



Fresco Menu													
	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Fresco Style meals 25% reduction in fat*
Fresco Crunchy Taco	92	150	70	7	2.5	0	20	350	13	3	1	7	-
Fresco Soft Taco - Beef	113	180	60	7	3	0	20	640	22	3	2	8	-
Fresco Burrito Supreme® - Chicken	241	340	70	8	2.5	0	25	1410	50	8	4	18	-
Fresco Burrito Supreme® - Steak	241	330	80	8	3	0	15	1340	49	8	4	16	-
Fresco Ranchero Chicken Soft Taco	135	170	35	4	1.5	0	25	740	22	2	3	12	-
Fresco Grilled Steak Soft Taco	128	160	40	4.5	1.5	0	15	600	21	2	3	9	-
Fresco Bean Burrito	213	340	70	8	2.5	0	0	1290	56	11	4	12	-
Volcano Menu													
Volcano Nachos	354	1000	560	62	9	1	45	1930	89	16	6	22	√
Volcano Taco	92	240	150	17	5	0	35	470	14	3	1	8	√
Volcano Burrito	303	800	380	42	12	1	70	2010	81	8	6	24	√
Fully Loaded Taco Salads													
Chicken Ranch Taco Salad	420	910	490	54	10	0.5	70	1660	71	9	6	35	√
Chipotle Steak Taco Salad	420	900	510	57	11	0.5	65	1700	70	8	7	28	√
Fiesta Taco Salad	463	770	370	41	10	1	60	1650	75	12	8	27	-
Fiesta Taco Salad without Shell	404	460	210	24	8	1	60	1420	41	11	7	22	√

