



Full Nutrition Information

Last Updated: 05/04/2026

Click on a nutrition heading to sort the menu in real-time. Close

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
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New

Bell Sauce Dipping Sauce	120	12	2	0	<5	120	3	<1	2	2	0
Crispy Chicken Burrito - Avocado Ranch	650	34	8	0	60	1,500	61	6	4	1	24
Crispy Chicken Burrito - Creamy Chipotle Sauce	640	33	8	0	65	1,450	61	6	4	1	23
Crispy Chicken Crunchwrap	670	35	9	0	70	1,610	62	6	3	1	26
Crispy Chicken Nuggets - 5 Piece	320	13	1.5	0	55	1,050	25	3	0	0	25
Crispy Chicken Nuggets - 10 Piece	630	26	3	0	105	2,110	49	5	0	0	51
Crispy Chicken Strips - 2 piece	230	11	1	0	35	710	19	3	0	0	14
Crispy Chicken Strips - 4 piece	460	22	2.5	0	75	1,420	39	5	0	0	28
Crispy Chicken Taco - Avocado Ranch	260	12	3.5	0	25	680	27	3	2	<1	11
Crispy Chicken Taco - Creamy Chipotle Sauce	260	12	3.5	0	30	670	27	3	2	<1	11
Diablo Dusted Chicken Nuggets - 5 Piece	340	14	1.5	0	55	1,340	27	3	0	0	27
Diablo Dusted Chicken Nuggets - 10 Piece	660	27	3.5	0	110	2,500	53	6	<1	0	52
Dragonfruit Freeze® (16 oz)	160	0	0	0	0	45	41	0	41	41	0
Dragonfruit Freeze® (20 oz)	200	0	0	0	0	60	52	0	51	51	0
Dragonfruit Freeze® with Dragonfruit Syrup (16 oz)	170	0	0	0	0	50	46	0	44	44	0
Dragonfruit Freeze® with Dragonfruit Syrup (20 oz)	210	0	0	0	0	60	56	0	55	55	0
Dragonfruit Strawberry Limonada	200	0	0	0	0	160	52	0	50	49	0
Hidden Valley™ Diablo Ranch Dipping Sauce	120	13	2	0	5	125	1	0	<1	0	<1
Jalapeno Honey Mustard Dipping Sauce	120	11	1.5	0	<5	95	5	0	4	4	0
Mango Peach Limonada	210	0	0	0	0	190	56	0	56	54	0
Orange Vanilla Cream Soda Freeze™ (16 oz)	210	1	0.5	0	<5	75	53	0	50	50	0
Orange Vanilla Cream Soda Freeze™ (20 oz)	250	1	0.5	0	<5	90	64	0	60	60	0
Pineapple Dream Refresca	220	1	0.5	0	<5	170	55	0	53	52	0
Pink Passionfruit Freeze™ (16 oz)	160	0	0	0	0	75	41	0	41	41	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Pink Passionfruit Freeze™ (20 oz)	200	0	0	0	0	95	51	0	51	51	0
Pink Passionfruit Refresca Freeze™ (16 oz)	160	0	0	0	0	75	42	0	42	41	0
Pink Passionfruit Refresca Freeze™ (20 oz)	200	0	0	0	0	95	53	0	52	51	0
Strawberry Dream Refresca	220	1	0.5	0	<5	170	57	0	54	54	0
Strawberry Passionfruit Limonada	210	0	0	0	0	190	56	0	55	55	0
Triple Double Crunchwrap	700	29	9	0	40	1,580	88	9	6	2	21
Vanilla Cream Soda Freeze™ (16 oz)	200	1	0.5	0	<5	70	49	0	47	47	0
Vanilla Cream Soda Freeze™ (20 oz)	240	1	0.5	0	<5	90	60	0	58	58	0
Zab's Chicken Ranch Nacho Fries	490	31	4.5	0	40	1,170	40	5	3	<1	13

