



Food Allergy & Sensitivity Information

Last Updated: 04/23/2025

Key	✓	Item does NOT contain the allergen	!	Item DOES CONTAIN the allergen		Eggs	Fish	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat

Cantina Chicken Menu

Avocado Salsa Verde Packet	✓	✓	✓	✓	✓	✓	✓	✓	✓
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Sides & Sweets

Black Beans & Rice (V)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Black Beans (V)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diablo Sauce Packet (V)	✓	✓	✓	✓	✓	✓	✓	✓	✓

Drinks

Mtn Dew® Baja Blast Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orange Juice	✓	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Hot	✓	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Iced	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wild Strawberry Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wild Strawberry Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓	✓

Veggie Cravings

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

Black Beans	✓	✓	✓	✓	✓	✓	✓	✓	✓
Black Beans & Rice	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hash Brown	✓	✓	✓	✓	✓	✓	✓	✓	✓

Breakfast

	Eggs	Fish	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
Hash Brown (V)	✓	✓	✓	✓	✓	✓	✓	✓
Orange Juice	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Hot	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Iced	✓	✓	✓	✓	✓	✓	✓	✓

Cantina Menu

At participating locations only

Mtn Dew® Baja Blast Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓

Las Vegas Cantina Menu

At participating locations only

Mtn Dew® Baja Blast Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (32 oz)	✓	✓	✓	✓	✓	✓	✓	✓

Fountain Beverages (16 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Dr Pepper® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dr Pepper® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
G2 - Fruit Punch (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Lipton Unsweetened Iced Tea (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast™ (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Zero Sugar (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Zero Sugar (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Wild Cherry (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Zero Sugar (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Starry® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Tropicana Original Lemonade (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Fish	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
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Fountain Beverages (20 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Dr Pepper® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dr Pepper® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
G2 - Fruit Punch (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Lipton Unsweetened Iced Tea (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast™ (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Zero Sugar (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Zero Sugar (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Wild Cherry (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Zero Sugar (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Starry® (20 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Tropicana Original Lemonade (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓

Fountain Beverages (30 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Dr Pepper® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dr Pepper® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
G2 - Fruit Punch (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Lipton Unsweetened Iced Tea (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast™ (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Zero Sugar (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Zero Sugar (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Wild Cherry (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi® Zero Sugar (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Fish	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
Starry® (30 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Tropicana Original Lemonade (30oz)	✓	✓	✓	✓	✓	✓	✓	✓

Last Updated: 04/23/2025



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]