Nutrition Guide													
	Original Items												
TACOS													
Crunchy TACO SUPREME®	113	200	100	12	5	0	35	350	15	3	2	9	√
DOUBLE DECKER® Taco	156	330	120	13	5	0	30	820	38	8	2	14	-
DOUBLE DECKER® Taco Supreme®	191	360	140	15	6	0	35	840	41	8	3	15	√
Soft TACO SUPREME® - Beef	135	240	100	11	5	0	35	650	24	3	3	11	√
Ranchero Chicken Soft Taco	135	270	120	14	4	0	40	840	21	2	2	14	√
Grilled Steak Soft Taco	128	250	130	14	4	0	30	710	20	2	2	11	√
GORDITAS													
Gordita Supreme® - Beef	153	300	120	13	5	0	35	590	31	4	6	13	√
Gordita Supreme® - Chicken	153	270	90	10	3.5	0	35	620	29	2	6	17	√
Gordita Supreme® - Steak	153	270	90	11	4	0	30	550	29	2	6	14	√
Gordita Baja® - Beef	153	340	160	18	5	0	35	710	30	4	6	13	√
Gordita Baja® - Chicken	153	320	130	15	3.5	0	35	750	29	3	6	16	√
Gordita Baja® - Steak	153	310	140	15	3.5	0	30	670	28	3	6	14	√
Gordita Nacho Cheese - Beef	153	290	120	14	3	0	20	720	31	4	6	12	√
Gordita Nacho Cheese - Chicken	153	270	90	10	1.5	0	25	760	30	2	6	15	√
Gordita Nacho Cheese - Steak	153	260	100	11	2	0	15	690	29	2	6	12	√
CHALUPAS													
Chalupa Supreme - Beef	153	370	190	21	5	0.5	35	600	31	4	4	13	-
Chalupa Supreme - Chicken	153	350	160	18	4	0	35	640	30	3	4	17	√
Chalupa Supreme - Steak	153	340	170	18	4	0	30	560	29	3	4	14	√
Chalupa Baja - Beef	153	410	240	26	5	0.5	35	720	31	5	4	13	√
Chalupa Baja - Chicken	153	390	210	23	4	0	35	760	29	3	4	16	√
Chalupa Baja - Steak	153	380	210	23	4	0	30	690	29	3	4	13	√
Chalupa Nacho Cheese - Beef	153	370	190	22	3.5	0	20	730	31	4	4	12	-
Chalupa Nacho Cheese - Chicken	153	340	160	18	2	0	25	770	30	3	4	15	-
Chalupa Nacho Cheese - Steak	153	330	170	19	2.5	0	15	700	30	3	4	12	-
BURRITOS													
7-Layer Burrito	283	510	160	18	6	0	20	1410	68	12	5	18	√
Burrito Supreme® - Beef	248	420	140	15	7	0	35	1380	52	9	5	17	√
Burrito Supreme® - Chicken	248	390	110	12	5	0	40	1420	51	7	5	21	√
Burrito Supreme® - Steak	248	380	110	12	5	0	30	1340	51	7	5	18	√
Grilled Stuft Burrito - Beef	325	700	270	30	10	1	60	2100	79	12	6	27	√
Grilled Stuft Burrito - Chicken	325	650	210	24	7	0	70	2180	77	9	5	34	√
Grilled Stuft Burrito - Steak	325	640	220	24	8	0	50	2030	76	9	6	28	√
1/2 lb† Nacho Crunch Burrito	234	520	230	25	8	0.5	50	1400	54	6	5	19	-
1/2 lb† Cheesy Potato Burrito	248	530	230	25	8	0.5	50	1690	57	7	5	19	-
1/2 lb† Combo Burrito	241	450	160	18	7	0.5	50	1640	52	10	3	22	-
Cheesy Double Beef Burrito	227	470	180	20	6	0.5	40	1580	54	6	4	18	-
Cheesy Bean & Rice Burrito	227	480	190	21	5	0	15	1440	60	7	5	13	√
WHY PAY MORE®!													
Cheese Roll-Up	64	200	90	10	5	0	20	530	19	2	1	9	N/A
Crispy Potato Soft Taco	106	260	120	13	3	0	10	690	31	3	2	6	√
Triple Layer Nachos	142	350	160	18	1.5	0	0	740	39	7	2	7	-
Cinnamon Twists	35	170	60	7	0	0	0	200	26	1	10	1	N/A
Crunchy Taco	78	170	90	10	3.5	0	30	330	12	3	1	8	-
Chicken Burrito	177	440	180	20	5	0	40	1260	48	3	3	16	√
Chicken Soft Taco	99	200	70	8	3	0	35	640	19	1	1	12	√
Soft Taco - Beef	99	210	80	9	4	0	30	620	21	3	2	10	-
Bean Burrito	198	370	90	10	3.5	0	5	1270	55	11	3	14	-
Caramel Apple Empanada	85	310	140	15	2.5	0	0	310	39	2	13	3	N/A
Beefy 5-Layer Burrito	248	550	190	22	8	0.5	35	1640	69	9	6	20	√
SPECIALTIES													
Crunchwrap Supreme®	254	540	190	21	7	0	30	1400	71	6	7	16	√
Mexican Pizza	213	540	270	30	8	0.5	45	1020	47	8	2	21	-
Enchirito® - Beef	213	370	150	17	8	0.5	45	1430	35	8	2	19	√
Enchirito® - Chicken	213	350	120	14	7	0	50	1470	34	7	2	22	√
Enchirito® - Steak	213	340	130	14	7	0	45	1400	33	7	2	19	√
MexiMelt®	128	280	130	14	7	0.5	45	870	23	4	2	15	√
Express Taco Salad	447	660	300	34	10	1	60	1520	67	11	7	25	√
Chicken Taquitos	128	320	100	11	4.5	0	40	1000	37	2	2	18	√
Steak Taquitos	128	310	100	11	5	0	30	930	37	2	3	15	√
Guacamole Side	21	35	25	3	0	0	0	85	2	1	0	0	N/A
Salsa Side	21	5	0	0	0	0	0	80	1	0	1	0	N/A
Reduced Fat Sour Cream Side	21	30	20	2	1	0	5	20	2	0	1	1	N/A
Chicken Quesadilla	184	520	250	28	12	0.5	75	1420	41	4	3	28	N/A
Steak Quesadilla	184	510	250	28	12	1	65	1340	40	4	3	25	N/A
NACHOS AND SIDES													
Nachos	99	330	190	21	2	0	0	520	31	2	2	4	√
Nachos Supreme	191	440	220	24	5	0	30	800	42	8	3	13	-
Nachos BellGrande®	305	770	380	42	7	0.5	30	1300	78	15	5	20	√
Pintos 'n Cheese	128	180	60	7	3	0	15	720	19	9	1	10	√
Mexican Rice	85	130	35	3.5	0	0	0	410	21	1	1	2	√
Cheesy Fiesta Potatoes	135	270	140	16	2.5	0	5	840	28	3	2	4	√
REGIONAL MENU ITEMS													
Cheese Quesadilla	142	470	240	26	11	0.5	50	1100	40	4	3	19	N/A
Chili Cheese Burrito	156	370	150	16	8	0.5	40	1080	40	4	3	16	√
Tostada	170	250	90	10	3.5	0	15	730	29	10	1	11	√

