

# TACO DEL MAR®



## CHOICE INGREDIENTS

When we were cruising past the funky shoreline shacks dotting the beaches of Baja looking for the next wave, we needed to fill up on something fast, flavorful, and nutritious. So, our menu reflects choice ingredients to get you on your next wave. Keto, Paleo, Vegetarian, Vegan, Binge-Day, Plant-Based, Low-Carb, Gluten-Free, Caveman, No Added Sugar, whatever your dietary interest, we got you covered!



**USA NUTRITION GUIDE**



**USA ALLERGEN GUIDE**



**USA GLUTEN CHART**



**CANADA NUTRITION GUIDE**



**CANADA ALLERGEN GUIDE**



**CANADA GLUTEN CHART**

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. NUTRITION INFORMATION FOR TACO DEL MAR® MENU ITEMS WAS DETERMINED BY REGISTERED DIETITIANS AT NEWWELLNESS, INC. USING MANUFACTURER INFORMATION AND ESHA RESEARCH DATABASE ANALYSIS. INFORMATION IS BASED ON STANDARD RECIPES; VARIATIONS MAY OCCUR DUE TO USE OF AN ALTERNATE SUPPLIER OR DIFFERENCES IN PRODUCT PORTIONING. CUSTOMER REQUESTS FOR VARIATIONS FROM STANDARD RECIPES WILL RESULT IN CHANGES TO NUTRITIONAL VALUES. NOT ALL MENU ITEMS ARE AVAILABLE IN ALL LOCATIONS. REVISED 3/18/2021E



# USA NUTRITION GUIDE

|  | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|

## CRISPY SHRIMP, WITH A KICK LIMITED TIME OFFERING

|                                         |      |     |     |    |     |   |    |      |    |   |   |    |
|-----------------------------------------|------|-----|-----|----|-----|---|----|------|----|---|---|----|
| 1 Crispy Shrimp Taco - corn tortillas   | 174g | 330 | 110 | 12 | 1.5 | 0 | 35 | 430  | 47 | 1 | 1 | 8  |
| 2 Crispy Shrimp Tacos - corn tortillas  | 347g | 660 | 210 | 24 | 3.5 | 0 | 70 | 870  | 94 | 3 | 3 | 15 |
| 1 Crispy Shrimp Taco - flour tortillas  | 151g | 250 | 110 | 12 | 2   | 0 | 35 | 600  | 29 | 1 | 1 | 7  |
| 2 Crispy Shrimp Tacos - flour tortillas | 301g | 500 | 220 | 25 | 4.5 | 0 | 70 | 1200 | 58 | 3 | 3 | 13 |

Nutrition information for Crispy Shrimp Tacos include tortilla option, crispy shrimp, shredded cabbage, baja white sauce and pico de gallo

## BURRITOS - REGULAR

|                       |      |     |     |    |     |   |     |      |     |    |   |    |
|-----------------------|------|-----|-----|----|-----|---|-----|------|-----|----|---|----|
| Chicken Burrito       | 545g | 910 | 280 | 31 | 13  | 0 | 105 | 1990 | 115 | 10 | 4 | 42 |
| Fish Burrito          | 560g | 980 | 450 | 50 | 16  | 0 | 100 | 2120 | 100 | 14 | 5 | 34 |
| Ground Beef Burrito   | 545g | 950 | 330 | 37 | 17  | 0 | 85  | 2270 | 116 | 10 | 4 | 38 |
| Pork Burrito          | 545g | 900 | 280 | 31 | 14  | 0 | 95  | 2300 | 115 | 9  | 3 | 39 |
| Shredded Beef Burrito | 545g | 910 | 280 | 31 | 14  | 0 | 90  | 2130 | 116 | 10 | 4 | 40 |
| Steak Burrito         | 545g | 870 | 250 | 27 | 13  | 0 | 80  | 2300 | 117 | 9  | 3 | 37 |
| Vegan Burrito         | 494g | 680 | 130 | 15 | 4.5 | 0 | 0   | 1630 | 115 | 12 | 4 | 19 |
| Veggie Burrito        | 552g | 840 | 260 | 29 | 12  | 0 | 45  | 1830 | 119 | 12 | 5 | 26 |

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

## BURRITOS BOWLS

|                            |      |     |     |    |     |   |     |      |    |    |   |    |
|----------------------------|------|-----|-----|----|-----|---|-----|------|----|----|---|----|
| Chicken Burrito Bowl       | 441g | 600 | 210 | 24 | 10  | 0 | 105 | 1250 | 63 | 8  | 4 | 34 |
| Fish Burrito Bowl          | 456g | 670 | 390 | 43 | 13  | 0 | 100 | 1380 | 48 | 12 | 5 | 26 |
| Ground Beef Burrito Bowl   | 441g | 640 | 270 | 30 | 14  | 0 | 85  | 1530 | 64 | 8  | 4 | 30 |
| Pork Burrito Bowl          | 441g | 590 | 210 | 24 | 11  | 0 | 95  | 1560 | 63 | 7  | 3 | 31 |
| Shredded Beef Burrito Bowl | 441g | 600 | 210 | 24 | 11  | 0 | 90  | 1390 | 64 | 8  | 4 | 32 |
| Steak Burrito Bowl         | 441g | 560 | 180 | 20 | 10  | 0 | 80  | 1560 | 65 | 7  | 3 | 29 |
| Vegan Burrito Bowl         | 390g | 370 | 70  | 8  | 1.5 | 0 | 0   | 890  | 63 | 10 | 4 | 11 |
| Veggie Burrito Bowl        | 448g | 530 | 200 | 22 | 9   | 0 | 45  | 1090 | 67 | 10 | 5 | 18 |

Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

## BURRITOS - SMALL

|                       |      |     |     |    |     |   |    |      |    |   |   |    |
|-----------------------|------|-----|-----|----|-----|---|----|------|----|---|---|----|
| Chicken Burrito       | 291g | 510 | 150 | 17 | 7   | 0 | 50 | 1140 | 68 | 5 | 2 | 23 |
| Fish Burrito          | 323g | 570 | 240 | 27 | 9   | 0 | 50 | 1280 | 64 | 8 | 2 | 20 |
| Ground Beef Burrito   | 291g | 530 | 180 | 20 | 9   | 0 | 45 | 1270 | 68 | 5 | 2 | 21 |
| Pork Burrito          | 291g | 500 | 150 | 17 | 7   | 0 | 50 | 1290 | 67 | 5 | 2 | 22 |
| Shredded Beef Burrito | 291g | 510 | 150 | 17 | 7   | 0 | 45 | 1200 | 68 | 5 | 2 | 22 |
| Steak Burrito         | 291g | 490 | 140 | 15 | 7   | 0 | 40 | 1290 | 69 | 5 | 2 | 20 |
| Vegan Burrito         | 265g | 390 | 80  | 9  | 2.5 | 0 | 0  | 950  | 68 | 6 | 2 | 12 |
| Veggie Burrito        | 295g | 470 | 140 | 16 | 7   | 0 | 25 | 1060 | 69 | 6 | 2 | 15 |

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional items not included.

## GET WET BURRITO TOPPINGS - REGULAR, SMALL

|                                    |      |     |     |    |     |   |    |      |    |   |   |    |
|------------------------------------|------|-----|-----|----|-----|---|----|------|----|---|---|----|
| Regular Toppings - Enchilada Sauce | 182g | 100 | 40  | 4  | 2   | 0 | 10 | 860  | 12 | 2 | 3 | 4  |
| Regular Toppings - Queso, White    | 170g | 270 | 200 | 23 | 13  | 0 | 55 | 1430 | 10 | 1 | 5 | 12 |
| Regular Toppings - Queso, Yellow   | 170g | 170 | 110 | 12 | 5   | 0 | 5  | 970  | 6  | 1 | 1 | 6  |
| Small Toppings - Enchilada Sauce   | 125g | 80  | 35  | 4  | 2   | 0 | 10 | 500  | 7  | 1 | 2 | 4  |
| Small Toppings - Queso, White      | 114g | 140 | 100 | 11 | 7   | 0 | 30 | 750  | 6  | 1 | 3 | 6  |
| Small Toppings - Queso, Yellow     | 114g | 90  | 50  | 6  | 2.5 | 0 | 5  | 520  | 4  | 1 | 1 | 4  |

Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso, lettuce, Pico, cilantro; burrito nutrition not included.

## ENCHILADA PLATTERS

|                            |      |     |     |    |    |   |     |      |     |    |   |    |
|----------------------------|------|-----|-----|----|----|---|-----|------|-----|----|---|----|
| 2 Cheese Enchiladas        | 605g | 810 | 290 | 32 | 14 | 0 | 70  | 1870 | 105 | 15 | 4 | 29 |
| 2 Chicken Enchiladas       | 667g | 850 | 270 | 31 | 11 | 0 | 105 | 1990 | 105 | 15 | 5 | 41 |
| 2 Fish Enchiladas          | 661g | 880 | 300 | 33 | 10 | 0 | 80  | 2070 | 116 | 15 | 4 | 32 |
| 2 Ground Beef Enchiladas   | 667g | 890 | 330 | 37 | 15 | 0 | 85  | 2270 | 106 | 15 | 5 | 36 |
| 2 Pork Enchiladas          | 667g | 830 | 270 | 30 | 11 | 0 | 95  | 2300 | 104 | 15 | 5 | 38 |
| 2 Shredded Beef Enchiladas | 667g | 840 | 270 | 30 | 11 | 0 | 90  | 2130 | 106 | 15 | 5 | 38 |
| 2 Steak Enchiladas         | 667g | 810 | 240 | 27 | 10 | 0 | 80  | 2300 | 107 | 15 | 4 | 35 |

Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.

