ALLERGENS & NUTRITIONAL VALUES

Item	Cereal Gluten	Egg	Milk	Celery	Mustard	Soya	Peanuts	Nuts	Sesame	Sulphur Dioxide and Sulphates	Lupin	Fish	Shellfish	Molluscs (eg squid, muscles)	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturates (g)	Salt Equivalent (g)	Carbs (g)	Sugars (g)	Protein (g)
Tacos																						
Fresco Taco – Grilled Chicken	YES	MC*	MC*	YES	MC*	MC*				YES		MC*	MC*	MC*	656	157	4	1.6	1	16	2	13
Crunchy Taco - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	711	170	10	3.5	0.8	10	0	10
Crunchy Taco - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	628	150	8	2.5	0.7	10	0	10
Crunchy Taco - Grilled Chicken	YES	MC*	YES	YES	MC*					YES		MC*	MC*	MC*	586	140	6	2	0.6	8	0	12
Crunchy Taco - Slow Cooked Pulled Pork	MC*		YES	MC*						YES					795	190	12	4	0.8	9	0	10
Crunchy Taco - Refried Beans	MC*		YES							YES					586	140	6	2	0.6	16	0	6
Soft Taco - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	879	210	10	4.5	1.1	17	1	12
Soft Taco - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	795	190	8	3.5	1.1	17	1	12
Soft Taco - Grilled Chicken	YES	MC*	YES	YES	MC*					YES		MC*	MC*	MC*	753	180	6	3	0.9	16	1	14
Soft Taco - Slow Cooked Pulled Pork	YES		YES	MC*						YES					921	220	12	5	1.2	16	1	12
Soft Taco - Refried Beans	YES		YES							YES					753	180	6	3	1.0	24	1	8
Crunchy Taco Supreme - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	920	220	15	7	0.8	11	2	11
Crunchy Taco Supreme - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	879	210	13	6	0.8	11	2	10
Crunchy Taco Supreme - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	795	190	11	5	0.6	10	2	13
Crunchy Taco Supreme - Slow Cooked Pulled Pork	MC*		YES	MC*						YES					1004	240	17	7	0.8	10	2	11
Crunchy Taco Supreme - Refried Beans	MC*		YES							YES					837	200	11	5	0.6	18	1	7
Soft Taco Supreme - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1088	260	15	8	1.1	18	3	12
Soft Taco Supreme - Mexican Chicken	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1004	240	13	7	1.1	18	3	12
Soft Taco Supreme - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	962	230	11	6	1.0	17	2	15
Soft Taco Supreme - Slow Cooked Pulled Pork	YES		YES	MC*						YES					1172	280	18	8	1.2	17	3	12
Soft Taco Supreme - Refried Beans	YES		YES							YES					1004	240	12	6	1.0	25	2	8
Double Decker Taco - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1213	320	14	5	1.6	33	1	16
Double Decker Taco - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	1297	310	12	4	1.6	33	1	16
Double Decker Taco - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	1214	290	10	3.5	1.5	32	1	19
Double Decker Taco - Slow Cooked Pulled Pork	YES		YES	MC*						YES					1423	340	17	5	1.7	32	1	16
Double Decker Taco - Refried Beans	YES		YES							YES					1255	300	11	3.5	1.5	40	1	12
Cheesy Double Decker Taco - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1590	380	22	10	1.6	26	1	18
Cheesy Double Decker Taco - Mexican Chicken	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1506	360	20	9	1.6	26	1	18
Cheesy Double Decker Taco - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	1464	350	18	9	1.4	25	1	21
Cheesy Double Decker Taco - Slow Cooked Pulled Pork	YES		YES	MC*						YES					1632	390	24	11	1.7	25	1	18
Cheesy Double Decker Taco - Refried Beans	YES		YES							YES					1464	350	18	9	1.5	33	1	14
Burritos																						
Fresco Burrito – Grilled Chicken	YES	MC*	MC*	YES	MC*	MC*				YES		MC*	MC*	MC*	1453	347	9	3.5	2.2	38	3.7	27
7 Layer Burrito	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2301	550	24	10	2.9	66	4	19
