



Full Nutrition Information

Last Updated: 02/11/2025

	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

Cheesy Dipping Burritos - Slow Roasted Chicken	490	25	11	0	95	1,220	37	5	3	1	30
Cheesy Dipping Burritos - Steak	480	25	12	0	80	1,370	35	2	4	3	29
Mtn Dew Baja Blast Dream Freeze (16 oz)	190	1	0.5	0	<5	45	48	0	47	47	0
Mtn Dew Baja Blast Dream Freeze (20 oz)	230	1	0.5	0	<5	55	59	0	57	57	0
Mtn Dew Baja Blast Strawberry Dream Freeze (16 oz)	190	1	0.5	0	<5	45	48	0	47	47	0
Mtn Dew Baja Blast Strawberry Dream Freeze (20 oz)	230	1	0.5	0	<5	55	59	0	57	57	0
Steak Garlic Nacho Fries	490	31	5	0	35	1,200	39	4	3	<1	14

Cantina Chicken Menu

Avocado Salsa Verde Packet	50	5	1	0	0	70	<1	0	0	0	0
Cantina Chicken Bowl	490	24	7	0	75	1,150	44	11	3	0	25
Cantina Chicken Burrito	540	30	9	0	85	1,170	43	6	4	2	25
Cantina Chicken Crispy Taco	280	16	6	0	50	520	17	3	<1	0	16
Cantina Chicken Quesadilla	570	32	16	0	90	1,330	43	4	3	1	29
Cantina Chicken Soft Taco	210	10	3.5	0	40	520	19	3	2	<1	12

Tacos

Black Bean Chalupa Supreme® (V)	340	17	3.5	0	10	460	36	6	4	<1	10
Chalupa Supreme® - Beef	360	20	5	0	25	570	31	4	4	<1	12
Chalupa Supreme® - Chicken	330	17	4	0	35	580	29	3	3	<1	16
Chalupa Supreme® - Steak	340	18	4.5	0	30	590	29	3	4	2	15
Cheesy Gordita Crunch	490	28	11	0	55	840	41	5	5	1	20

	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)
Crunchy Taco	170	10	4	0	25	300	13	3	<1	0	8
Crunchy Taco Supreme®	190	11	4.5	0	30	310	15	3	2	0	8
Doritos® Cheesy Gordita Crunch - Nacho Cheese	500	28	11	0	55	890	41	5	5	1	20
Double Stacked Taco	320	16	5	0	25	600	34	4	2	<1	11
Nacho Cheese Doritos® Locos Taco	170	10	4	0	25	360	12	3	<1	0	8
Nacho Cheese Doritos® Locos Taco Supreme®	190	11	5	0	30	370	14	3	2	0	8
Soft Taco - Beef	180	8	4	0	25	490	18	3	1	<1	9
Soft Taco - Chicken	160	5	2.5	0	35	500	16	1	1	<1	12
Soft Taco Supreme® - Beef	200	10	5	0	30	510	20	3	2	<1	9
Soft Taco Supreme® - Chicken	180	7	3.5	0	35	520	18	2	2	<1	13
Spicy Potato Soft Taco (V)	240	12	3	0	10	470	28	2	1	<1	5

Burritos

Bean Burrito (V)	360	10	4.5	0	5	1,080	54	8	3	2	13
Beefy 5-Layer Burrito	490	18	8	0	30	1,280	64	7	4	2	17
Black Bean Grilled Cheese Burrito	690	37	14	0	55	1,390	68	8	5	2	23
Burrito Supreme® - Beef	390	14	7	0	30	1,160	51	7	4	2	16
Burrito Supreme® - Chicken	370	11	5	0	40	1,160	49	6	4	2	19
Burrito Supreme® - Steak	380	12	6	0	30	1,180	49	6	5	3	19
Cheesy Bean & Rice Burrito (V)	420	17	4.5	0	<5	940	55	6	3	2	9
Cheesy Double Beef Burrito	560	26	10	0.5	50	1,330	63	7	4	2	21
Chicken Enchilada Burrito	380	12	6	0	40	1,150	49	3	3	2	19
Chili Cheese Burrito (regional)	380	17	9	0	40	970	41	4	2	1	15
Grilled Cheese Burrito	710	39	16	0.5	75	1,500	64	6	5	2	25
Grilled Cheese Burrito - Chicken	690	36	15	0	85	1,510	62	4	4	2	29
Grilled Cheese Burrito - Steak	700	37	15	0	80	1,520	62	4	5	2	28

