

# NUTRITIONAL INFO

## TACOS

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Crisp Pinto Bean Taco</b> A crisp corn tortilla filled with fat-free pinto beans, Cheddar cheese, lettuce and tomato.	3.8	193	8.2	20	5.4	9	3.1	0	14	253	1.1
<b>Crisp Beef Taco</b> A crisp corn tortilla filled with seasoned ground beef, Cheddar cheese, lettuce and tomato.	3.8	241	12.8	14.4	3.1	14.7	5.5	0.3	25.9	481	0.9
<b>Crisp Chicken Taco</b> A crisp corn tortilla filled with tender chicken, Cheddar cheese, lettuce and tomato.	3.8	197	15.8	10	1.4	10.5	3.3	0	28.9	416	0.8
<b>Pinto Bean Soft Taco</b> A soft flour tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10	550	19.6	67.1	8.6	23.4	10	0.1	24.8	1080	3.7
<b>Beef Soft Taco</b> A soft flour tortilla filled with seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10	631	27.5	57.6	4.7	33.1	14.1	0.6	45.3	1471	3.2
<b>Chicken Soft Taco</b> A soft flour tortilla filled with tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10	556	32.6	49.9	1.8	25.9	10.5	0.1	50.4	1360	3.1
<b>Veggie Soft Taco</b> A whole wheat tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce, Corn Salsa, roasted pumpkin seeds and an assortment of diced vegetables.	12.5	710	30	71.1	18.4	34.8	11.2	0.1	24.8	1055	4.6
<b>Pinto Bean Natural Soft Taco</b> A whole-wheat tortilla filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10.8	544	22.1	69.4	16.3	20.5	8.6	0.1	24.8	1028	3.8
<b>Beef Natural Soft Taco</b> A whole-wheat tortilla filled with fat-free pinto beans, seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10.8	612	28.7	61.4	13	28.6	12	0.5	41.9	1354	3.5
<b>Chicken Natural Soft Taco</b> A whole-wheat tortilla filled with fat-free pinto beans, tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	10.8	549	32.9	55.1	10.6	22.6	8.9	0.1	46.1	1262	3.3
<b>Chicken Caesar Soft Taco</b> A soft flour tortilla filled with romaine lettuce, tender chicken, parmesan cheese, and crunchy white corn tortilla strips hand tossed in creamy Caesar dressing.	10.7	648	30.2	59	3.5	32.9	7.3	0	46.3	1598	3.4
<b>Pinto Bean Baja Taco</b>  <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with fat-free pinto beans, Pico de Gallo and lettuce.	5.3	188	7	36.3	7.1	1.8	0.1	0	0	459	2.0
<b>Beef Baja Taco</b>  <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with seasoned ground beef, Pico de Gallo and lettuce.	5.3	235	11.7	30.7	4.8	7.5	2.4	0.3	11.9	687	1.8
<b>Chicken Baja Taco</b>  <b>GLUTEN-SENSITIVE</b> Two white corn tortillas loaded with tender chicken, Pico de Gallo and lettuce.	5.3	192	14.6	26.2	3.1	3.3	0.3	0	14.9	622	1.7
<b>Fish Baja</b> Two white corn tortillas filled with an assortment of diced vegetables and topped with tangy white sauce, mild salsa and a lightly battered Alaskan Cod fillet.	5.0	307	7.7	35.2	3.3	15.2	1.8	0	11	331	2.6
<b>Fish Soft Taco</b> A soft flour tortilla filled with lightly battered Alaskan Cod fillets, tangy white sauce, an assortment of diced vegetables and mild salsa.	10.8	745	20.3	76.4	4	39.9	6	0	26.9	1303	4.4

