



# Full Nutrition Information

Last Updated: 07/10/2025

	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)
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## New

Pineapple Lime Rockstar Refresca	50	0	0	0	0	30	12	0	11	11	0
Pineapple Lime Rockstar Refresca	50	0	0	0	0	30	12	0	11	11	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Small	50	1	0.5	0	<5	70	8	0	7	7	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Medium	50	1	0.5	0	<5	85	8	0	7	7	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Large	60	1	0.5	0	<5	130	9	0	7	7	0
Tropical Punch Rockstar Refresca	80	0	0	0	0	65	20	0	19	19	0
Tropical Punch Rockstar Refresca	80	0	0	0	0	65	20	0	19	19	0
Vanilla Crema Coffee - Hot	100	2	1	0	5	10	20	0	14	14	2
Dragonfruit Freeze® (16 oz)	160	0	0	0	0	45	41	0	41	41	0
Mexican Mocha Coffee - Hot	160	2.5	1.5	0	5	55	32	0	20	19	2
Cinnabon® Caramel Coffee - Hot	170	2	1.5	0	5	65	35	0	22	21	2
Strawberry Passionfruit Agua Refresca	170	0	0	0	0	40	43	0	41	41	0
Strawberry Passionfruit Agua Refresca	170	0	0	0	0	40	43	0	41	41	0
Mango Peach Agua Refresca	170	0	0	0	0	40	43	0	42	40	0
Mango Peach Agua Refresca	170	0	0	0	0	40	43	0	42	40	0
Dragonfruit Freeze® with Dragonfruit Syrup (16 oz)	170	0	0	0	0	50	46	0	44	44	0
Dragonfruit Berry Agua Refresca	180	0	0	0	0	40	44	0	42	40	0
Dragonfruit Berry Agua Refresca	180	0	0	0	0	40	44	0	42	40	0
Dragonfruit Freeze® (20 oz)	200	0	0	0	0	60	52	0	51	51	0
Jalapeno Honey Mustard Dip Cup	200	19	2.5	0	5	160	8	<1	7	7	<1
Fire Ranch Sauce Dip Cup	210	22	3.5	0	15	200	3	0	1	<1	<1
Strawberry Passionfruit Limonada	210	0	0	0	0	190	56	0	55	55	0
Bell Sauce Dip Cup	210	21	3	0	10	210	5	1	4	4	<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)
Dragonfruit Berry Limonada	210	0	0	0	0	190	56	0	55	54	0
Mango Peach Limonada	210	0	0	0	0	190	56	0	56	54	0
Dragonfruit Freeze® with Dragonfruit Syrup (20 oz)	210	0	0	0	0	60	56	0	55	55	0
Vanilla Crema Coffee - Iced (16 oz)	220	10	6	0	<5	95	28	0	22	19	3
Vanilla Crema Coffee - Iced (20 oz)	220	10	6	0	<5	95	29	0	22	19	3
Pink Lemonade Frost (16 oz)	230	2	1	0	0	135	56	1	54	45	2
Crispy Chicken Strips - 2 piece	230	11	1	0	35	720	20	3	0	0	14
Cinnabon® Caramel Coffee - Iced (16 oz)	240	9	6	0	0	150	35	0	23	19	3
Cinnabon® Caramel Coffee - Iced (20 oz)	240	9	6	0	0	150	35	0	23	19	3
Mexican Mocha Coffee - Iced (16 oz)	260	11	6	0	<5	125	37	0	26	22	3
Crispy Chicken Taco - Ranchero Sauce	260	13	3.5	0	25	670	27	3	2	<1	11
Crispy Chicken Taco - Creamy Chipotle Sauce	270	13	3.5	0	30	670	26	3	2	<1	11
Dirty MTN Dew® Baja Blast® Dream Soda - Small	270	1	0.5	0	<5	70	68	0	66	66	0
Crispy Chicken Taco - Avocado Ranch	270	13	3.5	0	30	670	27	3	2	<1	11
Mexican Mocha Coffee - Iced (20 oz)	280	11	6	0	<5	140	42	0	28	24	4
Dirty MTN Dew® Baja Blast® Dream Soda - Medium	310	1	0.5	0	<5	80	79	0	77	77	0
Pink Lemonade Frost (20oz)	320	3.5	2	0	0	190	74	1	72	62	2
Vanilla Crema Latte Chiller (16 oz)	390	17	10	0.5	5	190	53	0	44	37	5
Cinnabon® Caramel Latte Chiller (16 oz)	410	16	10	0	<5	240	59	0	45	37	5
Mexican Mocha Latte Chiller (16 oz)	430	17	10	0.5	5	220	61	0	48	41	6
Mexican Chocolate Churro Chiller (16 oz)	430	18	11	0.5	0	330	63	0	58	47	7
Wild Strawberry Churro Chiller (16 oz)	440	17	11	0.5	0	310	64	0	60	49	6
Dirty MTN Dew® Baja Blast® Dream Soda - Large	460	1	0.5	0	<5	125	119	0	118	118	0
Crispy Chicken Strips - 4 piece	470	22	2.5	0	75	1,440	39	5	0	0	29
Caramel Dulce Churro Chiller (16 oz)	500	19	12	0.5	<5	350	78	0	77	66	7
Vanilla Crema Latte Chiller (20 oz)	510	23	14	0.5	5	290	69	0	60	49	8
Strawberry Matcha Chiller (16 oz)	510	21	13	0.5	0	290	74	0	61	50	6
Cinnabon® Caramel Latte Chiller (19 oz)	530	22	13	0.5	<5	340	75	0	60	49	8
Mexican Mocha Latte Chiller (20 oz)	550	23	14	0.5	5	320	77	0	64	52	8
Mexican Chocolate Churro Chiller (20 oz)	570	24	15	1	0	440	82	0	75	60	9
Wild Strawberry Churro Chiller (20 oz)	580	23	15	1	0	400	85	0	78	63	8
Crispy Chicken Burrito - Ranchero Sauce	650	35	9	0	60	1,450	60	6	5	2	24
Crispy Chicken Burrito - Creamy Chipotle Sauce	650	36	9	0	65	1,450	58	5	4	2	23

