



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 meets 25% reduction in fat*
Fresco Crunchy Taco	92	150	70	7	2.5	0	20	350	13	3	1	7	-
Fresco Soft Taco - Beef	110	180	60	7	2.5	0	20	560	20	3	2	8	-
Fresco Burrito Supreme® - Chicken	241	350	70	8	2.5	0	25	1220	50	8	4	19	-
Fresco Burrito Supreme® - Steak	241	340	80	8	2.5	0	15	1150	50	8	4	16	-
Fresco Ranchero Chicken Soft Taco	131	160	35	3.5	1	0	25	650	20	2	2	12	-
Fresco Grilled Steak Soft Taco	124	150	35	4	1.5	0	15	520	19	2	2	9	-
Fresco Bean Burrito	213	350	70	8	2.5	0	0	1090	56	12	4	13	-

Volcano Menu

Volcano Nachos	354	980	540	61	9	0.5	40	1870	88	16	6	22	√
Volcano Taco	92	230	140	16	5	0	35	440	14	3	1	8	√
Volcano Burrito	303	780	370	41	12	1	70	1740	80	9	6	24	√

Fully Loaded Taco Salads

Chicken Ranch Taco Salad	420	910	500	55	10	0.5	70	1560	70	9	5	34	√
Chipotle Steak Taco Salad	420	900	520	57	11	0.5	65	1600	68	8	6	28	√
Fiesta Taco Salad	463	770	370	42	10	1	60	1550	73	12	7	27	-
Fiesta Taco Salad without Shell	404	460	210	24	8	1	60	1390	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	152	320	120	13	4.5	0	30	740	37	8	2	14	-
DOUBLE DECKER® Taco Supreme®	188	350	140	15	6	0	35	760	39	8	3	15	√
SOFT TACO SUPREME® - Beef	131	230	100	11	5	0	35	560	22	3	3	11	√
Chicken Soft Taco	96	180	50	6	2.5	0	30	580	18	1	1	13	√
Ranchero Chicken Soft Taco	131	260	120	14	3.5	0	40	760	20	2	2	14	√
Grilled Steak Soft Taco	124	250	130	14	4	0	30	620	19	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	630	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	680	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	570	29	3	4	14	√
Chalupa Baja - Beef	153	410	240	26	5	0.5	35	730	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	500	160	18	6	0	20	1270	68	13	5	18	√
Burrito Supreme® - Beef	248	420	140	15	7	0	35	1380	52	9	5	17	√
Burrito Supreme® - Chicken	248	400	110	12	5	0	40	1230	52	8	5	21	√
Burrito Supreme® - Steak	248	390	110	13	5	0	30	1150	51	8	5	18	√
Grilled Stuft Burrito - Beef	325	700	270	30	10	1	60	1900	79	12	5	27	√
Grilled Stuft Burrito - Chicken	325	650	210	24	7	0	70	1980	77	9	5	34	√
Grilled Stuft Burrito - Steak	325	640	220	24	8	0	50	1830	76	9	5	28	√
1/2 lb+ Nacho Crunch Burrito	234	520	230	25	8	0.5	50	1290	54	7	5	19	-
1/2 lb+ Cheesy Potato Burrito	248	550	230	26	8	0.5	50	1500	59	7	5	19	-
1/2 lb+ Combo Burrito	241	460	160	18	7	0.5	50	1450	52	10	3	22	-
Cheesy Double Beef Burrito	227	470	180	20	6	0.5	40	1430	54	6	4	18	-
Cheesy Bean & Rice Burrito	227	480	190	21	5	0	10	1230	60	8	5	13	√

WHY PAY MORE®!

Cheese Roll-Up	60	190	80	9	5	0	20	450	18	2	1	9	N/A
Crispy Potato Soft Taco	103	270	120	13	3	0	10	530	31	3	2	6	√
Cheesy Nachos	71	280	150	17	1.5	0	0	300	28	2	1	4	N/A
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	430	160	18	5	0	40	1130	48	3	3	18	√
Soft Taco - Beef	96	200	80	9	4	0	30	540	19	3	1	10	-
Bean Burrito	198	370	90	10	3.5	0	5	1080	56	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	245	550	190	22	8	0	35	1440	68	10	6	20	√
SPECIALTIES													
Crunchwrap Supreme®	254	540	190	21	7	0	30	1220	71	7	7	17	√
Mexican Pizza	213	540	270	30	8	0.5	45	970	46	8	2	21	-
Enchirito® - Beef	209	360	150	17	8	0.5	45	1210	34	8	2	18	√
Enchirito® - Chicken	209	340	120	14	7	0	50	1240	32	7	2	22	√
Enchirito® - Steak	209	330	130	14	7	0	45	1170	32	7	2	19	√
MexiMelt®	124	270	120	14	7	0.5	45	800	21	4	2	15	√
Express Taco Salad	447	660	300	33	10	1	60	1490	66	11	7	24	√
Chicken Taquitos	128	320	100	11	4.5	0	40	880	38	3	2	18	√
Steak Taquitos	128	310	100	11	5	0	30	810	37	3	2	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	530	250	28	12	0.5	75	1320	41	4	3	28	N/A
Steak Quesadilla	184	520	250	28	12	1	65	1250	41	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	170	50	6	2.5	0	10	680	19	9	1	10	√
Mexican Rice	85	120	30	3	0	0	0	350	20	1	0	2	√
Cheesy Fiesta Potatoes	135	290	150	17	2.5	0	5	700	32	3	2	4	√
REGIONAL MENU ITEMS													
Cheese Quesadilla	142	480	240	27	11	0.5	50	1000	40	4	3	19	N/A
Chili Cheese Burrito	156	380	150	17	8	0.5	35	930	41	5	2	16	√
Tostada	170	250	90	10	3.5	0	15	650	29	10	1	11	√
BEVERAGES													
Mango Strawberry Frutista Freeze®	16oz	250	0	0	0	0	0	10	62	0	59	0	N/A
Mango Strawberry Frutista Freeze®	20oz	300	0	0	0	0	0	15	75	0	73	0	N/A
Strawberry Frutista Freeze®	16oz	230	0	0	0	0	0	55	57	0	57	0	N/A
Strawberry Frutista Freeze®	20oz	280	0	0	0	0	0	65	70	0	69	0	N/A
Classic Limeade Sparkler	16oz	150	0	0	0	0	0	80	39	0	38	0	N/A
Classic Limeade Sparkler	20oz	230	0	0	0	0	0	125	60	0	59	0	N/A
Cherry Limeade Sparkler	16oz	180	0	0	0	0	0	105	43	0	43	0	N/A
Cherry Limeade Sparkler	20oz	270	0	0	0	0	0	160	66	0	65	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	65	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	380	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	410	0	0	0	0	0	95	113	0	113	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	265	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	88	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	175	135	0	135	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



Sep-10

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. ©2010 Taco Bell Corp.

* "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.