



Full Nutrition Information

Last Updated: 10/10/2023

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
--	----------	---------------	-------------------	---------------	------------------	-------------	-------------------------	-------------------	------------	------------------	-------------

New

Cheesy Jalapeno Mexican Pizza	570	31	9	0	40	1,260	51	9	4	<1	20
Cheesy Jalapeno Mexican Pizza - Veggie	500	27	7	0	25	1,010	49	7	4	<1	15
Chicken Enchilada Burrito	380	12	6	0	40	1,150	49	3	3	2	19
Large Nacho Fries	460	26	2	0	0	1,100	51	6	<1	0	7
Nacho Fries	320	18	1.5	0	0	800	35	4	<1	0	5
Rolled Chicken Tacos (2 pack)	250	11	1.5	0	20	460	28	2	0	0	10
Rolled Chicken Tacos (4 pack)	500	21	2.5	0	45	920	56	5	0	0	20
Strawberry Twists	160	6	0	0	0	280	26	1	11	0	1
Wild Strawberry Cream Delight Freeze™ (16 oz)	200	1	0.5	0	<5	45	50	0	48	48	0
Wild Strawberry Cream Delight Freeze™ (20 oz)	240	1	0.5	0	<5	55	60	0	58	58	0
Wild Strawberry Freeze™ (16 oz)	150	0	0	0	0	40	41	0	41	41	0
Wild Strawberry Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0

Rolled Chicken Taco Dips

Choose 1 dip for 2-pack and 2 dips for 4-pack

Avocado Ranch Sauce	240	25	4	0	20	270	2	0	1	<1	<1
Creamy Chipotle Sauce	220	24	4	0	25	210	<1	0	0	0	<1
Creamy Jalapeno Sauce	230	19	4.5	0	10	160	3	<1	1	<1	<1
Guacamole	80	7	1	0	0	180	3	3	<1	0	<1
Nacho Cheese Sauce	60	4	0	0	0	210	4	0	<1	0	<1
Red Sauce	15	0	0	0	0	350	3	<1	0	0	1
Reduced-Fat Sour Cream	45	3	2	0	10	30	3	0	1	0	<1
Spicy Ranch Sauce	210	23	3.5	0	20	190	2	0	1	<1	<1

Online Exclusives

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Black Bean Chalupa Supreme® - Online Exclusive	340	18	4	0	10	460	36	6	4	<1	10

Tacos

Chalupa Supreme® - Beef	360	20	6	0	25	570	31	4	4	<1	12
Chalupa Supreme® - Chicken	340	17	4	0	35	580	29	3	4	<1	16
Chalupa Supreme® - Steak	350	18	4.5	0	30	590	30	3	4	2	15
Cheesy Gordita Crunch	490	28	10	0	50	840	41	5	5	1	20
Crunchy Taco	170	10	3.5	0	25	300	13	3	<1	0	8
Crunchy Taco Supreme®	190	11	4.5	0	25	320	15	3	2	0	8
Nacho Cheese Doritos® Locos Taco	170	10	4	0	25	360	12	3	<1	0	8
Nacho Cheese Doritos® Locos Taco Supreme®	190	11	5	0	30	380	14	3	2	0	8
Soft Taco - Beef	180	8	4	0	25	500	18	3	1	<1	9
Soft Taco - Chicken	160	5	2.5	0	30	510	16	1	1	<1	12
Soft Taco Supreme® - Beef	210	10	5	0	25	510	20	3	2	<1	10
Soft Taco Supreme® - Chicken	190	7	3.5	0	35	520	18	2	2	<1	13

Burritos

Bean Burrito (V)	350	9	4	0	5	1,040	55	10	3	2	13
Beefy 5-Layer Burrito	490	18	7	0	30	1,260	65	8	5	2	18
Burrito Supreme® - Beef	390	14	6	0	25	1,140	51	8	4	2	16
Burrito Supreme® - Chicken	370	11	5	0	35	1,150	49	7	4	2	19
Burrito Supreme® - Steak	380	12	6	0	30	1,160	50	7	5	3	19
Chili Cheese Burrito (regional)	380	17	9	0	35	980	41	4	2	1	16

Nachos

Chips and Nacho Cheese Sauce (V)	220	13	1.5	0	0	280	24	2	1	0	3
Nachos BellGrande® - Beef	730	38	6	0	25	1,130	81	15	4	<1	17
Nachos BellGrande® - Chicken	710	35	5	0	30	1,140	79	14	4	<1	20
Nachos BellGrande® - Steak	720	36	5	0	25	1,150	80	14	5	1	20