# NUTRITIONAL INFO

## BURRITOS

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Crisp Pinto Bean Burrito</b> Fat-free pinto beans rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown	4.8	382	12.8	40.4	8	18.8	2.9	0.1	5.4	545	1.6
<b>Crisp Beef Burrito</b> Seasoned ground beef rolled in a flour tortilla with Cheddar cheese, then deep-fried to a crisp, golden brown.	4.8	466	18	27.3	4.5	31.6	8.8	0.8	29.7	928	1.2
<b>Crisp Chicken Burrito</b> Tender chicken mixed with onions, green chilies, and cream cheese rolled in a flour tortilla then deep-fried to a crisp, golden brown.	4.2	330	18	23	2	19	4.5	0	35.7	700	2
<b>Crisp Habanero Chicken Burrito</b> Tender chicken mixed with green chilies, cream cheese and spicy Habanero Salsa rolled in a cayenne pepper tortilla and deep-fried to a crisp, golden brown.	4.8	354	18.1	28.8	2.6	17.4	4.9	0.2	53.1	1272	1.8
<b>Soft Pinto Bean Burrito</b> Fat-free pinto beans with burrito sauce and Cheddar cheese wrapped in a soft flour tortilla.	10.4	542	22.6	78.5	13	15.8	6.2	0	21	1235	3.0
<b>Soft Beef Burrito</b> A soft flour tortilla filled with seasoned ground beef, burrito sauce and Cheddar cheese.	10.4	678	35.8	62.6	6.5	32.1	13	0.8	55	1887	2.2
<b>Soft Chicken Burrito</b> A soft flour tortilla filled with tender chicken, burrito sauce and Cheddar cheese.	10.4	554	44.3	49.9	1.7	20.1	6.9	0	63.5	1701	2.0
<b>Veggie Classic Burrito</b> A soft flour tortilla filled with an assortment of diced vegetables, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole and lettuce.	14.2	683	21.5	89.1	10.7	28.1	10.7	0.1	24.8	1482	5.8
<b>Beef Classic Burrito</b> A soft flour tortilla filled with seasoned beef, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole and lettuce.	14.7	817	32.4	92.3	12	36.5	14.2	0.5	41.9	2018	4.5
<b>Chicken Classic Burrito</b> A soft flour tortilla filled with tender chicken, rice, fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, guacamole and lettuce.	14.7	754	36.6	85.9	9.6	30.5	11.1	0.1	46.1	1925	4.3
<b>Habanero Soft Beef Burrito</b> A soft cayenne pepper tortilla stuffed with black beans, rice, seasoned ground beef, sour cream and spicy Habanero Salsa.	13.7	756	32	93.6	14.6	28.9	11.3	0.7	47.1	2726	6.7
<b>Habanero Soft Chicken Burrito</b> A soft cayenne pepper tortilla stuffed with black beans, rice, tender chicken, sour cream and spicy Habanero Salsa.	13.7	656	38.8	83.4	10.8	19.3	6.4	0	53.9	2578	6.5

## SALADS (Nutrition information does not include dressing)

<b>Pinto Bean Tostado Salad</b> A crisp flour tortilla bowl filled with fat-free pinto beans, Cheddar cheese, lettuce and tomatoes. Served with your choice of dressing or Salsa on the side. (Totals do not include dressing)	13.6	711	24.9	74.8	17.9	35	6.9	0.1	21	1042	4.8
<b>Beef Tostado Salad</b> A crisp flour tortilla bowl filled with fat-free pinto beans, seasoned ground beef, Cheddar cheese, lettuce and tomatoes. Served with your choice of dressing or Salsa on the side. (Totals do not include dressing)	13.6	820	35.5	62.1	12.7	48.1	12.4	0.7	48.2	1564	4.2
<b>Chicken Tostado Salad</b> A crisp flour tortilla bowl filled with fat-free pinto beans, tender chicken, Cheddar cheese, lettuce and tomatoes. Served with your choice of dressing or Salsa on the side. (Totals do not include dressing)	13.6	720	42.3	51.9	8.8	38.4	7.5	0.1	55	1415	4.0

## NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Pinto Bean Taco Salad</b> Fat-free Pinto Beans on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or salsa on the side. (Totals do not include dressing)	11.0	435	17.8	44.5	12.8	21.1	6.4	0	27.9	559	3.9
<b>Beef Taco Salad</b> Seasoned ground beef on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or fresh salsa on the side. (Totals do not include dressing)	11.0	544	28.3	31.8	7.6	34.2	11.9	0.7	55.2	1080	3.3
<b>Chicken Taco Salad</b> Tender chicken on a bed of shredded lettuce topped with Cheddar cheese and tomatoes. Served with your choice of dressing or fresh salsa on the side. (Totals do not include dressing)	11.0	444	35.1	21.6	3.7	24.5	7	0	62	932	3.1
<b>Chicken Caesar Salad</b> Romaine lettuce, tender chicken, Parmesan cheese, and crunchy corn tortilla strips hand tossed with creamy Caesar dressing. (Totals do not include dressing)	10.5	494	33.5	15	3.1	33.5	6.8	0	66.5	1547	3.2
<b>Cilantro Lime Chicken Salad</b> Romaine lettuce topped with tender chicken, whole black beans, Corn Salsa, roasted pumpkin seeds, Cotija cheese and grape tomatoes. Served with a side of Cilantro Lime Dressing. (Totals do not include dressing)	13.6	500	44.3	28.3	13.9	23.6	5.9	0	48.2	1427	3.7
<b>Cilantro Lime Black Bean Salad</b> Romaine lettuce topped with whole black beans, Corn Salsa, roasted pumpkin seeds, Cotija cheese and grape tomatoes. Served with a side of Cilantro Lime Dressing. (Totals do not include dressing)	12.1	454	23.8	44.6	21.2	20.4	5.4	0	14.2	1044	4.8

## PLATTERS (Nutrition information does not include dressing)

<b>Regular Nachos</b> Hand crafted tortilla chips loaded with aged Cheddar cheese, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	15.9	1218	43	81	19	81	27	0	136	2133	6
<b>Beef Nachos</b> Hand crafted tortilla chips loaded with aged Cheddar cheese, seasoned ground beef, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	18.4	1366	55	87	21	89	31	0	153	2687	6
<b>Chicken Nachos</b> Hand crafted tortilla chips loaded with aged Cheddar cheese, tender chicken, whole black beans, and Pico de Gallo. Served with a side of sour cream and your choice of salsa.	18.4	1303	59	81	19	83	28	0	157	2594	6
<b>Pinto Bean Mexi-Platter</b> A Crisp Pinto Bean Taco and Crisp Pinto Bean Burrito served with Mexi-Fries™, fat-free pinto beans and a side salad with your choice of dressing.	17.6	1115	32.7	117.5	27.1	57.3	10.1	0.2	26.4	1554	4.9
<b>Beef Mexi-Platter</b> A Crisp Beef Taco and Crisp Beef Burrito served with Mexi-Fries™, fat-free pinto beans and a side salad with your choice of dressing.	17.5	1246	42.5	98.8	21.2	75.9	18.4	1.2	62.6	2164	4.2
<b>Chicken Mexi-Platter</b> A Crisp Chicken Taco and Crisp Chicken Burrito served with Mexi-Fries™, fat-free pinto beans and a side salad with your choice of dressing.	17.0	1067	45.5	90.1	17.1	59.1	12.0	0.1	71.6	1872	4.9
<b>Pinto Bean Casita Burrito™</b> A soft flour tortilla filled with fat-free pinto beans, and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.	16.4	840	27.7	100.7	16.4	37.2	12.4	0.1	31.8	1487	6.2
<b>Beef Casita Burrito™</b> A soft flour tortilla filled with fat-free pinto beans, seasoned ground beef and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.	16.4	908	34.3	92.8	13.1	45.4	15.8	0.5	48.8	1813	5.8

## NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Chicken Casita Burrito™</b> A soft flour tortilla filled with fat-free pinto beans, tender chicken and a touch of Taco Time's original ranch dressing. Covered with burrito sauce and Cheddar cheese. Served with a side salad with your choice of dressing.	16.4	846	38.5	86.4	10.7	39.3	12.7	0.1	53.1	1720	5.7
<b>Pinto Bean Enchilada Platter</b> Two white corn tortilla enchiladas made with fat-free pinto beans. Covered with burrito sauce, Cheddar cheese, sour cream and Pico de Gallo. Served with a side of fat-free pinto beans and rice.	20.4	940	36.8	126.1	29.3	32.4	11.5	0	54.8	1826	6.9
<b>Beef Enchilada Platter</b> Two white corn tortilla enchiladas made with seasoned ground beef. Covered with burrito sauce, Cheddar cheese, sour cream and Pico de Gallo. Served with a side of fat-free pinto beans and rice.	20.4	1076	49.9	110.3	22.8	48.7	18.3	0.9	88.8	2479	6.2
<b>Chicken Enchilada Platter</b> Two white corn tortilla enchiladas made with tender chicken. Covered with burrito sauce, Cheddar cheese, sour cream and Pico de Gallo. Served with a side of fat-free pinto beans and rice.	20.4	951	58.4	97.5	18	36.7	12.2	0	97.3	2293	5.9