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	920	44	9	3	<1	12
Nachos BellGrande® - Beef	740	39	6	0	20	1,180	80	13	4	<1	17
Nachos BellGrande® - Chicken	710	36	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

	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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Quesadillas

Quesadilla - Cheese (V)	470	24	13	0	50	1,000	41	3	3	2	18
Quesadilla - Chicken	520	26	13	0	75	1,260	41	3	3	2	26
Quesadilla - Steak	520	27	14	0	70	1,270	42	3	4	2	26

Specialties

3-Cheese Chicken Flatbread Melt	330	15	6	0	50	760	29	2	4	<1	20
Black Bean Crunchwrap Supreme® (V)	520	18	5	0	<5	1,090	77	8	6	2	13
Cheesy Roll Up (V)	180	9	6	0	20	430	17	1	1	<1	8
Crunchwrap Supreme®	540	20	7	0	20	1,210	73	6	6	2	15
Mexican Pizza	540	30	9	0	40	1,010	48	7	4	<1	19
Stacker	400	18	9	0	40	1,060	42	4	3	1	17
Veggie Mexican Pizza (V)	470	25	7	0	20	760	46	6	3	<1	14

Sides & Sweets

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

Drinks

Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	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)
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Lowfat Milk - CA (Regional)	100	2	1.5	0	10	130	13	0	12	0	9
Lowfat Milk - Federal (Regional)	80	2	1.5	0	10	100	10	0	9	0	7
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
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Water	0	0	0	0	0	0	0	0	0	0	0
Wild Strawberry Freeze™ (16 oz)	150	0	0	0	0	40	41	0	41	41	0
Wild Strawberry Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0

Cravings Value Menu

3-Cheese Chicken Flatbread Melt - Value Menu	330	15	6	0	50	760	29	2	4	<1	20
Cheesy Bean & Rice Burrito - Value Menu	420	17	4.5	0	<5	940	55	6	3	2	9
Cheesy Double Beef Burrito - Value Menu	560	26	10	0.5	50	1,330	63	7	4	2	21
Cheesy Fiesta Potatoes - Value Menu	240	13	2	0	<5	520	28	3	<1	0	3
Cheesy Roll Up - Value Menu	180	9	6	0	20	430	17	1	1	<1	8
Chicken Enchilada Burrito - Value Menu	380	12	6	0	40	1,150	49	3	3	2	19
Double Stacked Taco - Value Menu	320	16	5	0	25	600	34	4	2	<1	11
Loaded Beef Nachos - Value Menu	450	25	5	0	20	920	44	9	3	<1	12
Spicy Potato Soft Taco - Value Menu	240	12	3	0	10	470	28	2	1	<1	5

Veggie Cravings

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

Bean Burrito	360	10	4.5	0	5	1,080	54	8	3	2	13
Black Bean Chalupa Supreme®	340	17	3.5	0	10	460	36	6	4	<1	10
Black Bean Crunchwrap Supreme®	520	18	5	0	<5	1,090	77	8	6	2	13
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
Cheese Quesadilla	470	24	13	0	50	1,000	41	3	3	2	18
Cheesy Bean & Rice Burrito	420	17	4.5	0	<5	940	55	6	3	2	9
Cheesy Fiesta Potatoes	240	13	2	0	<5	520	28	3	<1	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)
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
Cinnabon® Delights™ (2 Pack)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pack - Serves 4)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnamon Twists	170	6	0.5	0	0	115	27	<1	10	10	1
Hash Brown	160	11	1	0	0	280	14	1	0	0	1
Pintos N Cheese	170	7	3	0	10	690	19	7	1	<1	9
Spicy Potato Soft Taco	240	12	3	0	10	470	28	2	1	<1	5
Veggie Bowl	410	20	6	0	20	850	47	11	3	0	12
Veggie Mexican Pizza	470	25	7	0	20	760	46	6	3	<1	14

Breakfast

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

	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)
Hash Brown Toasted Breakfast Burrito - Steak	570	30	10	0	135	1,350	53	3	3	2	24
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Vanilla Creamer	20	0	0	0	0	0	4	0	3	3	0