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# USA NUTRITION GUIDE

|  | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|

## ENCHILADA/TACO PLATTERS

|                                      |      |      |     |    |    |   |     |      |     |    |   |    |
|--------------------------------------|------|------|-----|----|----|---|-----|------|-----|----|---|----|
| Cheese - 1 Taco & 1 Enchilada        | 608g | 830  | 300 | 33 | 15 | 0 | 70  | 1980 | 107 | 15 | 5 | 31 |
| Chicken - 1 Taco & 1 Enchilada       | 670g | 870  | 280 | 31 | 12 | 0 | 105 | 2110 | 107 | 15 | 5 | 43 |
| Fish - 1 Taco & 1 Enchilada          | 715g | 1030 | 430 | 48 | 14 | 0 | 95  | 2310 | 120 | 16 | 6 | 35 |
| Ground Beef - 1 Taco & 1 Enchilada   | 670g | 910  | 340 | 38 | 16 | 0 | 85  | 2380 | 108 | 15 | 6 | 38 |
| Pork - 1 Taco & 1 Enchilada          | 670g | 860  | 280 | 31 | 12 | 0 | 95  | 2410 | 106 | 15 | 5 | 40 |
| Shredded Beef - 1 Taco & 1 Enchilada | 670g | 860  | 280 | 31 | 12 | 0 | 90  | 2240 | 107 | 15 | 5 | 40 |
| Steak - 1 Taco & 1 Enchilada         | 670g | 830  | 250 | 28 | 11 | 0 | 80  | 2420 | 109 | 15 | 5 | 37 |

Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional items not included

## QUESADILLAS

|                          |      |     |     |    |    |   |     |      |    |   |   |    |
|--------------------------|------|-----|-----|----|----|---|-----|------|----|---|---|----|
| Cheese Quesadilla        | 229g | 590 | 260 | 29 | 15 | 0 | 75  | 1320 | 57 | 3 | 2 | 26 |
| Chicken Quesadilla       | 314g | 720 | 310 | 35 | 17 | 0 | 130 | 1580 | 58 | 3 | 2 | 43 |
| Fish Quesadilla          | 308g | 750 | 340 | 37 | 16 | 0 | 105 | 1660 | 69 | 3 | 2 | 35 |
| Ground Beef Quesadilla   | 314g | 760 | 370 | 41 | 21 | 0 | 110 | 1860 | 59 | 3 | 2 | 39 |
| Pork Quesadilla          | 314g | 700 | 310 | 34 | 17 | 0 | 120 | 1890 | 58 | 3 | 2 | 40 |
| Shredded Beef Quesadilla | 314g | 710 | 310 | 34 | 17 | 0 | 120 | 1720 | 59 | 3 | 2 | 41 |
| Steak Quesadilla         | 314g | 680 | 280 | 31 | 16 | 0 | 105 | 1890 | 60 | 3 | 2 | 38 |

Nutrition Information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, sauce & jalapenos not included.

## QUESADILLA PLATTERS

|                                  |      |      |     |    |    |   |     |      |     |    |   |    |
|----------------------------------|------|------|-----|----|----|---|-----|------|-----|----|---|----|
| Cheese Quesadilla Platter        | 562g | 950  | 300 | 33 | 16 | 0 | 75  | 2200 | 123 | 13 | 3 | 38 |
| Chicken Quesadilla Platter       | 647g | 1080 | 350 | 39 | 18 | 0 | 130 | 2470 | 125 | 13 | 4 | 56 |
| Fish Quesadilla Platter          | 641g | 1110 | 380 | 42 | 17 | 0 | 105 | 2540 | 136 | 13 | 3 | 48 |
| Ground Beef Quesadilla Platter   | 647g | 1120 | 410 | 45 | 22 | 0 | 110 | 2750 | 125 | 13 | 4 | 51 |
| Pork Quesadilla Platter          | 647g | 1060 | 350 | 39 | 18 | 0 | 120 | 2780 | 124 | 13 | 3 | 53 |
| Shredded Beef Quesadilla Platter | 647g | 1070 | 350 | 39 | 18 | 0 | 120 | 2610 | 125 | 13 | 4 | 54 |
| Steak Quesadilla Platter         | 647g | 1040 | 320 | 36 | 17 | 0 | 105 | 2780 | 127 | 13 | 3 | 50 |

Nutrition information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional items not included.

## TACO SALADS

|                          |      |     |     |    |    |   |     |      |     |    |   |    |
|--------------------------|------|-----|-----|----|----|---|-----|------|-----|----|---|----|
| Chicken Taco Salad       | 585g | 710 | 340 | 38 | 14 | 0 | 105 | 1180 | 59  | 10 | 8 | 37 |
| Fish Taco Salad          | 579g | 730 | 370 | 41 | 13 | 0 | 80  | 1250 | 70  | 11 | 8 | 28 |
| Ground Beef Taco Salad   | 585g | 750 | 400 | 45 | 18 | 0 | 85  | 1450 | 60  | 11 | 9 | 32 |
| Pork Taco Salad          | 585g | 690 | 340 | 38 | 14 | 0 | 95  | 1490 | 58  | 10 | 8 | 34 |
| Shredded Beef Taco Salad | 585g | 700 | 340 | 38 | 14 | 0 | 90  | 1320 | 59  | 10 | 9 | 34 |
| Steak Taco Salad         | 585g | 670 | 310 | 35 | 13 | 0 | 80  | 1490 | 61  | 10 | 8 | 31 |
| Vegan Taco Salad         | 619g | 670 | 230 | 25 | 5  | 0 | 0   | 1110 | 97  | 13 | 8 | 17 |
| Veggie Taco Salad        | 677g | 830 | 350 | 39 | 13 | 0 | 45  | 1310 | 101 | 13 | 9 | 23 |

Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional jalapenos, sauce not included.

## TACOS

|                                        |      |     |     |    |     |   |    |     |    |   |   |    |
|----------------------------------------|------|-----|-----|----|-----|---|----|-----|----|---|---|----|
| Chicken Taco - flour tortilla          | 159g | 240 | 110 | 12 | 6   | 0 | 50 | 530 | 19 | 2 | 2 | 16 |
| Tropical Lobster Taco – corn tortillas | 149  | 260 | 90  | 11 | 1.5 | 0 | 10 | 360 | 33 | 3 | 5 | 7  |
| Lobster Taco – corn tortillas          | 180  | 290 | 140 | 15 | 2   | 0 | 20 | 420 | 30 | 4 | 2 | 8  |
| Fish Taco - flour tortilla             | 183g | 350 | 200 | 22 | 7   | 0 | 50 | 640 | 27 | 3 | 2 | 12 |
| Ground Beef Taco - flour tortilla      | 159g | 260 | 140 | 15 | 8   | 0 | 45 | 670 | 20 | 2 | 2 | 14 |
| Pork Taco - flour tortilla             | 159g | 240 | 110 | 12 | 6   | 0 | 50 | 680 | 19 | 2 | 2 | 14 |
| Shredded Beef Taco - flour tortilla    | 159g | 240 | 110 | 12 | 6   | 0 | 45 | 600 | 20 | 2 | 2 | 15 |
| Steak Taco - flour tortilla            | 159g | 220 | 90  | 10 | 5   | 0 | 40 | 680 | 20 | 2 | 2 | 13 |
| Vegan Taco - flour tortilla            | 184g | 220 | 45  | 5  | 1.5 | 0 | 0  | 550 | 37 | 5 | 2 | 7  |
| Veggie Taco - flour tortilla           | 214g | 300 | 110 | 12 | 6   | 0 | 25 | 660 | 39 | 5 | 2 | 10 |

Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

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# USA NUTRITION GUIDE

|                                           | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|-------------------------------------------|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| <b>TORTILLAS, SAUCES, ADD-ONS</b>         |              |          |              |               |             |               |              |             |          |           |           |             |
| 6" Corn Tortilla - 2 each                 | 56 g         | 120      | 20           | 2             | 0           | 0             | 0            | 0           | 24       | 2         | 0         | 2           |
| 6" Flour Tortilla - 1 each                | 31g          | 90       | 18           | 2             | 1           | 0             | 0            | 220         | 15       | 1         | 0         | 3           |
| 7" Hard Corn Taco Shell - 1 each          | 22g          | 100      | 40           | 4.5           | 1           | 0             | 0            | 0           | 14       | 2         | 1         | 2           |
| 10" Flour Tortilla - 1 each               | 71g          | 210      | 45           | 5             | 2           | 0             | 0            | 510         | 36       | 1         | 0         | 6           |
| 10" Taco Salad Shell - 1 each             | 59g          | 280      | 150          | 17            | 3.5         | 0             | 0            | 200         | 29       | 1         | 1         | 4           |
| 10" Whole Wheat Tortilla - 1 each         | 71g          | 200      | 40           | 5             | 2           | 0             | 0            | 510         | 34       | 4         | 0         | 6           |
| 12" Flour Tortilla - 1 each               | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 740         | 52       | 2         | 0         | 8           |
| 12" Spinach Tortilla - 1 each             | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 740         | 51       | 2         | 0         | 9           |
| 12" Tomato Basil Tortilla - 1 each        | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 720         | 52       | 2         | 0         | 8           |
| 12" Whole Wheat Tortilla - 1 each         | 104g         | 290      | 60           | 7             | 3           | 0             | 0            | 750         | 50       | 6         | 0         | 9           |
| Beans, Black - 1 spoonful                 | 99g          | 90       | 5            | 0.5           | 0           | 0             | 0            | 270         | 17       | 3         | 1         | 4           |
| Beans, Refried - 1 spoonful               | 99g          | 100      | 10           | 1             | 0           | 0             | 0            | 350         | 16       | 6         | 0         | 6           |
| Beans, Whole Pinto - 1 spoonful           | 99g          | 90       | 0            | 0             | 0           | 0             | 0            | 210         | 16       | 5         | 0         | 5           |
| Black Olives - 1 tablespoon               | 6g           | 10       | 10           | 1             | 0           | 0             | 0            | 40          | 0        | 0         | 0         | 0           |
| Cabbage - 1 tong full                     | 57g          | 15       | 0            | 0             | 0           | 0             | 0            | 10          | 3        | 1         | 1         | 1           |
| Cheese Add On - 1 scoop                   | 23g          | 90       | 70           | 7             | 4           | 0             | 25           | 150         | 1        | 0         | 0         | 6           |
| Chicken Add On - 1 scoop                  | 85g          | 130      | 50           | 6             | 1.5         | 0             | 55           | 270         | 1        | 0         | 0         | 18          |
| Chips, side                               | 85g          | 410      | 220          | 24            | 2.5         | 0             | 0            | 320         | 46       | 5         | 0         | 5           |
| Chopped onions - 1 tablespoon             | 6g           | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Chopped tomatoes - 1 tong full            | 17g          | 5        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Chorizo - 1.5 oz                          | 43g          | 120      | 90           | 10            | 3.5         | 0             | 15           | 430         | 2        | 1         | 0         | 6           |
| Cilantro - 1 tong full                    | 0.3 g        | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 0        | 0         | 0         | 0           |
| Eggs - 1 scoop                            | 71g          | 100      | 60           | 7             | 2           | 0             | 300          | 280         | 0        | 0         | 0         | 9           |
| Enchilada Sauce - 1 ladle                 | 57g          | 25       | 0            | 0             | 0           | 0             | 0            | 360         | 5        | 1         | 1         | 1           |
| Fish Add On - 2 pc                        | 79g          | 160      | 80           | 8             | 0.5         | 0             | 35           | 340         | 12       | 1         | 0         | 9           |
| Ground Beef Add On - 1 scoop              | 85g          | 170      | 110          | 12            | 6           | 0             | 40           | 540         | 2        | 1         | 1         | 13          |
| Guacamole Add On - 1 scoop                | 35g          | 45       | 35           | 4             | 0.5         | 0             | 0            | 105         | 3        | 2         | 0         | 1           |
| Guacamole Side Order - 4 oz               | 113g         | 140      | 110          | 12            | 2           | 0             | 0            | 330         | 9        | 6         | 1         | 2           |
| Jalapeno bacon - 1 slice                  | 9g           | 40       | 30           | 3             | 1           | 0             | 5            | 250         | 0        | 0         | 0         | 3           |
| Jalapeno peppers - 1 tablespoon           | 10g          | 0        | 0            | 0             | 0           | 0             | 0            | 170         | 0        | 0         | 0         | 0           |
| Lettuce - 1 tong full                     | 57g          | 10       | 0            | 0             | 0           | 0             | 0            | 5           | 2        | 1         | 1         | 1           |
| Lime wedge                                | 7g           | 5        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Pico de Gallo Add On - 1 scoop            | 57g          | 10       | 0            | 0             | 0           | 0             | 0            | 140         | 2        | 1         | 2         | 1           |
| Pico de Gallo Side Order - 3 oz           | 85g          | 15       | 0            | 0             | 0           | 0             | 0            | 210         | 4        | 1         | 2         | 1           |
| Pork Add On - 1 scoop                     | 85g          | 120      | 50           | 6             | 2           | 0             | 50           | 570         | 1        | 0         | 0         | 15          |
| Queso, White Add On - 1 ladle             | 57g          | 130      | 100          | 11            | 7           | 0             | 30           | 680         | 4        | 0         | 2         | 6           |
| Queso, White Side Order - 4 oz            | 113g         | 260      | 200          | 23            | 13          | 0             | 55           | 1360        | 8        | 0         | 4         | 11          |
| Queso, Yellow Add On - 1 ladle            | 57g          | 80       | 50           | 6             | 2.5         | 0             | 5            | 450         | 2        | 0         | 0         | 3           |
| Queso, Yellow Side Order - 4 oz           | 113g         | 160      | 110          | 12            | 5           | 0             | 5            | 900         | 4        | 0         | 0         | 6           |
| Rice, seasoned - 1 scoop                  | 142g         | 210      | 25           | 3             | 0           | 0             | 0            | 290         | 40       | 1         | 0         | 4           |
| Serrano Peppers - 1 tablespoon            | 6g           | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 0        | 0         | 0         | 0           |
| Shredded Beef Add On - 1 scoop            | 85g          | 120      | 50           | 6             | 2           | 0             | 45           | 400         | 2        | 0         | 1         | 15          |
| Sour Cream Add On - 1 scoop               | 35g          | 70       | 50           | 6             | 4           | 0             | 25           | 20          | 1        | 0         | 1         | 1           |
| Chipotle Sour Cream Add On - 1 scoop      | 35g          | 110      | 100          | 11            | 3.5         | 0             | 20           | 125         | 1        | 0         | 1         | 1           |
| Steak Add On - 1 scoop                    | 85g          | 90       | 20           | 2.5           | 1           | 0             | 30           | 580         | 3        | 0         | 0         | 12          |
| Baja White Sauce - 1.5 oz                 | 43g          | 180      | 170          | 19            | 3.5         | 0             | 20           | 160         | 2        | 0         | 0         | 0           |
| Salsa Verde Tomatillo (Mild) 1 ladle      | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 25          | 1        | 1         | 0         | 0           |
| Salsa Roasted Chipotle (Medium) - 1 ladle | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 120         | 2        | 0         | 1         | 0           |
| Salsa Habanero (Hot) 1 ladle              | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 90          | 2        | 0         | 1         | 0           |
| Salsa Corn - 1 ladle                      | 34g          | 25       | 5            | 0             | 0           | 0             | 0            | 370         | 4        | 0         | 2         | 1           |
| Salsa Mango 1 ladle                       | 34g          | 20       | 0            | 0             | 0           | 0             | 0            | 45          | 5        | 0         | 4         | 0           |
| White Sauce - 1 ladle                     | 34g          | 150      | 150          | 16            | 2.5         | 0             | 20           | 140         | 1        | 0         | 1         | 0           |
| Cilantro Lime Vinaigrette 1 ladle         | 34g          | 50       | 45           | 5             | 0           | 0             | 0            | 15          | 1        | 1         | 1         | 0           |

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# USA NUTRITION GUIDE

|                                        | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|----------------------------------------|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| <b>SIDES &amp; COMBOS</b>              |              |          |              |               |             |               |              |             |          |           |           |             |
| Chips & Guacamole                      | 198g         | 550      | 330          | 37            | 4           | 0             | 0            | 650         | 55       | 11        | 1         | 7           |
| Chips & Queso, White                   | 198g         | 680      | 420          | 47            | 16          | 0             | 55           | 1680        | 54       | 5         | 4         | 16          |
| Chips & Queso, Yellow                  | 198g         | 570      | 330          | 36            | 7           | 0             | 5            | 1210        | 50       | 5         | 0         | 11          |
| Chips & Salsa                          | 170g         | 430      | 220          | 24            | 2.5         | 0             | 0            | 520         | 50       | 6         | 2         | 6           |
| Chips & Corn Salsa                     | 177g         | 480      | 230          | 25            | 2.5         | 0             | 0            | 1310        | 58       | 6         | 5         | 7           |
| Rice & Beans (black) & Pico de Gallo   | 319g         | 350      | 35           | 4             | 0           | 0             | 0            | 780         | 67       | 6         | 3         | 11          |
| Rice & Beans (pinto) & Pico de Gallo   | 319g         | 340      | 30           | 3             | 0           | 0             | 0            | 680         | 65       | 8         | 1         | 12          |
| Rice & Beans (refried) & Pico de Gallo | 319g         | 360      | 40           | 4.5           | 1           | 0             | 0            | 880         | 66       | 10        | 1         | 12          |

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

|                                    |     |     |     |    |     |   |    |     |    |   |    |   |
|------------------------------------|-----|-----|-----|----|-----|---|----|-----|----|---|----|---|
| <b>DESSERTS</b>                    |     |     |     |    |     |   |    |     |    |   |    |   |
| Brownie - Chocolate Chunk          | 72g | 320 | 160 | 18 | 9   | 0 | 60 | 100 | 38 | 3 | 26 | 4 |
| Churros - 2 pieces                 | 74g | 270 | 90  | 10 | 1   | 0 | 0  | 180 | 40 | 1 | 13 | 4 |
| Cookie - Chocolate Chip            | 38g | 170 | 70  | 7  | 4   | 0 | 10 | 120 | 24 | 1 | 15 | 2 |
| Cookie - Double Chocolate Chip     | 38g | 170 | 70  | 8  | 4.5 | 0 | 10 | 135 | 23 | 1 | 15 | 2 |
| Cookie - Oatmeal Raisin            | 38g | 160 | 60  | 7  | 4   | 0 | 10 | 130 | 23 | 1 | 13 | 2 |
| Cookie - White Chocolate Macadamia | 38g | 170 | 80  | 9  | 4   | 0 | 10 | 120 | 22 | 0 | 14 | 2 |

|                                            |      |     |     |     |     |   |    |      |    |   |   |    |
|--------------------------------------------|------|-----|-----|-----|-----|---|----|------|----|---|---|----|
| <b>KIDS</b>                                |      |     |     |     |     |   |    |      |    |   |   |    |
| Burrito Bean (refried) & Cheese            | 243g | 440 | 120 | 14  | 7   | 0 | 25 | 1180 | 61 | 9 | 0 | 20 |
| Cheese Quesadilla                          | 94g  | 300 | 110 | 12  | 6   | 0 | 25 | 660  | 37 | 1 | 0 | 12 |
| Chicken Taco - flour tortilla              | 85g  | 200 | 80  | 8   | 4   | 0 | 40 | 430  | 16 | 1 | 0 | 15 |
| Chips 2 oz serving                         | 57g  | 280 | 150 | 16  | 1.5 | 0 | 0  | 210  | 31 | 3 | 0 | 3  |
| Fish Taco - flour tortilla                 | 82g  | 210 | 90  | 10  | 3.5 | 0 | 30 | 460  | 21 | 1 | 0 | 11 |
| Ground Beef Taco - flour tortilla          | 85g  | 220 | 100 | 12  | 6   | 0 | 30 | 560  | 16 | 1 | 0 | 12 |
| Pork Taco - flour tortilla                 | 85g  | 190 | 80  | 8   | 4   | 0 | 35 | 580  | 16 | 1 | 0 | 13 |
| Rice & Beans (black) - as entrée or side   | 170g | 200 | 20  | 2   | 0   | 0 | 0  | 420  | 37 | 4 | 1 | 6  |
| Rice & Beans (pinto) - as entrée or side   | 170g | 190 | 15  | 1.5 | 0   | 0 | 0  | 360  | 36 | 5 | 0 | 7  |
| Rice & Beans (refried) - as entrée or side | 170g | 200 | 20  | 2.5 | 0.5 | 0 | 0  | 490  | 36 | 6 | 0 | 8  |
| Shredded Beef Taco - flour tortilla        | 85g  | 200 | 80  | 8   | 4   | 0 | 35 | 490  | 16 | 1 | 0 | 14 |
| Steak Taco - flour tortilla                | 85g  | 180 | 60  | 7   | 3.5 | 0 | 25 | 580  | 17 | 1 | 0 | 12 |

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips and rice & beans listed separately above, desserts listed in dessert section & drinks listed in beverage section.

