

Nutritional Guide



| <p>Not all items listed are available in all markets.</p> <p>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®, its employees nor franchisees 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.</p> | | | | | | | | | | | | | | Serving Size (oz) | Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | None | Milk | Eggs | Wheat | Peanuts | Soy (*soy lecithin) | Fish | Shellfish | Tree Nuts (coconut) | Gluten | Vegetarian (*common flyer) |
|---|----------------|------|------|-----|----|----|-----|------|------|-----|----|----|----|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|------|------|------|-------|---------|---------------------|------|-----------|---------------------|--------|----------------------------|
| TACOS, COMBOS AND PLATES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soft Tacos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steak Fajita Taco | 3.3 | 220 | 80 | 9 | 4 | 0 | 35 | 790 | 21 | 1 | 0 | 15 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken Fajita Taco | 3.3 | 210 | 50 | 6 | 2 | 0 | 40 | 850 | 21 | 1 | 0 | 18 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Mixed Fajita Taco | 3.3 | 220 | 60 | 7 | 3 | 0 | 40 | 820 | 21 | 1 | 0 | 16 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Beef Taco (ground beef) | 4.2 | 210 | 80 | 9 | 4 | 0 | 25 | 660 | 21 | 1 | 1 | 12 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken Taco (shredded) | 4.2 | 240 | 80 | 9 | 4 | 0 | 40 | 930 | 22 | 1 | 1 | 16 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Carne Guisada Taco | 3.8 | 210 | 70 | 8 | 3 | 0 | 30 | 660 | 20 | 1 | 0 | 13 | | * | | * | | * | | | | | | * | | | | | | | | | | | | |
| Beyond Meat® Taco | 4.3 | 220 | 90 | 10 | 4 | 0 | 5 | 580 | 23 | 2 | 2 | 10 | | * | | * | | | | | | | | v | | | | | | | | | | | | |
| Bean & Cheese Taco | 4.4 | 300 | 130 | 14 | 7 | 0 | 20 | 580 | 31 | 4 | 1 | 10 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Crispy Tacos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef Taco (ground beef) | 3.5 | 180 | 80 | 8 | 4 | 0 | 25 | 380 | 15 | 2 | 1 | 11 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Taco (shredded) | 3.5 | 210 | 80 | 9 | 3 | 0 | 40 | 650 | 15 | 1 | 1 | 14 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Beyond Meat® Taco | 3.6 | 190 | 90 | 10 | 4 | 0 | 5 | 300 | 16 | 2 | 2 | 9 | | * | | | | | | | | | | v* | | | | | | | | | | | | |
| Enchiladas - add desired topping | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Enchilada w/o topping (ea) | 2.8 | 300 | 190 | 21 | 10 | 0 | 45 | 300 | 11 | 1 | 0 | 12 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| Beef Enchilada w/o topping (ea) | 2.9 | 200 | 90 | 10 | 2 | 0 | 35 | 300 | 12 | 1 | 1 | 10 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Enchilada w/o topping (ea) | 2.9 | 200 | 80 | 9 | 1 | 0 | 35 | 610 | 12 | 1 | 1 | 12 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Tex-Mex Sauce Topping (ea) | 2.2 | 80 | 50 | 6 | 3 | 0 | 15 | 410 | 3 | 0 | 1 | 4 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Green Sauce Topping (ea) | 1.7 | 70 | 40 | 5 | 3 | 0 | 15 | 320 | 3 | 1 | 1 | 4 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| Queso Topping (ea) | 1.7 | 50 | 30 | 3 | 2 | 0 | 10 | 380 | 3 | 0 | 1 | 2 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| Flautas - add choice of 1 dip (guacamole, queso or sour cream) per 3 pack or 2 dips per dozen | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Flauta (ea) | 1.6 | 120 | 35 | 4 | 1 | 0 | 25 | 210 | 13 | 1 | 0 | 6 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Flautas (3 es) | 4.8 | 360 | 110 | 12 | 3 | 0 | 70 | 640 | 40 | 3 | 1 | 19 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Flautas (12 ea) | 19.2 | 1420 | 440 | 49 | 12 | 1 | 270 | 2560 | 161 | 12 | 5 | 76 | | * | | | | | | | | | | | | | | | | | | | | | | |
| Guacamole Small (3 oz) | 2.9 | 110 | 80 | 9 | 1 | 0 | 0 | 340 | 7 | 4 | 1 | 1 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| Queso Small (3 oz) | 3.0 | 110 | 70 | 8 | 5 | 0 | 25 | 830 | 5 | 0 | 2 | 5 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| Sour Cream Small (3 oz) | 2.9 | 160 | 130 | 15 | 10 | 0 | 55 | 40 | 3 | 0 | 3 | 3 | | * | | | | | | | | | | v | | | | | | | | | | | | |
| PLATES - includes rice, lettuce & guacamole garnish, 2 flour tortillas - add choice of tacos, flautas, enchiladas or carne guisada, and beans (small) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rice, Lettuce, Guacamole, Flour Tortillas | 8.4 | 430 | 110 | 12 | 4 | 0 | 0 | 1240 | 70 | 4 | 2 | 9 | | * | | * | | | | | | | | * | v | | | | | | | | | | | |