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 Watermelon Kiwi Sparkling Water	15	0	0	0	0	0	2	0	0	0	0
Mad Tasty Yuzu Citrus Sparkling Water	5	0	0	0	0	55	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
Prosecco Sparkling Wine (350 mL)	280	0	0	0	0	15	9	0	3	<1	0
Red Wine (6.3 fl oz)	160	0	0	0	0	5	5	0	1	<1	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

Cantina Beer, Wine and Spirits

Anchor Steam (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Angel Island IPA (12 oz)	190	0	0	0	0	0	14	0	0	0	1
Angel Island IPA (16 oz)	250	0	0	0	0	0	19	0	0	0	2
Angry Orchard (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Angry Orchard - Crisp Apple (12 oz)	200	0	0	0	0	0	25	0	20	20	0
Angry Orchard - Crisp Apple (16 oz)	260	0	0	0	0	0	33	0	27	27	0
Barrio Blonde (12 oz)	160	0	0	0	0	0	10	0	0	0	0
Barrio Blonde (16 oz)	210	0	0	0	0	0	13	0	0	0	0
Beach Bell Beer (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Beach Bell Beer (16 oz)	240	0	0	0	0	0	19	0	0	0	0
Beer - General (12 oz)	150	0	0	0	0	15	13	0	0	0	2