|                                                 |          |     |     |     |     |   |     |      |    |   |   |    |
|-------------------------------------------------|----------|-----|-----|-----|-----|---|-----|------|----|---|---|----|
| <b>BREAKFAST</b>                                |          |     |     |     |     |   |     |      |    |   |   |    |
| Breakfast Bowl - chorizo                        | 231g     | 370 | 200 | 22  | 8   | 0 | 305 | 1200 | 20 | 5 | 1 | 21 |
| Breakfast Bowl - jalapeno bacon                 | 206g     | 330 | 160 | 18  | 7   | 0 | 300 | 1270 | 18 | 4 | 1 | 21 |
| Breakfast Bowl - no meat                        | 189g     | 250 | 110 | 12  | 4.5 | 0 | 290 | 770  | 18 | 4 | 1 | 15 |
| Breakfast Burrito - chorizo                     | 302g     | 580 | 240 | 27  | 10  | 0 | 305 | 1710 | 56 | 6 | 1 | 27 |
| Breakfast Burrito - jalapeno bacon              | 277g     | 540 | 210 | 23  | 9   | 0 | 300 | 1780 | 54 | 5 | 1 | 27 |
| Breakfast Burrito - no meat                     | 260g     | 460 | 160 | 17  | 7   | 0 | 290 | 1280 | 54 | 5 | 1 | 21 |
| Breakfast Potatoes Side Order                   | 68g      | 90  | 20  | 2.5 | 1   | 0 | 0   | 340  | 16 | 2 | 0 | 2  |
| Breakfast Quesadita - chorizo                   | 224g     | 500 | 230 | 26  | 10  | 0 | 305 | 1390 | 41 | 2 | 1 | 24 |
| Breakfast Quesadita - jalapeno bacon            | 199g     | 450 | 200 | 22  | 8   | 0 | 300 | 1460 | 39 | 1 | 1 | 24 |
| Breakfast Quesadita - no meat                   | 182g     | 370 | 140 | 16  | 6   | 0 | 290 | 960  | 39 | 1 | 1 | 18 |
| Breakfast Taco - chorizo, flour tortilla        | 163g     | 340 | 180 | 21  | 8   | 0 | 220 | 1010 | 20 | 2 | 1 | 18 |
| Breakfast Taco - jalapeno bacon, flour tortilla | 137g     | 300 | 150 | 17  | 7   | 0 | 215 | 1080 | 18 | 1 | 1 | 18 |
| Breakfast Taco - no meat, flour tortilla        | 120g     | 220 | 100 | 11  | 4.5 | 0 | 205 | 580  | 18 | 1 | 1 | 12 |
| Coffee                                          | 12 fl oz | 0   | 0   | 0   | 0   | 0 | 0   | 5    | 0  | 0 | 0 | 0  |

Nutrition information for Breakfast Burrito includes tortilla, refried beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional items not included.

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# USA NUTRITION GUIDE

## 12 FL OZ

## 21 FL OZ

## 30 FL OZ

|                                   | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) |
|-----------------------------------|----------------|---------------|----------------|------------|----------------|---------------|----------------|------------|----------------|---------------|----------------|------------|
| Barq's Caffeine Free Root Beer    | 160            | 70            | 45             | 45         | 290            | 125           | 78             | 78         | 410            | 180           | 112            | 112        |
| Barq's Root Beer                  | 160            | 70            | 45             | 45         | 290            | 125           | 78             | 78         | 410            | 180           | 112            | 112        |
| Cherry Coca-Cola                  | 150            | 40            | 42             | 42         | 270            | 70            | 73             | 73         | 380            | 105           | 105            | 105        |
| Coca-Cola                         | 150            | 35            | 40             | 40         | 260            | 60            | 70             | 70         | 370            | 90            | 100            | 100        |
| Coca-Cola Zero                    | 0              | 40            | 0              | 0          | 0              | 70            | 0              | 0          | 0              | 105           | 0              | 0          |
| Diet Coke                         | 0              | 50            | 0              | 0          | 0              | 85            | 0              | 0          | 0              | 125           | 0              | 0          |
| Fanta Fruit Punch                 | 160            | 55            | 42             | 42         | 270            | 95            | 73             | 73         | 390            | 135           | 104            | 104        |
| Fanta Orange                      | 160            | 50            | 41             | 41         | 270            | 90            | 72             | 72         | 390            | 125           | 104            | 104        |
| Fanta Strawberry                  | 170            | 50            | 46             | 46         | 290            | 85            | 80             | 80         | 420            | 120           | 115            | 115        |
| Fuze Raspberry Tea                | 90             | 45            | 23             | 23         | 150            | 80            | 40             | 40         | 220            | 115           | 58             | 57         |
| Fuze Unsweet Tea                  | 0              | 45            | 0              | 0          | 5              | 80            | 0              | 0          | 10             | 115           | 0              | 0          |
| Gold Peak Raspberry Tea           | 100            | 45            | 27             | 27         | 170            | 80            | 47             | 47         | 240            | 120           | 67             | 67         |
| Gold Peak Sweetened Green Tea     | 100            | 50            | 27             | 27         | 220            | 85            | 59             | 59         | 310            | 120           | 84             | 84         |
| Gold Peak Premium Unsweetened Tea | 0              | 45            | 0              | 0          | 170            | 90            | 47             | 47         | 250            | 125           | 67             | 67         |
| Gold Peak Sweetened Black Tea     | 120            | 50            | 34             | 34         | 0              | 80            | 0              | 0          | 0              | 120           | 0              | 0          |
| Hi-C Flashn' Fruit Punch          | 150            | 55            | 42             | 41         | 270            | 95            | 74             | 72         | 390            | 135           | 106            | 103        |
| Hi-C Poppin' Pink Lemonade        | 140            | 100           | 39             | 38         | 250            | 180           | 69             | 66         | 360            | 250           | 98             | 94         |
| Mello Yello                       | 160            | 50            | 42             | 42         | 280            | 85            | 74             | 74         | 390            | 120           | 106            | 105        |
| Minute Maid Lemonade              | 140            | 100           | 39             | 38         | 250            | 180           | 69             | 66         | 360            | 250           | 99             | 94         |
| Minute Maid Light Lemonade        | 5              | 45            | 0              | 0          | 10             | 75            | 0              | 0          | 20             | 105           | 0              | 0          |
| Pibb Xtra                         | 140            | 55            | 39             | 39         | 250            | 100           | 68             | 68         | 360            | 140           | 97             | 97         |
| POWERade Fruit Punch              | 90             | 115           | 23             | 22         | 150            | 210           | 41             | 39         | 210            | 290           | 59             | 55         |
| POWERade Mountain Blast           | 80             | 110           | 22             | 22         | 150            | 200           | 38             | 38         | 210            | 280           | 55             | 55         |
| Sprite                            | 140            | 70            | 39             | 39         | 250            | 120           | 67             | 67         | 360            | 170           | 96             | 96         |
| Caffeine-free Diet Coke           | 0              | 50            | 0              | 0          | 0              | 85            | 0              | 0          | 0              | 125           | 0              | 0          |
| Fanta Grape                       | 170            | 50            | 45             | 45         | 290            | 85            | 78             | 78         | 420            | 120           | 112            | 112        |
| Sprite Zero                       | 0              | 45            | 0              | 0          | 5              | 80            | 0              | 0          | 5              | 110           | 0              | 0          |

Serving sizes do not include ice. Beverage options may vary by restaurant.

\*Beverages are not a significant source of fat, saturated fat, trans fat, cholesterol, protein or fiber.

\*\*Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.

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# USA ALLERGEN GUIDE

|                               | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Beans, Black                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Beans, Refried                | No   | No  | No     | No       | No   | No        | No  | No    |
| Beans, Whole Pinto            | No   | No  | No     | No       | No   | No        | No  | No    |
| Beef, Ground Beef             | No   | No  | No     | No       | No   | No        | Yes | No    |
| Beef, Shredded Beef           | No   | No  | No     | No       | No   | No        | No  | No    |
| Beef, Steak                   | No   | No  | No     | No       | No   | No        | No  | No    |
| Beverage, 1% Chocolate Milk   | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Beverage, 2% Milk             | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Black Bean & Corn Salsa       | No   | No  | No     | No       | No   | No        | No  | No    |
| Black Olives                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Brownie - Oreo                | No   | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cabbage                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Cheese, Cheddar Jack Shredded | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Chicken                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Chopped Onions                | No   | No  | No     | No       | No   | No        | No  | No    |
| Chopped Tomatoes              | No   | No  | No     | No       | No   | No        | No  | No    |
| Churro                        | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cilantro                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Cookie, Chocolate Chip        | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cookie, Double Chocolate Chip | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cookie, Oatmeal Raisin        | Yes  | Yes | No     | Yes      | No   | No        | Yes | Yes   |
| Cookie, White Choc Macadamia  | Yes  | Yes | No     | Yes      | No   | No        | Yes | Yes   |
| Crispy Shrimp                 | Yes  | Yes | No     | No       | Yes  | Yes       | Yes | Yes   |
| Creamers, Half & Half         | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Eggs                          | Yes  | Yes | No     | No       | No   | No        | Yes | No    |
| Enchilada Sauce               | No   | No  | No     | No       | No   | No        | Yes | No    |
| Fish                          | Yes  | No  | No     | No       | Yes  | No        | Yes | Yes   |
| Guacamole                     | No   | No  | No     | No       | No   | No        | No  | No    |
| Lobster and Seafood           | Yes  | Yes | No     | No       | Yes  | Yes       | Yes | Yes   |

Continued on next page.

