



Food Allergy & Sensitivity Information

Last Updated: 05/16/2025

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

New

Bell Sauce Dip Cup	!	✓	✓	✓	✓	✓	✓	✓
Chicken Nuggets - 5 Piece	✓	!	✓	✓	✓	✓	✓	!
Chicken Nuggets - 10 Piece	✓	!	✓	✓	✓	✓	✓	!
Dirty MTN Dew® Baja Blast® Dream Soda - Large	✓	✓	!	✓	✓	✓	✓	✓
Dirty MTN Dew® Baja Blast® Dream Soda - Medium	✓	✓	!	✓	✓	✓	✓	✓
Dirty MTN Dew® Baja Blast® Dream Soda- Small	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Large	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Medium	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Small	✓	✓	!	✓	✓	✓	✓	✓
Dragonfruit Freeze® (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® with Dragonfruit Syrup (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® with Dragonfruit Syrup (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Fire Ranch Sauce Dip Cup	!	✓	!	✓	✓	!	✓	!
Jalapeno Honey Mustard Dip Cup	!	✓	✓	✓	✓	✓	✓	✓

Cantina Chicken Menu

Avocado Salsa Verde Packet	✓	✓	✓	✓	✓	✓	✓	✓
Cantina Chicken Bowl	!	✓	!	✓	✓	✓	✓	✓
Cantina Chicken Burrito	!	!	!	✓	✓	✓	✓	!
Cantina Chicken Crispy Taco	!	✓	!	✓	✓	✓	✓	✓
Cantina Chicken Quesadilla	!	!	!	✓	✓	✓	✓	!
Cantina Chicken Soft Taco	!	!	!	✓	✓	✓	✓	!

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
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Tacos

Black Bean Chalupa Supreme® (V)	✓	!	!	✓	✓	!	✓	!
Chalupa Supreme® - Beef	✓	!	!	✓	✓	!	✓	!
Chalupa Supreme® - Chicken	✓	!	!	✓	✓	!	✓	!
Chalupa Supreme® - Steak	✓	!	!	✓	✓	!	✓	!
Cheesy Gordita Crunch	!	!	!	✓	✓	!	✓	!
Crunchy Taco	✓	✓	!	✓	✓	!	✓	✓
Crunchy Taco Supreme®	✓	✓	!	✓	✓	!	✓	✓
Doritos® Cheesy Gordita Crunch - Nacho Cheese	!	!	!	!	✓	!	✓	!
Double Stacked Taco	✓	!	!	✓	✓	!	✓	!
Nacho Cheese Doritos® Locos Taco	✓	✓	!	!	✓	!	✓	✓
Nacho Cheese Doritos® Locos Taco Supreme®	✓	✓	!	!	✓	!	✓	✓
Soft Taco - Beef	✓	!	!	✓	✓	!	✓	!
Soft Taco - Chicken	✓	!	!	✓	✓	✓	✓	!
Soft Taco Supreme® - Beef	✓	!	!	✓	✓	!	✓	!
Soft Taco Supreme® - Chicken	✓	!	!	✓	✓	✓	✓	!
Spicy Potato Soft Taco (V)	!	!	!	✓	✓	✓	✓	!

Burritos

Bean Burrito (V)	✓	!	!	✓	✓	✓	✓	!
Beefy 5-Layer Burrito	✓	!	!	✓	✓	!	✓	!
Black Bean Grilled Cheese Burrito	!	!	!	✓	✓	✓	✓	!
Burrito Supreme® - Beef	✓	!	!	✓	✓	!	✓	!
Burrito Supreme® - Chicken	✓	!	!	✓	✓	✓	✓	!
Burrito Supreme® - Steak	✓	!	!	✓	✓	✓	✓	!
Cheesy Bean & Rice Burrito (V)	!	!	!	✓	✓	✓	✓	!
Cheesy Double Beef Burrito	✓	!	!	✓	✓	!	✓	!
Chicken Enchilada Burrito	✓	!	!	✓	✓	✓	✓	!
Chili Cheese Burrito (regional)	✓	!	!	✓	✓	!	✓	!
Grilled Cheese Burrito	!	!	!	✓	✓	!	✓	!
Grilled Cheese Burrito - Chicken	!	!	!	✓	✓	✓	✓	!
Grilled Cheese Burrito - Steak	!	!	!	✓	✓	✓	✓	!