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Beer - General (16 oz)	200	0	0	0	0	20	17	0	0	0	2
Bell's Two Hearted Ale (12 oz)	210	0	0	0	0	0	17	0	0	0	0
Bell's Two Hearted Ale (16 oz)	280	0	0	0	0	0	22	0	0	0	0
Bell Tower Cerveza (12 oz)	110	0	0	0	0	0	11	0	0	0	2
Bell Tower Cerveza (16 oz)	140	0	0	0	0	0	15	0	0	0	2
Black Abbey - The Rose (12 oz)	160	0	0	0	0	0	12	0	0	0	0
Black Abbey - The Rose (16 oz)	220	0	0	0	0	0	17	0	0	0	0
Blue Moon Belgian White (12 oz)	170	0	0	0	0	15	14	0	0	0	2
Blue Moon Belgian White (16 oz)	220	0	0	0	0	20	19	0	0	0	3
Blue Moon Belgian White (24 oz)	340	0	0	0	0	30	28	0	0	0	4
Blue Moon Belgian White Bottle (12 oz)	170	0	0	0	0	0	14	0	0	0	2
Blue Moon Mango Wheat (12 oz)	180	0	0	0	0	0	16	0	0	0	2
Blue Moon Mango Wheat (16 oz)	230	0	0	0	0	0	21	0	0	0	3
Blue Point Big City Bells Pilsner (12 oz)	160	0	0	0	0	0	10	0	0	0	2
Blue Point Big City Bells Pilsner (16 oz)	210	0	0	0	0	0	14	0	0	0	2
Blue Point Hoptical Illusion IPA (12 oz)	220	0	0	0	0	20	18	0	0	0	3
Blue Point Hoptical Illusion IPA (16 oz)	290	0	0	0	0	25	24	0	0	0	4
Blue Point Toasted Lager (12 oz)	150	0	0	0	0	15	15	0	0	0	2
Blue Point Toasted Lager (16 oz)	200	0	0	0	0	20	20	0	0	0	3
Boulevard Cherry Blossom and Lime (12 oz)	90	0	0	0	0	0	3	0	0	0	0
Boulevard Cherry Blossom and Lime (16 oz)	120	0	0	0	0	0	4	0	0	0	0
Boulevard Space Camper Cosmic IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Boulevard Space Camper Cosmic IPA (16 oz)	230	0	0	0	0	0	19	0	0	0	0
Boulevard Unfiltered Wheat Beer (12 oz)	150	0	0	0	0	0	15	0	0	0	0
Boulevard Unfiltered Wheat Beer (16 oz)	200	0	0	0	0	0	20	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (12 oz)	100	0	0	0	0	0	5	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (16 oz)	130	0	0	0	0	0	7	0	0	0	0
Breaking Bud (12 oz)	180	0	0	0	0	0	11	0	0	0	2
Breaking Bud (16 oz)	240	0	0	0	0	0	15	0	0	0	3
Brooklyn Lager (12 oz)	170	0	0	0	0	0	13	0	13	0	0
Brooklyn Lager (16 oz)	230	0	0	0	0	0	18	0	18	0	0
Bud Light (12 oz)	110	0	0	0	0	0	7	0	0	0	<1
Bud Light (16 oz)	150	0	0	0	0	0	9	0	0	0	1
Bud Light Bottle (16 oz)	110	0	0	0	0	0	7	0	0	0	<1
Budweiser (12 oz)	150	0	0	0	0	0	11	0	0	0	1
Budweiser (16 oz)	190	0	0	0	0	0	14	0	0	0	2
Budweiser Bottle (16 oz)	180	0	0	0	0	15	14	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)
Busch Light (16 oz)	130	0	0	0	0	0	4	0	0	0	<1
Calicraft Coast (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Calicraft Coast (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Captain Lawrence Hop Commander (12 oz)	200	0	0	0	0	0	15	0	0	0	2
Cool Kidz IPA (16 oz)	220	0	0	0	0	0	0	0	0	0	0
Coors (Coors Banquet) (12 oz)	150	0	0	0	0	15	12	0	0	0	1
Coors (Coors Banquet) (16 oz)	200	0	0	0	0	20	16	0	0	0	1
Coors Light (12 oz)	100	0	0	0	0	10	5	0	1	0	0
Coors Light (16 oz)	140	0	0	0	0	15	7	0	1	0	0
Coors Light (24 oz)	200	0	0	0	0	20	10	0	2	0	0
Copperhead Red (12 oz)	180	0	0	0	0	0	19	0	0	0	2
Copperhead Red (16 oz)	240	0	0	0	0	0	25	0	0	0	3
Corona Extra (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Corona Extra (16 oz)	200	0	0	0	0	25	19	0	0	0	2
Corona Light (12 oz)	100	0	0	0	0	0	5	0	0	0	<1
Corona Light (16 oz)	130	0	0	0	0	0	7	0	0	0	1
Corona Premier (12 oz)	90	0	0	0	0	0	3	0	2	0	0
Corona Premier (16 oz)	120	0	0	0	0	0	3	0	2	0	<1
Dos Equis Lager Especial (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Dos Equis Lager Especial (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Dos Equis Mexican Pale Ale (12 oz)	180	0	0	0	0	0	15	0	0	0	2
Dos Equis Mexican Pale Ale (16 oz)	230	0	0	0	0	0	20	0	0	0	3
Elysian Space Dust IPA (16 oz)	310	0	0	0	0	0	15	0	0	0	3
Elysian Space Dust IPA (24 oz)	470	0	0	0	0	0	23	0	0	0	5
Estrella Jalisco (12 oz)	190	0	0	0	0	70	14	0	1	0	1
Estrella Jalisco (16 oz)	250	0	0	0	0	95	19	0	1	0	1
Fair Winds® Howling Gail (12 oz)	220	0	0	0	0	0	0	0	0	0	0
Fair Winds® Howling Gail (16 oz)	300	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (12 oz)	160	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (16 oz)	210	0	0	0	0	0	0	0	0	0	0
Firestone 805 (12 oz)	150	0	0	0	0	5	14	0	7	0	2
Firestone 805 (16 oz)	200	0	0	0	0	5	18	0	9	0	2
Firestone 805 (24 oz)	300	0	0	0	0	10	27	0	14	0	3
Flybird Lime Margarita	190	0	0	0	0	0	15	0	13	0	0
Flybird Lime Margarita (Can)	240	0	0	0	0	90	25	0	25	3	0
Flybird Mangonada	160	0	0	0	0	0	13	0	11	0	0