New - Dirty Sodas

Brisk® Dragon Paradise Sparkling Dirty Iced Tea (16 oz)	110	1	0.5	0	<5	85	26	0	23	23	0
Brisk® Dragon Paradise Sparkling Dirty Iced Tea (20 oz)	120	1	0.5	0	<5	105	29	0	27	27	0
Brisk® Dragon Paradise Sparkling Dirty Iced Tea (30 oz)	160	1	0.5	0	<5	160	39	0	37	37	0
Brisk® Mango Fiesta Dirty Iced Tea (16 oz)	140	1	0.5	0	<5	55	33	0	31	31	0
Brisk® Mango Fiesta Dirty Iced Tea (20 oz)	160	1	0.5	0	<5	65	39	0	37	37	0
Brisk® Mango Fiesta Dirty Iced Tea (30 oz)	210	1	0.5	0	<5	100	54	0	52	52	0
Diet Dr Pepper® Dirty Soda (16 oz)	45	1	0.5	0	<5	100	9	0	7	7	0
Diet Dr Pepper® Dirty Soda (20 oz)	50	1	0.5	0	<5	125	9	0	7	7	0
Diet Dr Pepper® Dirty Soda (30 oz)	50	1	0.5	0	<5	180	10	0	7	7	0
Diet Pepsi® Dirty Soda (16 oz)	45	1	0.5	0	<5	80	9	0	7	7	0
Diet Pepsi® Dirty Soda (20 oz)	45	1	0.5	0	<5	100	9	0	7	7	0
Diet Pepsi® Dirty Soda (30 oz)	45	1	0.5	0	<5	140	9	0	7	7	0
Dr Pepper® Dirty Soda (16 oz)	240	1	0.5	0	<5	65	61	0	58	58	0
Dr Pepper® Dirty Soda (20 oz)	290	1	0.5	0	<5	80	74	0	71	71	0
Dr Pepper® Dirty Soda (30 oz)	400	1	0.5	0	<5	115	107	0	103	103	0
Mtn Dew® Baja Blast™ Dirty Soda (16 oz)	270	1	0.5	0	<5	70	68	0	67	67	0
Mtn Dew® Baja Blast™ Dirty Soda (20 oz)	320	1	0.5	0	<5	85	83	0	81	81	0
Mtn Dew® Baja Blast™ Dirty Soda (30 oz)	460	1	0.5	0	<5	125	120	0	118	118	0
Mtn Dew® Baja Blast™ Dirty Soda Freeze (16 oz)	190	1	0.5	0	<5	45	48	0	47	47	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Mtn Dew® Baja Blast™ Dirty Soda Freeze (20 oz)	230	1	0.5	0	<5	55	59	0	57	57	0
Mtn Dew® Baja Blast™ Zero Sugar Dirty Soda (16 oz)	50	1	0.5	0	<5	70	9	0	7	7	0
Mtn Dew® Baja Blast™ Zero Sugar Dirty Soda (20 oz)	60	1	0.5	0	<5	90	9	0	7	7	0
Mtn Dew® Baja Blast™ Zero Sugar Dirty Soda (30 oz)	60	1	0.5	0	<5	130	9	0	7	7	0
Mtn Dew® Baja Midnight Dirty Soda (16 oz)	270	1	0.5	0	<5	70	68	0	67	67	0
Mtn Dew® Baja Midnight Dirty Soda (20 oz)	330	1	0.5	0	<5	90	83	0	81	81	0
Mtn Dew® Baja Midnight Dirty Soda (30 oz)	470	1	0.5	0	<5	130	120	0	118	118	0
Mtn Dew® Dirty Soda (16 oz)	270	1	0.5	0	<5	75	68	0	66	66	0
Mtn Dew® Dirty Soda (20 oz)	330	1	0.5	0	<5	90	82	0	80	80	0
Mtn Dew® Dirty Soda (30 oz)	470	1	0.5	0	<5	135	119	0	117	117	0
Mtn Dew® Zero Sugar Dirty Soda (16 oz)	50	1	0.5	0	<5	65	9	0	8	7	0
Mtn Dew® Zero Sugar Dirty Soda (20 oz)	50	1	0.5	0	<5	85	10	0	8	7	0
Mtn Dew® Zero Sugar Dirty Soda (30 oz)	50	1	0.5	0	<5	120	10	0	8	7	<1
Mug® Root Beer Dirty Soda (16 oz)	240	1	0.5	0	<5	80	60	0	58	58	0
Mug® Root Beer Dirty Soda (20 oz)	290	1	0.5	0	<5	100	73	0	71	71	0
Mug® Root Beer Dirty Soda (30 oz)	410	1	0.5	0	<5	150	105	0	103	103	0
Pepsi® Dirty Soda (16 oz)	250	1	0.5	0	<5	45	64	0	62	62	0
Pepsi® Dirty Soda (20 oz)	300	1	0.5	0	<5	55	78	0	76	76	0
Pepsi® Dirty Soda (30 oz)	430	1	0.5	0	<5	85	113	0	111	111	0
Pepsi® Wild Cherry Dirty Soda (16 oz)	250	1	0.5	0	<5	45	65	0	64	64	0
Pepsi® Wild Cherry Dirty Soda (20 oz)	310	1	0.5	0	<5	60	80	0	78	78	0
Pepsi® Wild Cherry Dirty Soda (30 oz)	440	1	0.5	0	<5	85	115	0	113	113	0
Pepsi® Zero Sugar Dirty Soda (16 oz)	50	1	0.5	0	<5	90	9	0	7	7	0
Pepsi® Zero Sugar Dirty Soda (20 oz)	50	1	0.5	0	<5	110	9	0	7	7	0
Pepsi® Zero Sugar Dirty Soda (30 oz)	50	1	0.5	0	<5	160	10	0	7	7	0
Starry® Dirty Soda (16 oz)	240	1	0.5	0	<5	50	61	0	59	59	0
Starry® Dirty Soda (20 oz)	290	1	0.5	0	<5	60	74	0	72	72	0
Starry® Dirty Soda (30 oz)	410	1	0.5	0	<5	90	106	0	105	105	0
Tropicana® Dirty Lemonade (16 oz)	110	1	0.5	0	<5	220	25	0	23	23	0
Tropicana® Dirty Lemonade (20 oz)	130	1	0.5	0	<5	270	30	0	27	27	0
Tropicana® Dirty Lemonade (30 oz)	170	1	0.5	0	<5	400	40	0	37	37	0

Cantina Chicken Menu

Avocado Salsa Verde Packet	50	5	1	0	0	70	<1	0	0	0	0
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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Cantina Chicken Bowl	480	23	7	0	75	1,170	44	10	3	0	24
Cantina Chicken Burrito	530	28	9	0	80	1,190	44	5	4	1	24
Cantina Chicken Crispy Taco	270	15	6	0	50	520	19	4	<1	0	15
Cantina Chicken Rolled Quesadilla	570	28	13	0	105	1,410	46	5	3	1	33
Cantina Chicken Soft Taco	210	10	3.5	0	35	530	19	3	2	<1	12

Tacos

Black Bean Chalupa Supreme® (V)	340	17	3.5	0	10	450	36	7	4	<1	10
Chalupa Supreme® - Beef	350	20	5	0	25	570	32	4	3	<1	12
Chalupa Supreme® - Chicken	330	17	3.5	0	35	580	30	3	3	<1	15
Chalupa Supreme® - Steak	340	18	4.5	0	30	590	30	3	4	2	15
Cheesy Gordita Crunch	480	26	10	0	50	830	44	6	4	<1	20
Crunchy Taco	170	9	4	0	25	310	13	3	0	0	7
Crunchy Taco Supreme®	190	10	4.5	0	25	320	16	3	1	0	8
Doritos® Cheesy Gordita Crunch - Nacho Cheese	480	26	10	0	50	890	43	5	4	1	20
Double Stacked Taco	320	16	5	0	25	610	34	4	2	<1	10
Nacho Cheese Doritos® Locos Taco	170	10	4	0	25	370	13	3	<1	0	7
Nacho Cheese Doritos® Locos Taco Supreme®	190	11	4.5	0	30	380	15	3	2	0	8
Soft Taco - Beef	180	8	4	0	25	500	18	3	1	<1	9
Soft Taco - Chicken	160	5	2.5	0	35	510	16	1	1	<1	12
Soft Taco Supreme® - Beef	200	9	5	0	25	520	21	3	2	<1	9
Soft Taco Supreme® - Chicken	180	6	3.5	0	35	520	19	2	2	<1	12
Spicy Potato Soft Taco (V)	240	11	3	0	10	470	28	2	1	<1	5