| COMBOS - add choice of tacos or flautas, small side or small chips & queso or guacamole, and 20 oz drink | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SIDES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rice | Small (4 oz) | 3.8 | 160 | 25 | 3 | 1 | 0 | 550 | 29 | 1 | 1 | 3 | | * | | | | | | | | | | | v | | | | | | | | | | | |
| | Regular (8 oz) | 7.6 | 310 | 50 | 6 | 1 | 0 | 1100 | 58 | 2 | 2 | 5 | | * | | | | | | | | | | | v | | | | | | | | | | | |
| Refried Beans w/ Cheese Garnish | Small (4 oz) | 5.3 | 260 | 130 | 14 | 6 | 0 | 15 | 440 | 25 | 6 | 1 | 9 | | * | | | | | | | | | | | | | | | | | | | | | |
| | Regular (8 oz) | 10.6 | 530 | 260 | 29 | 11 | 0 | 30 | 870 | 49 | 12 | 2 | 18 | | * | | | | | | | | | | | | | | | | | | | | | |
| Black Beans | Small (4 oz) | 4.6 | 120 | 10 | 1 | 0 | 0 | 420 | 21 | 8 | 1 | 7 | | * | | | | | | | | | | | v | | | | | | | | | | | |
| | Regular (8 oz) | 9.2 | 240 | 15 | 2 | 0 | 0 | 840 | 42 | 16 | 2 | 14 | | * | | | | | | | | | | | v | | | | | | | | | | | |
| TORTILLA CHIPS AND MORE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chips & Queso | Small (4 oz) | 5.5 | 490 | 250 | 28 | 8 | 0 | 25 | 860 | 50 | 5 | 2 | 9 | | * | | | | | | | | | | v* | | | | | | | | | | | |
| | Regular (8 oz) | 13.0 | 1050 | 550 | 61 | 18 | 0 | 70 | 2270 | 103 | 10 | 6 | 22 | | * | | | | | | | | | | v* | | | | | | | | | | | |
| Chips & Guacamole | Small (4 oz) | 5.5 | 490 | 270 | 30 | 5 | 0 | 0 | 380 | 51 | 10 | 1 | 6 | | * | | | | | | | | | | v* | | | | | | | | | | | |
| | Regular (8 oz) | 13.0 | 1050 | 590 | 66 | 10 | 0 | 0 | 990 | 107 | 22 | 3 | 12 | | * | | | | | | | | | | v* | | | | | | | | | | | |
| CABANA BOWLS, SALADS, AND BURRITOS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cabana Bowls - includes shell, rice, lettuce, meat, shredded cheese, pico de gallo, sour cream - add choice of beans (small) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steak Fajita | 13.8 | 670 | 300 | 33 | 13 | 1 | 80 | 1790 | 63 | 3 | 4 | 28 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken Breast Fajita | 13.8 | 650 | 260 | 29 | 11 | 0 | 85 | 1860 | 63 | 3 | 4 | 32 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Beef (ground beef) | 14.6 | 710 | 320 | 36 | 14 | 1 | 105 | 1710 | 64 | 4 | 6 | 30 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken (shredded chicken) | 14.5 | 710 | 300 | 33 | 11 | 0 | 100 | 2320 | 65 | 3 | 5 | 34 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Beyond Meat® w/ Black Beans | 19.4 | 710 | 260 | 28 | 7 | 0 | 0 | 2040 | 89 | 15 | 7 | 26 | | * | | * | | | | | | | | v* | | | | | | | | | | | | |
| Fried Bowl | 2.0 | 240 | 110 | 13 | 4 | 0 | 0 | 360 | 27 | 1 | 0 | 4 | | * | | * | | | | | | | | v* | | | | | | | | | | | | |
| Cabana Burritos - includes flour tortilla, rice, romaine lettuce, meat, shredded cheese, pico de gallo, sour cream - add choice of beans (small) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steak Fajita | 15.0 | 730 | 270 | 30 | 15 | 1 | 95 | 2110 | 79 | 4 | 4 | 34 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken Fajita | 15.0 | 710 | 230 | 26 | 13 | 0 | 100 | 2180 | 79 | 4 | 4 | 38 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Beef (ground beef) | 17.5 | 770 | 300 | 33 | 16 | 1 | 120 | 2030 | 80 | 5 | 6 | 36 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Chicken (shredded chicken) | 15.5 | 770 | 270 | 30 | 14 | 0 | 115 | 2640 | 81 | 4 | 5 | 40 | | * | | * | | | | | | | | * | | | | | | | | | | | | |
| Beyond Meat® w/ Black Beans | 19.6 | 720 | 190 | 21 | 6 | 0 | 0 | 2270 | 104 | 15 | 7 | 29 | | * | | * | | | | | | | | v | | | | | | | | | | | | |
| Flour Tortilla - 12" | 3.1 | 250 | 50 | 5 | 3 | 0 | 0 | 590 | 42 | 1 | 0 | 6 | | * | | * | | | | | | | | v | | | | | | | | | | | | |

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|---|-----------------|------|------|------|-----|----|-----|------|------|-----|----|----|----|---|-------------------|----------|---------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|------|------|------|-------|---------|---------------------|------|-----------|---------------------|--------|----------------------------|
| CABANA BOWLS, SALADS, AND BURRITOS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cabana Salads - includes romaine lettuce, shredded cheese, pico de gallo, black beans, tortilla strips | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cabana Salad w/ Salsa Ranch | 12.3 | 390 | 180 | 31 | 8 | 0 | 30 | 910 | 39 | 9 | 5 | 15 | | • | • | | | | | | | | | | v* | | | | | | | | | | | | |
