

Taco Cabana Printable Nutrition Guide

Nutritional & Allergy Information <small>Some items included on this document may not be available at all restaurants. The nutritional and ingredient information is based on standard formulations. Variations can be expected due to factors such as local suppliers, regional variations, seasons of the year, slight differences in product assembly at individual restaurants, substitutions, and recipe revisions, among other factors. Neither Taco Cabana nor its employees assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. No products are certified as vegetarian and all products may contain trace amounts of ingredients from animals.</small>	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Added Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)											
												None	Dairy	Eggs	Wheat	Peanuts	Soy (*soy lecithin)	Fish	Shellfish	Tree Nuts	Gluten	
CABANA FAVORITES (all include refried beans with cheese, rice, lettuce, guacamole, 2 flour tortillas)																						
Cabana Sampler - cheese enchilada, crispy beef taco, chicken flauta	23.3	1280	63	26	0	130	2890	126	15	5	53		•		•							•
2 Beef Enchilada Plate	23.0	1170	58	22	0	95	2730	118	14	4	44		•		•							•
2 Cheese Enchilada Plate	23.0	1290	70	31	0	145	2910	116	13	4	52		•		•*							•
QUESADILLAS - includes guacamole and sour cream																						
Personal Quesadillas																						
Steak Fajita Quesadilla	11.8	770	42	21	0	105	1900	62	5	5	36		•		•							•
Chicken Breast Fajita Quesadilla	11.8	760	40	21	0	115	1900	62	5	5	37		•		•							•
Shrimp Tampico Quesadilla	11.7	820	45	23	0	200	2340	63	5	5	40		•		•	•*					•	•
Cheese Quesadilla	10.3	710	39	21	0	95	1630	61	5	5	29		•		•							•
Large Quesadillas																						
Steak Fajita Quesadilla	21.6	1370	79	40	0	205	3340	96	8	9	66		•		•							•
Chicken Breast Fajita Quesadilla	21.6	1350	76	39	0	230	3340	96	8	9	69		•		•							•
Shrimp Tampico Quesadilla	19.7	1400	83	42	0	345	3780	95	8	8	69		•		•	•*					•	•
Cheese Quesadilla	18.6	1250	74	39	0	190	2810	93	8	9	53		•		•							•
CABANA BOWLS, BURRITOS AND SALADS																						
Cabana Bowls - includes shell, rice, refried beans, romaine lettuce, meat, shredded cheese, pico de gallo, sour cream																						
Steak Fajita Cabana Bowl	19.3	1060	60	23	0	80	2090	90	11	5	38		•		•							•
Chicken Fajita Cabana Bowl	19.3	1040	57	21	0	105	2090	90	11	6	41		•		•							•
Shrimp Tampico Cabana Bowl	19.7	1060	61	23	0	165	2430	92	11	7	37		•		•	•*					•	•
Beef Cabana Bowl (ground beef)	19.8	1130	68	26	0	105	2290	91	12	6	39		•		•							•
Chicken Cabana Bowl (stewed chicken)	20.3	1060	58	21	0	125	2340	92	11	6	41		•		•							•
Cabana Burritos - includes flour tortilla, rice, refried beans, romaine lettuce, meat, shredded cheese, pico de gallo, sour cream																						
Steak Fajita Cabana Burrito	20.0	910	39	17	0	80	2430	96	10	5	39		•		•							•
Chicken Fajita Cabana Burrito	20.0	890	36	16	0	105	2430	96	10	6	42		•		•							•