## KIDS MEALS

(Data ranges from lowest to highest calorie options for each meal based on your choice of Crustos™ or a toy, and Diet Coke or Root beer)

<b>Quesadilla - LOW</b> A cheese Quesadilla with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	21.2	453	9.5	47.8	6.2	24.9	5.5	0	14	1016	1.2
<b>Quesadilla - HIGH</b> A cheese Quesadilla with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	23.2	993	13.5	137.7	7.6	46.1	7.6	0.1	14	1270	67.3
<b>Kids Soft Burrito - LOW</b> A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	23.7	533	14.5	62.2	11.9	25.2	5.6	0	14.0	1244	1.7
<b>Kids Soft Burrito - HIGH</b> A Kids Soft Pinto Bean Burrito or Beef Burrito with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	25.7	1142	25.1	144.1	10	54.6	11	0.5	31	1824	67.4
<b>Chicken Nuggets - LOW</b> An order of Chicken Nuggets with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	21.5	446	15.4	33.2	4.9	27.9	3.3	0.1	17.9	1037	0.3
<b>Chicken Nuggets - HIGH</b> An order of Chicken Nuggets with a small order of Mexi-Fries™, rice or beans and a small soft drink, Milk or Apple Juice. Served with your choice of an order of Crustos™ or a toy!	23.5	986	19.4	123.1	6.3	49.2	5.4	0.1	17.9	1291	66.4

## BOWLS AND SOUPS

<b>Veggie Fit-Hit Bowl™</b> Rice, whole black beans, and an assortment of diced vegetables with Pico de Gallo, Corn Salsa and your choice of mild or medium salsa.	13.1	366	11.2	69.9	14.3	4.8	0.8	0	0	1557	6.1
<b>Chicken Fit-Hit Bowl™</b> Rice, whole black beans, and tender chicken topped with Pico de Gallo, Corn Salsa and your choice of mild or medium salsa.	14.6	445	26.6	68.3	13.7	7.2	1.2	0	21.3	2009	5.4
<b>White Chicken Chili - Cup</b> Made from scratch with tender chicken simmered in a rich broth with Corn Salsa, roasted red peppers, diced green chilies and onions.	7.0	171	14.1	23.6	10.3	2.2	0.4	0	9.9	861	2.8

## NUTRITIONAL INFO

### White Chicken Chili - Bowl

Made from scratch with tender chicken simmered in a rich broth with Corn Salsa, roasted red peppers, diced green chilies and onions.

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
	11	268	22.1	37.1	16.2	3.4	0.6	0	15.6	1353	4.4

## COMBO MEALS

(Data ranges from lowest to highest calorie options for each meal with Mexi-Fries™ and Diet Coke or Root beer)

### #1 Soft Burrito - *LOW*

Your choice of a Soft Pinto Bean, Beef or Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.

37.1	1014	26.6	121.6	21.3	47.3	9.9	0.1	21.0	2169	3.3
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### #1 Soft Burrito - *HIGH*

Your choice of a Soft Pinto Bean, Beef or Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.

37.1	1430	39.7	184.5	14.8	63.6	16.7	0.9	55	2873	81.3
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### #2 Crisp Burrito - *LOW*

Your choice of a Crisp Pinto Bean, Beef or Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.

30.9	801	22	66.1	10.3	50.4	8.1	0.1	35.7	1634	2.3
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### #2 Crisp Burrito - *HIGH*

Your choice of a Crisp Pinto Bean, Beef or Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.