Quesadillas

Quesadilla - Cheese (V)	470	24	13	0	50	1,000	41	3	3	2	18
Quesadilla - Chicken	520	26	13	0	75	1,260	41	3	3	2	26
Quesadilla - Steak	520	27	14	0	70	1,270	42	3	4	2	26

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
--	----------	---------------	-------------------	---------------	------------------	-------------	-------------------------	-------------------	------------	------------------	-------------

Specialties

Black Bean Chalupa Supreme® - Specialties	340	18	4	0	10	460	36	6	4	<1	10
Black Bean Crunchwrap Supreme® - Specialties	520	18	5	0	5	1,100	77	8	6	2	13
Chalupa Supreme® - Specialties	360	20	6	0	25	570	31	4	4	<1	12
Cheesy Fiesta Potatoes - Specialties	240	13	2	0	<5	520	28	3	1	0	3
Cheesy Gordita Crunch - Specialties	490	28	10	0	50	840	41	5	5	1	20
Cheesy Roll Up - Specialties	180	9	6	0	20	430	17	1	1	<1	8
Crunchwrap Supreme® - Specialties	540	21	7	0	20	1,210	73	6	6	2	16
Crunchy Taco - Specialties	170	10	3.5	0	25	300	13	3	<1	0	8
Mexican Pizza - Specialties	530	29	9	0	40	980	49	8	4	<1	19
Mexican Pizza - Veggie - Specialties	470	25	7	0	20	730	46	7	3	<1	14
Nacho Cheese Doritos® Locos Taco - Specialties	170	10	4	0	25	360	12	3	<1	0	8
Nachos BellGrande® - Specialties	730	38	6	0	25	1,130	81	15	4	<1	17
Power Menu Bowl - Specialties	460	21	6	0	70	1,250	41	8	3	0	26
Quesadilla - Specialties	520	26	13	0	75	1,260	41	3	3	2	26
Soft Taco - Specialties	180	8	4	0	25	500	18	3	1	<1	9
Soft Taco Supreme - Specialties	210	10	5	0	25	510	20	3	2	<1	10
Veggie Power Menu Bowl - Specialties	420	20	5	0	20	870	47	11	3	0	12

Sides & Sweets

Black Beans & Rice (V)	160	4.5	0	0	0	370	25	5	<1	0	4
Black Beans (V)	50	1.5	0	0	0	140	7	4	0	0	3
Cheesy Fiesta Potatoes (V)	240	13	2	0	<5	520	28	3	1	0	3
Cinnabon® Delights™ (2 Pk) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pk - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnamon Twists (V)	170	6	0.5	0	0	115	27	<1	10	10	1
Diablo Sauce Packet (V)	0	0	0	0	0	35	0	0	0	0	0
Fire Sauce Packet (V)	0	0	0	0	0	55	0	0	0	0	0
Hot Sauce Packet (V)	0	0	0	0	0	45	0	0	0	0	0
Mild Sauce Packet (V)	0	0	0	0	0	30	0	0	0	0	0

Drinks

Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
----------------------------------	-----	---	-----	---	---	----	----	---	----	----	---

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Lowfat Milk - CA (Regional)	100	2	1.5	0	10	130	13	0	12	0	9
Lowfat Milk - Federal (Regional)	80	2	1.5	0	10	100	10	0	9	0	7
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Water	0	0	0	0	0	0	0	0	0	0	0
Wild Strawberry Cream Delight Freeze™ (16 oz)	200	1	0.5	0	<5	45	50	0	48	48	0
Wild Strawberry Cream Delight Freeze™ (20 oz)	240	1	0.5	0	<5	55	60	0	58	58	0
Wild Strawberry Freeze™ (16 oz)	150	0	0	0	0	40	41	0	41	41	0
Wild Strawberry Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0

New Cravings Value Menu

Beef Burrito - Value Menu	430	19	6	0	20	1,000	49	4	3	2	12
Beefy Melt Burrito - Value Menu	620	29	11	0	45	1,190	70	6	4	2	20
Cheesy Bean & Rice Burrito - Value Menu	420	16	4	0	<5	920	55	7	3	2	9
Cheesy Roll Up - Value Menu	180	9	6	0	20	430	17	1	1	<1	8
Chicken Chipotle Melt - Value Menu	190	9	3	0	35	530	16	1	<1	<1	12
Chipotle Ranch Grilled Chicken Burrito - Value Menu	510	29	7	0	45	950	47	4	3	2	17
Chips and Nacho Cheese Sauce - Value Menu	220	13	1.5	0	0	280	24	2	1	0	3
Cinnamon Twists - Value Menu	170	6	0.5	0	0	115	27	<1	10	10	1
Fiesta Veggie Burrito - Value Menu	570	28	8	0	25	1,020	65	9	4	2	14
Spicy Potato Soft Taco - Value Menu	240	12	3	0	10	480	28	2	1	<1	5

Veggie Cravings

Taco Bell is the first QSR restaurant to offer an American Vegetarian Association (AVA) certified vegetarian* menu.