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

The allergen information above is provided for the "Big 8" Allergens as defined by the Food and Drug Administration in the Food Allergen Labeling and Consumer Protection Act of 2004. The presence of allergens is based on ingredient information supplied by manufacturers. REV 3/18/21

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# USA ALLERGEN GUIDE

|                                      | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|--------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Jalapeno peppers                     | No   | No  | No     | No       | No   | No        | No  | No    |
| Lettuce                              | No   | No  | No     | No       | No   | No        | No  | No    |
| Lime wedge                           | No   | No  | No     | No       | No   | No        | No  | No    |
| Mayonnaise                           | No   | Yes | No     | No       | No   | No        | No  | No    |
| Onions, chopped                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Pico de Gallo                        | No   | No  | No     | No       | No   | No        | No  | No    |
| Pork, Carnitas                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Potatoes, Breakfast                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Queso Cheese Sauce, White            | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Queso Cheese Sauce, Yellow           | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Rice, seasoned                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Corn House Made               | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Verde (Mild) House Made        | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Chipotle (Medium) House Made   | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Habanero (Hot) House Made      | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Mango House Made- 1 ladle      | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Cilantro Lime Vinaigrette House Made | No   | No  | No     | No       | No   | No        | No  | No    |
| White Sauce                          | No   | Yes | No     | No       | No   | No        | No  | No    |
| Serrano Peppers                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Shrimp                               | No   | No  | No     | No       | No   | Yes       | Yes | No    |
| Sour Cream                           | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Chipotle Sour Cream                  | Yes  | Yes | No     | No       | No   | No        | Yes | No    |
| Taco Salad Shell                     | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Taco Shell 7"                        | No   | No  | No     | No       | No   | No        | No  | No    |
| Tomatoes, chopped                    | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla Chips                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla, Corn 6"                    | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla, Flour 10"                  | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Flour 12"                  | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Flour 6"                   | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Spinach 12"                | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Tomato Basil 12"           | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Whole Wheat 10"            | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Whole Wheat 12"            | No   | No  | No     | No       | No   | No        | No  | Yes   |

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# USA GLUTEN CHART

| Ingredient                                 | Gluten Free | Contains Gluten |
|--------------------------------------------|-------------|-----------------|
| <b>BEANS AND RICE</b>                      |             |                 |
| Beans - Black, Pinto or Refried            | X           |                 |
| Seasoned Rice                              | X           |                 |
| <b>MEATS</b>                               |             |                 |
| Alaskan White Fish                         |             | X               |
| Braised Chicken                            | X           |                 |
| Ground Beef                                | X           |                 |
| Pork Carnitas                              | X           |                 |
| Shredded Beef                              | X           |                 |
| Steak                                      | X           |                 |
| Shrimp                                     | X           |                 |
| Crispy Shrimp                              |             | X               |
| <b>WRAPS, SHELLS, CHIPS</b>                |             |                 |
| Corn Tortilla                              | X           |                 |
| Flour Tortillas, all sizes                 |             | X               |
| Hard Corn Taco Shell                       | X           |                 |
| Salad Shell                                |             | X               |
| Spinach Wrap                               |             | X               |
| Tomato Basil Wrap                          |             | X               |
| Tortilla Chips                             | X           |                 |
| Whole Wheat Wrap                           |             | X               |
| <b>ADD-ONS</b>                             |             |                 |
| Corn Salsa                                 | X           |                 |
| Black olives                               | X           |                 |
| Cabbage, shredded                          | X           |                 |
| Cheese, shredded                           | X           |                 |
| Cilantro                                   | X           |                 |
| Enchilada Sauce                            | X           |                 |
| Guacamole                                  | X           |                 |
| Jalapeno Peppers                           | X           |                 |
| Lettuce, shredded                          | X           |                 |
| Lime wedge                                 | X           |                 |
| Onions, chopped                            | X           |                 |
| Pico de Gallo                              | X           |                 |
| Queso Cheese Sauce, white                  | X           |                 |
| Queso Cheese Sauce, yellow                 | X           |                 |
| Salsa Verda (Mild) Homemade- 1 ladle       | X           |                 |
| Salsa Chipotle (Medium) Homemade - 1 ladle | X           |                 |
| Salsa Habanero (Hot) Homemade- 1 ladle     | X           |                 |
| White Sauce Homemade - 1 ladle             | X           |                 |
| Serrano Peppers                            | X           |                 |
| Tomatoes, chopped                          | X           |                 |
| Sour Cream                                 | X           |                 |
| Chipotle Sour Cream                        | X           |                 |
| Baja White Sauce                           | X           |                 |
| <b>DESSERTS</b>                            |             |                 |
| Cookies                                    |             | X               |
| Brownie - Chocolate Chunk                  |             | X               |
| <b>BREAKFAST</b>                           |             |                 |
| Chorizo                                    | X           |                 |
| Egg                                        | X           |                 |
| Jalapeno Bacon                             | X           |                 |
| Breakfast Potatoes                         | X           |                 |

**WHAT IS GLUTEN?**  
**GLUTEN IS A PROTEIN FOUND IN WHEAT, RYE, BARLEY, SPELT, EMMER, FARO, TRITICALE, AND KAMUT.**

**AT TACO DEL MAR®, MANY OF OUR INGREDIENTS ARE NATURALLY GLUTEN-FREE, GIVING YOU THE ABILITY TO BUILD YOUR OWN MEAL.**

**WHILE WE MAKE EVERY ATTEMPT TO AVOID CROSS-CONTAMINATION, PLEASE BE AWARE THAT OUR RESTAURANTS ARE NOT GLUTEN-FREE FACILITIES.**

**FOR MORE INFORMATION ON GLUTEN, CONTACT THE GLUTEN INTOLERANCE GROUP (GIG) AT [WWW.GLUTEN.NET](http://WWW.GLUTEN.NET)**

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# CANADA NUTRITION GUIDE

|  | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|

## CRISPY SHRIMP, WITH A KICK LIMITED TIME OFFERING

|                                         |      |     |     |    |     |   |    |      |    |   |   |    |
|-----------------------------------------|------|-----|-----|----|-----|---|----|------|----|---|---|----|
| 1 Crispy Shrimp Taco - corn tortillas   | 174g | 330 | 110 | 12 | 1.5 | 0 | 35 | 430  | 47 | 1 | 1 | 8  |
| 2 Crispy Shrimp Tacos - corn tortillas  | 347g | 660 | 210 | 24 | 3.5 | 0 | 70 | 870  | 94 | 3 | 3 | 15 |
| 1 Crispy Shrimp Taco - flour tortillas  | 151g | 250 | 110 | 12 | 2   | 0 | 35 | 600  | 29 | 1 | 1 | 7  |
| 2 Crispy Shrimp Tacos - flour tortillas | 301g | 500 | 220 | 25 | 4.5 | 0 | 70 | 1200 | 58 | 3 | 3 | 13 |

Nutrition information for Crispy Shrimp Tacos include tortilla option, crispy shrimp, shredded cabbage, baja white sauce and pico de gallo

## BURRITO BOWLS - REGULAR

|                            |      |     |     |    |     |   |     |      |    |    |   |    |
|----------------------------|------|-----|-----|----|-----|---|-----|------|----|----|---|----|
| Chicken Burrito Bowl       | 441g | 590 | 230 | 25 | 11  | 0 | 100 | 1570 | 65 | 8  | 4 | 28 |
| Fish Burrito Bowl          | 456g | 670 | 390 | 43 | 13  | 0 | 100 | 1380 | 48 | 12 | 5 | 26 |
| Ground Beef Burrito Bowl   | 441g | 640 | 270 | 30 | 14  | 0 | 85  | 1530 | 64 | 8  | 4 | 30 |
| Pork Burrito Bowl          | 441g | 590 | 210 | 24 | 11  | 0 | 95  | 1560 | 63 | 7  | 3 | 31 |
| Shredded Beef Burrito Bowl | 441g | 600 | 210 | 24 | 11  | 0 | 90  | 1390 | 64 | 8  | 4 | 32 |
| Steak Burrito Bowl         | 441g | 590 | 200 | 23 | 10  | 0 | 90  | 1740 | 64 | 8  | 4 | 33 |
| Vegan Burrito Bowl         | 390g | 370 | 70  | 8  | 1.5 | 0 | 0   | 890  | 63 | 10 | 4 | 11 |
| Veggie Burrito Bowl        | 448g | 530 | 200 | 22 | 9   | 0 | 45  | 1090 | 67 | 10 | 5 | 18 |

Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

## BURRITOS - REGULAR

|                       |      |     |     |    |     |   |     |      |     |    |   |    |
|-----------------------|------|-----|-----|----|-----|---|-----|------|-----|----|---|----|
| Chicken Burrito       | 545g | 900 | 290 | 32 | 14  | 0 | 100 | 2310 | 117 | 10 | 4 | 36 |
| Fish Burrito          | 560g | 980 | 450 | 50 | 16  | 0 | 100 | 2120 | 100 | 14 | 5 | 34 |
| Ground Beef Burrito   | 545g | 950 | 330 | 37 | 17  | 0 | 85  | 2270 | 116 | 10 | 4 | 38 |
| Pork Burrito          | 545g | 900 | 280 | 31 | 14  | 0 | 95  | 2300 | 115 | 9  | 3 | 39 |
| Shredded Beef Burrito | 545g | 910 | 280 | 31 | 14  | 0 | 90  | 2130 | 116 | 10 | 4 | 40 |
| Vegan Burrito         | 494g | 680 | 130 | 15 | 4.5 | 0 | 0   | 1630 | 115 | 12 | 4 | 19 |
| Veggie Burrito        | 552g | 840 | 260 | 29 | 12  | 0 | 45  | 1830 | 119 | 12 | 5 | 26 |

## BURRITOS - SMALL

|                       |      |     |     |    |     |   |    |      |    |   |   |    |
|-----------------------|------|-----|-----|----|-----|---|----|------|----|---|---|----|
| Chicken Burrito       | 291g | 510 | 160 | 18 | 7   | 0 | 50 | 1300 | 68 | 5 | 2 | 20 |
| Fish Burrito          | 323g | 570 | 240 | 27 | 9   | 0 | 50 | 1280 | 64 | 8 | 2 | 20 |
| Ground Beef Burrito   | 291g | 530 | 180 | 20 | 9   | 0 | 45 | 1270 | 68 | 5 | 2 | 21 |
| Pork Burrito          | 291g | 500 | 150 | 17 | 7   | 0 | 50 | 1290 | 67 | 5 | 2 | 22 |
| Shredded Beef Burrito | 291g | 510 | 150 | 17 | 7   | 0 | 45 | 1200 | 68 | 5 | 2 | 22 |
| Vegan Burrito         | 265g | 390 | 80  | 9  | 2.5 | 0 | 0  | 950  | 68 | 6 | 2 | 12 |
| Veggie Burrito        | 295g | 470 | 140 | 16 | 7   | 0 | 25 | 1060 | 69 | 6 | 2 | 15 |

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional items not included.