Burritos

Bean Burrito (V)	360	10	4.5	0	5	1,080	54	8	3	2	13
Beefy 5-Layer Burrito	490	18	8	0	30	1,290	65	7	4	2	17
Black Bean Grilled Cheese Burrito	680	33	13	0	55	1,360	72	9	5	2	23
Burrito Supreme® - Beef	390	14	6	0	25	1,160	52	8	4	2	16
Burrito Supreme® - Chicken	370	11	5	0	35	1,170	49	6	4	2	19
Burrito Supreme® - Steak	380	12	6	0	30	1,180	50	6	5	3	19
Cheesy Bean & Rice Burrito (V)	400	16	3.5	0	<5	950	56	6	3	2	9
Cheesy Double Beef Burrito	560	25	9	0	50	1,340	64	7	3	2	20
Chicken Enchilada Burrito	370	11	5	0	40	1,150	50	4	3	2	18
Chili Cheese Burrito (regional)	380	17	9	0	40	970	41	4	2	1	15
Grilled Cheese Burrito	690	36	15	0	70	1,480	68	7	4	2	25
Grilled Cheese Burrito - Chicken	670	33	13	0	80	1,490	66	6	4	2	28

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Grilled Cheese Burrito - Steak	680	34	14	0	75	1,500	66	6	5	2	28

Nachos

Chips and Nacho Cheese Sauce (V)	220	13	1.5	0	0	280	24	2	1	0	3
Loaded Beef Nachos	450	24	5	0	20	930	45	9	2	<1	12
Nachos BellGrande® - Beef	730	38	6	0	20	1,180	81	13	4	<1	17
Nachos BellGrande® - Chicken	710	35	5	0	30	1,190	79	12	4	<1	20
Nachos BellGrande® - Steak	720	36	5	0	25	1,200	79	12	5	1	20

Quesadillas

Quesadilla - Cheese (V)	440	22	11	0	50	980	43	4	3	1	18
Quesadilla - Chicken	490	23	11	0	75	1,240	44	4	3	1	26
Quesadilla - Steak	500	24	12	0	70	1,260	44	4	4	2	26

Specialties

3-Cheese Chicken Flatbread Melt	320	14	6	0	50	750	30	3	4	<1	20
Black Bean Crunchwrap Supreme® (V)	520	17	5	0	<5	1,090	78	8	6	2	13
Cheesy Roll Up (V)	170	8	5	0	25	420	18	1	1	<1	8
Crunchwrap Supreme®	530	20	7	0	20	1,210	74	6	6	2	15
Mexican Pizza	530	27	8	0	40	1,000	51	8	3	<1	19
Stacker	390	17	8	0	40	1,060	43	4	3	2	17
Veggie Mexican Pizza (V)	460	23	6	0	25	740	48	7	3	<1	14

Sides & Sweets

Black Beans & Rice (V)	160	4.5	0	0	0	370	25	5	<1	0	4
Black Beans (V)	50	1.5	0	0	0	140	7	4	0	0	3
Cheesy Fiesta Potatoes (V)	240	12	1.5	0	<5	520	29	3	1	0	3
Cinnabon® Delights™ (2 Pk) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pk - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnamon Twists (V)	170	6	0	0	0	150	27	<1	11	0	2
Diablo Sauce Packet (V)	0	0	0	0	0	35	0	0	0	0	0
Fire Sauce Packet (V)	0	0	0	0	0	55	0	0	0	0	0
Hot Sauce Packet (V)	0	0	0	0	0	45	0	0	0	0	0
Large Nacho Fries	500	29	2.5	0	0	1,090	52	5	1	0	6
Mild Sauce Packet (V)	0	0	0	0	0	30	0	0	0	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Nacho Fries	350	21	2	0	0	790	36	3	1	0	4
Pintos N Cheese (V)	170	6	3	0	10	680	19	7	1	<1	9

Drinks

Blue Raspberry Freeze™ (16 oz)	120	0	0	0	0	35	30	0	30	30	0
Blue Raspberry Freeze™ (20 oz)	150	0	0	0	0	40	38	0	38	38	0
Caramel Dulce Churro Chiller (16 oz)	500	19	12	0.5	<5	350	78	0	77	66	7
Caramel Dulce Churro Chiller (20 oz)	680	25	16	1	10	470	106	0	103	89	10
Cinnabon® Caramel Coffee - Hot	170	2	1.5	0	5	65	35	0	22	21	2
Cinnabon® Caramel Coffee - Iced (16 oz)	240	9	6	0	0	150	35	0	23	19	3
Cinnabon® Caramel Coffee - Iced (20 oz)	240	9	6	0	0	150	35	0	23	19	3
Cinnabon® Caramel Latte Chiller (16 oz)	410	16	10	0	<5	240	59	0	45	37	5
Cinnabon® Caramel Latte Chiller (19 oz)	530	22	13	0.5	<5	340	75	0	60	49	8
Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1
Dragonfruit Berry Agua Refresca	170	0	0	0	0	40	43	0	41	40	0
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Lowfat Milk - CA (Regional)	100	2	1.5	0	10	130	13	0	12	0	9
Lowfat Milk - Federal (Regional)	80	2	1.5	0	10	100	10	0	9	0	7
Mango Peach Agua Refresca	170	0	0	0	0	40	43	0	42	40	0
Mexican Chocolate Churro Chiller (16 oz)	430	18	11	0.5	0	330	63	0	58	47	7
Mexican Chocolate Churro Chiller (20 oz)	570	24	15	1	0	440	82	0	75	60	9
Mexican Mocha Coffee - Hot	160	2.5	1.5	0	5	55	32	0	20	19	2
Mexican Mocha Coffee - Iced (16 oz)	260	11	6	0	<5	125	37	0	26	22	3
Mexican Mocha Coffee - Iced (20 oz)	280	11	6	0	<5	140	42	0	28	24	4
Mexican Mocha Latte Chiller (16 oz)	430	17	10	0.5	5	220	61	0	48	41	6
Mexican Mocha Latte Chiller (20 oz)	550	23	14	0.5	5	320	77	0	64	52	8
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Pineapple Lime Rockstar Refresca	50	0	0	0	0	30	12	0	11	11	0
Pink Lemonade Frost (16 oz)	190	1.5	1	0	0	135	47	0	47	45	<1
Pink Lemonade Frost (20 oz)	270	3	2	0	0	190	66	0	65	62	1
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Strawberry Matcha Chiller (16 oz)	510	21	13	0.5	0	290	74	0	61	50	6
Strawberry Matcha Chiller (20 oz)	680	27	16	1	0	390	100	0	82	67	8