Bean Burrito	350	9	4	0	5	1,040	55	10	3	2	13
Black Bean Chalupa Supreme®	340	18	4	0	10	460	36	6	4	<1	10
Black Bean Crunchwrap Supreme®	520	18	5	0	5	1,100	77	8	6	2	13
Black Beans	50	1.5	0	0	0	140	7	4	0	0	3
Black Beans & Rice	160	4.5	0	0	0	370	25	5	<1	0	4

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Cheese Quesadilla	470	24	13	0	50	1,000	41	3	3	2	18
Cheesy Bean & Rice Burrito	420	16	4	0	<5	920	55	7	3	2	9
Cheesy Fiesta Potatoes	240	13	2	0	<5	520	28	3	1	0	3
Cheesy Roll Up	180	9	6	0	20	430	17	1	1	<1	8
Chips and Nacho Cheese Sauce	220	13	1.5	0	0	280	24	2	1	0	3
Cinnabon® Delights™ (2 Pack)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pack - Serves 4)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnamon Twists	170	6	0.5	0	0	115	27	<1	10	10	1
Hash Brown	160	11	1	0	0	280	14	1	0	0	1
Power Menu Bowl - Veggie	420	20	5	0	20	870	47	11	3	0	12
Spicy Potato Soft Taco	240	12	3	0	10	480	28	2	1	<1	5

Power Menu

High protein meets big flavor.

Power Menu Bowl - Chicken	460	21	6	0	70	1,250	41	8	3	0	26
Power Menu Bowl - Steak	470	23	7	0	60	1,280	42	8	4	2	25
Power Menu Bowl - Veggie (V)	420	20	5	0	20	870	47	11	3	0	12

Breakfast

Breakfast California Crunchwrap - Bacon	630	37	12	0	130	1,340	53	5	3	2	21
Breakfast Crunchwrap - Bacon	670	40	13	0	135	1,300	52	4	3	2	21
Breakfast Crunchwrap - Sausage Patty	750	49	16	0	145	1,220	53	4	3	2	21
Breakfast Crunchwrap - Steak	660	38	12	0	140	1,360	53	4	3	2	24
Breakfast Quesadilla - Bacon	510	27	14	0	150	1,250	41	3	3	2	25
Breakfast Quesadilla - Sausage	510	29	15	0	150	1,130	40	3	3	2	23
Breakfast Quesadilla - Steak	510	25	14	0	160	1,310	41	3	4	2	28
Breakfast Salsa Packet (V)	0	0	0	0	0	50	<1	0	0	0	0
Cheesy Toasted Breakfast Burrito - Bacon	350	16	5	0	105	880	38	2	3	2	13
Cheesy Toasted Breakfast Burrito - Fiesta Potato (V)	340	14	3.5	0	95	770	44	3	3	1	9
Cheesy Toasted Breakfast Burrito - Sausage	350	17	6	0	105	770	38	2	3	2	10
Cinnabon® Delights™ (2 Pack) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pack - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Grande Toasted Breakfast Burrito - Bacon	570	30	11	0	220	1,310	52	4	3	2	23
Grande Toasted Breakfast Burrito - Sausage	570	31	12	0	220	1,190	51	4	3	2	21
Grande Toasted Breakfast Burrito - Steak	570	28	10	0	230	1,370	52	4	4	2	27
Hash Brown (V)	160	11	1	0	0	280	14	1	0	0	1
Hash Brown Toasted Breakfast Burrito - Bacon	580	32	10	0	130	1,290	52	3	3	2	20
Hash Brown Toasted Breakfast Burrito - Sausage	570	33	11	0	125	1,170	52	3	3	2	18
Hash Brown Toasted Breakfast Burrito - Steak	570	30	10	0	135	1,350	53	3	3	2	24
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Vanilla Creamer	20	0	0	0	0	0	4	0	3	3	0