Flybird Mojito	190	0	0	0	0	70	16	0	16	2	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)
Flybird Pina Colada	190	0	0	0	0	55	16	0	16	3	0
Flybird Prickly Pear Margarita	190	0	0	0	0	70	15	0	15	3	0
Flybird Strawberry Margarita	190	0	0	0	0	0	17	0	14	0	0
Flybird Strawberry Margarita (Can)	250	0	0	0	0	115	27	0	27	3	0
Four Peaks Kilt Lifter (12 oz)	180	0	0	0	0	10	14	0	0	0	2
Four Peaks Kilt Lifter (16 oz)	240	0	0	0	0	15	19	0	0	0	3
Goose Island IPA (12 oz)	190	0	0	0	0	0	15	0	0	0	2
Goose Island IPA (16 oz)	250	0	0	0	0	0	20	0	0	0	3
Hard Mtn Dew - Baja Blast (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Baja Blast (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Black Cherry (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Black Cherry (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Original (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Original (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Watermelon (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Watermelon (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Harpoon IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	2
Harpoon IPA (16 oz)	240	0	0	0	0	0	18	0	0	0	3
Heineken (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken (16 oz)	190	0	0	0	0	0	15	0	0	0	3
Heineken 0.0 (12 oz)	70	0	0	0	0	0	17	0	5	0	1
Heineken 0.0 (16 oz)	100	0	0	0	0	0	23	0	6	0	2
Heineken Bottle (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken Light (12 oz)	100	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
Hop Commander IPA (12 oz)	210	0	0	0	0	0	0	0	0	0	0
Hop Commander IPA (16 oz)	280	0	0	0	0	0	0	0	0	0	0
Kansas City Dunkel (12 oz)	180	0	0	0	0	0	13	0	0	0	2
Kansas City Dunkel (16 oz)	230	0	0	0	0	0	18	0	0	0	3
Kansas City Helles (12 oz)	180	0	0	0	0	0	12	0	0	0	2
Kansas City Helles (16 oz)	230	0	0	0	0	0	16	0	0	0	3
Kona Big Wave Golden Ale (12 oz)	130	0	0	0	0	10	10	0	0	0	1
Kona Big Wave Golden Ale (16 oz)	180	0	0	0	0	10	13	0	0	0	2
Lagunitas IPA (12 oz)	190	0	0	0	0	15	14	0	2	0	3
Lagunitas IPA (16 oz)	250	0	0	0	0	20	19	0	3	0	4
Landshark Lager (12 oz)	150	0	0	0	0	0	13	0	0	0	1
Landshark Lager (16 oz)	200	0	0	0	0	0	18	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)
Loose Cannon IPA (12 oz)	220	0	0	0	0	10	19	0	0	0	3
Loose Cannon IPA (16 oz)	290	0	0	0	0	15	25	0	0	0	4
Michelob Original Lager (12 oz)	160	0	0	0	0	0	14	0	0	0	2
Michelob Original Lager (16 oz)	210	0	0	0	0	0	19	0	0	0	3
Michelob Ultra (12 oz)	100	0	0	0	0	0	3	0	0	0	<1
Michelob Ultra (16 oz)	130	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 Genuine Draft (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller Genuine Draft (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller High Life (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller High Life (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller Lite (12 oz)	100	0	0	0	0	5	3	0	0	0	0
Miller Lite (16 oz)	130	0	0	0	0	5	4	0	0	0	0
Modelo Chelada (16 oz)	190	0	0	0	0	590	24	0	0	0	2
Modelo Especial (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Modelo Especial (16 oz)	200	0	0	0	0	25	19	0	0	0	1
Modelo Especial (24 oz)	300	0	0	0	0	40	28	0	0	0	2
Modelo Negra (12 oz)	180	0	0	0	0	15	16	0	0	0	2
Modelo Negra (16 oz)	240	0	0	0	0	20	21	0	0	0	2
Motorworks Intellectual Property IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Intellectual Property IPA (16 oz)	290	0	0	0	0	0	24	0	15	0	5
Motorworks Pulp Fiction IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Pulp Fiction IPA (16 oz)	300	0	0	0	0	0	24	0	15	0	5
Newcastle Brown Ale (12 oz)	130	0	0	0	0	0	10	0	0	0	1
Newcastle Brown Ale (16 oz)	170	0	0	0	0	0	13	0	0	0	1
Old Elephant IPA (12 oz)	180	0	0	0	0	10	17	0	0	0	3
Old Elephant IPA (16 oz)	230	0	0	0	0	15	22	0	0	0	4
Pabst Blue Ribbon Original (12 oz)	140	0	0	0	0	10	12	0	4	0	1
Pabst Blue Ribbon Original (16 oz)	190	0	0	0	0	15	16	0	5	0	2
Pacifico (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Pacifico (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Patriot Ale (12 oz)	170	0	0	0	0	0	14	0	0	0	<1
Patriot Ale (16 oz)	230	0	0	0	0	0	19	0	0	0	<1
Revolution Anti Hero (12 oz)	220	0	0	0	0	10	20	1	1	0	3
Revolution Anti Hero (16 oz)	290	0	0	0	0	15	27	1	1	0	4
Road 2 Ruin Double IPA (12 oz)	220	0	0	0	0	10	14	1	0	0	3
Road 2 Ruin Double IPA (16 oz)	290	0	0	0	0	15	19	1	0	0	4