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Strawberry Passionfruit Agua Refresca	170	0	0	0	0	40	43	0	41	41	0
Tropical Punch Rockstar Refresca	80	0	0	0	0	65	20	0	19	19	0
Vanilla Crema Coffee - Hot	100	2	1	0	5	10	20	0	14	14	2
Vanilla Crema Coffee - Iced (16 oz)	220	10	6	0	<5	95	28	0	22	19	3
Vanilla Crema Coffee - Iced (20 oz)	220	10	6	0	<5	95	29	0	22	19	3
Vanilla Crema Latte Chiller (16 oz)	390	17	10	0.5	5	190	53	0	44	37	5
Vanilla Crema Latte Chiller (20 oz)	510	23	14	0.5	5	290	69	0	60	49	8
Water	0	0	0	0	0	0	0	0	0	0	0
Wild Strawberry Churro Chiller (16 oz)	440	17	11	0.5	0	310	64	0	60	49	6
Wild Strawberry Churro Chiller (20 oz)	580	23	15	1	0	400	85	0	78	63	8

Luxe Value Menu

3-Cheese Chicken Flatbread Melt - Value Menu	320	14	6	0	50	750	30	3	4	<1	20
Avocado Ranch Chicken Stacker	350	15	4.5	0	35	890	40	3	3	1	16
Beefy Potato Loaded Griller	480	23	6	0	25	1,120	56	5	3	2	12
Cheesy Bean & Rice Burrito - Value Menu	400	16	3.5	0	<5	950	56	6	3	2	9
Cheesy Double Beef Burrito - Value Menu	560	25	9	0	50	1,340	64	7	3	2	20
Cheesy Fiesta Potatoes - Value Menu	240	12	1.5	0	<5	520	29	3	1	0	3
Cheesy Roll Up - Value Menu	170	8	5	0	25	420	18	1	1	<1	8
Chicken Enchilada Burrito - Value Menu	370	11	5	0	40	1,150	50	4	3	2	18
Chips and Nacho Supreme Dip	360	19	4.5	0	20	720	37	7	3	0	10
Double Stacked Taco - Value Menu	320	16	5	0	25	610	34	4	2	<1	10
Loaded Beef Nachos - Value Menu	450	24	5	0	20	930	45	9	2	<1	12
Mini Taco Salad	280	15	4	0	20	490	27	6	2	0	9
Spicy Potato Soft Taco - Value Menu	240	11	3	0	10	470	28	2	1	<1	5

Veggie Cravings

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

Bean Burrito	360	10	4.5	0	5	1,080	54	8	3	2	13
Black Bean Chalupa Supreme®	340	17	3.5	0	10	450	36	7	4	<1	10
Black Bean Crunchwrap Supreme®	520	17	5	0	<5	1,090	78	8	6	2	13
Black Beans	50	1.5	0	0	0	140	7	4	0	0	3
Black Beans & Rice	160	4.5	0	0	0	370	25	5	<1	0	4
Cheese Quesadilla	440	22	11	0	50	980	43	4	3	1	18
Cheesy Bean & Rice Burrito	400	16	3.5	0	<5	950	56	6	3	2	9
Cheesy Fiesta Potatoes	240	12	1.5	0	<5	520	29	3	1	0	3

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Cheesy Roll Up	170	8	5	0	25	420	18	1	1	<1	8
Chips and Nacho Cheese Sauce	220	13	1.5	0	0	280	24	2	1	0	3
Cinnabon® Delights™ (2 Pack)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pack - Serves 4)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnamon Twists	170	6	0	0	0	150	27	<1	11	0	2
Hash Brown	170	11	1	0	0	330	14	2	<1	0	2
Pintos N Cheese	170	6	3	0	10	680	19	7	1	<1	9
Spicy Potato Soft Taco	240	11	3	0	10	470	28	2	1	<1	5
Veggie Bowl	420	19	6	0	20	890	49	12	4	0	12
Veggie Mexican Pizza	460	23	6	0	25	740	48	7	3	<1	14

Breakfast (Regional)

Breakfast California Crunchwrap - Bacon	640	38	12	0	135	1,390	54	5	4	2	21
Breakfast California Crunchwrap - Sausage	700	45	15	0	140	1,360	54	6	3	2	20
Breakfast Crunchwrap - Bacon	660	40	13	0	140	1,370	54	5	3	2	21
Breakfast Crunchwrap - Sausage Patty	740	49	16	0	150	1,270	55	5	4	2	21
Breakfast Crunchwrap - Steak	650	38	12	0	145	1,410	55	5	4	2	24
Breakfast Quesadilla - Bacon	500	26	13	0	155	1,240	42	3	3	2	25
Breakfast Quesadilla - Sausage	500	27	13	0	150	1,110	42	3	3	2	23
Breakfast Quesadilla - Steak	500	23	12	0	160	1,290	43	3	4	2	28
Breakfast Salsa Packet (V)	0	0	0	0	0	50	<1	0	0	0	0
Cheesy Toasted Breakfast Burrito - Bacon	350	16	5	0	110	900	38	2	3	2	13
Cheesy Toasted Breakfast Burrito - Fiesta Potato (V)	340	14	3.5	0	95	770	44	3	3	1	9
Cheesy Toasted Breakfast Burrito - Sausage	350	17	6	0	105	770	38	2	3	2	10
Cinnabon® Delights™ (2 Pack) (V)	170	11	3.5	0	5	70	15	<1	9	9	2
Cinnabon® Delights™ (12 Pack - Serves 4) (V)	1,010	68	22	0	40	430	88	5	52	52	11
Cinnabon® Delights™ Coffee - Hot	160	2	1.5	0	5	75	34	0	22	22	1
Cinnabon® Delights™ Coffee - Iced	160	2	1.5	0	5	85	34	0	22	22	1
Grande Toasted Breakfast Burrito - Bacon	570	29	11	0	225	1,310	52	4	3	2	23
Grande Toasted Breakfast Burrito - Sausage	570	30	11	0	220	1,180	52	4	3	2	21
Grande Toasted Breakfast Burrito - Steak	560	27	10	0	230	1,360	53	4	4	2	26
Hash Brown (V)	170	11	1	0	0	330	14	2	<1	0	2
Hash Brown Toasted Breakfast Burrito - Bacon	580	31	10	0	130	1,350	53	4	3	2	20