Cantina Menu

At participating locations only

Mad Tasty Grapefruit Sparkling Water	5	0	0	0	0	0	0	0	0	0	0
Mad Tasty Unicorn Tears Sparkling Water	5	0	0	0	0	0	0	0	0	0	0
Mad Tasty Watermelon Kiwi Sparkling Water	15	0	0	0	0	0	2	0	0	0	0
Mad Tasty Yuzu Citrus Sparkling Water	5	0	0	0	0	55	0	0	0	0	0
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Prosecco Sparkling Wine (350 mL)	280	0	0	0	0	15	9	0	3	<1	0
Red Wine (6.3 fl oz)	160	0	0	0	0	5	5	0	1	<1	0
Rum (80 proof)	70	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof)	70	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof)	70	0	0	0	0	0	0	0	0	0	0

Cantina Beer, Wine and Spirits

Anchor Steam (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Angel Island IPA (12 oz)	190	0	0	0	0	0	14	0	0	0	1
Angel Island IPA (16 oz)	250	0	0	0	0	0	19	0	0	0	2
Angry Orchard (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Angry Orchard - Crisp Apple (12 oz)	200	0	0	0	0	0	25	0	20	20	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Angry Orchard - Crisp Apple (16 oz)	260	0	0	0	0	0	33	0	27	27	0
Barrio Blonde (12 oz)	160	0	0	0	0	0	10	0	0	0	0
Barrio Blonde (16 oz)	210	0	0	0	0	0	13	0	0	0	0
Beach Bell Beer (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Beach Bell Beer (16 oz)	240	0	0	0	0	0	19	0	0	0	0
Beer - General (12 oz)	150	0	0	0	0	15	13	0	0	0	2
Beer - General (16 oz)	200	0	0	0	0	20	17	0	0	0	2
Bell's Two Hearted Ale (12 oz)	210	0	0	0	0	0	17	0	0	0	0
Bell's Two Hearted Ale (16 oz)	280	0	0	0	0	0	22	0	0	0	0
Bell Tower Cerveza (12 oz)	110	0	0	0	0	0	11	0	0	0	2
Bell Tower Cerveza (16 oz)	140	0	0	0	0	0	15	0	0	0	2
Black Abbey - The Rose (12 oz)	160	0	0	0	0	0	12	0	0	0	0
Black Abbey - The Rose (16 oz)	220	0	0	0	0	0	17	0	0	0	0
Blue Moon Belgian White (12 oz)	170	0	0	0	0	15	14	0	0	0	2
Blue Moon Belgian White (16 oz)	220	0	0	0	0	20	19	0	0	0	3
Blue Moon Belgian White (24 oz)	340	0	0	0	0	30	28	0	0	0	4
Blue Moon Belgian White Bottle (12 oz)	170	0	0	0	0	0	14	0	0	0	2
Blue Moon Mango Wheat (12 oz)	180	0	0	0	0	0	16	0	0	0	2
Blue Moon Mango Wheat (16 oz)	230	0	0	0	0	0	21	0	0	0	3
Blue Point Big City Bells Pilsner (12 oz)	160	0	0	0	0	0	10	0	0	0	2
Blue Point Big City Bells Pilsner (16 oz)	210	0	0	0	0	0	14	0	0	0	2
Blue Point Hoptical Illusion IPA (12 oz)	220	0	0	0	0	20	18	0	0	0	3
Blue Point Hoptical Illusion IPA (16 oz)	290	0	0	0	0	25	24	0	0	0	4
Blue Point Toasted Lager (12 oz)	150	0	0	0	0	15	15	0	0	0	2
Blue Point Toasted Lager (16 oz)	200	0	0	0	0	20	20	0	0	0	3
Boulevard Cherry Blossom and Lime (12 oz)	90	0	0	0	0	0	3	0	0	0	0
Boulevard Cherry Blossom and Lime (16 oz)	120	0	0	0	0	0	4	0	0	0	0
Boulevard Space Camper Cosmic IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Boulevard Space Camper Cosmic IPA (16 oz)	230	0	0	0	0	0	19	0	0	0	0
Boulevard Unfiltered Wheat Beer (12 oz)	150	0	0	0	0	0	15	0	0	0	0
Boulevard Unfiltered Wheat Beer (16 oz)	200	0	0	0	0	0	20	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (12 oz)	100	0	0	0	0	0	5	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (16 oz)	130	0	0	0	0	0	7	0	0	0	0
Breaking Bud (12 oz)	180	0	0	0	0	0	11	0	0	0	2
Breaking Bud (16 oz)	240	0	0	0	0	0	15	0	0	0	3
Brooklyn Lager (12 oz)	170	0	0	0	0	0	13	0	13	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Brooklyn Lager (16 oz)	230	0	0	0	0	0	18	0	18	0	0
Bud Light (12 oz)	110	0	0	0	0	0	7	0	0	0	<1
Bud Light (16 oz)	150	0	0	0	0	0	9	0	0	0	1
Bud Light Bottle (16 oz)	110	0	0	0	0	0	7	0	0	0	<1
Budweiser (12 oz)	150	0	0	0	0	0	11	0	0	0	1
Budweiser (16 oz)	190	0	0	0	0	0	14	0	0	0	2
Budweiser Bottle (16 oz)	180	0	0	0	0	15	14	0	0	0	2
Busch Light (16 oz)	130	0	0	0	0	0	4	0	0	0	<1
Calicraft Coast (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Calicraft Coast (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Captain Lawrence Hop Commander (12 oz)	200	0	0	0	0	0	15	0	0	0	2
Cool Kidz IPA (16 oz)	220	0	0	0	0	0	0	0	0	0	0
Coors (Coors Banquet) (12 oz)	150	0	0	0	0	15	12	0	0	0	1
Coors (Coors Banquet) (16 oz)	200	0	0	0	0	20	16	0	0	0	1
Coors Light (12 oz)	100	0	0	0	0	10	5	0	1	0	0
Coors Light (16 oz)	140	0	0	0	0	15	7	0	1	0	0
Coors Light (24 oz)	200	0	0	0	0	20	10	0	2	0	0
Copperhead Red (12 oz)	180	0	0	0	0	0	19	0	0	0	2
Copperhead Red (16 oz)	240	0	0	0	0	0	25	0	0	0	3
Corona Extra (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Corona Extra (16 oz)	200	0	0	0	0	25	19	0	0	0	2
Corona Light (12 oz)	100	0	0	0	0	0	5	0	0	0	<1
Corona Light (16 oz)	130	0	0	0	0	0	7	0	0	0	1
Corona Premier (12 oz)	90	0	0	0	0	0	3	0	2	0	0
Corona Premier (16 oz)	120	0	0	0	0	0	3	0	2	0	<1
Dos Equis Lager Especial (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Dos Equis Lager Especial (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Dos Equis Mexican Pale Ale (12 oz)	180	0	0	0	0	0	15	0	0	0	2
Dos Equis Mexican Pale Ale (16 oz)	230	0	0	0	0	0	20	0	0	0	3
Elysian Space Dust IPA (16 oz)	310	0	0	0	0	0	15	0	0	0	3
Elysian Space Dust IPA (24 oz)	470	0	0	0	0	0	23	0	0	0	5
Estrella Jalisco (12 oz)	190	0	0	0	0	70	14	0	1	0	1
Estrella Jalisco (16 oz)	250	0	0	0	0	95	19	0	1	0	1
Fair Winds® Howling Gail (12 oz)	220	0	0	0	0	0	0	0	0	0	0
Fair Winds® Howling Gail (16 oz)	300	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (12 oz)	160	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (16 oz)	210	0	0	0	0	0	0	0	0	0	0
Firestone 805 (12 oz)	150	0	0	0	0	5	14	0	7	0	2
Firestone 805 (16 oz)	200	0	0	0	0	5	18	0	9	0	2