Shrimp Tampico Cabana Burrito	20.4	910	40	18	0	165	2780	98	11	7	37		•		•	•*					•	•
Beef Cabana Burrito (ground beef)	20.5	980	47	21	0	105	2630	97	11	6	40		•		•							•
Chicken Cabana Burrito (stewed chicken)	21.0	900	37	16	0	125	2680	98	10	6	42		•		•							•

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	Cabana Salads - includes shell, romaine lettuce, meat, shredded cheese, guacamole, pico de gallo, sour cream																				
Steak Fajita Cabana Salad	13.5	740	49	18	0	65	1270	44	7	4	29		•		•						•
Chicken Fajita Cabana Salad	13.5	720	46	16	0	90	1280	44	7	5	32		•		•						•
Shrimp Tampico Cabana Salad	13.9	740	50	18	0	150	1620	47	8	6	27		•		•		•*		•		•
Beef Cabana Salad (ground beef)	14.0	810	57	21	0	95	1470	46	8	5	29		•		•		•				•
Chicken Cabana Salad (stewed chicken)	14.5	740	47	17	0	110	1520	46	7	5	31		•		•						•
Chipotle Vinaigrette (3 oz)	3.0	290	30	5	0	0	960	5	1	3	0	•									
Salsa Ranch (3 oz)	3.0	110	10	2	0	10	600	4	1	2	1		•	•							
Ranch Dressing (3 oz)	3.0	330	34	6	0	35	830	3	0	3	2		•	•							
Build your own Bowl, Burrito and Salad: Pick A Tortilla																					
Shell- fried bowl	2.5	390	27	7	0	0	330	33	3	1	5				•						•
Flour Tortilla	3.2	240	6	2	0	0	670	39	2	1	6				•						•
Build your own Bowl, Burrito and Salad: Fill It - Pick 1																					
Steak Fajita	3.0	120	5	2	0	15	540	3	0	0	14		•								
Chicken Breast Fajita	3.0	100	2	0	0	40	540	3	0	1	17		•								
Shrimp Tampico	3.4	120	6	2	0	105	880	5	1	2	12		•				•*		•		
Beef (ground beef)	3.5	190	13	5	0	45	730	4	1	1	14						•				
Chicken (stewed chicken)	4.0	110	3	1	0	60	780	5	0	1	16		•								
Guacamole (for vegetarian bowl)	2.9	110	9	1	0	0	340	7	4	1	1	•									
Build your own Bowl, Burrito and Salad: Fill It - Pick up to 3 (double portion if choose only 1)																					
Refried Beans	5.2	250	13	5	0	10	420	24	6	1	8	•									
Borracho Beans	4.6	140	3	1	0	5	490	20	7	1	7	•									
Black Beans	4.0	80	1	0	0	0	380	15	5	3	5	•									
Rice	3.6	120	1	0	0	0	520	25	0	1	2	•									
Romaine Lettuce	2.0	10	0	0	0	0	0	2	1	1	1	•									
Iceberg Lettuce	2.0	10	0	0	0	0	5	2	1	1	1	•									

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Build your own Bowl, Burrito and Salad: Finish It																						
Shredded Cheese	1.0	110	9	5	0	30	180	0	0	0	7			•								
Sour Cream	1.0	60	5	4	0	20	15	1	0	1	1			•								
Pico de Gallo - no chile	1.0	5	0	0	0	0	90	1	0	1	0			•								
Guacamole Add On (3 oz)	2.9	110	9	1	0	0	340	7	4	1	1			•								
Queso Add On (3 oz)	3.0	110	8	5	0	25	830	5	0	2	5			•		•						
SIZZLING SKILLETs - includes grilled onion, bell pepper, rice, shredded cheese, sour cream, guacamole, lettuce, pico de gallo, flour tortillas																						
1/2 lb (serves 2) - add choice of beans																						
Steak Fajita (per serving)	17.3	800	30	13	0	58	2360	95	5	6	34			•		•		•*				•
Chicken Fajita (per serving)	17.3	775	26	12	0	90	2365	95	6	7	39			•		•		•*				•
Mixed Fajita Steak & Chicken (per serving)	17.3	785	28	12	0	73	2365	95	6	6	37			•		•		•*				•