	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)
Crispy Chicken Burrito - Avocado Ranch	660	36	9	0	65	1,500	59	6	4	2	24
Strawberry Matcha Chiller (20 oz)	680	27	16	1	0	390	100	0	82	67	8
Caramel Dulce Churro Chiller (20 oz)	680	25	16	1	10	470	106	0	103	89	10

Cantina Chicken Menu

Avocado Salsa Verde Packet	50	5	1	0	0	70	<1	0	0	0	0
Cantina Chicken Soft Taco	210	10	3.5	0	35	530	18	2	2	<1	12
Cantina Chicken Crispy Taco	280	16	6	0	50	530	17	3	<1	0	15
Cantina Chicken Bowl	480	24	7	0	75	1,170	43	10	3	0	24
Cantina Chicken Burrito	540	31	9	0	80	1,180	42	5	4	2	24
Cantina Chicken Quesadilla	570	32	16	0	90	1,340	42	4	3	1	29

Tacos

Soft Taco - Chicken	160	5	2.5	0	35	500	16	1	1	<1	12
Crunchy Taco	170	9	4	0	25	310	13	3	0	0	7
Nacho Cheese Doritos® Locos Taco	170	10	4	0	25	370	13	3	<1	0	7
Soft Taco Supreme® - Chicken	180	6	3.5	0	40	510	18	2	2	<1	13
Soft Taco - Beef	180	8	4	0	25	500	18	3	1	<1	9
Crunchy Taco Supreme®	190	11	4.5	0	25	320	15	3	1	0	8
Nacho Cheese Doritos® Locos Taco Supreme®	190	11	4.5	0	30	380	15	3	1	0	8
Soft Taco Supreme® - Beef	200	10	5	0	25	520	20	3	2	<1	9
Spicy Potato Soft Taco (V)	240	12	3	0	10	470	28	2	1	<1	5
Double Stacked Taco	320	16	5	0	25	610	34	4	2	<1	10
Chalupa Supreme® - Chicken	330	17	4	0	35	570	29	3	3	<1	16
Black Bean Chalupa Supreme® (V)	340	17	3.5	0	10	460	36	6	4	<1	10
Chalupa Supreme® - Steak	340	18	4.5	0	30	590	29	3	4	2	15
Chalupa Supreme® - Beef	350	20	5	0	25	580	31	4	3	<1	12
Cheesy Gordita Crunch	490	28	11	0	55	850	42	5	4	1	20
Doritos® Cheesy Gordita Crunch - Nacho Cheese	490	28	11	0	55	900	41	5	4	1	20

Burritos

Bean Burrito (V)	360	10	4.5	0	5	1,080	54	8	3	2	13
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	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)
Burrito Supreme® - Chicken	370	11	5	0	40	1,160	49	6	4	2	19
Chili Cheese Burrito (regional)	380	17	9	0	40	970	41	4	2	1	15
Chicken Enchilada Burrito	380	12	6	0	40	1,140	49	3	3	2	19
Burrito Supreme® - Steak	380	12	6	0	30	1,180	49	6	5	3	19
Burrito Supreme® - Beef	390	14	7	0	30	1,160	51	7	4	2	16
Cheesy Bean & Rice Burrito (V)	420	17	4.5	0	<5	940	55	6	3	2	9
Beefy 5-Layer Burrito	490	18	8	0	30	1,290	65	7	4	2	17
Cheesy Double Beef Burrito	560	25	10	0	50	1,350	63	7	3	2	21
Grilled Cheese Burrito - Chicken	690	36	15	0	85	1,500	62	4	4	2	29
Black Bean Grilled Cheese Burrito	690	37	14	0	55	1,390	68	8	5	2	23
Grilled Cheese Burrito - Steak	700	37	15	0	80	1,520	62	4	5	2	28
Grilled Cheese Burrito	710	39	16	0.5	75	1,510	64	6	4	2	25

Nachos

Chips and Nacho Cheese Sauce (V)	220	13	1.5	0	0	280	24	2	1	0	3
Loaded Beef Nachos	450	25	5	0	20	930	44	9	2	<1	12
Nachos BellGrande® - Chicken	710	35	5	0	30	1,180	78	12	4	<1	20
Nachos BellGrande® - Steak	720	37	5	0	25	1,200	78	12	5	1	20
Nachos BellGrande® - Beef	730	39	6	0	20	1,180	80	13	4	<1	17

Quesadillas

Quesadilla - Cheese (V)	470	24	13	0	50	1,000	41	3	3	2	18
Quesadilla - Chicken	510	26	13	0	75	1,250	41	3	3	2	26
Quesadilla - Steak	520	27	14	0	70	1,270	42	3	4	2	26

