



Food Allergy & Sensitivity Information

Last Updated: 04/22/2026

	Eggs	Fish	Gluten	Milk	MSG	Peanuts	Shellfish	Sesame
Key ✓ Item does NOT contain the allergen ! Item DOES CONTAIN the allergen								

New

Dragonfruit Freeze® (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® with Dragonfruit Syrup (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Freeze® with Dragonfruit Syrup (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dragonfruit Strawberry Limonada	✓	✓	✓	✓	✓	✓	✓	✓
Mango Peach Limonada	✓	✓	✓	✓	✓	✓	✓	✓
Strawberry Passionfruit Limonada	✓	✓	✓	✓	✓	✓	✓	✓

Cantina Chicken Menu

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

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

Drinks

Dragonfruit Berry Agua Refresca	✓	✓	✓	✓	✓	✓	✓	✓
Mango Peach Agua Refresca	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mtn Dew® Baja Blast Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Orange Juice	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Fish	Gluten	Milk	MSG	Peanuts	Shellfish	Sesame
Pineapple Lime Rockstar Refresca	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Hot	✓	✓	✓	✓	✓	✓	✓	✓
Premium Roast Coffee - Iced	✓	✓	✓	✓	✓	✓	✓	✓
Strawberry Passionfruit Agua Refresca	✓	✓	✓	✓	✓	✓	✓	✓
Tropical Punch Rockstar Refresca	✓	✓	✓	✓	✓	✓	✓	✓
Water	✓	✓	✓	✓	✓	✓	✓	✓

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 (Regional)

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)	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Fish	Gluten	Milk	MSG	Peanuts	Shellfish	Sesame
Diet Pepsi® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Dr Pepper® (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
G2 - Fruit Punch (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Lipton Unsweetened Iced Tea (16 fl oz)	✓	✓	✓	✓	✓	✓	✓	✓
Midnight Mtn Dew® Baja Blast™ (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)	✓	✓	✓	✓	✓	✓	✓	✓
Midnight Mtn Dew® Baja Blast™ (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)	✓	✓	✓	✓	✓	✓	✓	✓

	Eggs	Fish	Gluten	Milk	MSG	Peanuts	Shellfish	Sesame
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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)	✓	✓	✓	✓	✓	✓	✓	✓
Midnight Mtn Dew® Baja Blast™ (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: 04/22/2026



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]