Shrimp Tampico (per serving)	17.5	790	30	14	0	163	2750	98	6	8	31			•		•		•*		•		•
Brisket- per serving	18.0	960	46	18	0	120	2285	95	7	7	43			•		•		•*				•
Refried Beans w/ Cheese (per serving)	5.3	260	14	6	0	15	440	25	6	1	9			•								
Borracho Beans (per serving)	4.6	140	3	1	0	5	490	20	7	1	7			•								
Black Beans (per serving)	4.0	80	1	0	0	0	380	15	5	3	5			•								
1 lb (serves 4) - add choice of beans																						
Steak Fajita (per serving)	16.3	783	28	12	0	53	2393	95	5	5	34			•		•		•*				•
Chicken Fajita (per serving)	16.3	758	23	11	0	85	2395	95	5	6	38			•		•		•*				•
Mixed Fajita Steak & Chicken (per serving)	16.3	770	26	11	0	69	2393	95	5	5	36			•		•		•*				•
Shrimp Tampico (per serving)	16.2	760	27	12	0	146	2670	98	6	7	29			•		•		•*		•		•
Brisket- per serving	16.6	910	41	17	0	106	2250	95	6	6	40			•		•		•*				•
Refried Beans w/ Cheese (per serving)	6.0	293	16	7	0	17	495	28	7	1	10			•								
Borracho Beans (per serving)	5.2	158	3	1	0	6	551	23	8	1	8			•								
Black Beans (per serving)	4.5	90	1	0	0	0	428	17	6	3	6			•								

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NACHOS																					
Personal Nachos with Queso - includes sour cream and guacamole																					
Steak Fajita Nachos	10.0	580	34	13	0	55	1250	47	7	4	19		•								
Chicken Fajita Nachos	10.0	570	32	12	0	65	1250	47	7	4	20		•								
Beef Super Nachos (ground beef)	12.9	740	45	17	0	75	1560	60	11	5	23		•				•				
Chicken Super Nachos (stewed chicken)	13.1	700	40	14	0	80	1580	60	10	5	24		•								
Personal Nachos with Shredded Cheese - includes sour cream and guacamole																					
Steak Fajita Nachos	9.5	740	49	21	0	100	870	43	7	2	31		•								
Chicken Breast Fajita Nachos	9.5	730	47	20	0	115	870	43	7	3	33		•								
Beef Super Nachos (ground beef)	12.4	900	60	25	0	120	1170	56	11	3	36		•				•				
Chicken Super Nachos (stewed chicken)	12.6	860	55	23	0	130	1200	56	10	3	37		•								
Large Nachos with Queso - includes sour cream and guacamole																					
Steak Fajita Nachos	19.0	1150	68	25	0	105	2500	94	14	8	37		•								
Chicken Fajita Nachos	19.0	1130	65	24	0	130	2500	94	14	8	41		•								
Beef Super Nachos (ground beef)	24.7	1470	89	33	0	145	3110	119	21	9	46		•				•				
Super Chicken Nachos (stewed chicken)	25.2	1400	79	29	0	165	3160	120	20	10	48		•								
Large Nachos with Shredded Cheese - includes sour cream and guacamole																					
Steak Fajita Nachos	18.0	1480	98	41	0	205	1730	85	14	4	62		•								
Chicken Breast Fajita Nachos	18.0	1460	95	40	0	230	1730	85	14	5	65		•								
Beef Super Nachos (ground beef)	23.7	1800	119	50	0	245	2350	111	21	6	71		•				•				
Super Chicken Nachos (stewed chicken)	24.2	1720	109	45	0	260	2390	112	20	6	73		•								
CHIPS & DIPS																					
Chips and Queso - Personal	5.5	420	23	8	0	25	850	42	5	2	10		•								
Chips and Guacamole - Personal	5.5	420	25	5	0	0	370	44	10	1	7		•								
Chips & Queso - Large	13.0	910	52	19	0	70	2250	87	11	6	24		•								
Chips & Guacamole - Large	13.0	910	56	11	0	0	970	92	23	3	14		•								