## GET WET BURRITO TOPPINGS - REGULAR, SMALL

|                                    |      |     |     |    |     |   |    |     |    |   |   |   |
|------------------------------------|------|-----|-----|----|-----|---|----|-----|----|---|---|---|
| Regular Toppings - Enchilada Sauce | 182g | 100 | 40  | 4  | 2   | 0 | 10 | 860 | 12 | 2 | 3 | 4 |
| Regular Toppings - Queso Sauce     | 170g | 170 | 110 | 12 | 5   | 0 | 5  | 970 | 6  | 1 | 1 | 6 |
| Small Toppings - Enchilada Sauce   | 125g | 80  | 35  | 4  | 2   | 0 | 10 | 500 | 7  | 1 | 2 | 4 |
| Small Toppings - Queso Sauce       | 114g | 90  | 50  | 6  | 2.5 | 0 | 5  | 520 | 4  | 1 | 1 | 4 |

Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso, lettuce, Pico, cilantro; burrito nutrition not included.

## ENCHILADA PLATTERS

|                            |      |     |     |    |    |   |     |      |     |    |   |    |
|----------------------------|------|-----|-----|----|----|---|-----|------|-----|----|---|----|
| 2 Cheese Enchiladas        | 605g | 810 | 290 | 32 | 14 | 0 | 70  | 1870 | 105 | 15 | 4 | 29 |
| 2 Chicken Enchiladas       | 667g | 840 | 290 | 32 | 12 | 0 | 100 | 2320 | 106 | 15 | 5 | 35 |
| 2 Fish Enchiladas          | 661g | 880 | 300 | 33 | 10 | 0 | 80  | 2070 | 116 | 15 | 4 | 32 |
| 2 Ground Beef Enchiladas   | 667g | 890 | 330 | 37 | 15 | 0 | 85  | 2270 | 106 | 15 | 5 | 36 |
| 2 Pork Enchiladas          | 667g | 830 | 270 | 30 | 11 | 0 | 95  | 2300 | 104 | 15 | 5 | 38 |
| 2 Shredded Beef Enchiladas | 667g | 840 | 270 | 30 | 11 | 0 | 90  | 2130 | 106 | 15 | 5 | 38 |

Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.

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# CANADA NUTRITION GUIDE

|  | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|

## ENCHILADA/TACO PLATTERS

|                                      |  |      |     |    |    |   |     |      |     |    |   |    |
|--------------------------------------|--|------|-----|----|----|---|-----|------|-----|----|---|----|
| Cheese - 1 Taco & 1 Enchilada        |  | 830  | 300 | 33 | 15 | 0 | 70  | 1980 | 107 | 15 | 5 | 31 |
| Chicken - 1 Taco & 1 Enchilada       |  | 860  | 290 | 33 | 13 | 0 | 100 | 2430 | 108 | 15 | 5 | 37 |
| Fish - 1 Taco & 1 Enchilada          |  | 1030 | 430 | 48 | 14 | 0 | 95  | 2310 | 120 | 16 | 6 | 35 |
| Ground Beef - 1 Taco & 1 Enchilada   |  | 910  | 340 | 38 | 16 | 0 | 85  | 2380 | 108 | 15 | 6 | 38 |
| Pork - 1 Taco & 1 Enchilada          |  | 860  | 280 | 31 | 12 | 0 | 95  | 2410 | 106 | 15 | 5 | 40 |
| Shredded Beef - 1 Taco & 1 Enchilada |  | 860  | 280 | 31 | 12 | 0 | 90  | 2240 | 107 | 15 | 5 | 40 |

Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional items not included.

## NACHOS

|                      |      |      |     |    |    |   |     |      |     |    |   |    |
|----------------------|------|------|-----|----|----|---|-----|------|-----|----|---|----|
| Cheese Nachos        | 408g | 1040 | 590 | 66 | 20 | 0 | 95  | 1510 | 88  | 15 | 3 | 31 |
| Chicken Nachos       | 493g | 1160 | 660 | 73 | 22 | 0 | 150 | 2100 | 91  | 15 | 4 | 43 |
| Fish Nachos          | 488g | 1200 | 670 | 74 | 21 | 0 | 130 | 1850 | 100 | 15 | 3 | 41 |
| Ground Beef Nachos   | 493g | 1210 | 700 | 78 | 26 | 0 | 135 | 2050 | 90  | 15 | 4 | 45 |
| Pork Nachos          | 493g | 1150 | 640 | 71 | 22 | 0 | 145 | 2080 | 89  | 15 | 4 | 46 |
| Shredded Beef Nachos | 493g | 1160 | 640 | 71 | 22 | 0 | 140 | 1910 | 90  | 15 | 4 | 47 |

Nutrition information for Nachos includes chips, refried beans, protein/cheese, Pico de Gallo, sour cream, guacamole. Optional jalapenos & sauce not included.

## QUESADILLAS

|                          |      |     |     |    |    |   |     |      |    |   |   |    |
|--------------------------|------|-----|-----|----|----|---|-----|------|----|---|---|----|
| Cheese Quesadilla        | 229g | 590 | 260 | 29 | 15 | 0 | 75  | 1320 | 57 | 3 | 2 | 26 |
| Chicken Quesadilla       | 314g | 710 | 320 | 36 | 17 | 0 | 130 | 1910 | 60 | 3 | 2 | 37 |
| Fish Quesadilla          | 308g | 750 | 340 | 37 | 16 | 0 | 105 | 1660 | 69 | 3 | 2 | 35 |
| Ground Beef Quesadilla   | 314g | 760 | 370 | 41 | 21 | 0 | 110 | 1860 | 59 | 3 | 2 | 39 |
| Pork Quesadilla          | 314g | 700 | 310 | 34 | 17 | 0 | 120 | 1890 | 58 | 3 | 2 | 40 |
| Shredded Beef Quesadilla | 314g | 710 | 310 | 34 | 17 | 0 | 120 | 1720 | 59 | 3 | 2 | 41 |

Nutrition Information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, sauce & jalapenos not included.

## QUESADILLA PLATTERS

|                                  |      |      |     |    |    |   |     |      |     |    |   |    |
|----------------------------------|------|------|-----|----|----|---|-----|------|-----|----|---|----|
| Cheese Quesadilla Platter        | 562g | 950  | 300 | 33 | 16 | 0 | 75  | 2200 | 123 | 13 | 3 | 38 |
| Chicken Quesadilla Platter       | 647g | 1070 | 360 | 40 | 18 | 0 | 130 | 2790 | 126 | 13 | 4 | 50 |
| Fish Quesadilla Platter          | 641g | 1110 | 380 | 42 | 17 | 0 | 105 | 2540 | 136 | 13 | 3 | 48 |
| Ground Beef Quesadilla Platter   | 647g | 1120 | 410 | 45 | 22 | 0 | 110 | 2750 | 125 | 13 | 4 | 51 |
| Pork Quesadilla Platter          | 647g | 1060 | 350 | 39 | 18 | 0 | 120 | 2780 | 124 | 13 | 3 | 53 |
| Shredded Beef Quesadilla Platter | 647g | 1070 | 350 | 39 | 18 | 0 | 120 | 2610 | 125 | 13 | 4 | 54 |

Nutrition Information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional items not included.

## TACO SALADS

|                          |      |     |     |    |    |   |     |      |     |    |   |    |
|--------------------------|------|-----|-----|----|----|---|-----|------|-----|----|---|----|
| Chicken Taco Salad       | 585g | 690 | 350 | 39 | 14 | 0 | 100 | 1500 | 60  | 10 | 9 | 31 |
| Fish Taco Salad          | 579g | 730 | 370 | 41 | 13 | 0 | 80  | 1250 | 70  | 11 | 8 | 28 |
| Ground Beef Taco Salad   | 585g | 750 | 400 | 45 | 18 | 0 | 85  | 1450 | 60  | 11 | 9 | 32 |
| Pork Taco Salad          | 585g | 690 | 340 | 38 | 14 | 0 | 95  | 1490 | 58  | 10 | 8 | 34 |
| Shredded Beef Taco Salad | 585g | 700 | 340 | 38 | 14 | 0 | 90  | 1320 | 59  | 10 | 9 | 34 |
| Vegan Taco Salad         | 619g | 670 | 230 | 25 | 5  | 0 | 0   | 1110 | 97  | 13 | 8 | 17 |
| Veggie Taco Salad        | 677g | 830 | 350 | 39 | 13 | 0 | 45  | 1310 | 101 | 13 | 9 | 23 |

Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional jalapenos, sauce not included.

## TACOS

|                                          |      |     |     |    |     |   |    |     |    |   |   |    |
|------------------------------------------|------|-----|-----|----|-----|---|----|-----|----|---|---|----|
| Chicken Taco - flour tortilla            | 159g | 240 | 110 | 13 | 6   | 0 | 50 | 690 | 20 | 2 | 2 | 13 |
| Lobster Seafood Taco - Corn Taco Shells  | 180  | 290 | 140 | 15 | 2   | 0 | 20 | 420 | 30 | 4 | 2 | 8  |
| Lobster Tropical Taco - Corn Taco Shells | 149  | 260 | 90  | 11 | 1.5 | 0 | 10 | 360 | 33 | 3 | 5 | 7  |
| Fish Taco - flour tortilla               | 183g | 350 | 200 | 22 | 7   | 0 | 50 | 640 | 27 | 3 | 2 | 12 |
| Ground Beef Taco - flour tortilla        | 159g | 260 | 140 | 15 | 8   | 0 | 45 | 670 | 20 | 2 | 2 | 14 |
| Pork Taco - flour tortilla               | 159g | 240 | 110 | 12 | 6   | 0 | 50 | 680 | 19 | 2 | 2 | 14 |
| Shredded Beef Taco - flour tortilla      | 159g | 240 | 110 | 12 | 6   | 0 | 45 | 600 | 20 | 2 | 2 | 15 |
| Vegan Taco - flour tortilla              | 184g | 220 | 45  | 5  | 1.5 | 0 | 0  | 550 | 37 | 5 | 2 | 7  |
| Veggie Taco - flour tortilla             | 214g | 300 | 110 | 12 | 6   | 0 | 25 | 660 | 39 | 5 | 2 | 10 |

Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.