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Hash Brown Toasted Breakfast Burrito - Sausage	580	32	10	0	125	1,220	53	4	3	2	18
Hash Brown Toasted Breakfast Burrito - Steak	570	29	9	0	135	1,400	54	4	4	2	24
Hot Coffee with Creamer	45	1	0.5	0	<5	10	8	0	7	7	<1
Iced Coffee with Creamer	45	1	0.5	0	<5	15	8	0	7	7	<1
Orange Juice	140	0	0	0	0	20	33	<1	28	28	2
Premium Roast Coffee - Hot	0	0	0	0	0	5	0	0	0	0	0
Premium Roast Coffee - Iced	0	0	0	0	0	20	0	0	0	0	0
Vanilla Creamer	20	0	0	0	0	0	4	0	3	3	0

Cantina Menu

At participating locations only

Mad Tasty Grapefruit Sparkling Water	5	0	0	0	0	0	0	0	0	0	0
Mad Tasty Unicorn Tears Sparkling Water	5	0	0	0	0	0	0	0	0	0	0
Mad Tasty Watermelon Kiwi Sparkling Water	15	0	0	0	0	0	2	0	0	0	0
Mad Tasty Yuzu Citrus Sparkling Water	5	0	0	0	0	55	0	0	0	0	0
Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Prosecco Sparkling Wine (350 mL)	280	0	0	0	0	15	9	0	3	<1	0
Red Wine (6.3 fl oz)	160	0	0	0	0	5	5	0	1	<1	0
Rum (80 proof)	70	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof)	70	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof)	70	0	0	0	0	0	0	0	0	0	0

Cantina Beer, Wine and Spirits

Anchor Steam (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Angel Island IPA (12 oz)	190	0	0	0	0	0	14	0	0	0	1
Angel Island IPA (16 oz)	250	0	0	0	0	0	19	0	0	0	2
Angry Orchard (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Angry Orchard - Crisp Apple (12 oz)	200	0	0	0	0	0	25	0	20	20	0
Angry Orchard - Crisp Apple (16 oz)	260	0	0	0	0	0	33	0	27	27	0
Barrio Blonde (12 oz)	160	0	0	0	0	0	10	0	0	0	0
Barrio Blonde (16 oz)	210	0	0	0	0	0	13	0	0	0	0
Beach Bell Beer (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Beach Bell Beer (16 oz)	240	0	0	0	0	0	19	0	0	0	0
Beer - General (12 oz)	150	0	0	0	0	15	13	0	0	0	2
Beer - General (16 oz)	200	0	0	0	0	20	17	0	0	0	2

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Bell's Two Hearted Ale (12 oz)	210	0	0	0	0	0	17	0	0	0	0
Bell's Two Hearted Ale (16 oz)	280	0	0	0	0	0	22	0	0	0	0
Bell Tower Cerveza (12 oz)	110	0	0	0	0	0	11	0	0	0	2
Bell Tower Cerveza (16 oz)	140	0	0	0	0	0	15	0	0	0	2
Black Abbey - The Rose (12 oz)	160	0	0	0	0	0	12	0	0	0	0
Black Abbey - The Rose (16 oz)	220	0	0	0	0	0	17	0	0	0	0
Blue Moon Belgian White (12 oz)	170	0	0	0	0	15	14	0	0	0	2
Blue Moon Belgian White (16 oz)	220	0	0	0	0	20	19	0	0	0	3
Blue Moon Belgian White (24 oz)	340	0	0	0	0	30	28	0	0	0	4
Blue Moon Belgian White Bottle (12 oz)	170	0	0	0	0	0	14	0	0	0	2
Blue Moon Mango Wheat (12 oz)	180	0	0	0	0	0	16	0	0	0	2
Blue Moon Mango Wheat (16 oz)	230	0	0	0	0	0	21	0	0	0	3
Blue Point Big City Bells Pilsner (12 oz)	160	0	0	0	0	0	10	0	0	0	2
Blue Point Big City Bells Pilsner (16 oz)	210	0	0	0	0	0	14	0	0	0	2
Blue Point Hoptical Illusion IPA (12 oz)	220	0	0	0	0	20	18	0	0	0	3
Blue Point Hoptical Illusion IPA (16 oz)	290	0	0	0	0	25	24	0	0	0	4
Blue Point Toasted Lager (12 oz)	150	0	0	0	0	15	15	0	0	0	2
Blue Point Toasted Lager (16 oz)	200	0	0	0	0	20	20	0	0	0	3
Boulevard Cherry Blossom and Lime (12 oz)	90	0	0	0	0	0	3	0	0	0	0
Boulevard Cherry Blossom and Lime (16 oz)	120	0	0	0	0	0	4	0	0	0	0
Boulevard Space Camper Cosmic IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	0
Boulevard Space Camper Cosmic IPA (16 oz)	230	0	0	0	0	0	19	0	0	0	0
Boulevard Unfiltered Wheat Beer (12 oz)	150	0	0	0	0	0	15	0	0	0	0
Boulevard Unfiltered Wheat Beer (16 oz)	200	0	0	0	0	0	20	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (12 oz)	100	0	0	0	0	0	5	0	0	0	0
Boulevard Unfiltered Wheat Beer 100 (16 oz)	130	0	0	0	0	0	7	0	0	0	0
Breaking Bud (12 oz)	180	0	0	0	0	0	11	0	0	0	2
Breaking Bud (16 oz)	240	0	0	0	0	0	15	0	0	0	3
Brooklyn Lager (12 oz)	170	0	0	0	0	0	13	0	13	0	0
Brooklyn Lager (16 oz)	230	0	0	0	0	0	18	0	18	0	0
Bud Light (12 oz)	110	0	0	0	0	0	7	0	0	0	<1
Bud Light (16 oz)	150	0	0	0	0	0	9	0	0	0	1
Bud Light Bottle (16 oz)	110	0	0	0	0	0	7	0	0	0	<1
Budweiser (12 oz)	150	0	0	0	0	0	11	0	0	0	1
Budweiser (16 oz)	190	0	0	0	0	0	14	0	0	0	2
Budweiser Bottle (16 oz)	180	0	0	0	0	15	14	0	0	0	2