	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)
Samuel Adams '76 (12 oz)	130	0	0	0	0	0	8	0	0	0	0
Samuel Adams® Winter Lager (12 oz)	190	0	0	0	0	0	0	0	0	0	0
Samuel Adams® Winter Lager (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Sea Hag IPA (12 oz)	190	0	0	0	0	10	15	1	0	0	3
Sea Hag IPA (16 oz)	250	0	0	0	0	15	20	1	0	0	4
Shock Top Belgian White (12 oz)	170	0	0	0	0	0	15	0	0	0	2
Shock Top Belgian White (16 oz)	220	0	0	0	0	0	19	0	0	0	3
Sierra Nevada Hazy Little Thing IPA (12 oz)	210	0	0	0	0	0	21	0	0	0	2
Sierra Nevada Hazy Little Thing IPA (16 oz)	290	0	0	0	0	0	27	0	0	0	3
Sol Cervesa (12 oz)	140	0	0	0	0	0	12	0	0	0	0
Sol Cervesa (16 oz)	180	0	0	0	0	0	15	0	0	0	0
St. Archer (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Stella Artois (12 oz)	140	0	0	0	0	0	11	0	0	0	0
Stella Artois (16 oz)	190	0	0	0	0	0	15	0	0	0	0
Stella Artois (24 oz)	280	0	0	0	0	0	22	0	0	0	0
Sweetwater 420 Extra Pale Ale (12 oz)	170	0	0	0	0	0	13	0	0	0	2
Sweetwater 420 Extra Pale Ale (16 oz)	220	0	0	0	0	0	17	0	0	0	3
Tampa Bay Reef Donkey (16 oz)	240	0	0	0	0	15	14	1	0	0	2
Tecate Light (12 oz)	110	0	0	0	0	0	7	0	0	0	1
Tecate Light (16 oz)	140	0	0	0	0	0	9	0	0	0	1
Tecate Original (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Tecate Original (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Victoria (12 oz)	140	0	0	0	0	0	13	0	0	0	0
Victoria (16 oz)	180	0	0	0	0	0	18	0	0	0	0
Voodoo Ranger Juicy Haze IPA (12 oz)	230	0	0	0	0	0	16	0	0	0	0
Voodoo Ranger Juicy Haze IPA (16 oz)	310	0	0	0	0	0	21	0	0	0	0
White Claw Hard Seltzer (12 oz)	100	0	0	0	0	0	2	0	2	2	0
Yuengling - Black and Tan (12 oz)	150	0	0	0	0	15	15	0	0	0	0
Yuengling - Black and Tan (16 oz)	200	0	0	0	0	20	20	0	0	0	0
Yuengling - Golden Pilsner (12 oz)	140	0	0	0	0	0	9	0	0	0	0
Yuengling - Golden Pilsner (16 oz)	180	0	0	0	0	0	12	0	0	0	0
Yuengling - Lager (12 oz)	140	0	0	0	0	15	12	0	0	0	0
Yuengling - Lager (16 oz)	190	0	0	0	0	20	16	0	0	0	0
Yuengling - Light Lager (12 oz)	100	0	0	0	0	10	9	0	0	0	0
Yuengling - Light Lager (16 oz)	130	0	0	0	0	15	12	0	0	0	0
Yuengling - Porter (12 oz)	160	0	0	0	0	15	15	0	0	0	0
Yuengling - Porter (16 oz)	220	0	0	0	0	25	20	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)
Yuengling - Premium (12 oz)	140	0	0	0	0	20	12	0	0	0	0
Yuengling - Premium (16 oz)	190	0	0	0	0	25	16	0	0	0	0
Yuengling - Premium Light (12 oz)	100	0	0	0	0	10	7	0	0	0	0
Yuengling - Premium Light (16 oz)	130	0	0	0	0	15	9	0	0	0	0