Specialties

Cheesy Roll Up (V)	180	9	6	0	20	430	17	1	1	<1	8
3-Cheese Chicken Flatbread Melt	330	15	6	0	50	750	28	2	4	<1	20
Stacker	400	18	9	0	40	1,070	42	4	3	2	17
Veggie Mexican Pizza (V)	460	24	7	0	20	750	47	6	3	<1	14
Black Bean Crunchwrap Supreme® (V)	520	17	5	0	<5	1,090	77	8	6	2	13
Mexican Pizza	530	28	8	0	40	1,010	50	8	3	<1	19
Crunchwrap Supreme®	530	20	7	0	20	1,220	73	6	6	2	15

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Sides & Sweets

Mild Sauce Packet (V)	0	0	0	0	0	30	0	0	0	0	0
Hot Sauce Packet (V)	0	0	0	0	0	45	0	0	0	0	0
Fire Sauce Packet (V)	0	0	0	0	0	55	0	0	0	0	0
Diablo Sauce Packet (V)	0	0	0	0	0	35	0	0	0	0	0
Black Beans (V)	50	1.5	0	0	0	140	7	4	0	0	3
Black Beans & Rice (V)	160	4.5	0	0	0	370	25	5	<1	0	4
Cinnamon Twists (V)	170	6	0.5	0	0	115	27	<1	10	10	1
Cinnabon® Delights™ (2 Pk) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
Pintos N Cheese (V)	170	7	3	0	10	690	19	7	1	<1	9
Cheesy Fiesta Potatoes (V)	240	13	2	0	<5	520	28	3	<1	0	3
Nacho Fries	330	19	1.5	0	0	770	36	4	1	0	4
Large Nacho Fries	470	26	2.5	0	0	1,060	52	5	1	0	6
Cinnabon® Delights™ (12 Pk - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11

Drinks

Water	0	0	0	0	0	0	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Pineapple Lime Rockstar Refresca	50	0	0	0	0	30	12	0	11	11	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Small	50	1	0.5	0	<5	70	8	0	7	7	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Medium	50	1	0.5	0	<5	85	8	0	7	7	0
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Large	60	1	0.5	0	<5	130	9	0	7	7	0
Tropical Punch Rockstar Refresca	80	0	0	0	0	65	20	0	19	19	0
Lowfat Milk - Federal (Regional)	80	2	1.5	0	10	100	10	0	9	0	7
Vanilla Crema Coffee - Hot	100	2	1	0	5	10	20	0	14	14	2
Lowfat Milk - CA (Regional)	100	2	1.5	0	10	130	13	0	12	0	9
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Wild Strawberry Freeze™ (16 oz)	150	0	0	0	0	40	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	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)
Mexican Mocha Coffee - Hot	160	2.5	1.5	0	5	55	32	0	20	19	2
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1
Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Caramel Coffee - Hot	170	2	1.5	0	5	65	35	0	22	21	2
Strawberry Passionfruit Agua Refresca	170	0	0	0	0	40	43	0	41	41	0
Mango Peach Agua Refresca	170	0	0	0	0	40	43	0	42	40	0
Dragonfruit Berry Agua Refresca	180	0	0	0	0	40	44	0	42	40	0
Wild Strawberry Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Strawberry Passionfruit Limonada	210	0	0	0	0	190	56	0	55	55	0
Dragonfruit Berry Limonada	210	0	0	0	0	190	56	0	55	54	0
Mango Peach Limonada	210	0	0	0	0	190	56	0	56	54	0
Vanilla Crema Coffee - Iced (16 oz)	220	10	6	0	<5	95	28	0	22	19	3
Vanilla Crema Coffee - Iced (20 oz)	220	10	6	0	<5	95	29	0	22	19	3
Pink Lemonade Frost (16 oz)	230	2	1	0	0	135	56	1	54	45	2
Cinnabon® Caramel Coffee - Iced (16 oz)	240	9	6	0	0	150	35	0	23	19	3
Cinnabon® Caramel Coffee - Iced (20 oz)	240	9	6	0	0	150	35	0	23	19	3
Mexican Mocha Coffee - Iced (16 oz)	260	11	6	0	<5	125	37	0	26	22	3
Dirty MTN Dew® Baja Blast® Dream Soda - Small	270	1	0.5	0	<5	70	68	0	66	66	0
Mexican Mocha Coffee - Iced (20 oz)	280	11	6	0	<5	140	42	0	28	24	4
Dirty MTN Dew® Baja Blast® Dream Soda - Medium	310	1	0.5	0	<5	80	79	0	77	77	0
Pink Lemonade Frost (20oz)	320	3.5	2	0	0	190	74	1	72	62	2
Vanilla Crema Latte Chiller (16 oz)	390	17	10	0.5	5	190	53	0	44	37	5
Cinnabon® Caramel Latte Chiller (16 oz)	410	16	10	0	<5	240	59	0	45	37	5
Mexican Mocha Latte Chiller (16 oz)	430	17	10	0.5	5	220	61	0	48	41	6
Mexican Chocolate Churro Chiller (16 oz)	430	18	11	0.5	0	330	63	0	58	47	7
Wild Strawberry Churro Chiller (16 oz)	440	17	11	0.5	0	310	64	0	60	49	6
Dirty MTN Dew® Baja Blast® Dream Soda - Large	460	1	0.5	0	<5	125	119	0	118	118	0
Caramel Dulce Churro Chiller (16 oz)	500	19	12	0.5	<5	350	78	0	77	66	7
Vanilla Crema Latte Chiller (20 oz)	510	23	14	0.5	5	290	69	0	60	49	8
Strawberry Matcha Chiller (16 oz)	510	21	13	0.5	0	290	74	0	61	50	6
Cinnabon® Caramel Latte Chiller (19 oz)	530	22	13	0.5	<5	340	75	0	60	49	8
Mexican Mocha Latte Chiller (20 oz)	550	23	14	0.5	5	320	77	0	64	52	8
Mexican Chocolate Churro Chiller (20 oz)	570	24	15	1	0	440	82	0	75	60	9
Wild Strawberry Churro Chiller (20 oz)	580	23	15	1	0	400	85	0	78	63	8