31.5	1217	21.9	149.1	12.8	63	12.4	0.9	29.7	1914	80.3
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### #3 Soft Taco - *LOW*

Your choice of a Pinto Bean, Beef or Chicken Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

36.7	1021	23.6	110.2	16.9	54.8	13.7	0.2	24.8	2014	4.0
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### #3 Soft Taco - *HIGH*

Your choice of a Pinto Bean, Beef or Chicken Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

36.7	1383	31.5	179.4	13	64.6	17.8	0.7	45.3	2458	82.3
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### #4 Two Crisp Tacos - *LOW*

Your choice of two Crisp Pinto Bean, Beef or Chicken Tacos served with a medium order of Mexi-Fries™ and a medium drink.

34.3	857	20.4	83.1	19.1	49.4	9.8	0.1	27.9	1440	2.6
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### #4 Two Crisp Tacos - *HIGH*

Your choice of two Crisp Pinto Bean, Beef or Chicken Tacos served with a medium order of Mexi-Fries™ and a medium drink.

34.3	1233	29.6	150.7	14.5	60.8	14.6	0.7	51.8	1949	80.9
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### #5 Natural Soft Taco - *LOW*

Your choice of a Pinto Bean, Beef or Chicken Natural Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

37.6	1015	26.1	112.5	24.6	51.9	12.2	0.2	24.8	1963	4.1
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### #5 Natural Soft Taco - *HIGH*

Your choice of a Pinto Bean, Beef or Chicken Natural Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

37.6	1363	32.7	183.3	21.3	60.1	15.6	0.6	41.9	2341	82.5
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### #6 Veggie Soft Taco - *LOW*

A Veggie Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

39.2	1182	34	114.2	26.7	66.2	14.8	0.2	24.8	1989	4.9
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### #6 Veggie Soft Taco - *HIGH*

A Veggie Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

39.2	1462	34	193	26.7	66.2	14.8	0.2	24.8	2042	83.7
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### #7 Chicken Caesar Soft Taco - *LOW*

A Chicken Caesar Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

37.4	1119	34.2	102.1	11.9	64.4	11	0.1	46.3	2532	3.7
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### #7 Chicken Caesar Soft Taco - *HIGH*

A Chicken Caesar Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.

37.4	1399	34.2	180.9	11.9	64.4	11	0.1	46.3	2585	82.4
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### #8 Two Baja Tacos - *LOW*

Your choice of Two Pinto Bean, Beef or Chicken Baja Tacos served with a medium order of Mexi-Fries™ and a medium drink.

37.2	847	18	115.6	22.5	35.1	3.8	0.1	0	1852	4.4
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## NUTRITIONAL INFO

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>#8 Two Baja Tacos - HIGH</b> Your choice of Two Pinto Bean, Beef or Chicken Baja Tacos served with a medium order of Mexi-Fries™ and a medium drink.	37.2	1222	27.3	183.3	18	46.5	8.5	0.7	23.8	2361	82.7
<b>#9 Two Fish Bajas - LOW</b> Two Fish Bajas served with a medium order of Mexi-Fries™ and a medium drink.	36.6	1086	19.3	113.5	14.8	61.8	7.3	0.1	21.9	1597	5.6
<b>#9 Two Fish Bajas - HIGH</b> Two Fish Bajas served with a medium order of Mexi-Fries™ and a medium drink.	36.6	1366	19.3	192.2	14.8	61.8	7.3	0.1	21.9	1650	84.3
<b>#10 Fish Soft Taco - LOW</b> A Fish Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.	37.5	1216	24.3	119.5	12.3	71.3	9.6	0.1	26.9	2237	4.7
<b>#10 Fish Soft Taco - HIGH</b> A Fish Soft Taco served with a medium order of Mexi-Fries™ and a medium drink.	37.5	1496	24.3	198.2	12.3	71.3	9.6	0.1	26.9	2290	83.5
<b>#11 Classic Burrito - LOW</b> Your choice of a Veggie, Beef or Chicken Classic Burrito served with a medium order of Mexi-Fries™ and a medium drink.	40.9	1154	25.5	132.2	19.1	59.5	14.3	0.2	24.8	2416	6.1
<b>#11 Classic Burrito - HIGH</b> Your choice of a Veggie, Beef or Chicken Classic Burrito served with a medium order of Mexi-Fries™ and a medium drink.	41.4	1568	36.4	214.2	20.4	67.9	17.8	0.6	41.9	3005	83.5
<b>#12 Soft Habanero Chicken Burrito - LOW</b> A Soft Habanero Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.	40.4	1127	42.8	126.4	19.1	50.7	10.1	0.1	53.9	3512	6.8
<b>#12 Soft Habanero Chicken Burrito - HIGH</b> A Soft Habanero Chicken Burrito served with a medium order of Mexi-Fries™ and a medium drink.	40.4	1507	35.9	215.4	23	60.3	14.9	0.7	47.1	3713	85.8

