

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.

MEATS, PROTEINS, FILLINGS	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Beef	X							
Chicken								
Fish		X	X				X	
Coconut Shrimp								X
Pinto Beans								
Whole Black Beans	X							
Rice	X							

TORTILLAS & SHELLS	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Crisp Corn Taco Shell								
Small Flour Tortilla	X	X						
Large Flour Tortilla		X						
Whole Wheat Tortilla	X	X						
White Corn Tortilla								
Cayenne Tortilla	X	X						
Taco Chips	X							
Tostado Salad Bowl	X	X						

CHEESES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Cheddar cheese			X					
Cotija Cheese			X					
Parmesan Cheese			X					
Low-Fat White Cheese			X					

VEGGIES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Tomatoes								
Grape Tomatoes								
Iceberg Lettuce								
Romaine Lettuce								
Veggie Mix								

SALSAS, DRESSINGS AND SAUCES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Mild Salsa								
Medium Salsa								
Corn Salsa								
Habanero Salsa								
Ranch Dressing	X		X			X		
1000 Island Dressing						X		
Cilantro Lime Dressing			X					
Caesar Dressing	X		X			X	X	
Pico de Gallo								
Burrito Sauce								
Tangy White Sauce			X			X		
Guacamole								
Hot Sauce								

Sour Cream			X					
SIDES	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Mexi-Fries™								
White Chicken Chili	X							

OTHER	SOY	WHEAT	DAIRY	PEANUT	TREENUTS	EGGS	FISH	SHELLFISH
Pumpkin Seeds								
Crustos		X						
Churro	X	X	X			X		
Crisp Beef Burrito	X	X	X					
Crisp Pinto Bean Burrito	X	X	X					
Crisp Chicken Burrito	X	X	X					
Crisp Habanero Chicken Burrito	X	X	X					
Chicken Nuggets		X						