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	Drinks																				
Sweet Tea with Ice (small)	19.7	120	0	0	0	0	0	30	0	29	0	•									
Mexican Coca-Cola®	12.5	150	0	0	0	0	85	39	0	39	0	•									
Mexican Orange Fanta®	12.5	160	0	0	0	0	90	42	0	42	0	•									
Milk, Lowfat Fat (1%)	7.6	90	2	2	0	10	105	10	0	10	7		•								
Chocolate Milk, Low Fat	7.8	150	3	2	0	10	170	26	0	23	7		•								
Simply Orange®	13.5	190	0	0	0	0	0	45	0	41	3	•									
Vitaminwater® XXX	16.9	100	0	0	0	0	0	28	0	27	0	•									
Tequila Margarita no salt (happy hour)	11.6	290	0	0	0	0	30	28	0	27	0	•									
Tequila Margarita no salt (small)	13.3	330	0	0	0	0	35	32	0	31	0	•									
Tequila Margarita no salt (large)	17.2	430	0	0	0	0	45	41	0	40	0	•									
KID'S MEALS - add choice of beef taco, chicken taco, bean & cheese taco, cheese enchilada or quesadilla and 16 oz drink																					
Kid's Chips & Queso side	5.5	420	23	8	0	25	850	42	5	2	10		•								
Kid's Refried Beans & Rice side	4.5	190	7	3	0	10	480	25	3	1	6		•								
Kid's Cheese Quesadilla	5.1	510	29	15	0	75	1020	39	1	0	23		•		•						•
DESSERTS																					
Flan	3.0	170	7	6	0	25	80	24	0	23	3		•	•							
Chocolate Cajeta Cake	3.0	320	15	3	0	20	310	43	1	28	3		•	•	•		•*				•
Sopapillas	3.9	500	31	5	0	0	580	51	3	13	6		•		•						•
Honey	1.0	80	0	0	0	0	0	23	0	22	0	•									
Dulce de Leche	1.0	110	7	2	0	0	60	11	0	10	0		•				•*				
SIDES / ADD-ONS																					
Rice (4 oz serving)	3.6	120	0.5	0	0	0	520	25	0	1	2	•									
Refried Beans w/ Cheese (4 oz serving)	5.3	260	14	6	0	15	440	25	6	1	9		•								
Borracho Beans (4 oz serving)	4.6	140	3	1	0	5	490	20	7	1	7	•									
Black Beans (4 oz serving)	4.0	80	1	0	0	0	380	15	5	3	5	•									
Steak Fajita (1 oz)	1.0	40	2	1	0	5	180	1	0	0	5		•								

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Chicken Breast Fajita (1 oz)	1.0	35	1	0	0	15	180	1	0	0	6		•									
Brisket (1 serving)	1.9	130	9	3	0	35	250	1	1	0	11											•
Cheese Enchilada (ea)	4.8	320	23	11	0	65	630	13	2	0	17		•		•		•*					•
Beef Enchilada (ea)	4.9	260	17	6	0	40	540	13	2	1	13		•		•		•					•
Chicken Flauta (ea)	1.6	110	5	1	0	15	200	10	1	0	8		•				•					
Guacamole small (3 oz)	2.9	110	9	1	0	0	340	7	4	1	1	•										
Queso small (3 oz)	3.0	110	8	5	0	25	830	5	0	2	5		•									
Sour Cream small (3 oz)	2.9	160	15	10	0	55	40	3	0	3	3		•									
Shredded Cheese (1 oz)	1.0	110	9	5	0	30	180	0	0	0	7		•									
The Works (lettuce, guacamole, sour cream, cheese, tomatoes)	1.8	80	6	3	0	15	110	2	1	1	3		•									
Salsa Roja (1 oz)	1.0	5	0	0	0	0	60	1	0	1	0	•										
Salsa Verde (1 oz)	1.0	10	0	0	0	0	160	1	1	1	0	•										
Salsa Fuego (1 oz)	1.0	5	0	0	0	0	105	1	0	1	0	•										
Salsa Ranch (1 oz)	1.0	35	4	1	0	5	200	1	0	1	0		•	•								
Pico de Gallo (1 oz)	1.0	5	0	0	0	0	90	1	0	1	0	•										
Pineapple Salsa (1 oz)	1.0	20	0	0	0	0	10	5	0	5	0				•							•
Onions (1 oz)	1.0	10	0	0	0	0	0	3	0	1	0	•										
Cilantro (0.25 oz)	0.3	0	0	0	0	0	0	0	0	0	0	•										