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Firestone 805 (24 oz)	300	0	0	0	0	10	27	0	14	0	3
Flybird Lime Margarita	190	0	0	0	0	0	15	0	13	0	0
Flybird Lime Margarita (Can)	240	0	0	0	0	90	25	0	25	3	0
Flybird Mangonada	160	0	0	0	0	0	13	0	11	0	0
Flybird Mojito	190	0	0	0	0	70	16	0	16	2	0
Flybird Pina Colada	190	0	0	0	0	55	16	0	16	3	0
Flybird Prickly Pear Margarita	190	0	0	0	0	70	15	0	15	3	0
Flybird Strawberry Margarita	190	0	0	0	0	0	17	0	14	0	0
Flybird Strawberry Margarita (Can)	250	0	0	0	0	115	27	0	27	3	0
Four Peaks Kilt Lifter (12 oz)	180	0	0	0	0	10	14	0	0	0	2
Four Peaks Kilt Lifter (16 oz)	240	0	0	0	0	15	19	0	0	0	3
Goose Island IPA (12 oz)	190	0	0	0	0	0	15	0	0	0	2
Goose Island IPA (16 oz)	250	0	0	0	0	0	20	0	0	0	3
Hard Mtn Dew - Baja Blast (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Baja Blast (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Black Cherry (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Black Cherry (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Original (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Original (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Watermelon (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Watermelon (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Harpoon IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	2
Harpoon IPA (16 oz)	240	0	0	0	0	0	18	0	0	0	3
Heineken (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken (16 oz)	190	0	0	0	0	0	15	0	0	0	3
Heineken 0.0 (12 oz)	70	0	0	0	0	0	17	0	5	0	1
Heineken 0.0 (16 oz)	100	0	0	0	0	0	23	0	6	0	2
Heineken Bottle (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken Light (12 oz)	100	0	0	0	0	0	7	0	0	0	1
Heineken Light (16 oz)	130	0	0	0	0	0	9	0	0	0	1
Hop Commander IPA (12 oz)	210	0	0	0	0	0	0	0	0	0	0
Hop Commander IPA (16 oz)	280	0	0	0	0	0	0	0	0	0	0
Kansas City Dunkel (12 oz)	180	0	0	0	0	0	13	0	0	0	2
Kansas City Dunkel (16 oz)	230	0	0	0	0	0	18	0	0	0	3
Kansas City Helles (12 oz)	180	0	0	0	0	0	12	0	0	0	2
Kansas City Helles (16 oz)	230	0	0	0	0	0	16	0	0	0	3
Kona Big Wave Golden Ale (12 oz)	130	0	0	0	0	10	10	0	0	0	1
Kona Big Wave Golden Ale (16 oz)	180	0	0	0	0	10	13	0	0	0	2
Lagunitas IPA (12 oz)	190	0	0	0	0	15	14	0	2	0	3
Lagunitas IPA (16 oz)	250	0	0	0	0	20	19	0	3	0	4