| Steak Fajita for Salad | 3.0 | 170 | 80 | 9 | 3 | 0 | 55 | 780 | 3 | 0 | 0 | 19 | | • | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Fajita for Salad | 3.0 | 140 | 35 | 4 | 1 | 0 | 60 | 860 | 3 | 0 | 0 | 23 | | • | | | | | | | | | | | | | | | | | | | | | | | |
| Beef Taco Meat for Salad (ground beef) | 3.8 | 190 | 90 | 10 | 4 | 1 | 75 | 600 | 4 | 1 | 2 | 18 | | | | | | | •* | | | | | | | | | | | | | | | | | | |
| Chicken Taco Meat for Salad (shredded chicken) | 3.7 | 180 | 70 | 8 | 2 | 0 | 70 | 1210 | 5 | 0 | 1 | 22 | • | | | | | | | | | | | | | | | | | | | | | | | | |
| Beyond Meat® | 4.0 | 140 | 80 | 9 | 3 | 0 | 0 | 500 | 6 | 2 | 2 | 11 | | • | | | | | | | | | | | v* | | | | | | | | | | | | |
| Salsa Ranch (2 foz) | 1.8 | 60 | 50 | 17 | 1 | 0 | 5 | 410 | 3 | 1 | 2 | 1 | | • | • | | | | | | | | | | v | | | | | | | | | | | | |
| QUESADILLAS - includes lettuce, guacamole and sour cream | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steak Fajita Quesadilla | Small | 12.2 | 850 | 490 | 55 | 24 | 0 | 115 | 1700 | 52 | 4 | 3 | 35 | | • | • | | | | | | | | | • | | | | | | | | | | | | |
| | Regular | 22.7 | 1570 | 960 | 107 | 46 | 1 | 230 | 3110 | 84 | 7 | 7 | 68 | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Fajita Quesadilla | Small | 12.2 | 840 | 470 | 52 | 22 | 0 | 115 | 1740 | 52 | 4 | 4 | 37 | | | | | | | | | | | | | • | | | | | | | | | | | |
| | Regular | 22.7 | 1550 | 920 | 102 | 44 | 0 | 235 | 3190 | 83 | 7 | 7 | 71 | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese Quesadilla | Small | 10.7 | 770 | 450 | 50 | 22 | 0 | 90 | 1320 | 51 | 4 | 3 | 26 | | • | • | | | | | | | | | • | v | | | | | | | | | | | |
| | Regular | 19.7 | 1410 | 880 | 98 | 43 | 0 | 175 | 2350 | 81 | 7 | 7 | 49 | | | | | | | | | | | | | | | | | | | | | | | | |
| NACHOS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nachos - includes chips, meat, refried beans, cheese, sour cream and guacamole | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steak Fajita Nachos | Queso | 12.5 | 820 | 440 | 49 | 16 | 0 | 90 | 1750 | 67 | 10 | 4 | 27 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 12.4 | 1030 | 610 | 68 | 28 | 0 | 140 | 1390 | 63 | 10 | 2 | 43 | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Fajita Nachos | Queso | 12.5 | 810 | 410 | 46 | 15 | 0 | 90 | 1800 | 67 | 10 | 4 | 30 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 12.4 | 1020 | 580 | 64 | 27 | 0 | 145 | 1440 | 63 | 10 | 3 | 45 | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef Nachos (ground beef) | Queso | 13.8 | 900 | 480 | 54 | 18 | 1 | 125 | 1840 | 69 | 10 | 6 | 34 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 13.6 | 1110 | 650 | 72 | 30 | 1 | 175 | 1480 | 65 | 10 | 4 | 49 | | | | | | | | | | | | | | | | | | | | | | | | |
| Beef Nachos (ground beef) | Queso | 14.3 | 900 | 460 | 51 | 16 | 0 | 120 | 2450 | 70 | 10 | 5 | 37 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 14.1 | 1110 | 630 | 70 | 28 | 0 | 170 | 2090 | 66 | 10 | 3 | 53 | | | | | | | | | | | | | | | | | | | | | | | | |
| Bean & Cheese (without guacamole or sour cream) | Queso | 8.3 | 710 | 390 | 43 | 14 | 0 | 50 | 1240 | 65 | 10 | 4 | 15 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 8.1 | 830 | 480 | 54 | 23 | 0 | 85 | 750 | 58 | 8 | 1 | 29 | | | | | | | | | | | | | | | | | | | | | | | | |
| SHARABLES | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kickin' Beef Nachos | Queso | 24.4 | 1640 | 880 | 97 | 32 | 1 | 175 | 3260 | 139 | 21 | 13 | 49 | | • | | | | | | | | | | | | | | | | | | | | | | |
| | Shredded Cheese | 24.1 | 2060 | 1210 | 134 | 57 | 1 | 280 | 2530 | 131 | 21 | 9 | 80 | | • | | | | | | | | | | | | | | | | | | | | | | |
| KID'S MEALS - bean & cheese taco, kid's side and 20 oz drink | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kid's Chips & Queso | 5.5 | 490 | 250 | 28 | 8 | 0 | 25 | 860 | 50 | 5 | 2 | 9 | | • | | | | | | | | | | | | v* | | | | | | | | | | | |
| Kid's Rice & Refried Beans | 9.2 | 210 | 75 | 9 | 3 | 0 | 10 | 490 | 27 | 4 | 1 | 6 | • | | | | | | | | | | | | | | | | | | | | | | | | |
| DESSERTS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sopapillas | Small | 2.5 | 250 | 70 | 8 | 6 | 0 | 0 | 300 | 39 | 1 | 14 | 5 | | • | • | | • | | | | | | | • | v* | | | | | | | | | | | |
| | Regular | 5.0 | 480 | 180 | 20 | 14 | 0 | 0 | 720 | 65 | 3 | 8 | 11 | | • | • | | • | | | | | | | • | v* | | | | | | | | | | | |