Las Vegas Cantina Menu

At participating locations only

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
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
Rum (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Rum (80 proof) - Single - LV	120	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
Tequila (80 proof) - Single - LV	120	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
Vodka (80 proof) - Single - LV	120	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
Whiskey (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0

Fountain Beverages (16 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (16 fl oz)	60	0	0	0	0	80	17	0	16	16	0
Brisk® Mango Iced Tea (16 fl oz)	90	0	0	0	0	50	24	0	24	24	0
Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	70	0	0	0	0	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Dr Pepper® (16 fl oz)	190	0	0	0	0	60	52	0	51	51	0
G2 - Fruit Punch (16 fl oz)	45	0	0	0	0	220	10	0	9	9	0
Mtn Dew® (16 fl oz)	220	0	0	0	0	70	59	0	58	58	0
Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	65	59	0	59	59	0
Mtn Dew® Baja Blast Zero Sugar (16 fl oz)	5	0	0	0	0	70	0	0	0	0	0
Mtn Dew® Zero Sugar (16 fl oz)	0	0	0	0	0	65	0	0	0	0	0
Mug® Root Beer (16 fl oz)	190	0	0	0	0	75	51	0	51	51	0
Pepsi® (16 fl oz)	200	0	0	0	0	40	55	0	55	55	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)
Pepsi® Wild Cherry (16 fl oz)	210	0	0	0	0	45	56	0	56	56	0
Pepsi® Zero Sugar (16 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Starry® (16 fl oz)	200	0	0	0	0	45	52	0	52	52	0
Tropicana Original Lemonade (16 oz)	70	0	0	0	0	210	16	0	16	16	0

Fountain Beverages (20 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (20 fl oz)	80	0	0	0	0	100	20	0	20	20	0
Brisk® Mango Iced Tea (20 fl oz)	110	0	0	0	0	65	30	0	30	30	0
Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	120	0	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	75	65	0	64	64	0
G2 - Fruit Punch (20 fl oz)	50	0	0	0	0	270	13	0	12	12	0
Mtn Dew® (20 fl oz)	280	0	0	0	0	85	73	0	73	73	0
Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	80	74	0	74	74	0
Mtn Dew® Baja Blast Zero Sugar (20 fl oz)	10	0	0	0	0	85	0	0	0	0	0
Mtn Dew® Zero Sugar (20 fl oz)	0	0	0	0	0	80	0	0	0	0	0
Mug® Root Beer (20 fl oz)	240	0	0	0	0	95	64	0	63	63	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
Pepsi® Zero Sugar (20 fl oz)	0	0	0	0	0	105	0	0	0	0	0
Starry® (20 fl oz)	240	0	0	0	0	55	65	0	65	65	0
Tropicana Original Lemonade (20 oz)	80	0	0	0	0	270	21	0	20	20	0

Fountain Beverages (30 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (30 fl oz)	120	0	0	0	0	150	30	0	30	30	0
Brisk® Mango Iced Tea (30 fl oz)	170	0	0	0	0	95	45	0	45	45	0
Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	125	0	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	180	<1	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Dr Pepper® (30 fl oz)	360	0	0	0	0	110	98	0	96	96	0
G2 - Fruit Punch (30 fl oz)	80	0	0	0	0	410	19	0	17	17	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)
Mtn Dew® (30 fl oz)	420	0	0	0	0	130	110	0	110	110	0
Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	120	111	0	111	111	0
Mtn Dew® Baja Blast Zero Sugar (30 fl oz)	15	0	0	0	0	125	0	0	0	0	0
Mtn Dew® Zero Sugar (30 fl oz)	5	0	0	0	0	115	<1	0	0	0	0
Mug® Root Beer (30 fl oz)	360	0	0	0	0	140	96	0	95	95	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
Pepsi® Zero Sugar (30 fl oz)	0	0	0	0	0	160	<1	0	0	0	0
Starry® (30 fl oz)	370	0	0	0	0	85	97	0	97	97	0
Tropicana Original Lemonade (30oz)	120	0	0	0	0	400	31	0	30	30	0

Last Updated: 02/11/2025



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 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]