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Landshark Lager (12 oz)	150	0	0	0	0	0	13	0	0	0	1
Landshark Lager (16 oz)	200	0	0	0	0	0	18	0	0	0	2
Michelob Original Lager (12 oz)	160	0	0	0	0	0	14	0	0	0	2
Michelob Original Lager (16 oz)	210	0	0	0	0	0	19	0	0	0	3
Michelob Ultra (12 oz)	100	0	0	0	0	0	3	0	0	0	<1
Michelob Ultra (16 oz)	130	0	0	0	0	0	3	0	0	0	<1
Michelob Ultra Bottle (16 oz)	100	0	0	0	0	0	3	0	0	0	0
Miller Genuine Draft (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller Genuine Draft (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller High Life (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller High Life (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller Lite (12 oz)	100	0	0	0	0	5	3	0	0	0	0
Miller Lite (16 oz)	130	0	0	0	0	5	4	0	0	0	0
Modelo Chelada (16 oz)	290	0	0	0	0	880	35	0	0	0	3
Modelo Chelada (20 oz)	360	0	0	0	0	1,100	44	0	0	0	4
Modelo Chelada Especial (12 oz)	150	0	0	0	0	440	18	0	0	0	2
Modelo Chelada Especial (16 oz)	190	0	0	0	0	590	24	0	0	0	2
Modelo Chelada Limon y Sal (12 oz)	130	0	0	0	0	390	14	0	0	0	0
Modelo Chelada Limon y Sal (16 oz)	170	0	0	0	0	520	19	0	0	0	<1
Modelo Especial (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Modelo Especial (16 oz)	200	0	0	0	0	25	19	0	0	0	1
Modelo Especial (24 oz)	300	0	0	0	0	40	28	0	0	0	2
Modelo Negra (12 oz)	180	0	0	0	0	15	16	0	0	0	2
Modelo Negra (16 oz)	240	0	0	0	0	20	21	0	0	0	2
Motorworks Intellectual Property IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Intellectual Property IPA (16 oz)	290	0	0	0	0	0	24	0	15	0	5
Motorworks Pulp Fiction IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Pulp Fiction IPA (16 oz)	300	0	0	0	0	0	24	0	15	0	5
Newcastle Brown Ale (12 oz)	130	0	0	0	0	0	10	0	0	0	1
Newcastle Brown Ale (16 oz)	170	0	0	0	0	0	13	0	0	0	1
Old Elephant IPA (12 oz)	180	0	0	0	0	10	17	0	0	0	3
Old Elephant IPA (16 oz)	230	0	0	0	0	15	22	0	0	0	4
Pabst Blue Ribbon Original (12 oz)	140	0	0	0	0	10	12	0	4	0	1
Pabst Blue Ribbon Original (16 oz)	190	0	0	0	0	15	16	0	5	0	2
Pacifico (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Pacifico (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Patriot Ale (12 oz)	170	0	0	0	0	0	14	0	0	0	<1
Patriot Ale (16 oz)	230	0	0	0	0	0	19	0	0	0	<1
Revolution Anti Hero (12 oz)	220	0	0	0	0	10	20	1	1	0	3

