

Taco Time ingredients were reviewed for the presence of soy, wheat, Dairy, peanut, tree nut, egg, fish, and crustacean shellfish, which may cause allergic or other reactions in some individuals.

Our restaurants prepare and serve products that contain wheat, soy, Dairy, egg and fish. While a particular product on this website 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.

If you have a food allergy to any of the ingredients prepared in our restaurants, please keep this in mind when deciding which Taco Time products are right for you. If you have any questions regarding allergens in our restaurants, please contact customer service at 425-226-6656.

MAIN PROTEINS	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Beef	X							
Chicken								
Fish		X	X				X	
Pinto Beans		X						
Whole Black Beans								
Rice	X							
White Chicken Chili		X						

TORTILLAS & SHELLS	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Taco Shell		X						
Flour Tortilla	X	X						
Whole Wheat Tortilla	X	X						
Roma Tortilla	X	X						
10" Die-Cut Flour Tortilla	X	X						
5" "Home Style" Flour Tortilla	X	X						
Tostado Salad Bowl	X	X						
Taco Chips		X						
Crustos	X	X						

CHEESES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Cheddar cheese			X					
Monterey Jack cheese			X					

VEGGIES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Roasted Red Peppers								
Tomatoes								
Lettuce								
Veggie Mix								
Olives								
Yellow Onions								
Cilantro								
Lemons								
Mild Salsa Base								
Medium Salsa Base								

SALSAS, DRESSINGS & SAUCES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Hot Sauce								
Burrito Sauce								
Mild Salsa								
Medium Salsa								
Black Bean Salsa								

Ranch Dressing	x		x			x		
Tangy White Sauce			x			x		
Thousand Island Dressing						x		
Guacamole								
Pico de Gallo								
Santa Fe Dressing			x					
Chipotle BBQ Sauce								

OTHER	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Crisp Pinto Bean Burrito		x	x					
Crisp Beef Burrito	x	x	x					
Crisp Chicken Burrito		x	x					
Regular Mexi-Fries		x						
Large Mexi-Fries		x						