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Busch Light (16 oz)	130	0	0	0	0	0	4	0	0	0	<1
Calicraft Coast (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Calicraft Coast (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Captain Lawrence Hop Commander (12 oz)	200	0	0	0	0	0	15	0	0	0	2
Cool Kidz IPA (16 oz)	220	0	0	0	0	0	0	0	0	0	0
Coors (Coors Banquet) (12 oz)	150	0	0	0	0	15	12	0	0	0	1
Coors (Coors Banquet) (16 oz)	200	0	0	0	0	20	16	0	0	0	1
Coors Light (12 oz)	100	0	0	0	0	10	5	0	1	0	0
Coors Light (16 oz)	140	0	0	0	0	15	7	0	1	0	0
Coors Light (24 oz)	200	0	0	0	0	20	10	0	2	0	0
Copperhead Red (12 oz)	180	0	0	0	0	0	19	0	0	0	2
Copperhead Red (16 oz)	240	0	0	0	0	0	25	0	0	0	3
Corona Extra (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Corona Extra (16 oz)	200	0	0	0	0	25	19	0	0	0	2
Corona Light (12 oz)	100	0	0	0	0	0	5	0	0	0	<1
Corona Light (16 oz)	130	0	0	0	0	0	7	0	0	0	1
Corona Premier (12 oz)	90	0	0	0	0	0	3	0	2	0	0
Corona Premier (16 oz)	120	0	0	0	0	0	3	0	2	0	<1
Dos Equis Lager Especial (12 oz)	130	0	0	0	0	0	11	0	0	0	0
Dos Equis Lager Especial (16 oz)	170	0	0	0	0	0	15	0	0	0	0
Dos Equis Mexican Pale Ale (12 oz)	180	0	0	0	0	0	15	0	0	0	2
Dos Equis Mexican Pale Ale (16 oz)	230	0	0	0	0	0	20	0	0	0	3
Elysian Space Dust IPA (16 oz)	310	0	0	0	0	0	15	0	0	0	3
Elysian Space Dust IPA (24 oz)	470	0	0	0	0	0	23	0	0	0	5
Estrella Jalisco (12 oz)	190	0	0	0	0	70	14	0	1	0	1
Estrella Jalisco (16 oz)	250	0	0	0	0	95	19	0	1	0	1
Fair Winds® Howling Gail (12 oz)	220	0	0	0	0	0	0	0	0	0	0
Fair Winds® Howling Gail (16 oz)	300	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (12 oz)	160	0	0	0	0	0	0	0	0	0	0
Fat Tire Amber Ale (16 oz)	210	0	0	0	0	0	0	0	0	0	0
Firestone 805 (12 oz)	150	0	0	0	0	5	14	0	7	0	2
Firestone 805 (16 oz)	200	0	0	0	0	5	18	0	9	0	2
Firestone 805 (24 oz)	300	0	0	0	0	10	27	0	14	0	3
Flybird Lime Margarita	190	0	0	0	0	0	15	0	13	0	0
Flybird Lime Margarita (Can)	240	0	0	0	0	90	25	0	25	3	0
Flybird Mangonada	160	0	0	0	0	0	13	0	11	0	0
Flybird Mojito	190	0	0	0	0	70	16	0	16	2	0
Flybird Pina Colada	190	0	0	0	0	55	16	0	16	3	0
Flybird Prickly Pear Margarita	190	0	0	0	0	70	15	0	15	3	0
Flybird Strawberry Margarita	190	0	0	0	0	0	17	0	14	0	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Flybird Strawberry Margarita (Can)	250	0	0	0	0	115	27	0	27	3	0
Four Peaks Kilt Lifter (12 oz)	180	0	0	0	0	10	14	0	0	0	2
Four Peaks Kilt Lifter (16 oz)	240	0	0	0	0	15	19	0	0	0	3
Goose Island IPA (12 oz)	190	0	0	0	0	0	15	0	0	0	2
Goose Island IPA (16 oz)	250	0	0	0	0	0	20	0	0	0	3
Hard Mtn Dew - Baja Blast (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Baja Blast (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Black Cherry (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Black Cherry (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Original (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Original (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Hard Mtn Dew - Watermelon (12 oz)	100	0	0	0	0	0	2	0	1	0	0
Hard Mtn Dew - Watermelon (24 oz)	200	0	0	0	0	0	4	0	2	0	0
Harpoon IPA (12 oz)	180	0	0	0	0	0	14	0	0	0	2
Harpoon IPA (16 oz)	240	0	0	0	0	0	18	0	0	0	3
Heineken (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken (16 oz)	190	0	0	0	0	0	15	0	0	0	3
Heineken 0.0 (12 oz)	70	0	0	0	0	0	17	0	5	0	1
Heineken 0.0 (16 oz)	100	0	0	0	0	0	23	0	6	0	2
Heineken Bottle (12 oz)	140	0	0	0	0	0	11	0	0	0	2
Heineken Light (12 oz)	100	0	0	0	0	0	7	0	0	0	1
Heineken Light (16 oz)	130	0	0	0	0	0	9	0	0	0	1
Hop Commander IPA (12 oz)	210	0	0	0	0	0	0	0	0	0	0
Hop Commander IPA (16 oz)	280	0	0	0	0	0	0	0	0	0	0
Kansas City Dunkel (12 oz)	180	0	0	0	0	0	13	0	0	0	2
Kansas City Dunkel (16 oz)	230	0	0	0	0	0	18	0	0	0	3
Kansas City Helles (12 oz)	180	0	0	0	0	0	12	0	0	0	2
Kansas City Helles (16 oz)	230	0	0	0	0	0	16	0	0	0	3
Kona Big Wave Golden Ale (12 oz)	130	0	0	0	0	10	10	0	0	0	1
Kona Big Wave Golden Ale (16 oz)	180	0	0	0	0	10	13	0	0	0	2
Lagunitas IPA (12 oz)	190	0	0	0	0	15	14	0	2	0	3
Lagunitas IPA (16 oz)	250	0	0	0	0	20	19	0	3	0	4
Landshark Lager (12 oz)	150	0	0	0	0	0	13	0	0	0	1
Landshark Lager (16 oz)	200	0	0	0	0	0	18	0	0	0	2
Loose Cannon IPA (12 oz)	220	0	0	0	0	10	19	0	0	0	3
Loose Cannon IPA (16 oz)	290	0	0	0	0	15	25	0	0	0	4
Michelob Original Lager (12 oz)	160	0	0	0	0	0	14	0	0	0	2
Michelob Original Lager (16 oz)	210	0	0	0	0	0	19	0	0	0	3
Michelob Ultra (12 oz)	100	0	0	0	0	0	3	0	0	0	<1
Michelob Ultra (16 oz)	130	0	0	0	0	0	3	0	0	0	<1