	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)
Strawberry Matcha Chiller (20 oz)	680	27	16	1	0	390	100	0	82	67	8
Caramel Dulce Churro Chiller (20 oz)	680	25	16	1	10	470	106	0	103	89	10

## Cravings Value Menu

Cheesy Roll Up - Value Menu	180	9	6	0	20	430	17	1	1	<1	8
Cheesy Fiesta Potatoes - Value Menu	240	13	2	0	<5	520	28	3	<1	0	3
Spicy Potato Soft Taco - Value Menu	240	12	3	0	10	470	28	2	1	<1	5
Double Stacked Taco - Value Menu	320	16	5	0	25	610	34	4	2	<1	10
3-Cheese Chicken Flatbread Melt - Value Menu	330	15	6	0	50	750	28	2	4	<1	20
Chicken Enchilada Burrito - Value Menu	380	12	6	0	40	1,140	49	3	3	2	19
Cheesy Bean & Rice Burrito - Value Menu	420	17	4.5	0	<5	940	55	6	3	2	9
Loaded Beef Nachos - Value Menu	450	25	5	0	20	930	44	9	2	<1	12
Cheesy Double Beef Burrito - Value Menu	560	25	10	0	50	1,350	63	7	3	2	21

## Veggie Cravings

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

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
Hash Brown	160	11	1	0	0	280	14	1	0	0	1
Cinnamon Twists	170	6	0.5	0	0	115	27	<1	10	10	1
Cinnabon® Delights™ (2 Pack)	170	11	3.5	0	5	70	15	<1	9	9	2
Pintos N Cheese	170	7	3	0	10	690	19	7	1	<1	9
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
Cheesy Fiesta Potatoes	240	13	2	0	<5	520	28	3	<1	0	3
Spicy Potato Soft Taco	240	12	3	0	10	470	28	2	1	<1	5
Black Bean Chalupa Supreme®	340	17	3.5	0	10	460	36	6	4	<1	10
Bean Burrito	360	10	4.5	0	5	1,080	54	8	3	2	13
Veggie Bowl	410	20	6	0	20	850	47	11	3	0	12
Cheesy Bean & Rice Burrito	420	17	4.5	0	<5	940	55	6	3	2	9
Veggie Mexican Pizza	460	24	7	0	20	750	47	6	3	<1	14
Cheese Quesadilla	470	24	13	0	50	1,000	41	3	3	2	18
Black Bean Crunchwrap Supreme®	520	17	5	0	<5	1,090	77	8	6	2	13
Cinnabon® Delights™ (12 Pack - Serves 4)	1,010	68	22	0	40	430	88	5	52	52	11

	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)
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## Breakfast

Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Breakfast Salsa Packet (V)	0	0	0	0	0	50	<1	0	0	0	0
Vanilla Creamer	20	0	0	0	0	0	4	0	3	3	0
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1
Hash Brown (V)	160	11	1	0	0	280	14	1	0	0	1
Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Delights™ (2 Pack) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
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
Cheesy Toasted Breakfast Burrito - Bacon	350	16	5	0	110	900	38	2	3	2	13
Breakfast Quesadilla - Steak	510	25	14	0	160	1,310	41	3	4	2	28
Breakfast Quesadilla - Sausage	510	29	15	0	150	1,130	40	3	3	2	23
Breakfast Quesadilla - Bacon	510	27	14	0	155	1,260	40	3	3	2	25
Grande Toasted Breakfast Burrito - Steak	570	28	10	0	230	1,370	52	4	4	2	27
Grande Toasted Breakfast Burrito - Sausage	570	31	12	0	220	1,190	51	4	3	2	21
Grande Toasted Breakfast Burrito - Bacon	570	30	11	0	225	1,320	51	4	3	2	23
Hash Brown Toasted Breakfast Burrito - Steak	570	30	10	0	135	1,350	53	3	3	2	24
Hash Brown Toasted Breakfast Burrito - Sausage	570	33	11	0	125	1,170	52	3	3	2	18
Hash Brown Toasted Breakfast Burrito - Bacon	580	32	10	0	130	1,300	52	3	3	2	20
Breakfast California Crunchwrap - Bacon	640	38	12	0	135	1,330	53	5	3	2	21
Breakfast Crunchwrap - Steak	660	38	12	0	145	1,350	53	4	3	2	24
Breakfast Crunchwrap - Bacon	670	40	13	0	140	1,300	52	4	3	2	21
Breakfast California Crunchwrap - Sausage	690	44	15	0	140	1,300	54	5	3	2	20
Breakfast Crunchwrap - Sausage Patty	750	49	17	0	150	1,210	53	4	3	2	21
Cinnabon® Delights™ (12 Pack - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11



	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)
!											