| Honey Sauce | 1.0 | 80 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 22 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Dulce de Leche | 1.0 | 80 | 10 | 1 | 1 | 0 | 5 | 90 | 17 | 0 | 12 | 1 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Tres Leches Parfait | 4.0 | 250 | 130 | 14 | 9 | 0 | 60 | 170 | 28 | 0 | 21 | 5 | | • | • | • | | • | | | | | | | • | v | | | | | | | | | | | |
| ADD-ONS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Guacamole small (3 oz) | 2.9 | 110 | 80 | 9 | 1 | 0 | 0 | 340 | 7 | 4 | 1 | 1 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Queso small (3 oz) | 3.0 | 110 | 70 | 8 | 5 | 0 | 25 | 830 | 5 | 0 | 2 | 5 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Sour Cream small (3 oz) | 2.9 | 160 | 130 | 15 | 10 | 0 | 55 | 40 | 3 | 0 | 3 | 3 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Tortilla Chips (small) | 2.5 | 380 | 180 | 20 | 4 | 0 | 0 | 25 | 44 | 5 | 1 | 4 | • | | | | | | | | | | | | | v* | | | | | | | | | | | |
| Steak Fajita (1 oz) | 1.0 | 50 | 25 | 3 | 1 | 0 | 20 | 250 | 1 | 0 | 0 | 6 | | • | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Breast Fajita (1 oz) | 1.0 | 45 | 10 | 2 | 0 | 0 | 20 | 280 | 1 | 0 | 0 | 7 | | • | | | | | | | | | | | | | | | | | | | | | | | |
| The Works (lettuce, tomato, guacamole, sour cream, cheese) | 1.8 | 80 | 60 | 6 | 4 | 0 | 15 | 110 | 2 | 1 | 1 | 3 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Salsa Roja (1 foz) | 0.9 | 5 | 0 | 0 | 0 | 0 | 0 | 110 | 1 | 0 | 1 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Salsa Fuego (1 foz) | 0.9 | 5 | 0 | 0 | 0 | 0 | 0 | 220 | 1 | 0 | 1 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Salsa Ranch (1 foz) | 0.9 | 30 | 25 | 8 | 0 | 0 | 0 | 210 | 1 | 0 | 1 | 0 | | • | • | | | | | | | | | | | v | | | | | | | | | | | |
| Jalapeno Salsa (1 foz) | 1.0 | 35 | 30 | 4 | 1 | 0 | 0 | 160 | 2 | 0 | 1 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Pico de Gallo (1 foz) | 1.0 | 5 | 0 | 0 | 0 | 0 | 0 | 100 | 1 | 0 | 1 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Sour Cream (1 foz) | 0.9 | 50 | 40 | 5 | 3 | 0 | 15 | 15 | 1 | 0 | 1 | 1 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Guacamole (1 foz) | 0.9 | 35 | 25 | 3 | 0 | 0 | 0 | 105 | 2 | 1 | 0 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Shredded Cheese (1 foz) | 0.5 | 50 | 40 | 5 | 3 | 0 | 15 | 80 | 0 | 0 | 0 | 3 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Onions (1 oz) | 1.0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Cilantro (0.25 oz) | 0.3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Sliced Jalapenos (1 oz) | 1.0 | 5 | 0 | 0 | 0 | 0 | 0 | 510 | 1 | 1 | 0 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Lemon / Lime Wedge (2 pcs) | 0.4 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | • | | | | | | | | | | | | | v | | | | | | | | | | | |
| Butter (5g Cup) | 0.2 | 35 | 35 | 4 | 3 | 0 | 10 | 30 | 0 | 0 | 0 | 0 | | • | | | | | | | | | | | | v | | | | | | | | | | | |
| Scrambled Egg (1 egg) | 1.7 | 80 | 60 | 6 | 2 | 0 | 150 | 120 | 1 | 0 | 0 | 5 | | | • | | | | •* | | | | | | | v | | | | | | | | | | | |
| Bacon (slice) | 0.3 | 45 | 30 | 5 | 2 | 0 | 10 | 170 | 0 | 0 | 0 | 3 | • | | | | | | | | | | | | | | | | | | | | | | | | |

Nutritional Guide



| <p>Not all items listed are available in all markets.</p> <p>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®, its employees nor franchisees 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.</p> | | | | | | | | | | | | | Serving Size (oz) | Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | None | Milk | Eggs | Wheat | Peanuts | Soy (*soy lecithin) | Fish | Shellfish | Tree Nuts (coconut) | Gluten | Vegetarian (*common flyer) |
|---|--------|-----|-----|----|---|---|-----|-----|-----|---|-----|----|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|------|------|------|-------|---------|---------------------|------|-----------|---------------------|--------|----------------------------|
| ADD-ONS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fresh Flour Tortilla - 6" | 1.3 | 120 | 30 | 3 | 2 | 0 | 0 | 290 | 19 | 1 | 0 | 3 | | • | | | | | | | | | • | v | | | | | | | | | | | |