## MINI TIME MEALS™

(Data ranges from lowest to highest calorie options for each meal with Mexi-Fries™ and Diet Coke or Root beer)

<b>#13 Mini Time - Crisp Taco - LOW</b> Your choice of a Crisp Pinto Bean, Beef or Chicken Taco served with a small order of Mexi-Fries™ and a small soft drink.	22.7	429	10.2	41.5	9.5	24.7	4.9	0	14	738	1.3
<b>#13 Mini Time - Crisp Taco - HIGH</b> Your choice of a Crisp Pinto Bean, Beef or Chicken Taco served with a small order of Mexi-Fries™ and a small soft drink.	22.7	690	14.8	96	7.3	30.4	7.3	0.3	25.9	1007	61.1
<b>#14 Mini Time - Crisp Burrito - LOW</b> Your choice of a Pinto Bean, Beef or Chicken Crisp Burrito served with a small order of Mexi-Fries™ and a small soft drink.	23.1	566	20	44.5	6.2	34.7	6.3	0	35.7	1186	2.2
<b>#14 Mini Time - Crisp Burrito - HIGH</b> Your choice of a Pinto Bean, Beef or Chicken Crisp Burrito served with a small order of Mexi-Fries™ and a small soft drink.	23.6	915	19.9	108.8	8.6	47.3	10.6	0.8	29.7	1453	61.4
<b>#15 Mini Time - Mini Soft Taco - LOW</b> Your choice of a Pinto Bean, Beef or Chicken Mini Soft Taco served with a small order of Mexi-Fries™ and a small soft drink.	24.5	553	13.7	59.6	10.5	29.1	7.5	0.1	15.9	1256	2.5
<b>#15 Mini Time - Mini Soft Taco - HIGH</b> Your choice of a Pinto Bean, Beef or Chicken Mini Soft Taco served with a small order of Mexi-Fries™ and a small soft drink.	24.5	814	18.3	114	8.2	34.8	9.9	0.4	27.8	1524	62.3