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat

Nachos

Chips and Nacho Cheese Sauce (V)	✓	!	!	✓	✓	✓	✓	✓
Loaded Beef Nachos	✓	!	!	✓	✓	!	✓	✓
Nachos BellGrande® - Beef	✓	!	!	✓	✓	!	✓	✓
Nachos BellGrande® - Chicken	✓	!	!	✓	✓	✓	✓	✓
Nachos BellGrande® - Steak	✓	!	!	✓	✓	✓	✓	✓

Quesadillas

Quesadilla - Cheese (V)	!	!	!	✓	✓	✓	✓	!
Quesadilla - Chicken	!	!	!	✓	✓	✓	✓	!
Quesadilla - Steak	!	!	!	✓	✓	✓	✓	!

Specialties

3-Cheese Chicken Flatbread Melt	!	!	!	✓	✓	!	✓	!
Black Bean Crunchwrap Supreme® (V)	✓	!	!	✓	✓	✓	✓	!
Cheesy Roll Up (V)	✓	!	!	✓	✓	✓	✓	!
Crunchwrap Supreme®	✓	!	!	✓	✓	!	✓	!
Mexican Pizza	✓	!	!	✓	✓	!	✓	!
Stacker	✓	!	!	✓	✓	!	✓	!
Veggie Mexican Pizza (V)	✓	!	!	✓	✓	✓	✓	!

Sides & Sweets

Black Beans & Rice (V)	✓	✓	✓	✓	✓	✓	✓	✓
Black Beans (V)	✓	✓	✓	✓	✓	✓	✓	✓
Cheesy Fiesta Potatoes (V)	✓	!	!	✓	✓	✓	✓	!
Cinnabon® Delights™ (2 Pk) (V)	!	!	!	✓	✓	!	✓	!
Cinnabon® Delights™ (12 Pk - Serves 4) (V)	!	!	!	✓	✓	!	✓	!
Cinnamon Twists (V)	✓	!	✓	✓	✓	✓	✓	!
Diablo Sauce Packet (V)	✓	✓	✓	✓	✓	✓	✓	✓
Fire Sauce Packet (V)	✓	!	✓	✓	✓	!	✓	!

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
Hot Sauce Packet (V)	✓	✓	✓	✓	✓	!	✓	✓
Large Nacho Fries	✓	!	!	✓	✓	✓	✓	!
Mild Sauce Packet (V)	✓	✓	✓	✓	✓	!	✓	✓
Nacho Fries	✓	!	!	✓	✓	✓	✓	!
Pintos N Cheese (V)	✓	✓	!	✓	✓	✓	✓	✓

Drinks

Cinnabon® Delights™ Coffee - Hot	✓	✓	!	✓	✓	✓	✓	✓
Cinnabon® Delights™ Coffee - Iced	✓	✓	!	✓	✓	✓	✓	✓
Dirty MTN Dew® Baja Blast® Dream Soda - Large	✓	✓	!	✓	✓	✓	✓	✓
Dirty MTN Dew® Baja Blast® Dream Soda - Medium	✓	✓	!	✓	✓	✓	✓	✓
Dirty MTN Dew® Baja Blast® Dream Soda- Small	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Large	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Medium	✓	✓	!	✓	✓	✓	✓	✓
Dirty Soda with BAJA BLAST® ZERO* SUGAR - Small	✓	✓	!	✓	✓	✓	✓	✓
Hot Coffee with Creamer	✓	✓	!	✓	✓	✓	✓	✓
Iced Coffee with Creamer	✓	✓	!	✓	✓	✓	✓	✓
Lowfat Milk - CA (Regional)	✓	✓	!	✓	✓	✓	✓	✓
Lowfat Milk - Federal (Regional)	✓	✓	!	✓	✓	✓	✓	✓
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)	✓	✓	✓	✓	✓	✓	✓	✓

Cravings Value Menu

3-Cheese Chicken Flatbread Melt - Value Menu	!	!	!	✓	✓	!	✓	!
Cheesy Bean & Rice Burrito - Value Menu	!	!	!	✓	✓	✓	✓	!
Cheesy Double Beef Burrito - Value Menu	✓	!	!	✓	✓	!	✓	!
Cheesy Fiesta Potatoes - Value Menu	✓	!	!	✓	✓	✓	✓	!

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
Cheesy Roll Up - Value Menu	✓	!	!	✓	✓	✓	✓	!
Chicken Enchilada Burrito - Value Menu	✓	!	!	✓	✓	✓	✓	!
Double Stacked Taco - Value Menu	✓	!	!	✓	✓	!	✓	!
Loaded Beef Nachos - Value Menu	✓	!	!	✓	✓	!	✓	✓
Spicy Potato Soft Taco - Value Menu	!	!	!	✓	✓	✓	✓	!