| Table Corn Tortilla | 0.9 | 60 | 5 | 1 | 0 | 0 | 0 | 35 | 13 | 1 | 1 | 2 | • | | | | | | | | | | | v | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Breakfast Tacos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potato & Bacon | 2.7 | 230 | 100 | 11 | 4 | 0 | 10 | 630 | 27 | 1 | 0 | 6 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Potato & Bean | 5.0 | 310 | 130 | 14 | 5 | 0 | 5 | 640 | 39 | 4 | 1 | 7 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Potato a la Mexicana | 3.4 | 190 | 70 | 8 | 2 | 0 | 0 | 510 | 28 | 2 | 1 | 4 | | • | | • | | | | | | | • | v* | | | | | | | | | | | |
| Potato Ranchero | 3.4 | 200 | 70 | 8 | 2 | 0 | 0 | 570 | 28 | 2 | 1 | 4 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Potato & Egg | 3.4 | 220 | 100 | 11 | 4 | 0 | 145 | 460 | 22 | 1 | 0 | 8 | | • | • | • | | | | | | | • | v* | | | | | | | | | | | |
| Chorizo & Bean | 4.9 | 380 | 200 | 23 | 9 | 0 | 30 | 790 | 31 | 4 | 1 | 10 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Chorizo & Potato | 3.4 | 320 | 180 | 20 | 7 | 0 | 25 | 720 | 27 | 2 | 1 | 7 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Barbacoa | 3.4 | 360 | 220 | 25 | 6 | 1 | 55 | 470 | 19 | 1 | 0 | 15 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Bacon | 4.2 | 290 | 120 | 13 | 6 | 0 | 15 | 700 | 31 | 4 | 1 | 10 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Cheese (refried beans) | 4.4 | 300 | 130 | 14 | 7 | 0 | 20 | 580 | 31 | 4 | 1 | 10 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Chorizo & Egg | 3.4 | 270 | 150 | 17 | 6 | 0 | 140 | 610 | 19 | 1 | 1 | 9 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Bacon & Egg | 3.3 | 240 | 110 | 13 | 5 | 0 | 160 | 610 | 20 | 1 | 1 | 10 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Steak & Egg | 4.0 | 250 | 110 | 12 | 4 | 0 | 165 | 660 | 20 | 1 | 0 | 14 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Egg | 5.6 | 320 | 140 | 16 | 6 | 0 | 150 | 620 | 31 | 4 | 1 | 12 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Egg & Cheese | 3.5 | 250 | 120 | 14 | 6 | 0 | 160 | 500 | 19 | 1 | 0 | 11 | | • | • | • | | | | | | | • | v | | | | | | | | | | | |
| Carne Guisada | 3.8 | 210 | 70 | 8 | 3 | 0 | 30 | 660 | 20 | 1 | 0 | 13 | | • | | • | | •* | | | | | • | | | | | | | | | | | | |
| Breakfast Burritos | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Potato & Bacon | 2.7 | 230 | 100 | 11 | 4 | 0 | 10 | 630 | 27 | 1 | 0 | 6 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Potato & Bean | 5.0 | 310 | 130 | 14 | 5 | 0 | 5 | 640 | 39 | 4 | 1 | 7 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Potato a la Mexicana | 3.4 | 190 | 70 | 8 | 2 | 0 | 0 | 510 | 28 | 2 | 1 | 4 | | | | • | | | | | | | • | v* | | | | | | | | | | | |
| Potato Ranchero | 3.4 | 200 | 70 | 8 | 2 | 0 | 0 | 570 | 28 | 2 | 1 | 4 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Potato & Egg | 3.4 | 220 | 100 | 11 | 4 | 0 | 145 | 460 | 22 | 1 | 0 | 8 | | • | • | • | | | | | | | • | v* | | | | | | | | | | | |
| Chorizo & Bean | 4.9 | 380 | 200 | 23 | 9 | 0 | 30 | 790 | 31 | 4 | 1 | 10 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Chorizo & Potato | 3.4 | 320 | 180 | 20 | 7 | 0 | 25 | 720 | 27 | 2 | 1 | 7 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Barbacoa | 3.4 | 360 | 220 | 25 | 6 | 1 | 55 | 470 | 19 | 1 | 0 | 15 | | | | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Bacon | 4.2 | 290 | 120 | 13 | 6 | 0 | 15 | 700 | 31 | 4 | 1 | 10 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Cheese (refried beans) | 4.4 | 300 | 130 | 14 | 7 | 0 | 20 | 580 | 31 | 4 | 1 | 10 | | • | | • | | | | | | | • | | | | | | | | | | | | |
| Chorizo & Egg | 3.4 | 270 | 150 | 17 | 6 | 0 | 140 | 610 | 19 | 1 | 1 | 9 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Bacon & Egg | 3.3 | 240 | 110 | 13 | 5 | 0 | 160 | 610 | 20 | 1 | 1 | 10 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Steak & Egg | 4.0 | 250 | 110 | 12 | 4 | 0 | 165 | 660 | 20 | 1 | 0 | 14 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Bean & Egg | 5.6 | 320 | 140 | 16 | 6 | 0 | 150 | 620 | 31 | 4 | 1 | 12 | | • | • | • | | | | | | | • | | | | | | | | | | | | |
| Egg & Cheese | 3.5 | 250 | 120 | 14 | 6 | 0 | 160 | 500 | 19 | 1 | 0 | 11 | | • | • | • | | | | | | | • | v | | | | | | | | | | | |
| Carne Guisada | 3.8 | 210 | 70 | 8 | 3 | 0 | 30 | 660 | 20 | 1 | 0 | 13 | | | | • | | •* | | | | | • | | | | | | | | | | | | |
| Breakfast Combos - add choice of 2 tacos and choice of coffee or 20 oz drink | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DRINKS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fountain Drinks - Full Cup Without Ice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coca-Cola® | Small | 20 | 230 | 0 | 0 | 0 | 0 | 5 | 62 | 0 | 62 | 0 | | • | | | | | | | | | | v | | | | | | | | | | | |