# NUTRITIONAL INFO

## SIDES

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Small Mexi-Fries™</b> Crisp potato rounds deep-fried and lightly seasoned.	2.9	236	2	21.5	4.2	15.7	1.8	0	0	432	0.2
<b>Medium Mexi-Fries™</b> Crisp potato rounds deep-fried and lightly seasoned.	5.7	471	4	43.1	8.3	31.4	3.6	0.1	0	864	0.3
<b>Large Mexi-Fries™</b> Crisp potato rounds deep-fried and lightly seasoned.	8.6	707	6	64.6	12.5	47.1	5.5	0.1	0	1296	0.5
<b>Mini Pinto Bean Soft Taco</b> A smaller sized version of our Soft Taco filled with fat-free pinto beans, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	5.6	317	11.7	38.0	6.4	13.4	5.7	0	15.9	770	2.4
<b>Mini Beef Soft Taco</b> A smaller sized version of our Soft Taco filled with seasoned ground beef, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	5.6	365	16.3	32.5	4.1	19.1	8.1	0.3	27.8	999	2.1
<b>Mini Chicken Soft Taco</b> A smaller sized version of our Soft Taco filled with tender chicken, Cheddar cheese, Taco Time's original ranch dressing, lettuce and tomatoes.	5.6	321	19.3	28.0	2.4	14.9	5.9	0	30.8	934	2.0
<b>Chips and Salsa</b> Freshly prepared corn tortilla chips with your choice of Mild or Medium Salsa.	9.4	592	6.2	64.1	9	34.4	2.8	0.1	0	847	7.3
<b>Chips and Guacamole</b> Freshly prepared corn tortilla chips with handcrafted Guacamole.	8.4	726	7.5	64.6	14.7	50.5	5.1	0.1	0	1168	2.8
<b>Pinto Beans</b> Fat-Free Pinto beans with a touch of Cheddar cheese. Served with a side of freshly prepared corn tortilla chips.	7.8	269	16.6	43.1	17	3.4	1.6	0	7.0	730	1.5
<b>Whole Black Beans</b> Whole black beans with a touch of Cotija cheese. Served with a side of freshly prepared corn tortilla chips.	5.3	207	11.1	32.9	14.6	3.5	1.5	0	7.1	811	2.3
<b>Rice</b> Seasoned Mexican Rice.	4.6	201	3.7	39.8	1.6	3.0	0.4	0	0	394	1.7
<b>Crustos™</b> Strips of deep-fried flour tortillas, sprinkled with cinnamon and sugar	2.0	327	4	29.9	1.4	21.3	2.0	0.1	0	214	6.1
<b>Churro Bites</b> A deep fried pastry sprinkled with cinnamon and sugar.	3.7	381	6.4	44.9	2.9	19.4	2.5	0.1	0	387	12.6

## NUTRITIONAL INFO

# DRESSINGS & SALSAS

	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS. FAT	CHOLESTEROL	SODIUM	SUGAR
<b>Ranch Dressing</b>	3.0	236	2.6	4.6	0.2	23.6	11.7	0.2	11.6	465	2.5
<b>Thousand Island Dressing</b>	3.0	312	0	8.5	0	31.2	5.7	0	28.4	595	5.7
<b>Sour Cream</b>	3.0	162	2.6	4.3	0	15.3	10.2	0	59.6	51	3.4
<b>Cilantro Lime Dressing</b>	3.0	88	2.9	5.9	0	5.9	2.9	0	14.7	587	2.9
<b>Caesar Dressing</b>	3.0	420	3.0	6.0	0	42.0	7.5	0	45	1080	3
<b>Mild Salsa</b>	3.0	27	0.7	6.0	1.2	0	0	0	0	424	3.1
<b>Medium Salsa</b>	3.0	28	0.8	6.0	1.3	0.2	0	0	0	532	3
<b>Pico de Gallo</b>	3.0	26	1.1	4.8	2.6	0.2	0	0	0	831	0.9
<b>Corn Salsa</b>	3.0	61	2.3	9.9	4.8	1.4	0.3	0	0	358	0.2
<b>Taco Time Hot Sauce</b>	1.0	9	0.2	2.0	0.5	0.1	0	0	0	129	0.5
<b>Guacamole</b>	1.0	38	0.5	2.5	1.6	3.2	0.5	0	0	234	0.3

# DRINKS

<b>Freestyle Low (Small Diet Coke)</b>	16	0	0	0	0	0	0	0	0	53	0
<b>Freestyle High (Large Dr. Pepper)</b>	32	427	0	120	0	0	0	0	0	187	120
<b>Gold Peak Tea - Small</b>	16	0	0	0	0	0	0	0	0	48	0
<b>Gold Peak Tea - Medium</b>	21	0	0	0	0	0	0	0	0	62	0
<b>Gold Peak Tea - Large</b>	32	0	0	0	0	0	0	0	0	95	0
<b>Apple Juice</b>	6.8	100	0	25	0	0	0	0	0	10	22
<b>2% Milk</b>	8	130	8	13	0	5	3	0	20	130	12
<b>Chocolate Milk</b>	8	190	10	31	1	2.5	1.5	0	15	230	29

Our restaurants prepare and serve products that contain wheat, soy, dairy, egg and fish. While a particular product 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.

### GLUTEN-SENSITIVE

This item is prepared with gluten-free ingredients, however they may come in contact with other ingredients in our kitchen that contain gluten.