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Revolution Anti Hero (16 oz)	290	0	0	0	0	15	27	1	1	0	4
Road 2 Ruin Double IPA (12 oz)	220	0	0	0	0	10	14	1	0	0	3
Road 2 Ruin Double IPA (16 oz)	290	0	0	0	0	15	19	1	0	0	4
Samuel Adams '76 (12 oz)	130	0	0	0	0	0	8	0	0	0	0
Samuel Adams® Winter Lager (12 oz)	190	0	0	0	0	0	0	0	0	0	0
Samuel Adams® Winter Lager (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Sea Hag IPA (12 oz)	190	0	0	0	0	10	15	1	0	0	3
Sea Hag IPA (16 oz)	250	0	0	0	0	15	20	1	0	0	4
Shock Top Belgian White (12 oz)	170	0	0	0	0	0	15	0	0	0	2
Shock Top Belgian White (16 oz)	220	0	0	0	0	0	19	0	0	0	3
Sierra Nevada Hazy Little Thing IPA (12 oz)	210	0	0	0	0	0	21	0	0	0	2
Sierra Nevada Hazy Little Thing IPA (16 oz)	290	0	0	0	0	0	27	0	0	0	3
Sol Cerveza (12 oz)	140	0	0	0	0	0	12	0	0	0	0
Sol Cerveza (16 oz)	180	0	0	0	0	0	15	0	0	0	0
St. Archer (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Stella Artois (12 oz)	140	0	0	0	0	0	11	0	0	0	0
Stella Artois (16 oz)	190	0	0	0	0	0	15	0	0	0	0
Stella Artois (24 oz)	280	0	0	0	0	0	22	0	0	0	0
Sweetwater 420 Extra Pale Ale (12 oz)	170	0	0	0	0	0	13	0	0	0	2
Sweetwater 420 Extra Pale Ale (16 oz)	220	0	0	0	0	0	17	0	0	0	3
Tampa Bay Reef Donkey (16 oz)	240	0	0	0	0	15	14	1	0	0	2
Tecate Light (12 oz)	110	0	0	0	0	0	7	0	0	0	1
Tecate Light (16 oz)	140	0	0	0	0	0	9	0	0	0	1
Tecate Original (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Tecate Original (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Victoria (12 oz)	140	0	0	0	0	0	13	0	0	0	0
Victoria (16 oz)	180	0	0	0	0	0	18	0	0	0	0
Voodoo Ranger Juicy Haze IPA (12 oz)	230	0	0	0	0	0	16	0	0	0	0
Voodoo Ranger Juicy Haze IPA (16 oz)	310	0	0	0	0	0	21	0	0	0	0
White Claw Hard Seltzer (12 oz)	100	0	0	0	0	0	2	0	2	2	0
Yuengling - Black and Tan (12 oz)	150	0	0	0	0	15	15	0	0	0	0
Yuengling - Black and Tan (16 oz)	200	0	0	0	0	20	20	0	0	0	0
Yuengling - Golden Pilsner (12 oz)	140	0	0	0	0	0	9	0	0	0	0
Yuengling - Golden Pilsner (16 oz)	180	0	0	0	0	0	12	0	0	0	0
Yuengling - Lager (12 oz)	140	0	0	0	0	15	12	0	0	0	0
Yuengling - Lager (16 oz)	190	0	0	0	0	20	16	0	0	0	0
Yuengling - Light Lager (12 oz)	100	0	0	0	0	10	9	0	0	0	0
Yuengling - Light Lager (16 oz)	130	0	0	0	0	15	12	0	0	0	0
Yuengling - Porter (12 oz)	160	0	0	0	0	15	15	0	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Yuengling - Porter (16 oz)	220	0	0	0	0	25	20	0	0	0	0
Yuengling - Premium (12 oz)	140	0	0	0	0	20	12	0	0	0	0
Yuengling - Premium (16 oz)	190	0	0	0	0	25	16	0	0	0	0
Yuengling - Premium Light (12 oz)	100	0	0	0	0	10	7	0	0	0	0
Yuengling - Premium Light (16 oz)	130	0	0	0	0	15	9	0	0	0	0

Las Vegas Cantina Menu

At participating locations only

Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Mtn Dew® Baja Blast Freeze™ (32 oz)	310	0	0	0	0	85	82	0	82	82	0
Red Sangria - LV	330	0	0	0	0	35	28	0	24	24	0
Rum (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Rum (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Whiskey (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Whiskey (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0

Fountain Beverages (16 oz)

