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.	24.7	829	19.4	114.7	8.5	35.7	10.3	0.4	29.5	1579	62.3
#16 Mini Time - Baja 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.	23.9	456	12.5	51.6	8.7	22.4	3.9	0.3	10.2	1117	1.9
#16 Mini Time - Baja 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.	23.9	669	12.5	111.6	8.7	22.4	3.9	0.3	10.2	1157	61.9

KIDS MEALS









(Data ranges from lowest to highest calorie options for each meal based on your choice of Diet Coke or Root beer)

Kids Soft Burrito - LOW A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	24.2	313	13.5	43.5	8.8	9.6	3.8	0.0	14	804	1.6
Kids Soft Burrito - HIGH A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	24.2	844	23.4	115.5	9.1	35.1	9.7	0.5	34.4	1721	61.4
Kids Crisp Burrito - LOW A Kids Crisp Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	21	401	11	33.0	5.2	25.2	4.1	0.0	17.9	835	1.2
Kids Soft Burrito - HIGH A Kids Crisp Pinto Bean Burrito or Beef Burrito with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	21.3	682	11	95.2	6.4	31.5	6.2	0.4	14.9	989	60.8
Quesadilla - LOW A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	21.7	453	13.5	47.8	6.2	27.4	7.0	0.0	24	1106	1.2
Quesadilla - HIGH A cheese Quesadilla with a small order of Tater Fries, rice or beans, and a small soft drink, Milk, or Apple Juice.	21.7	993	13.5	107.8	6.2	27.4	7.0	0.0	24.0	11.46	61.2

SIDES

* Small Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned.	2.9	236	2.0	21.5	4.2	15.7	1.8	0.0	0.0	432	0.2
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NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
* Medium Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned.	5.7	471	4.0	43.1	8.3	31.4	3.6	0.1	0.0	864	0.3
* Large Tater Fries  GLUTEN-SENSITIVE Crisp potato rounds deep-fried and lightly seasoned.	8.6	707	6.0	64.6	12.5	47.1	5.5	0.1	0.0	1296	0.5
* Chips and Mild Salsa  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Mild Salsa.	7.8	516	5.4	55.4	7.7	30.3	2.8	0.1	0.0	671	6.0
* Chips and Medium Salsa  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with Medium Salsa.	7.8	518	5.5	55.2	7.8	30.6	2.8	0.1	0.0	843	5.8
* Chips and Guacamole  GLUTEN-SENSITIVE Freshly prepared corn tortilla chips with handcrafted Guacamole.	7.8	516	5.4	55.4	7.7	30.3	2.8	0.1	0.0	671	6.0
* Rice  GLUTEN-SENSITIVE Seasoned Mexican Rice.	4.6	201	3.7	39.8	1.6	3.0	0.4	0.0	0.0	394	1.7
* Pinto Beans  GLUTEN-SENSITIVE Fat-Free Pinto beans with a touch of Cheddar cheese. Served with a side of freshly prepared corn tortilla chips.	8.3	285	17.6	46.0	18.2	3.5	1.6	0.0	7.0	776	1.6
* 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.	5.3	207	11.6	32.6	14.6	2.7	1.0	0.0	5.0	757	2.3

DRESSINGS & SALSAS

Ranch Dressing	3.0	236	2.6	4.6	0.2	23.6	11.7	0.2	11.6	465	2.5
Thousand Island Dressing	3.0	312	0.0	8.5	0.0	31.2	5.7	0.0	28.4	595	5.7
Sour Cream	3.0	162	2.6	4.3	0.0	15.3	10.2	0.0	59.6	51	3.4
Cilantro Lime Dressing	3.0	88	2.9	5.9	0.0	5.9	2.9	0.0	14.7	587	2.9
Mild Salsa	3.0	27	0.7	6.0	1.2	0.0	0.0	0.0	0.0	424	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	3.0	236	2.6	4.6	0.2	23.6	11.7	0.2	11.6	465	2.5
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	61	2.3	9.9	4.8	1.4	0.3	0.0	0.0	358	0.2
Taco Time Hot Sauce	1.0	9	0.2	2.0	0.5	0.1	0.0	0.0	0.0	129	0.5
Guacamole	1.0	38	0.5	2.5	1.6	3.2	0.5	0.0	0.0	233	0.3

DRINKS

Freestyle Low (Small Diet Coke)	16	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	53	0.0
Freestyle High (Large Dr. Pepper)	32	427	0.0	120	0.0	0.0	0.0	0.0	0.0	187	120
Gold Peak Tea - Small	16	0.0	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	0.0	62	0.0
Gold Peak Tea - Large	32	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	25	0.0	0.0	0.0	0.0	0.0	10.0	22

NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
2% Milk	8.0	130	8.0	13	0.0	5.0	3.0	0.0	20	130	12
Chocolate Milk	8.0	190	10	31	1.0	2.5	1.5	0.0	15	230	29
DESSERTS											
Crustos™ Strips of deep-fried flour tortillas, sprinkled with cinnamon and sugar.	2.0	327	4.0	29.9	1.4	21.3	2.0	0.1	0.0	214	6.1

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.

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.*