Veggie Cravings

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

Bean Burrito	✓	!	!	✓	✓	✓	✓	!
Black Bean Chalupa Supreme®	✓	!	!	✓	✓	!	✓	!
Black Bean Crunchwrap Supreme®	✓	!	!	✓	✓	✓	✓	!
Black Beans	✓	✓	✓	✓	✓	✓	✓	✓
Black Beans & Rice	✓	✓	✓	✓	✓	✓	✓	✓
Cheese Quesadilla	!	!	!	✓	✓	✓	✓	!
Cheesy Bean & Rice Burrito	!	!	!	✓	✓	✓	✓	!
Cheesy Fiesta Potatoes	✓	!	!	✓	✓	✓	✓	!
Cheesy Roll Up	✓	!	!	✓	✓	✓	✓	!
Chips and Nacho Cheese Sauce	✓	!	!	✓	✓	✓	✓	✓
Cinnabon® Delights™ (2 Pack)	!	!	!	✓	✓	!	✓	!
Cinnabon® Delights™ (12 Pack - Serves 4)	!	!	!	✓	✓	!	✓	!
Cinnamon Twists	✓	!	✓	✓	✓	✓	✓	!
Hash Brown	✓	✓	✓	✓	✓	✓	✓	✓
Pintos N Cheese	✓	✓	!	✓	✓	✓	✓	✓
Spicy Potato Soft Taco	!	!	!	✓	✓	✓	✓	!
Veggie Bowl	!	✓	!	✓	✓	✓	✓	✓
Veggie Mexican Pizza	✓	!	!	✓	✓	✓	✓	!

Breakfast

Breakfast California Crunchwrap - Bacon	!	!	!	✓	✓	✓	✓	!
Breakfast California Crunchwrap - Sausage	!	!	!	✓	✓	✓	✓	!
Breakfast Crunchwrap - Bacon	!	!	!	✓	✓	✓	✓	!
Breakfast Crunchwrap - Sausage Patty	!	!	!	✓	✓	✓	✓	!
Breakfast Crunchwrap - Steak	!	!	!	✓	✓	✓	✓	!

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
Breakfast Quesadilla - Bacon	!	!	!	✓	✓	✓	✓	!
Breakfast Quesadilla - Sausage	!	!	!	✓	✓	✓	✓	!
Breakfast Quesadilla - Steak	!	!	!	✓	✓	✓	✓	!
Breakfast Salsa Packet (V)	✓	!	✓	✓	✓	!	✓	!
Cheesy Toasted Breakfast Burrito - Bacon	!	!	!	✓	✓	✓	✓	!
Cheesy Toasted Breakfast Burrito - Fiesta Potato (V)	!	!	!	✓	✓	✓	✓	!
Cheesy Toasted Breakfast Burrito - Sausage	!	!	!	✓	✓	✓	✓	!
Cinnabon® Delights™ (2 Pack) (V)	!	!	!	✓	✓	!	✓	!
Cinnabon® Delights™ (12 Pack - Serves 4) (V)	!	!	!	✓	✓	!	✓	!
Cinnabon® Delights™ Coffee - Hot	✓	✓	!	✓	✓	✓	✓	✓
Cinnabon® Delights™ Coffee - Iced	✓	✓	!	✓	✓	✓	✓	✓
Grande Toasted Breakfast Burrito - Bacon	!	!	!	✓	✓	✓	✓	!
Grande Toasted Breakfast Burrito - Sausage	!	!	!	✓	✓	✓	✓	!
Grande Toasted Breakfast Burrito - Steak	!	!	!	✓	✓	✓	✓	!
Hash Brown (V)	✓	✓	✓	✓	✓	✓	✓	✓
Hash Brown Toasted Breakfast Burrito - Bacon	!	!	!	✓	✓	✓	✓	!
Hash Brown Toasted Breakfast Burrito - Sausage	!	!	!	✓	✓	✓	✓	!
Hash Brown Toasted Breakfast Burrito - Steak	!	!	!	✓	✓	✓	✓	!
Hot Coffee with Creamer	✓	✓	!	✓	✓	✓	✓	✓
Iced Coffee with Creamer	✓	✓	!	✓	✓	✓	✓	✓
Orange Juice	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Hot	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Iced	✓	✓	✓	✓	✓	✓	✓	✓
Vanilla Creamer	✓	✓	!	✓	✓	✓	✓	✓

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)	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Gluten	Milk	MSG	Peanuts	Soy	Tree Nuts	Wheat
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)	✓	✓	✓	✓	✓	✓	✓	✓

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)	✓	✓	✓	✓	✓	✓	✓	✓

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

Last Updated: 05/16/2025

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]