Volcano Burrito - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2594	620	30	12	3.8	61	5	25
Volcano Burrito - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	2469	590	27	10	3.7	61	6	25
Volcano Burrito - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2385	570	22	9	3.5	59	6	30
Volcano Burrito - Slow Cooked Pulled Pork	YES		YES	MC*						YES		MC*	MC*	MC*	2761	660	35	13	3.9	59	6	25
Volcano Burrito - Refried Beans	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2385	570	23	9	3.5	75	6	17
Fajita Burrito - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2050	490	23	10	2.5	51	6	18
Fajita Burrito - Mexican Chicken	YES	MC*	YES	MC*						YES		MC*	MC*	MC*	1966	470	22	9	2.5	51	6	17
Fajita Burrito - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	1883	450	20	9	2.4	50	6	20
Fajita Burrito - Slow Cooked Pulled Pork	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2134	510	26	10	2.6	50	6	18
Fajita Burrito - Refried Beans	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1925	460	20	9	2.4	58	6	14
Grilled Stuft Burrito - Seasoned Beef	YES	YES	YES	MC*	YES	MC*				YES		MC*	MC*	MC*	2845	680	30	11	4.0	69	6	31
Grilled Stuft Burrito - Mexican Chicken	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2720	650	27	9	3.9	69	6	31
Grilled Stuft Burrito - Grilled Chicken	YES	YES	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2636	630	23	8	3.6	66	6	36
Grilled Stuft Burrito - Slow Cooked Pulled Pork	YES	YES	YES	MC*	YES	MC*				YES		MC*	MC*	MC*	3012	720	36	12	4.1	67	6	31
Grilled Stuft Burrito - Refried Beans	YES	YES	YES	MC*	YES	MC*				YES		MC*	MC*	MC*	2636	630	24	8	3.7	82	6	23
Cheesy Double Melt - Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2552	610	31	14	3.5	50	4	31
Cheesy Double Melt - Mexican Chicken	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2427	580	28	12	3.5	49	4	31
Cheesy Double Melt - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2343	560	24	11	3.2	47	4	36
Cheesy Double Melt - Pork Carnitas	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2720	650	37	14	3.6	47	4	31
Cheesy Double Melt - Refried Beans	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2385	570	25	10	3.2	63	4	23
Quesadillas																						
Quesadilla (cheese)	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2009	480	28	13	1.9	37	4	20
Quesadilla - Seasoned Beef	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2678	640	37	17	3.2	40	5	35
Quesadilla - Mexican Chicken	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2552	610	34	15	3.1	29	5	35
Quesadilla - Grilled Chicken	YES	YES	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2469	590	30	14	2.9	37	5	40
Quesadilla - Slow Cooked Pulled Pork	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2845	680	42	18	3.3	37	5	35
Quesadilla - Refried Beans	YES	YES	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2469	590	30	14	2.9	53	4	27
Fajita Quesadilla	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2050	490	27	14	2.4	42	7	22
Fajita Quesadilla - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2259	540	30	15	2.7	39	5	28
Fajita Quesadilla - Mexican Chicken	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2176	520	28	14	2.7	39	5	28
Fajita Quesadilla - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2134	510	26	13	2.6	38	5	31
Fajita Quesadilla - Slow Cooked Pulled Pork	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2343	560	32	15	2.8	38	5	28
Fajita Quesadilla - Refried Beans	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2176	520	26	13	2.6	46	5	24