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# CANADA NUTRITION GUIDE

|                                            | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--------------------------------------------|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| <b>TORTILLAS, SAUCES, ADD-ONS</b>          |              |          |              |               |             |               |              |             |          |           |           |             |
| 6" Corn Tortilla - 2 each                  | 56 g         | 120      | 20           | 2             | 0           | 0             | 0            | 0           | 24       | 2         | 0         | 2           |
| 6" Flour Tortilla - 1 each                 | 31g          | 90       | 18           | 2             | 1           | 0             | 0            | 220         | 15       | 1         | 0         | 3           |
| 7" Hard Corn Taco Shell - 1 each           | 22g          | 100      | 40           | 4.5           | 1           | 0             | 0            | 0           | 14       | 2         | 1         | 2           |
| 10" Flour Tortilla - 1 each                | 71g          | 210      | 45           | 5             | 2           | 0             | 0            | 510         | 36       | 1         | 0         | 6           |
| 10" Taco Salad Shell - 1 each              | 59g          | 280      | 150          | 17            | 3.5         | 0             | 0            | 200         | 29       | 1         | 1         | 4           |
| 10" Whole Wheat Tortilla - 1 each          | 71g          | 200      | 40           | 5             | 2           | 0             | 0            | 510         | 34       | 4         | 0         | 6           |
| 12" Flour Tortilla - 1 each                | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 740         | 52       | 2         | 0         | 8           |
| 12" Spinach Tortilla - 1 each              | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 740         | 51       | 2         | 0         | 9           |
| 12" Tomato Basil Tortilla - 1 each         | 104g         | 310      | 60           | 7             | 3           | 0             | 0            | 720         | 52       | 2         | 0         | 8           |
| 12" Whole Wheat Tortilla - 1 each          | 104g         | 290      | 60           | 7             | 3           | 0             | 0            | 750         | 50       | 6         | 0         | 9           |
| Beans, Black - 1 spoonful                  | 99g          | 90       | 5            | 0.5           | 0           | 0             | 0            | 270         | 17       | 3         | 1         | 4           |
| Beans, Refried - 1 spoonful                | 99g          | 100      | 10           | 1             | 0           | 0             | 0            | 350         | 16       | 6         | 0         | 6           |
| Beans, Whole Pinto - 1 spoonful            | 99g          | 90       | 0            | 0             | 0           | 0             | 0            | 210         | 16       | 5         | 0         | 5           |
| Black Bean & Corn Salsa - 2 oz             | 57g          | 60       | 5            | 0.5           | 0           | 0             | 0            | 230         | 12       | 3         | 1         | 3           |
| Beyond Meat ®                              | 85g          | 100      | 35           | 4             | 0           | 0             | 0            | 250         | 5        | 1         | 2         | 9           |
| Black Olives - 1 tablespoon                | 6g           | 10       | 10           | 1             | 0           | 0             | 0            | 40          | 0        | 0         | 0         | 0           |
| Cabbage - 1 tong full                      | 57g          | 15       | 0            | 0             | 0           | 0             | 0            | 10          | 3        | 1         | 1         | 1           |
| Cheese Add On - 1 scoop                    | 23g          | 90       | 70           | 7             | 4           | 0             | 25           | 150         | 1        | 0         | 0         | 6           |
| Chicken Add On - 1 scoop                   | 85g          | 85       | 50           | 3             | 1           | 0             | 60           | 490         | 3        | 0         | 1         | 17          |
| Chips, side                                | 85g          | 410      | 220          | 24            | 2.5         | 0             | 0            | 320         | 46       | 5         | 0         | 5           |
| Chopped onions - 1 tablespoon              | 6g           | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Chopped tomatoes - 1 tong full             | 17g          | 5        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Chorizo - 1.5 oz                           | 43g          | 120      | 90           | 10            | 3.5         | 0             | 15           | 430         | 2        | 1         | 0         | 6           |
| Cilantro - 1 tong full                     | 0.3 g        | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 0        | 0         | 0         | 0           |
| Eggs - 1 scoop                             | 71g          | 100      | 60           | 7             | 2           | 0             | 300          | 280         | 0        | 0         | 0         | 9           |
| Enchilada Sauce - 1 ladle                  | 57g          | 25       | 0            | 0             | 0           | 0             | 0            | 360         | 5        | 1         | 1         | 1           |
| Fish Add On - 2 pc                         | 79g          | 160      | 80           | 8             | 0.5         | 0             | 35           | 340         | 12       | 1         | 0         | 9           |
| Ground Beef Add On - 1 scoop               | 85g          | 170      | 110          | 12            | 6           | 0             | 40           | 540         | 2        | 1         | 1         | 13          |
| Guacamole Add On - 1 scoop                 | 35g          | 45       | 35           | 4             | 0.5         | 0             | 0            | 105         | 3        | 2         | 0         | 1           |
| Guacamole Side Order - 4 oz                | 113g         | 140      | 110          | 12            | 2           | 0             | 0            | 330         | 9        | 6         | 1         | 2           |
| Jalapeno bacon - 1 slice                   | 6g           | 25       | 2            | 0.5           | 0           | 0             | 5            | 110         | 0        | 0         | 0         | 2           |
| Jalapeno peppers - 1 tablespoon            | 10g          | 0        | 0            | 0             | 0           | 0             | 0            | 170         | 0        | 0         | 0         | 0           |
| Lettuce - 1 tong full                      | 57g          | 10       | 0            | 0             | 0           | 0             | 0            | 5           | 2        | 1         | 1         | 1           |
| Lime wedge                                 | 7g           | 5        | 0            | 0             | 0           | 0             | 0            | 0           | 1        | 0         | 0         | 0           |
| Pico de Gallo Add On - 1 scoop             | 57g          | 10       | 0            | 0             | 0           | 0             | 0            | 140         | 2        | 1         | 2         | 1           |
| Pico de Gallo Side Order - 3 oz            | 85g          | 15       | 0            | 0             | 0           | 0             | 0            | 210         | 4        | 1         | 2         | 1           |
| Pork Add On - 1 scoop                      | 85 g         | 120      | 50           | 6             | 2           | 0             | 50           | 570         | 1        | 0         | 0         | 15          |
| Queso, White Add On - 1 ladle              | 57g          | 130      | 100          | 11            | 7           | 0             | 30           | 680         | 4        | 0         | 2         | 6           |
| Queso, White Side Order - 4 oz             | 113g         | 260      | 200          | 23            | 13          | 0             | 55           | 1360        | 8        | 0         | 4         | 11          |
| Queso, Yellow Add On - 1 ladle             | 57g          | 80       | 50           | 6             | 2.5         | 0             | 5            | 450         | 2        | 0         | 0         | 3           |
| Queso, Yellow Side Order - 4 oz            | 113g         | 160      | 110          | 12            | 5           | 0             | 5            | 900         | 4        | 0         | 0         | 6           |
| Rice, seasoned - 1 scoop                   | 142g         | 210      | 25           | 3             | 0           | 0             | 0            | 290         | 40       | 1         | 0         | 4           |
| Salsa, Habanero (Hot) - 1 ladle            | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 150         | 1        | 0         | 1         | 0           |
| Salsa, Mango - 1 ladle                     | 40g          | 25       | 0            | 0             | 0           | 0             | 0            | 190         | 5        | 1         | 4         | 1           |
| Salsa, Reaper - 1 ladle                    | 34g          | 10       | 0            | 0             | 0           | 0             | 0            | 140         | 2        | 0         | 2         | 0           |
| Salsa, Roasted Chipotle (Medium) - 1 ladle | 34g          | 10       | 0            | 0             | 0           | 0             | 0            | 105         | 2        | 0         | 1         | 0           |
| Salsa, Tomatillo (Mild) - 1 ladle          | 34g          | 10       | 0            | 0             | 0           | 0             | 0            | 180         | 2        | 0         | 1         | 0           |
| Salsa Corn - 1 ladle                       | 34g          | 25       | 5            | 0             | 0           | 0             | 0            | 370         | 4        | 0         | 2         | 1           |
| Serrano Peppers - 1 tablespoon             | 6g           | 0        | 0            | 0             | 0           | 0             | 0            | 0           | 0        | 0         | 0         | 0           |
| Shredded Beef Add On - 1 scoop             | 85g          | 120      | 50           | 6             | 2           | 0             | 45           | 400         | 2        | 0         | 1         | 15          |
| Sour Cream Add On - 1 scoop                | 35g          | 60       | 45           | 5             | 3           | 0.1           | 20           | 35          | 2        | 0         | 1         | 1           |
| Chipotle Sour Cream Add On - 1 scoop       | 35g          | 100      | 90           | 10            | 2.5         | 0.2           | 20           | 135         | 2        | 0         | 1         | 1           |
| White Sauce - 1.5 oz                       | 43g          | 180      | 170          | 19            | 3.5         | 0             | 20           | 160         | 2        | 0         | 0         | 0           |
| Salsa Verda (Mild) Homemade- 1 ladle       | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 25          | 1        | 1         | 0         | 0           |
| Salsa Chipotle (Medium) Homemade- 1 ladle  | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 120         | 2        | 0         | 1         | 0           |
| Salsa Habanero (Hot) Homemade- 1 ladle     | 34g          | 5        | 0            | 0             | 0           | 0             | 0            | 90          | 2        | 0         | 1         | 0           |
| Salsa Mango Homemade- 1 ladle              | 34g          | 20       | 0            | 0             | 0           | 0             | 0            | 45          | 5        | 0         | 4         | 0           |
| White Sauce Homeade - 1 ladle              | 34g          | 150      | 150          | 16            | 2.5         | 0             | 20           | 140         | 1        | 0         | 1         | 0           |
| Cilantro Lime Vinaigrette                  | 34g          | 50       | 45           | 5             | 0           | 0             | 0            | 15          | 1        | 1         | 1         | 0           |

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|  | Serving Size | Calories | Fat Calories | Total Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
|--|--------------|----------|--------------|---------------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|

## SIDES & COMBOS

|                                        |      |     |     |     |     |   |    |      |    |    |   |    |
|----------------------------------------|------|-----|-----|-----|-----|---|----|------|----|----|---|----|
| Chips & Guacamole                      | 198g | 550 | 330 | 37  | 4   | 0 | 0  | 650  | 55 | 11 | 1 | 7  |
| Chips & Queso, White                   | 198g | 680 | 420 | 47  | 16  | 0 | 55 | 1680 | 54 | 5  | 4 | 16 |
| Chips & Queso, Yellow                  | 198g | 570 | 330 | 36  | 7   | 0 | 5  | 1210 | 50 | 5  | 0 | 11 |
| Chips & Salsa                          | 170g | 430 | 220 | 24  | 2.5 | 0 | 0  | 520  | 50 | 6  | 2 | 6  |
| Rice & Beans (black) & Pico de Gallo   | 319g | 350 | 35  | 4   | 0   | 0 | 0  | 780  | 67 | 6  | 3 | 11 |
| Rice & Beans (pinto) & Pico de Gallo   | 319g | 340 | 30  | 3   | 0   | 0 | 0  | 680  | 65 | 8  | 1 | 12 |
| Rice & Beans (refried) & Pico de Gallo | 319g | 360 | 40  | 4.5 | 1   | 0 | 0  | 880  | 66 | 10 | 1 | 12 |