| | Medium | 32 | 360 | 0 | 0 | 0 | 0 | 10 | 100 | 0 | 100 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Large | 44 | 500 | 0 | 0 | 0 | 0 | 10 | 137 | 0 | 137 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Diet Coke® | Small | 20 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | | • | | | | | | | | | | v | | | | | | | | | | | |
| | Medium | 32 | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Large | 44 | 5 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Coke Zero™ | Small | 20 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | | • | | | | | | | | | | v | | | | | | | | | | | |
| | Medium | 32 | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Large | 44 | 5 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Hi-C® Fruit Punch | Small | 20 | 240 | 0 | 0 | 0 | 0 | 25 | 62 | 0 | 62 | 0 | | • | | | | | | | | | | v | | | | | | | | | | | |
| | Medium | 32 | 380 | 0 | 0 | 0 | 0 | 35 | 100 | 0 | 100 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Large | 44 | 520 | 0 | 0 | 0 | 0 | 50 | 137 | 0 | 137 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Minute Maid® Lemonade | Small | 20 | 220 | 0 | 0 | 0 | 0 | 90 | 57 | 0 | 57 | 0 | | • | | | | | | | | | | v | | | | | | | | | | | |
| | Medium | 32 | 350 | 0 | 0 | 0 | 0 | 150 | 91 | 0 | 91 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Large | 44 | 490 | 0 | 0 | 0 | 0 | 200 | 125 | 0 | 125 | 0 | | | | | | | | | | | | | | | | | | | | | | | |

Nutritional Guide



| <p>Not all items listed are available in all markets.</p> <p>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®, its employees nor franchisees 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.</p> | | | | | | | | | | | | | Serving Size (oz) | Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | None | Milk | Eggs | Wheat | Peanuts | Soy (*soy lecithin) | Fish | Shellfish | Tree Nuts (*coconut) | Gluten | Vegetarian (*common flyer) |
|---|--------|----|-----|---|---|---|---|-----|-----|---|-----|---|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|------|------|------|-------|---------|---------------------|------|-----------|----------------------|--------|----------------------------|
| DRINKS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fountain Drinks - Full Cup Without Ice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minute Maid® Light Lemonade | Small | 20 | 10 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 20 | 0 | 0 | 0 | 0 | 10 | 2 | 0 | 0 | 0 | * | | | | | | | | | | | | v | | | | | | | | | | |
| | Large | 44 | 25 | 0 | 0 | 0 | 0 | 10 | 2 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Sprite® | Small | 20 | 220 | 0 | 0 | 0 | 0 | 50 | 57 | 0 | 57 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 350 | 0 | 0 | 0 | 0 | 80 | 91 | 0 | 91 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 490 | 0 | 0 | 0 | 0 | 100 | 125 | 0 | 152 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Dr Pepper® | Small | 20 | 230 | 0 | 0 | 0 | 0 | 80 | 62 | 0 | 62 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 370 | 0 | 0 | 0 | 0 | 130 | 100 | 0 | 100 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 510 | 0 | 0 | 0 | 0 | 180 | 137 | 0 | 137 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Diet Dr Pepper® | Small | 20 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 0 | 0 | 0 | 0 | 0 | 160 | 0 | 0 | 0 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 0 | 0 | 0 | 0 | 0 | 220 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Powerade® Mountain Blast | Small | 20 | 130 | 0 | 0 | 0 | 0 | 120 | 34 | 0 | 34 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 210 | 0 | 0 | 0 | 0 | 190 | 54 | 0 | 54 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 290 | 0 | 0 | 0 | 0 | 260 | 75 | 0 | 75 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Barq's® Root Beer | Small | 20 | 250 | 0 | 0 | 0 | 0 | 50 | 68 | 0 | 68 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 400 | 0 | 0 | 0 | 0 | 80 | 109 | 0 | 109 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 550 | 0 | 0 | 0 | 0 | 110 | 150 | 0 | 150 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Fanta® Orange | Small | 20 | 250 | 0 | 0 | 0 | 0 | 35 | 68 | 0 | 68 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 400 | 0 | 0 | 0 | 0 | 55 | 109 | 0 | 109 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 550 | 0 | 0 | 0 | 0 | 75 | 150 | 0 | 150 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Fanta® Strawberry | Small | 20 | 260 | 0 | 0 | 0 | 0 | 15 | 68 | 0 | 68 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 410 | 0 | 0 | 0 | 0 | 25 | 109 | 0 | 109 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 560 | 0 | 0 | 0 | 0 | 35 | 150 | 0 | 150 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Fanta® Apple | Small | 20 | 290 | 0 | 0 | 0 | 0 | 45 | 78 | 0 | 78 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 460 | 0 | 0 | 0 | 0 | 70 | 125 | 0 | 126 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 630 | 0 | 0 | 0 | 0 | 100 | 172 | 0 | 172 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Vault™ | Small | 20 | 240 | 0 | 0 | 0 | 0 | 25 | 50 | 0 | 50 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 390 | 0 | 0 | 0 | 0 | 35 | 62 | 0 | 62 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 540 | 0 | 0 | 0 | 0 | 50 | 100 | 0 | 100 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Unsweet Tea | Small | 20 | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 15 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 20 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Sweet Tea | Small | 20 | 240 | 0 | 0 | 0 | 0 | 0 | 63 | 0 | 61 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 32 | 390 | 0 | 0 | 0 | 0 | 0 | 101 | 0 | 97 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 44 | 540 | 0 | 0 | 0 | 0 | 0 | 138 | 0 | 133 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Fountain Drinks - With Ice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Coca-Cola® | Small | 13 | 150 | 0 | 0 | 0 | 0 | 0 | 41 | 0 | 41 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 21 | 240 | 0 | 0 | 0 | 0 | 5 | 67 | 0 | 67 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 26 | 300 | 0 | 0 | 0 | 0 | 5 | 82 | 0 | 82 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Diet Coke® | Small | 13 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 21 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 26 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Coke Zero™ | Small | 13 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 21 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 26 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Hi-C® Fruit Punch | Small | 13 | 150 | 0 | 0 | 0 | 0 | 15 | 41 | 0 | 41 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 21 | 250 | 0 | 0 | 0 | 0 | 52 | 66 | 0 | 66 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 26 | 310 | 0 | 0 | 0 | 0 | 30 | 80 | 0 | 82 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| Minute Maid® Lemonade | Small | 13 | 140 | 0 | 0 | 0 | 0 | 60 | 37 | 0 | 37 | 0 | | | | | | | | | | | | | | | | | | | | | | | |
| | Medium | 21 | 240 | 0 | 0 | 0 | 0 | 95 | 60 | 0 | 60 | 0 | * | | | | | | | | | | | | | v | | | | | | | | | |
| | Large | 26 | 290 | 0 | 0 | 0 | 0 | 120 | 75 | 0 | 75 | 0 | | | | | | | | | | | | | | | | | | | | | | | |

Nutritional Guide



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|---|------------------|------|-----------|---|---|---|---|-----|-----|---|-----|---|---|-------------------|----------|---------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|------|------|------|-------|---------|---------------------|------|-----------|----------------------|--------|----------------------------|
| DRINKS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fountain Drinks - With Ice | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minute Maid® Light Lemonade | Small | 13 | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 10 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 15 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Sprite® | Small | 13 | 140 | 0 | 0 | 0 | 0 | 35 | 37 | 0 | 37 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 240 | 0 | 0 | 0 | 0 | 55 | 60 | 0 | 60 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 290 | 0 | 0 | 0 | 0 | 65 | 75 | 0 | 75 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Dr Pepper® | Small | 13 | 150 | 0 | 0 | 0 | 0 | 50 | 40 | 0 | 40 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 250 | 0 | 0 | 0 | 0 | 85 | 66 | 0 | 66 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 300 | 0 | 0 | 0 | 0 | 105 | 82 | 0 | 82 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Diet Dr Pepper® | Small | 13 | 0 | 0 | 0 | 0 | 0 | 65 | 0 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 0 | 0 | 0 | 0 | 0 | 105 | 0 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 0 | 0 | 0 | 0 | 0 | 130 | 0 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Powerade® Mountain Blast | Small | 13 | 80 | 0 | 0 | 0 | 0 | 75 | 22 | 0 | 22 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 140 | 0 | 0 | 0 | 0 | 125 | 36 | 0 | 36 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 170 | 0 | 0 | 0 | 0 | 160 | 45 | 0 | 45 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Barq's® Root Beer | Small | 13 | 160 | 0 | 0 | 0 | 0 | 35 | 44 | 0 | 44 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 270 | 0 | 0 | 0 | 0 | 55 | 72 | 0 | 72 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 330 | 0 | 0 | 0 | 0 | 65 | 90 | 0 | 90 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Fanta® Orange | Small | 13 | 160 | 0 | 0 | 0 | 0 | 20 | 44 | 0 | 44 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 270 | 0 | 0 | 0 | 0 | 35 | 72 | 0 | 72 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 330 | 0 | 0 | 0 | 0 | 45 | 90 | 0 | 90 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Fanta® Strawberry | Small | 13 | 170 | 0 | 0 | 0 | 0 | 10 | 44 | 0 | 44 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 270 | 0 | 0 | 0 | 0 | 20 | 72 | 0 | 72 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 340 | 0 | 0 | 0 | 0 | 20 | 90 | 0 | 90 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Fanta® Apple | Small | 13 | 190 | 0 | 0 | 0 | 0 | 30 | 51 | 0 | 51 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 300 | 0 | 0 | 0 | 0 | 50 | 83 | 0 | 83 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 380 | 0 | 0 | 0 | 0 | 60 | 103 | 0 | 103 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Vault™ | Small | 13 | 160 | 0 | 0 | 0 | 0 | 15 | 41 | 0 | 41 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 21 | 260 | 0 | 0 | 0 | 0 | 25 | 66 | 0 | 66 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 26 | 320 | 0 | 0 | 0 | 0 | 30 | 82 | 0 | 82 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| DRINKS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tea, Unsweet | Small | 9 | 5 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 14 | 5 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 19 | 10 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Sweet Tea | Small | 9 | 110 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 28 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Medium | 14 | 170 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 43 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | Large | 19 | 230 | 0 | 0 | 0 | 0 | 0 | 60 | 0 | 59 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Coffee | | 16 | 5 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 1 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Decaf Coffee | | 16 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Simply Orange™ (11.5 foz bottle) | | 12 | 160 | 0 | 0 | 0 | 0 | 0 | 37 | 0 | 33 | 3 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Tequila Margaritas - no rimmer | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lime Margarita | 12 oz Cup | 13.3 | 340 | 0 | 0 | 0 | 0 | 25 | 37 | 0 | 36 | 3 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | margarita mix | 13.3 | 12 oz cup | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Strawberry Margarita | 12 oz Cup | 13.3 | 340 | 0 | 0 | 0 | 0 | 20 | 43 | 1 | 41 | 3 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | margarita mix | 12.3 | 12 oz cup | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | strawberry puree | 1.0 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Strawberry/Mango Margarita | 12 oz Cup | 13.3 | | 0 | 0 | 0 | 0 | 20 | 43 | 1 | 41 | 3 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | margarita mix | 12.3 | 12 oz cup | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | strawberry puree | 0.5 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | mango puree | 0.5 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Mango Margarita | 12 oz Cup | 13.3 | 340 | 0 | 0 | 0 | 0 | 20 | 44 | 1 | 42 | 3 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | margarita mix | 12.3 | 12 oz cup | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | mango puree | 1.0 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| Mango Margarita | 12 oz Cup | 13.3 | 320 | 0 | 0 | 0 | 0 | 210 | 43 | 1 | 39 | 2 | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | margarita mix | 12.3 | 12 oz cup | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | strawberry syrup | 0.5 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |
| | mango syrup | 0.5 | | | | | | | | | | | • | | | | | | | | | | | v | | | | | | | | | | | | |