Sliced Jalapenos (1 oz)	1.0	5	0	0	0	0	440	0	0	0	0	•										
Lemon / Lime Wedge (2 pcs)	0.4	5	0	0	0	0	0	0	0	0	0	•										
Scrambled Egg (1 egg)	1.7	80	6	2	0	150	120	1	0	0	5			•			•*					
Bacon (slice)	0.4	60	5	2	0	15	250	1	0	0	4	•										
Tortilla Chips (small)	2.5	310	16	4	0	0	15	37	5	1	5	•										
Fresh Flour Tortilla	1.3	120	3	2	0	0	290	19	1	0	3		•		•							•
Table Corn Tortilla	1.0	70	1	0	0	0	5	15	2	0	2	•										

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BREAKFAST (during breakfast hours only, not available at all locations)																						
Breakfast Tacos (for combo: add choice of 2 tacos +choice of coffee, milk, 20 oz drink or Simply Orange®)																						
Bean & Cheese Taco	4.4	300	14	7	0	20	580	31	4	1	10		•		•					•		
Potato & Egg Taco	3.4	210	10	3	0	145	400	22	1	1	8		•	•	•		•*			•		
Bacon & Egg Taco	3.5	260	13	5	0	165	730	20	1	1	14		•	•	•		•*			•		
Chorizo & Egg Taco	3.4	200	9	4	0	170	510	20	1	1	9		•	•	•					•		
Barbacoa Taco	3.3	270	13	7	0	55	420	19	1	0	15		•		•					•		
Carne Guisada Taco	3.8	190	6	2	0	30	320	20	1	0	12		•		•		•*			•		
Steak & Egg Taco	5.0	270	13	4	0	160	760	21	1	1	17		•	•	•		•*			•		
Brisket & Egg Taco	4.9	320	18	6	0	185	660	21	1	1	18		•	•	•		•*			•		
Breakfast Burritos (for combo: add choice of burrito+ choice of coffee, milk, 20 oz drink or Simply Orange®)																						
Bean & Cheese Burrito	11.6	730	35	16	0	50	1450	77	11	3	26		•		•					•		
Potato & Egg Burrito	7.0	440	20	7	0	290	870	47	2	3	17			•	•		•*			•		
Bacon & Egg Burrito	7.2	520	27	10	0	330	1520	41	2	3	28			•	•		•*			•		
Chorizo & Egg Burrito	7.1	420	19	7	0	240	1090	42	2	3	20			•	•					•		
Barbacoa Burrito	6.8	560	27	14	0	110	910	40	2	2	32				•					•		
Carne Guisada Burrito	7.8	380	11	5	0	55	720	42	2	2	25				•		•*			•		
Steak Fajita & Egg Burrito	9.2	520	24	8	0	315	1420	43	2	3	30		•	•	•		•*			•		
Brisket & Egg Burrito	8.1	530	27	9	0	335	1130	42	3	3	27			•	•		•*			•		
BREAKFAST PLATES - includes refried beans, shredded cheese, and 2 flour tortillas																						
Ranchero Plate & Scrambled Eggs - eggs, ranchero sauce, bacon	14.6	850	47	17	0	360	2270	68	8	4	38		•	•	•		•*			•		
Ranchero Plate & Fried Eggs - eggs, ranchero sauce, bacon	14.4	880	49	18	0	430	2230	68	8	4	41		•	•	•		•*			•		
Mexicana Plate - eggs, pico de gallo, queso, bacon	17.6	990	57	21	0	530	2770	71	8	6	46		•	•	•		•*			•		
Barbacoa Plate & Scrambled Eggs - eggs, barbacoa	15.3	960	53	22	0	420	1510	64	7	2	49		•	•	•		•*			•		
Barbacoa Plate & Fried Eggs - eggs, barbacoa,	15.1	990	55	23	0	490	1460	63	7	2	52		•	•	•		•*			•		
Brisket Plate & Scrambled Eggs - eggs, brisket	15.1	910	51	18	0	380	1750	66	9	3	45		•	•	•		•*			•		
Brisket Plate & Fried Eggs - eggs, brisket	14.9	930	52	18	0	450	1710	66	9	2	48		•	•	•		•*			•		
Steak Fajita Plate & Scrambled Eggs - eggs, steak fajita, grilled onion, bell pepper,	15.7	780	38	13	0	330	1780	69	8	4	38		•	•	•		•*			•		
Steak Fajita Plate & Fried Eggs - eggs, steak fajita, grilled onion, bell pepper	15.5	810	39	14	0	400	1730	69	8	3	41		•	•	•		•*			•		