## 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 Yuzu Citrus Sparkling Water	5	0	0	0	0	55	0	0	0	0	0
Mad Tasty Watermelon Kiwi Sparkling Water	15	0	0	0	0	0	2	0	0	0	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
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Red Wine (6.3 fl oz)	160	0	0	0	0	5	5	0	1	<1	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

## Cantina Beer, Wine and Spirits

Heineken 0.0 (12 oz)	70	0	0	0	0	0	17	0	5	0	1
Boulevard Cherry Blossom and Lime (12 oz)	90	0	0	0	0	0	3	0	0	0	0
Corona Premier (12 oz)	90	0	0	0	0	0	3	0	2	0	0
Michelob Ultra (12 oz)	100	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 Lite (12 oz)	100	0	0	0	0	5	3	0	0	0	0
Yuengling - Premium Light (12 oz)	100	0	0	0	0	10	7	0	0	0	0
Corona Light (12 oz)	100	0	0	0	0	0	5	0	0	0	<1
Heineken Light (12 oz)	100	0	0	0	0	0	7	0	0	0	1
Yuengling - Light Lager (12 oz)	100	0	0	0	0	10	9	0	0	0	0
Heineken 0.0 (16 oz)	100	0	0	0	0	0	23	0	6	0	2
Boulevard Unfiltered Wheat Beer 100 (12 oz)	100	0	0	0	0	0	5	0	0	0	0
Hard Mtn Dew - Baja Blast (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Black Cherry (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Original (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Watermelon (12 oz)	100	0	0	0	0	0	2	0	1	0	0
White Claw Hard Seltzer (12 oz)	100	0	0	0	0	0	2	0	2	2	0
Coors Light (12 oz)	100	0	0	0	0	10	5	0	1	0	0
Bell Tower Cerveza (12 oz)	110	0	0	0	0	0	11	0	0	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)
Tecate Light (12 oz)	110	0	0	0	0	0	7	0	0	0	1
Bud Light (12 oz)	110	0	0	0	0	0	7	0	0	0	<1
Bud Light Bottle (16 oz)	110	0	0	0	0	0	7	0	0	0	<1
Boulevard Cherry Blossom and Lime (16 oz)	120	0	0	0	0	0	4	0	0	0	0
Corona Premier (16 oz)	120	0	0	0	0	0	3	0	2	0	<1
Busch Light (16 oz)	130	0	0	0	0	0	4	0	0	0	<1
Michelob Ultra (16 oz)	130	0	0	0	0	0	3	0	0	0	<1
Miller Lite (16 oz)	130	0	0	0	0	5	4	0	0	0	0
Calicraft Coast (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Yuengling - Premium Light (16 oz)	130	0	0	0	0	15	9	0	0	0	0
Dos Equis Lager Especial (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Newcastle Brown Ale (12 oz)	130	0	0	0	0	0	10	0	0	0	1
Samuel Adams '76 (12 oz)	130	0	0	0	0	0	8	0	0	0	0
Corona Light (16 oz)	130	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
Kona Big Wave Golden Ale (12 oz)	130	0	0	0	0	10	10	0	0	0	1
Yuengling - Light Lager (16 oz)	130	0	0	0	0	15	12	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (16 oz)	130	0	0	0	0	0	7	0	0	0	0
Yuengling - Golden Pilsner (12 oz)	140	0	0	0	0	0	9	0	0	0	0
Coors Light (16 oz)	140	0	0	0	0	15	7	0	1	0	0
Victoria (12 oz)	140	0	0	0	0	0	13	0	0	0	0
Sol Cervesa (12 oz)	140	0	0	0	0	0	12	0	0	0	0
Bell Tower Cerveza (16 oz)	140	0	0	0	0	0	15	0	0	0	2
Miller Genuine Draft (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Yuengling - Lager (12 oz)	140	0	0	0	0	15	12	0	0	0	0
Yuengling - Premium (12 oz)	140	0	0	0	0	20	12	0	0	0	0
Miller High Life (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Stella Artois (12 oz)	140	0	0	0	0	0	11	0	0	0	0
Tecate Light (16 oz)	140	0	0	0	0	0	9	0	0	0	1
Heineken (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken Bottle (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Pabst Blue Ribbon Original (12 oz)	140	0	0	0	0	10	12	0	4	0	1
Tecate Original (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Pacifico (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Budweiser (12 oz)	150	0	0	0	0	0	11	0	0	0	1
Bud Light (16 oz)	150	0	0	0	0	0	9	0	0	0	1
Blue Point Toasted Lager (12 oz)	150	0	0	0	0	15	15	0	0	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)
Coors (Coors Banquet) (12 oz)	150	0	0	0	0	15	12	0	0	0	1
Corona Extra (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Firestone 805 (12 oz)	150	0	0	0	0	5	14	0	7	0	2
Landshark Lager (12 oz)	150	0	0	0	0	0	13	0	0	0	1
Modelo Especial (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Boulevard Unfiltered Wheat Beer (12 oz)	150	0	0	0	0	0	15	0	0	0	0