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Michelob Ultra Bottle (16 oz)	100	0	0	0	0	0	3	0	0	0	0
Miller Genuine Draft (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller Genuine Draft (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller High Life (12 oz)	140	0	0	0	0	10	12	0	0	0	0
Miller High Life (16 oz)	190	0	0	0	0	15	16	0	0	0	0
Miller Lite (12 oz)	100	0	0	0	0	5	3	0	0	0	0
Miller Lite (16 oz)	130	0	0	0	0	5	4	0	0	0	0
Modelo Chelada (16 oz)	190	0	0	0	0	590	24	0	0	0	2
Modelo Especial (12 oz)	150	0	0	0	0	20	14	0	0	0	1
Modelo Especial (16 oz)	200	0	0	0	0	25	19	0	0	0	1
Modelo Especial (24 oz)	300	0	0	0	0	40	28	0	0	0	2
Modelo Negra (12 oz)	180	0	0	0	0	15	16	0	0	0	2
Modelo Negra (16 oz)	240	0	0	0	0	20	21	0	0	0	2
Motorworks Intellectual Property IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Intellectual Property IPA (16 oz)	290	0	0	0	0	0	24	0	15	0	5
Motorworks Pulp Fiction IPA (12 oz)	220	0	0	0	0	0	18	0	11	0	4
Motorworks Pulp Fiction IPA (16 oz)	300	0	0	0	0	0	24	0	15	0	5
Newcastle Brown Ale (12 oz)	130	0	0	0	0	0	10	0	0	0	1
Newcastle Brown Ale (16 oz)	170	0	0	0	0	0	13	0	0	0	1
Old Elephant IPA (12 oz)	180	0	0	0	0	10	17	0	0	0	3
Old Elephant IPA (16 oz)	230	0	0	0	0	15	22	0	0	0	4
Pabst Blue Ribbon Original (12 oz)	140	0	0	0	0	10	12	0	4	0	1
Pabst Blue Ribbon Original (16 oz)	190	0	0	0	0	15	16	0	5	0	2
Pacifico (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Pacifico (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Patriot Ale (12 oz)	170	0	0	0	0	0	14	0	0	0	<1
Patriot Ale (16 oz)	230	0	0	0	0	0	19	0	0	0	<1
Revolution Anti Hero (12 oz)	220	0	0	0	0	10	20	1	1	0	3
Revolution Anti Hero (16 oz)	290	0	0	0	0	15	27	1	1	0	4
Road 2 Ruin Double IPA (12 oz)	220	0	0	0	0	10	14	1	0	0	3
Road 2 Ruin Double IPA (16 oz)	290	0	0	0	0	15	19	1	0	0	4
Samuel Adams '76 (12 oz)	130	0	0	0	0	0	8	0	0	0	0
Samuel Adams® Winter Lager (12 oz)	190	0	0	0	0	0	0	0	0	0	0
Samuel Adams® Winter Lager (16 oz)	260	0	0	0	0	0	0	0	0	0	0
Sea Hag IPA (12 oz)	190	0	0	0	0	10	15	1	0	0	3
Sea Hag IPA (16 oz)	250	0	0	0	0	15	20	1	0	0	4
Shock Top Belgian White (12 oz)	170	0	0	0	0	0	15	0	0	0	2
Shock Top Belgian White (16 oz)	220	0	0	0	0	0	19	0	0	0	3

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Sierra Nevada Hazy Little Thing IPA (12 oz)	210	0	0	0	0	0	21	0	0	0	2
Sierra Nevada Hazy Little Thing IPA (16 oz)	290	0	0	0	0	0	27	0	0	0	3
Sol Cerveza (12 oz)	140	0	0	0	0	0	12	0	0	0	0
Sol Cerveza (16 oz)	180	0	0	0	0	0	15	0	0	0	0
St. Archer (16 oz)	200	0	0	0	0	0	0	0	0	0	0
Stella Artois (12 oz)	140	0	0	0	0	0	11	0	0	0	0
Stella Artois (16 oz)	190	0	0	0	0	0	15	0	0	0	0
Stella Artois (24 oz)	280	0	0	0	0	0	22	0	0	0	0
Sweetwater 420 Extra Pale Ale (12 oz)	170	0	0	0	0	0	13	0	0	0	2
Sweetwater 420 Extra Pale Ale (16 oz)	220	0	0	0	0	0	17	0	0	0	3
Tampa Bay Reef Donkey (16 oz)	240	0	0	0	0	15	14	1	0	0	2
Tecate Light (12 oz)	110	0	0	0	0	0	7	0	0	0	1
Tecate Light (16 oz)	140	0	0	0	0	0	9	0	0	0	1
Tecate Original (12 oz)	140	0	0	0	0	0	14	0	0	0	1
Tecate Original (16 oz)	190	0	0	0	0	0	19	0	0	0	1
Victoria (12 oz)	140	0	0	0	0	0	13	0	0	0	0
Victoria (16 oz)	180	0	0	0	0	0	18	0	0	0	0
Voodoo Ranger Juicy Haze IPA (12 oz)	230	0	0	0	0	0	16	0	0	0	0
Voodoo Ranger Juicy Haze IPA (16 oz)	310	0	0	0	0	0	21	0	0	0	0
White Claw Hard Seltzer (12 oz)	100	0	0	0	0	0	2	0	2	2	0
Yuengling - Black and Tan (12 oz)	150	0	0	0	0	15	15	0	0	0	0
Yuengling - Black and Tan (16 oz)	200	0	0	0	0	20	20	0	0	0	0
Yuengling - Golden Pilsner (12 oz)	140	0	0	0	0	0	9	0	0	0	0
Yuengling - Golden Pilsner (16 oz)	180	0	0	0	0	0	12	0	0	0	0
Yuengling - Lager (12 oz)	140	0	0	0	0	15	12	0	0	0	0
Yuengling - Lager (16 oz)	190	0	0	0	0	20	16	0	0	0	0
Yuengling - Light Lager (12 oz)	100	0	0	0	0	10	9	0	0	0	0
Yuengling - Light Lager (16 oz)	130	0	0	0	0	15	12	0	0	0	0
Yuengling - Porter (12 oz)	160	0	0	0	0	15	15	0	0	0	0
Yuengling - Porter (16 oz)	220	0	0	0	0	25	20	0	0	0	0
Yuengling - Premium (12 oz)	140	0	0	0	0	20	12	0	0	0	0
Yuengling - Premium (16 oz)	190	0	0	0	0	25	16	0	0	0	0
Yuengling - Premium Light (12 oz)	100	0	0	0	0	10	7	0	0	0	0
Yuengling - Premium Light (16 oz)	130	0	0	0	0	15	9	0	0	0	0