Item	Cereal Gluten	Egg	Milk	Celery	Mustard	Soya	Peanuts	Nuts	Sesame	Sulphur Dioxide and Sulphates	Lupin	Fish	Shellfish	Molluscs (eg squid, muscles)	Energy (kJ)	Energy (kcal)	Total Fat (g)	Saturates (g)	Salt Equivalent (g)	Carbs (g)	Sugars (g)	Protein (g)
Crunchwrap Supremes																						
Crunchwrap Supreme - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2594	620	31	13	2.6	58	6	27
Crunchwrap Supreme - Mexican Chicken	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2469	590	28	10	2.5	57	6	26
Crunchwrap Supreme - Grilled Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	2385	570	24	9	2.2	55	6	32
Crunchwrap Supreme - Slow Cooked Pulled Pork	YES		MC*	MC*						YES					2761	660	36	13	2.7	55	6	27
Crunchwrap Supreme - Refried Beans	YES		YES							YES					2427	580	24	9	2.3	71	6	19
Shareables																						
Nachos Supreme	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	3138	750	51	13	4.8	64	8	13
Fully Loaded Fries - Seasoned Beef	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	3975	950	57	19	4.8	80	9	29
Sides																						
Nachos Regular	YES	MC*	MC*	MC*	MC*	MC*				YES		MC*	MC*	MC*	920	220	12	1	1.5	25	1	3
Nachos Large	YES	MC*	MC*	MC*	MC*	MC*				YES		MC*	MC*	MC*	1799	430	24	2	3.0	49	2	6
Mexican Fries Regular	YES	MC*	MC*	MC*	MC*	MC*				YES		MC*	MC*	MC*	1172	280	14	2.5	1.3	35	2	4
Mexican Fries Large	YES	MC*	MC*	MC*	MC*	MC*				YES		MC*	MC*	MC*	1464	350	17	3	1.7	44	2	5
Side of Beans (refried), plain															460	110	2.5	0.5	1	16	0	7
Side of Beans (refried), topped	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	711	170	7	3	1.6	18	0	11
Side of Mexican Rice	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	586	140	4.5	1	1.3	22	1	2
Cravers																						
Beefy Melt Griller	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2008	480	23	10	2.6	48	4	20
Spicy Chicken Griller	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1757	420	17	6	2.7	48	4	18
Cheesy Topped Fries	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	2218	530	33	12	2.2	49	6	10
Bean Burrito	YES	MC*	YES	MC*	MC*	MC*				YES		MC*	MC*	MC*	1590	380	12	5	2.2	53	3	15
Desserts																						
Chocodilla	YES		YES			YES				YES					920	220	11	6	0.4	26	11	4
Chocomarsh Melt	YES		YES			YES				YES					795	190	7	3.5	0.4	28	13	4
Churros	YES	MC*	YES	MC*	MC*	YES				MC*		MC*	MC*	MC*	1757	420	13	2	1.7	72	17	6
Kids																						
Kidsadilla Chicken	YES	MC*	YES	YES	MC*	MC*				YES		MC*	MC*	MC*	1046	250	12	6	1.3	15	1	19
Kidsadilla Cheese	YES		YES							YES					837	200	11	6	0.8	15	1	9
Kids Chicken Rice bowl	YES	MC*	MC*	YES	MC*	MC*				YES		MC*	MC*	MC*	837	200	8	2	2.0	23	1	10
Extras																						
Extra Nacho Cheese Sauce REG			YES							YES					377	90	8	2.5	0.4	2	2	3
Extra Nacho Cheese Sauce LRG			YES							YES					795	190	16	5	0.8	5	4	7
Extra Sour Cream REG			YES												418	100	10	6	0.0	2	2	1
Extra Sour Cream LRG			YES												879	210	20	13	0.1	4	3	2
Extra Jalapenos REG					MC*										0	0	0	0	0.4	0	0	0
Extra Jalapenos LRG					MC*										0	0	0	0	0.0	0	0	0
Extra Guacamole REG										YES					293	70	6	1	0.4	5	1	1
Extra Guacamole LRG										YES					586	140	12	2	0.7	9	2	2
Extra Tomato Salsa REG										YES					42	10	0	0	0.4	3	1	0
Extra Tomato Salsa LRG										YES					105	25	0	0	0.9	6	1	1
Extra Pico de Gallo REG															21	5	0	0	0.3	1	0	0
Extra Pico de Gallo LRG															42	10	0.5	0	0.6	2	0	0
Border Sauce Packet - Mild					MC*										0	0	0	0	0.1	0	0	0
Border Sauce Packet - Hot					MC*										0	0	0	0	0.0	0	0	0
Border Sauce Packet - Fire					MC*										21	5	0	0	0.2	1	0	0
Regular Drinks																						
REG Pepsi Max															9	2	0	0	0.2	0	0	0
REG Diet Pepsi															14	3	0	0	0.3	0	0	0
REG Pepsi															801	191	0	0	0	50	50	0
REG 7 Up FREE															41	9	0	0	0.4	0	0	0
REG Tango Orange															482	114	0	0	0.4	27	27	0
REG Tango Apple															473	109	0	0	0.2	26	26	0
REG Lipton Ice Tea Peach															364	86	2	0	0.1	21	20	0
REG Robinsons Apple & Blackcurrant															36	9	0	0	0.1	0	0	0
Large Drinks																						
LRG Pepsi Max															13	3	0	0	0.3	0	0	0
LRG Diet Pepsi															19	4	0	0	0.4	0	0	0
LRG Pepsi															1100	263	0	0	0	69	69	0
LRG 7 Up FREE															56	13	0	0	0.6	0	0	0
LRG Tango Orange															663	156	0	0	0.6	38	38	0
LRG Tango Apple															650	150	0	0	0.3	36	36	0
LRG Lipton Ice Tea Peach															500	119	3	1	0.2	29	28	3
LRG Robinsons Apple & Blackcurrant															50	13	0	0	0.1	0	0	0
Bottled																						
Water															0	0	0	0	0	0	0	0
Tropicana Orange															505	120	0	0	0	25	25	2
Fruitshoot Apple & Blackcurrant															40	10	0	0	0	2	2	0
Sol Beer															548	132	0	0	0	12	0	0
Mountain Dew															20	5	0	0	0	0	0	0
Freeze																						
Strawberry Smash Freeze															686	161	0	0	0	40	37	0
Lemon Quencher Freeze															623	146	0	0	0.1	36	33	0
Strawberry Daiquiri Twisted Freeze															824	194	0	0	0	36	33	0
Margarita Twisted Freeze															768	181	0	0	0	32	29	0

- Taco Bell UK is committed to provide allergen information in store for all of its products of the 14 mandatory allergens.
- If you need allergen information of any product not listed in the table above please contact UKTacoBellCustomerService@yum.com
- Data above is derived analysis and are averages of composite food samples. Products may be subject to some variation depending on ingredients used, supplier & seasons of the year.
- All information given is correct as of September 2017, and subject to change without notice.

KEY:
MC* This product **MAY CONTAIN** this item due to being manufactured or produced in the vicinity of this allergen.
YES This product **DEFINITELY CONTAINS** this item

We're flexible so if you have specific dietary needs, ask a member of staff if your meal can be customised.

TACO BELL