Yuengling - Black and Tan (12 oz)	150	0	0	0	0	15	15	0	0	0	0
Beer - General (12 oz)	150	0	0	0	0	15	13	0	0	0	2
Barrio Blonde (12 oz)	160	0	0	0	0	0	10	0	0	0	0
Michelob Original Lager (12 oz)	160	0	0	0	0	0	14	0	0	0	2
Black Abbey - The Rose (12 oz)	160	0	0	0	0	0	12	0	0	0	0
Fat Tire Amber Ale (12 oz)	160	0	0	0	0	0	0	0	0	0	0
Flybird Mangonada	160	0	0	0	0	0	13	0	11	0	0
Blue Point Big City Bells Pilsner (12 oz)	160	0	0	0	0	0	10	0	0	0	2
Yuengling - Porter (12 oz)	160	0	0	0	0	15	15	0	0	0	0
Shock Top Belgian White (12 oz)	170	0	0	0	0	0	15	0	0	0	2
Blue Moon Belgian White (12 oz)	170	0	0	0	0	15	14	0	0	0	2
Blue Moon Belgian White Bottle (12 oz)	170	0	0	0	0	0	14	0	0	0	2
Sweetwater 420 Extra Pale Ale (12 oz)	170	0	0	0	0	0	13	0	0	0	2
Brooklyn Lager (12 oz)	170	0	0	0	0	0	13	0	13	0	0
Calicraft Coast (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Patriot Ale (12 oz)	170	0	0	0	0	0	14	0	0	0	<1
Dos Equis Lager Especial (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Newcastle Brown Ale (16 oz)	170	0	0	0	0	0	13	0	0	0	1
Blue Moon Mango Wheat (12 oz)	180	0	0	0	0	0	16	0	0	0	2
Dos Equis Mexican Pale Ale (12 oz)	180	0	0	0	0	0	15	0	0	0	2
Kansas City Helles (12 oz)	180	0	0	0	0	0	12	0	0	0	2
Boulevard Space Camper Cosmic IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Kansas City Dunkel (12 oz)	180	0	0	0	0	0	13	0	0	0	2
Kona Big Wave Golden Ale (16 oz)	180	0	0	0	0	10	13	0	0	0	2
Old Elephant IPA (12 oz)	180	0	0	0	0	10	17	0	0	0	3
Harpoon IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	2
Beach Bell Beer (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Copperhead Red (12 oz)	180	0	0	0	0	0	19	0	0	0	2
Modelo Negra (12 oz)	180	0	0	0	0	15	16	0	0	0	2
Yuengling - Golden Pilsner (16 oz)	180	0	0	0	0	0	12	0	0	0	0
Victoria (16 oz)	180	0	0	0	0	0	18	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)
Breaking Bud (12 oz)	180	0	0	0	0	0	11	0	0	0	2
Four Peaks Kilt Lifter (12 oz)	180	0	0	0	0	10	14	0	0	0	2
Budweiser Bottle (16 oz)	180	0	0	0	0	15	14	0	0	0	2
Sol Cervesa (16 oz)	180	0	0	0	0	0	15	0	0	0	0
Flybird Prickly Pear Margarita	190	0	0	0	0	70	15	0	15	3	0
Goose Island IPA (12 oz)	190	0	0	0	0	0	15	0	0	0	2
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
Angel Island IPA (12 oz)	190	0	0	0	0	0	14	0	0	0	1
Miller Genuine Draft (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Yuengling - Lager (16 oz)	190	0	0	0	0	20	16	0	0	0	0
Yuengling - Premium (16 oz)	190	0	0	0	0	25	16	0	0	0	0
Miller High Life (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Stella Artois (16 oz)	190	0	0	0	0	0	15	0	0	0	0
Heineken (16 oz)	190	0	0	0	0	0	15	0	0	0	3
Pabst Blue Ribbon Original (16 oz)	190	0	0	0	0	15	16	0	5	0	2
Tecate Original (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Estrella Jalisco (12 oz)	190	0	0	0	0	70	14	0	1	0	1
Lagunitas IPA (12 oz)	190	0	0	0	0	15	14	0	2	0	3
Sea Hag IPA (12 oz)	190	0	0	0	0	10	15	1	0	0	3
Flybird Lime Margarita	190	0	0	0	0	0	15	0	13	0	0
Flybird Strawberry Margarita	190	0	0	0	0	0	17	0	14	0	0
Pacifico (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Samuel Adams® Winter Lager (12 oz)	190	0	0	0	0	0	0	0	0	0	0
Budweiser (16 oz)	190	0	0	0	0	0	14	0	0	0	2
Modelo Chelada (16 oz)	190	0	0	0	0	590	24	0	0	0	2
Angry Orchard - Crisp Apple (12 oz)	200	0	0	0	0	0	25	0	20	20	0
Captain Lawrence Hop Commander (12 oz)	200	0	0	0	0	0	15	0	0	0	2
Blue Point Toasted Lager (16 oz)	200	0	0	0	0	20	20	0	0	0	3
Coors (Coors Banquet) (16 oz)	200	0	0	0	0	20	16	0	0	0	1
Corona Extra (16 oz)	200	0	0	0	0	25	19	0	0	0	2
Anchor Steam (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Firestone 805 (16 oz)	200	0	0	0	0	5	18	0	9	0	2
Hard Mtn Dew - Baja Blast (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Black Cherry (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Original (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Watermelon (24 oz)	200	0	0	0	0	0	4	0	2	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)
Landshark Lager (16 oz)	200	0	0	0	0	0	18	0	0	0	2
Modelo Especial (16 oz)	200	0	0	0	0	25	19	0	0	0	1