Las Vegas Cantina Menu

At participating locations only

Mtn Dew® Baja Blast Freeze™ (16 oz)	150	0	0	0	0	45	41	0	41	41	0
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	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Mtn Dew® Baja Blast Freeze™ (20 oz)	190	0	0	0	0	55	51	0	51	51	0
Mtn Dew® Baja Blast Freeze™ (32 oz)	310	0	0	0	0	85	82	0	82	82	0
Red Sangria - LV	330	0	0	0	0	35	28	0	24	24	0
Rum (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Rum (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Tequila (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Vodka (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0
Whiskey (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0
Whiskey (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0

Fountain Beverages (16 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (16 fl oz)	60	0	0	0	0	80	17	0	16	16	0
Brisk® Mango Iced Tea (16 fl oz)	90	0	0	0	0	50	24	0	24	24	0
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Diet Pepsi® (16 fl oz)	0	0	0	0	0	75	0	0	0	0	0
Dr Pepper® (16 fl oz)	190	0	0	0	0	60	52	0	51	51	0
G2 - Fruit Punch (16 fl oz)	45	0	0	0	0	220	10	0	9	9	0
Lipton Unsweetened Iced Tea (16 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Midnight Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	65	59	0	59	59	0
Mtn Dew® (16 fl oz)	220	0	0	0	0	70	59	0	58	58	0
Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	65	59	0	59	59	0
Mtn Dew® Baja Blast Zero Sugar (16 fl oz)	5	0	0	0	0	70	0	0	0	0	0
Mtn Dew® Zero Sugar (16 fl oz)	0	0	0	0	0	65	0	0	0	0	0
Mug® Root Beer (16 fl oz)	190	0	0	0	0	75	51	0	51	51	0
Pepsi® (16 fl oz)	200	0	0	0	0	40	55	0	55	55	0
Pepsi® Wild Cherry (16 fl oz)	210	0	0	0	0	45	56	0	56	56	0
Pepsi® Zero Sugar (16 fl oz)	0	0	0	0	0	85	0	0	0	0	0
Starry® (16 fl oz)	200	0	0	0	0	45	52	0	52	52	0
Tropicana Original Lemonade (16 oz)	70	0	0	0	0	210	16	0	16	16	0

Fountain Beverages (20 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (20 fl oz)	80	0	0	0	0	100	20	0	20	20	0
Brisk® Mango Iced Tea (20 fl oz)	110	0	0	0	0	65	30	0	30	30	0

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	120	0	0	0	0	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	95	0	0	0	0	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	75	65	0	64	64	0
G2 - Fruit Punch (20 fl oz)	50	0	0	0	0	270	13	0	12	12	0
Lipton Unsweetened Iced Tea (20 fl oz)	0	0	0	0	0	180	0	0	0	0	0
Midnight Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	85	74	0	74	74	0
Mtn Dew® (20 fl oz)	280	0	0	0	0	85	73	0	73	73	0
Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	80	74	0	74	74	0
Mtn Dew® Baja Blast Zero Sugar (20 fl oz)	10	0	0	0	0	85	0	0	0	0	0
Mtn Dew® Zero Sugar (20 fl oz)	0	0	0	0	0	80	0	0	0	0	0
Mug® Root Beer (20 fl oz)	240	0	0	0	0	95	64	0	63	63	0
Pepsi® (20 fl oz)	250	0	0	0	0	50	69	0	69	69	0
Pepsi® Wild Cherry (20 fl oz)	260	0	0	0	0	55	70	0	70	70	0
Pepsi® Zero Sugar (20 fl oz)	0	0	0	0	0	105	0	0	0	0	0
Starry® (20 fl oz)	240	0	0	0	0	55	65	0	65	65	0
Tropicana Original Lemonade (20 oz)	80	0	0	0	0	270	21	0	20	20	0

Fountain Beverages (30 oz)

Brisk® Dragon Paradise Sparkling Iced Tea (30 fl oz)	120	0	0	0	0	150	30	0	30	30	0
Brisk® Mango Iced Tea (30 fl oz)	170	0	0	0	0	95	45	0	45	45	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	180	<1	0	0	0	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	140	0	0	0	0	0
Dr Pepper® (30 fl oz)	360	0	0	0	0	110	98	0	96	96	0
G2 - Fruit Punch (30 fl oz)	80	0	0	0	0	410	19	0	17	17	0
Lipton Unsweetened Iced Tea (30 fl oz)	0	0	0	0	0	270	0	0	0	0	0
Midnight Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	125	111	0	111	111	0
Mtn Dew® (30 fl oz)	420	0	0	0	0	130	110	0	110	110	0
Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	120	111	0	111	111	0
Mtn Dew® Baja Blast Zero Sugar (30 fl oz)	15	0	0	0	0	125	0	0	0	0	0
Mtn Dew® Zero Sugar (30 fl oz)	5	0	0	0	0	115	<1	0	0	0	0
Mug® Root Beer (30 fl oz)	360	0	0	0	0	140	96	0	95	95	0
Pepsi® (30 fl oz)	380	0	0	0	0	80	103	0	103	103	0
Pepsi® Wild Cherry (30 fl oz)	390	0	0	0	0	80	106	0	105	105	0
Pepsi® Zero Sugar (30 fl oz)	0	0	0	0	0	160	<1	0	0	0	0
Starry® (30 fl oz)	370	0	0	0	0	85	97	0	97	97	0
Tropicana Original Lemonade (30oz)	120	0	0	0	0	400	31	0	30	30	0

Last Updated: 05/04/2026**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]