7-Up (16 fl oz)	190	0	0	0	0	70	46	0	46	46	0
Brisk® Dragon Paradise Sparkling Iced Tea (16 fl oz)	60	0	0	0	0	80	17	0	16	16	0
Brisk® Mango Iced Tea (16 fl oz)	90	0	0	0	0	50	24	0	24	24	0
Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	70	0	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Dole Strawberry Lemonade Squeeze (16 fl oz)	70	0	0	0	0	135	16	0	16	16	0
Dr Pepper® (16 fl oz)	190	0	0	0	0	60	52	0	51	51	0
G2 - Fruit Punch (16 fl oz)	45	0	0	0	0	220	10	0	9	9	0
Mtn Dew® (16 fl oz)	220	0	0	0	0	70	59	0	58	58	0
Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	65	59	0	59	59	0
Mtn Dew® Baja Blast Zero Sugar (16 fl oz)	5	0	0	0	0	70	0	0	0	0	0
Mtn Dew® Zero Sugar (16 fl oz)	0	0	0	0	0	65	0	0	0	0	0
Mug® Root Beer (16 fl oz)	190	0	0	0	0	75	51	0	51	51	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Pepsi® (16 fl oz)	200	0	0	0	0	40	55	0	55	55	0
Pepsi® Wild Cherry (16 fl oz)	210	0	0	0	0	45	56	0	56	56	0
Pepsi® Zero Sugar (16 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Starry® (16 fl oz)	200	0	0	0	0	45	52	0	52	52	0

Fountain Beverages (20 oz)

7-Up (20 fl oz)	240	0	0	0	0	85	58	0	58	58	0
Brisk® Dragon Paradise Sparkling Iced Tea (20 fl oz)	80	0	0	0	0	100	20	0	20	20	0
Brisk® Mango Iced Tea (20 fl oz)	110	0	0	0	0	65	30	0	30	30	0
Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	120	0	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Dole Strawberry Lemonade Squeeze (20 fl oz)	80	0	0	0	0	170	20	0	20	20	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	75	65	0	64	64	0
G2 - Fruit Punch (20 fl oz)	50	0	0	0	0	270	13	0	12	12	0
Mtn Dew® (20 fl oz)	280	0	0	0	0	85	73	0	73	73	0
Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	80	74	0	74	74	0
Mtn Dew® Baja Blast Zero Sugar (20 fl oz)	10	0	0	0	0	85	0	0	0	0	0
Mtn Dew® Zero Sugar (20 fl oz)	0	0	0	0	0	80	0	0	0	0	0
Mug® Root Beer (20 fl oz)	240	0	0	0	0	95	64	0	63	63	0
Pepsi® (20 fl oz)	250	0	0	0	0	50	69	0	69	69	0
Pepsi® Wild Cherry (20 fl oz)	260	0	0	0	0	55	70	0	70	70	0
Pepsi® Zero Sugar (20 fl oz)	0	0	0	0	0	105	0	0	0	0	0
Starry® (20 fl oz)	240	0	0	0	0	55	65	0	65	65	0

Fountain Beverages (30 oz)

7-Up (30 fl oz)	350	0	0	0	0	125	87	0	87	87	0
Brisk® Dragon Paradise Sparkling Iced Tea (30 fl oz)	120	0	0	0	0	150	30	0	30	30	0
Brisk® Mango Iced Tea (30 fl oz)	170	0	0	0	0	95	45	0	45	45	0
Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	125	0	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	180	<1	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Dole Strawberry Lemonade Squeeze (30 fl oz)	130	0	0	0	0	250	30	0	30	30	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Dr Pepper® (30 fl oz)	360	0	0	0	0	110	98	0	96	96	0
G2 - Fruit Punch (30 fl oz)	80	0	0	0	0	410	19	0	17	17	0
Mtn Dew® (30 fl oz)	420	0	0	0	0	130	110	0	110	110	0
Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	120	111	0	111	111	0
Mtn Dew® Baja Blast Zero Sugar (30 fl oz)	15	0	0	0	0	125	0	0	0	0	0
Mtn Dew® Zero Sugar (30 fl oz)	5	0	0	0	0	115	<1	0	0	0	0
Mug® Root Beer (30 fl oz)	360	0	0	0	0	140	96	0	95	95	0
Pepsi® (30 fl oz)	380	0	0	0	0	80	103	0	103	103	0
Pepsi® Wild Cherry (30 fl oz)	390	0	0	0	0	80	106	0	105	105	0
Pepsi® Zero Sugar (30 fl oz)	0	0	0	0	0	160	<1	0	0	0	0
Starry® (30 fl oz)	370	0	0	0	0	85	97	0	97	97	0

Last Updated: 10/10/2023



Ingredient Statement Key:

C = Color added
 VC = Vegetable color added
 PF = Protects flavor
 P = Preservative

Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.tacobell.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [Full Disclaimer]