BEVERAGES													
Mango Strawberry Frutista Freeze®	479	250	0	0	0	0	0	10	62	0	59	0	N/A
Strawberry Frutista Freeze®	479	230	0	0	0	0	0	55	57	0	57	0	N/A
Mountain Dew	16oz	220	0	0	0	0	0	70	58	0	58	0	N/A
Mountain Dew	20oz	280	0	0	0	0	0	90	73	0	73	0	N/A
Mountain Dew	30oz	410	0	0	0	0	0	130	109	0	109	0	N/A
Mountain Dew	40oz	550	0	0	0	0	0	175	145	0	145	0	N/A
MUG Root Beer	16oz	200	0	0	0	0	0	30	52	0	52	0	N/A
MUG Root Beer	20oz	250	0	0	0	0	0	40	65	0	65	0	N/A
MUG Root Beer	30oz	380	0	0	0	0	0	55	98	0	98	0	N/A
MUG Root Beer	40oz	500	0	0	0	0	0	75	130	0	130	0	N/A
Pepsi	16oz	200	0	0	0	0	0	40	56	0	56	0	N/A
Pepsi	20oz	250	0	0	0	0	0	50	70	0	70	0	N/A
Pepsi	30oz	380	0	0	0	0	0	75	105	0	105	0	N/A
Pepsi	40oz	500	0	0	0	0	0	100	140	0	140	0	N/A
Diet Pepsi	16oz	0	0	0	0	0	0	50	0	0	0	0	N/A
Diet Pepsi	20oz	0	0	0	0	0	0	60	0	0	0	0	N/A
Diet Pepsi	30oz	0	0	0	0	0	0	95	0	0	0	0	N/A
Diet Pepsi	40oz	0	0	0	0	0	0	125	0	0	0	0	N/A
Sierra Mist	16oz	200	0	0	0	0	0	40	54	0	54	0	N/A
Sierra Mist	20oz	250	0	0	0	0	0	50	68	0	68	0	N/A
Sierra Mist	30oz	375	0	0	0	0	0	75	101	0	101	0	N/A
Sierra Mist	40oz	500	0	0	0	0	0	100	135	0	135	0	N/A
Tropicana Fruit Punch	16oz	220	0	0	0	0	0	50	60	0	60	0	N/A
Tropicana Fruit Punch	20oz	280	0	0	0	0	0	65	75	0	75	0	N/A
Tropicana Fruit Punch	30oz	413	0	0	0	0	0	95	113	0	102	0	N/A
Tropicana Fruit Punch	40oz	550	0	0	0	0	0	125	150	0	150	0	N/A
Tropicana Pink Lemonade	16oz	200	0	0	0	0	0	210	54	0	54	0	N/A
Tropicana Pink Lemonade	20oz	250	0	0	0	0	0	165	68	0	68	0	N/A
Tropicana Pink Lemonade	30oz	380	0	0	0	0	0	395	101	0	101	0	N/A
Tropicana Pink Lemonade	40oz	500	0	0	0	0	0	525	135	0	135	0	N/A
Lipton Raspberry Iced Tea	16oz	160	0	0	0	0	0	50	42	0	42	0	N/A
Lipton Raspberry Iced Tea	20oz	200	0	0	0	0	0	65	53	0	53	0	N/A
Lipton Raspberry Iced Tea	30oz	300	0	0	0	0	0	95	79	0	79	0	N/A
Lipton Raspberry Iced Tea	40oz	400	0	0	0	0	0	125	105	0	105	0	N/A
Dr. Pepper	16oz	200	0	0	0	0	0	70	54	0	54	0	N/A
Dr. Pepper	20oz	250	0	0	0	0	0	90	68	0	68	0	N/A
Dr. Pepper	30oz	375	0	0	0	0	0	132	102	0	102	0	N/A
Dr. Pepper	40oz	500	0	0	0	0	0	176	136	0	136	0	N/A
Mountain Dew Baja Blast	16oz	220	0	0	0	0	0	60	58	0	58	0	N/A
Mountain Dew Baja Blast	20oz	280	0	0	0	0	0	75	73	0	73	0	N/A
Mountain Dew Baja Blast	30oz	410	0	0	0	0	0	115	109	0	109	0	N/A
Mountain Dew Baja Blast	40oz	550	0	0	0	0	0	150	145	0	145	0	N/A

The Dietary Guidelines for Americans recommend limited saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption



Nov-09

For more information go to www.mypyramid.gov

Product 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. 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.

For the most current U.S. nutritional information and for Taco Bell® Express and multi-brand menu items, see www.tacobell.com. If you have any questions about Taco Bell® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-TACOBELL or visit our Web site at www.tacobell.com.

* "Fresco Style" fat reduction varies per menu item and not all menu items will meet a 25% reduction in fat.

N/A = The "Fresco Style" option is not available for this menu item

- = Using the "Fresco Style" option does not provide a 25% reduction in fat

√ = Using the "Fresco Style" option will provide a 25% reduction in fat

† 1/2 lb. claim for Combo, Cheesy Potato and Nacho Crunch burrito is based on average weight. Individual product weights vary.

‡ Nutrition values for fountain beverages do not account for ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.