St. Archer (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Boulevard Unfiltered Wheat Beer (16 oz)	200	0	0	0	0	0	20	0	0	0	0
Yuengling - Black and Tan (16 oz)	200	0	0	0	0	20	20	0	0	0	0
Beer - General (16 oz)	200	0	0	0	0	20	17	0	0	0	2
Coors Light (24 oz)	200	0	0	0	0	20	10	0	2	0	0
Barrio Blonde (16 oz)	210	0	0	0	0	0	13	0	0	0	0
Hop Commander IPA (12 oz)	210	0	0	0	0	0	0	0	0	0	0
Michelob Original Lager (16 oz)	210	0	0	0	0	0	19	0	0	0	3
Bell's Two Hearted Ale (12 oz)	210	0	0	0	0	0	17	0	0	0	0
Fat Tire Amber Ale (16 oz)	210	0	0	0	0	0	0	0	0	0	0
Sierra Nevada Hazy Little Thing IPA (12 oz)	210	0	0	0	0	0	21	0	0	0	2
Blue Point Big City Bells Pilsner (16 oz)	210	0	0	0	0	0	14	0	0	0	2
Black Abbey - The Rose (16 oz)	220	0	0	0	0	0	17	0	0	0	0
Loose Cannon IPA (12 oz)	220	0	0	0	0	10	19	0	0	0	3
Yuengling - Porter (16 oz)	220	0	0	0	0	25	20	0	0	0	0
Blue Point Hoptical Illusion IPA (12 oz)	220	0	0	0	0	20	18	0	0	0	3
Motorworks Intellectual Property IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Cool Kidz IPA (16 oz)	220	0	0	0	0	0	0	0	0	0	0
Revolution Anti Hero (12 oz)	220	0	0	0	0	10	20	1	1	0	3
Road 2 Ruin Double IPA (12 oz)	220	0	0	0	0	10	14	1	0	0	3
Motorworks Pulp Fiction IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Fair Winds® Howling Gail (12 oz)	220	0	0	0	0	0	0	0	0	0	0
Shock Top Belgian White (16 oz)	220	0	0	0	0	0	19	0	0	0	3
Blue Moon Belgian White (16 oz)	220	0	0	0	0	20	19	0	0	0	3
Sweetwater 420 Extra Pale Ale (16 oz)	220	0	0	0	0	0	17	0	0	0	3
Brooklyn Lager (16 oz)	230	0	0	0	0	0	18	0	18	0	0
Voodoo Ranger Juicy Haze IPA (12 oz)	230	0	0	0	0	0	16	0	0	0	0
Patriot Ale (16 oz)	230	0	0	0	0	0	19	0	0	0	<1
Blue Moon Mango Wheat (16 oz)	230	0	0	0	0	0	21	0	0	0	3
Dos Equis Mexican Pale Ale (16 oz)	230	0	0	0	0	0	20	0	0	0	3
Kansas City Helles (16 oz)	230	0	0	0	0	0	16	0	0	0	3
Boulevard Space Camper Cosmic IPA (16 oz)	230	0	0	0	0	0	19	0	0	0	0
Kansas City Dunkel (16 oz)	230	0	0	0	0	0	18	0	0	0	3
Old Elephant IPA (16 oz)	230	0	0	0	0	15	22	0	0	0	4
Harpoon IPA (16 oz)	240	0	0	0	0	0	18	0	0	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)
Flybird Lime Margarita (Can)	240	0	0	0	0	90	25	0	25	3	0
Beach Bell Beer (16 oz)	240	0	0	0	0	0	19	0	0	0	0
Copperhead Red (16 oz)	240	0	0	0	0	0	25	0	0	0	3
Modelo Negra (16 oz)	240	0	0	0	0	20	21	0	0	0	2
Tampa Bay Reef Donkey (16 oz)	240	0	0	0	0	15	14	1	0	0	2
Breaking Bud (16 oz)	240	0	0	0	0	0	15	0	0	0	3
Four Peaks Kilt Lifter (16 oz)	240	0	0	0	0	15	19	0	0	0	3
Flybird Strawberry Margarita (Can)	250	0	0	0	0	115	27	0	27	3	0
Goose Island IPA (16 oz)	250	0	0	0	0	0	20	0	0	0	3
Angel Island IPA (16 oz)	250	0	0	0	0	0	19	0	0	0	2
Estrella Jalisco (16 oz)	250	0	0	0	0	95	19	0	1	0	1
Lagunitas IPA (16 oz)	250	0	0	0	0	20	19	0	3	0	4
Sea Hag IPA (16 oz)	250	0	0	0	0	15	20	1	0	0	4
Samuel Adams® Winter Lager (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Angry Orchard (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Angry Orchard - Crisp Apple (16 oz)	260	0	0	0	0	0	33	0	27	27	0
Hop Commander IPA (16 oz)	280	0	0	0	0	0	0	0	0	0	0
Stella Artois (24 oz)	280	0	0	0	0	0	22	0	0	0	0
Bell's Two Hearted Ale (16 oz)	280	0	0	0	0	0	22	0	0	0	0
Sierra Nevada Hazy Little Thing IPA (16 oz)	290	0	0	0	0	0	27	0	0	0	3
Loose Cannon IPA (16 oz)	290	0	0	0	0	15	25	0	0	0	4
Blue Point Hoptical Illusion IPA (16 oz)	290	0	0	0	0	25	24	0	0	0	4
Motorworks Intellectual Property IPA (16 oz)	290	0	0	0	0	0	24	0	15	0	5
Revolution Anti Hero (16 oz)	290	0	0	0	0	15	27	1	1	0	4
Road 2 Ruin Double IPA (16 oz)	290	0	0	0	0	15	19	1	0	0	4
Motorworks Pulp Fiction IPA (16 oz)	300	0	0	0	0	0	24	0	15	0	5
Fair Winds® Howling Gail (16 oz)	300	0	0	0	0	0	0	0	0	0	0
Firestone 805 (24 oz)	300	0	0	0	0	10	27	0	14	0	3
Modelo Especial (24 oz)	300	0	0	0	0	40	28	0	0	0	2
Voodoo Ranger Juicy Haze IPA (16 oz)	310	0	0	0	0	0	21	0	0	0	0
Elysian Space Dust IPA (16 oz)	310	0	0	0	0	0	15	0	0	0	3
Blue Moon Belgian White (24 oz)	340	0	0	0	0	30	28	0	0	0	4
Elysian Space Dust IPA (24 oz)	470	0	0	0	0	0	23	0	0	0	5

## Las Vegas Cantina Menu

At participating locations only

	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)
Rum (80 proof) - Single - LV	120	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) - Single - LV	120	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
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
Rum (80 proof) - Double - LV	250	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
Vodka (80 proof) - Double - LV	250	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
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

Fountain Beverages (16 oz)

Diet Pepsi® (16 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Lipton Unsweetened Iced Tea (16 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Pepsi® Zero Sugar (16 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Mtn Dew® Zero Sugar (16 fl oz)	0	0	0	0	0	65	0	0	0	0	0
Mtn Dew® Baja Blast Zero Sugar (16 fl oz)	5	0	0	0	0	70	0	0	0	0	0
G2 - Fruit Punch (16 fl oz)	45	0	0	0	0	220	10	0	9	9	0
Brisk® Dragon Paradise Sparkling Iced Tea (16 fl oz)	60	0	0	0	0	80	17	0	16	16	0
Tropicana Original Lemonade (16 oz)	70	0	0	0	0	210	16	0	16	16	0
Brisk® Mango Iced Tea (16 fl oz)	90	0	0	0	0	50	24	0	24	24	0
Dr Pepper® (16 fl oz)	190	0	0	0	0	60	52	0	51	51	0
Mug® Root Beer (16 fl oz)	190	0	0	0	0	75	51	0	51	51	0
Starry® (16 fl oz)	200	0	0	0	0	45	52	0	52	52	0
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
Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	65	59	0	59	59	0
Mtn Dew® (16 fl oz)	220	0	0	0	0	70	59	0	58	58	0

Fountain Beverages (20 oz)

Diet Pepsi® (20 fl oz)	0	0	0	0	0	95	0	0	0	0	0
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	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)
Lipton Unsweetened Iced Tea (20 fl oz)	0	0	0	0	0	180	0	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	120	0	0	0	0	0
Pepsi® Zero Sugar (20 fl oz)	0	0	0	0	0	105	0	0	0	0	0
Mtn Dew® Zero Sugar (20 fl oz)	0	0	0	0	0	80	0	0	0	0	0
Mtn Dew® Baja Blast Zero Sugar (20 fl oz)	10	0	0	0	0	85	0	0	0	0	0
G2 - Fruit Punch (20 fl oz)	50	0	0	0	0	270	13	0	12	12	0
Brisk® Dragon Paradise Sparkling Iced Tea (20 fl oz)	80	0	0	0	0	100	20	0	20	20	0
Tropicana Original Lemonade (20 oz)	80	0	0	0	0	270	21	0	20	20	0
Brisk® Mango Iced Tea (20 fl oz)	110	0	0	0	0	65	30	0	30	30	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	75	65	0	64	64	0
Mug® Root Beer (20 fl oz)	240	0	0	0	0	95	64	0	63	63	0
Starry® (20 fl oz)	240	0	0	0	0	55	65	0	65	65	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
Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	80	74	0	74	74	0
Mtn Dew® (20 fl oz)	280	0	0	0	0	85	73	0	73	73	0

## Fountain Beverages (30 oz)

Diet Pepsi® (30 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Lipton Unsweetened Iced Tea (30 fl oz)	0	0	0	0	0	270	0	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	180	<1	0	0	0	0
Pepsi® Zero Sugar (30 fl oz)	0	0	0	0	0	160	<1	0	0	0	0
Mtn Dew® Zero Sugar (30 fl oz)	5	0	0	0	0	115	<1	0	0	0	0
Mtn Dew® Baja Blast Zero Sugar (30 fl oz)	15	0	0	0	0	125	0	0	0	0	0
G2 - Fruit Punch (30 fl oz)	80	0	0	0	0	410	19	0	17	17	0
Brisk® Dragon Paradise Sparkling Iced Tea (30 fl oz)	120	0	0	0	0	150	30	0	30	30	0
Tropicana Original Lemonade (30oz)	120	0	0	0	0	400	31	0	30	30	0
Brisk® Mango Iced Tea (30 fl oz)	170	0	0	0	0	95	45	0	45	45	0
Dr Pepper® (30 fl oz)	360	0	0	0	0	110	98	0	96	96	0
Mug® Root Beer (30 fl oz)	360	0	0	0	0	140	96	0	95	95	0
Starry® (30 fl oz)	370	0	0	0	0	85	97	0	97	97	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
Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	120	111	0	111	111	0
Mtn Dew® (30 fl oz)	420	0	0	0	0	130	110	0	110	110	0



**Last Updated: 07/10/2025****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](http://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]