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

## DESSERTS

|                                    |     |     |     |    |     |   |    |     |    |   |    |   |
|------------------------------------|-----|-----|-----|----|-----|---|----|-----|----|---|----|---|
| Brownie - Oreo                     | 92g | 400 | 150 | 17 | 8   | 0 | 65 | 230 | 59 | 2 | 37 | 4 |
| Churros - 2 pieces                 | 74g | 270 | 90  | 10 | 1   | 0 | 0  | 180 | 40 | 1 | 13 | 4 |
| Cookie - Chocolate Chip            | 38g | 170 | 70  | 7  | 4   | 0 | 10 | 120 | 24 | 1 | 15 | 2 |
| Cookie - Double Chocolate Chip     | 38g | 170 | 70  | 8  | 4.5 | 0 | 10 | 135 | 23 | 1 | 15 | 2 |
| Cookie - Oatmeal Raisin            | 38g | 160 | 60  | 7  | 4   | 0 | 10 | 130 | 23 | 1 | 13 | 2 |
| Cookie - White Chocolate Macadamia | 38g | 170 | 80  | 9  | 4   | 0 | 10 | 120 | 22 | 0 | 14 | 2 |

## KIDS

|                                            |      |     |     |     |     |   |    |      |    |   |   |    |
|--------------------------------------------|------|-----|-----|-----|-----|---|----|------|----|---|---|----|
| Burrito Bean (refried) & Cheese            | 243g | 440 | 120 | 14  | 7   | 0 | 25 | 1180 | 61 | 9 | 0 | 20 |
| Cheese Quesadilla                          | 94g  | 300 | 110 | 12  | 6   | 0 | 25 | 660  | 37 | 1 | 0 | 12 |
| Chicken Taco - flour tortilla              | 85g  | 190 | 80  | 9   | 4   | 0 | 40 | 590  | 17 | 1 | 0 | 12 |
| Chips 2 oz serving                         | 57g  | 280 | 150 | 16  | 1.5 | 0 | 0  | 210  | 31 | 3 | 0 | 3  |
| Fish Taco - flour tortilla                 | 82g  | 210 | 90  | 10  | 3.5 | 0 | 30 | 460  | 21 | 1 | 0 | 11 |
| Ground Beef Taco - flour tortilla          | 85g  | 220 | 100 | 12  | 6   | 0 | 30 | 560  | 16 | 1 | 0 | 12 |
| Pork Taco - flour tortilla                 | 85g  | 190 | 80  | 8   | 4   | 0 | 35 | 580  | 16 | 1 | 0 | 13 |
| Rice & Beans (black) - as entrée or side   | 170g | 200 | 20  | 2   | 0   | 0 | 0  | 420  | 37 | 4 | 1 | 6  |
| Rice & Beans (pinto) - as entrée or side   | 170g | 190 | 15  | 1.5 | 0   | 0 | 0  | 360  | 36 | 5 | 0 | 7  |
| Rice & Beans (refried) - as entrée or side | 170g | 200 | 20  | 2.5 | 0.5 | 0 | 0  | 490  | 36 | 6 | 0 | 8  |
| Shredded Beef Taco - flour tortilla        | 85g  | 200 | 80  | 8   | 4   | 0 | 35 | 490  | 16 | 1 | 0 | 14 |

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips and rice & beans listed separately above, desserts listed in dessert section & drinks listed in beverage section.

## BREAKFAST

|                                                 |          |     |     |     |     |   |     |      |    |   |   |    |
|-------------------------------------------------|----------|-----|-----|-----|-----|---|-----|------|----|---|---|----|
| Breakfast Bowl - chorizo                        | 231g     | 370 | 200 | 22  | 8   | 0 | 305 | 1200 | 20 | 5 | 1 | 21 |
| Breakfast Bowl - jalapeno bacon                 | 200g     | 300 | 150 | 16  | 6   | 0 | 300 | 990  | 18 | 4 | 1 | 19 |
| Breakfast Bowl - no meat                        | 189g     | 250 | 110 | 12  | 4.5 | 0 | 290 | 770  | 18 | 4 | 1 | 15 |
| Breakfast Burrito - chorizo                     | 302g     | 580 | 240 | 27  | 10  | 0 | 305 | 1710 | 56 | 6 | 1 | 27 |
| Breakfast Burrito - jalapeno bacon              | 271g     | 510 | 190 | 21  | 8   | 0 | 300 | 1500 | 54 | 5 | 1 | 25 |
| Breakfast Burrito - no meat                     | 260g     | 460 | 160 | 17  | 7   | 0 | 290 | 1280 | 54 | 5 | 1 | 21 |
| Breakfast Potatoes Side Order                   | 68g      | 90  | 20  | 2.5 | 1   | 0 | 0   | 340  | 16 | 2 | 0 | 2  |
| Breakfast Quesadita - chorizo                   | 224g     | 500 | 230 | 26  | 10  | 0 | 305 | 1390 | 41 | 2 | 1 | 24 |
| Breakfast Quesadita - jalapeno bacon            | 193g     | 430 | 180 | 20  | 8   | 0 | 300 | 1190 | 39 | 1 | 1 | 21 |
| Breakfast Quesadita - no meat                   | 182g     | 370 | 140 | 16  | 6   | 0 | 290 | 960  | 39 | 1 | 1 | 18 |
| Breakfast Taco - chorizo, flour tortilla        | 163g     | 340 | 180 | 21  | 8   | 0 | 220 | 1010 | 20 | 2 | 1 | 18 |
| Breakfast Taco - jalapeno bacon, flour tortilla | 132g     | 270 | 130 | 15  | 6   | 0 | 220 | 800  | 18 | 1 | 1 | 16 |
| Breakfast Taco - no meat, flour tortilla        | 120g     | 220 | 100 | 11  | 4.5 | 0 | 205 | 580  | 18 | 1 | 1 | 12 |
| Coffee                                          | 12 fl oz | 0   | 0   | 0   | 0   | 0 | 0   | 5    | 0  | 0 | 0 | 0  |

Nutrition information for Breakfast Burrito includes tortilla, refried beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional items not included.

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# CANADA NUTRITION GUIDE

## 12 FL OZ

## 21 FL OZ

## 30 FL OZ

|                                   | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) | Total Calories | Sodium (mg)** | Total Carb (g) | Sugars (g) |
|-----------------------------------|----------------|---------------|----------------|------------|----------------|---------------|----------------|------------|----------------|---------------|----------------|------------|
| Barq's Caffeine Free Root Beer    | 160            | 70            | 45             | 45         | 290            | 125           | 78             | 78         | 410            | 180           | 112            | 112        |
| Barq's Root Beer                  | 160            | 70            | 45             | 45         | 290            | 125           | 78             | 78         | 410            | 180           | 112            | 112        |
| Cherry Coca-Cola                  | 150            | 40            | 42             | 42         | 270            | 70            | 73             | 73         | 380            | 105           | 105            | 105        |
| Coca-Cola                         | 150            | 35            | 40             | 40         | 260            | 60            | 70             | 70         | 370            | 90            | 100            | 100        |
| Coca-Cola Zero                    | 0              | 40            | 0              | 0          | 0              | 70            | 0              | 0          | 0              | 105           | 0              | 0          |
| Diet Coke                         | 0              | 50            | 0              | 0          | 0              | 85            | 0              | 0          | 0              | 125           | 0              | 0          |
| Fanta Fruit Punch                 | 160            | 55            | 42             | 42         | 270            | 95            | 73             | 73         | 390            | 135           | 104            | 104        |
| Fanta Orange                      | 160            | 50            | 41             | 41         | 270            | 90            | 72             | 72         | 390            | 125           | 104            | 104        |
| Fanta Strawberry                  | 170            | 50            | 46             | 46         | 290            | 85            | 80             | 80         | 420            | 120           | 115            | 115        |
| Fuze Raspberry Tea                | 90             | 45            | 23             | 23         | 150            | 80            | 40             | 40         | 220            | 115           | 58             | 57         |
| Fuze Unsweet Tea                  | 0              | 45            | 0              | 0          | 5              | 80            | 0              | 0          | 10             | 115           | 0              | 0          |
| Gold Peak Raspberry Tea           | 100            | 45            | 27             | 27         | 170            | 80            | 47             | 47         | 240            | 120           | 67             | 67         |
| Gold Peak Sweetened Green Tea     | 100            | 50            | 27             | 27         | 220            | 85            | 59             | 59         | 310            | 120           | 84             | 84         |
| Gold Peak Premium Unsweetened Tea | 0              | 45            | 0              | 0          | 170            | 90            | 47             | 47         | 250            | 125           | 67             | 67         |
| Gold Peak Sweetened Black Tea     | 120            | 50            | 34             | 34         | 0              | 80            | 0              | 0          | 0              | 120           | 0              | 0          |
| Hi-C Flashn' Fruit Punch          | 150            | 55            | 42             | 41         | 270            | 95            | 74             | 72         | 390            | 135           | 106            | 103        |
| Hi-C Poppin' Pink Lemonade        | 140            | 100           | 39             | 38         | 250            | 180           | 69             | 66         | 360            | 250           | 98             | 94         |
| Mello Yello                       | 160            | 50            | 42             | 42         | 280            | 85            | 74             | 74         | 390            | 120           | 106            | 105        |
| Minute Maid Lemonade              | 140            | 100           | 39             | 38         | 250            | 180           | 69             | 66         | 360            | 250           | 99             | 94         |
| Minute Maid Light Lemonade        | 5              | 45            | 0              | 0          | 10             | 75            | 0              | 0          | 20             | 105           | 0              | 0          |
| Pibb Xtra                         | 140            | 55            | 39             | 39         | 250            | 100           | 68             | 68         | 360            | 140           | 97             | 97         |
| POWERade Fruit Punch              | 90             | 115           | 23             | 22         | 150            | 210           | 41             | 39         | 210            | 290           | 59             | 55         |
| POWERade Mountain Blast           | 80             | 110           | 22             | 22         | 150            | 200           | 38             | 38         | 210            | 280           | 55             | 55         |
| Sprite                            | 140            | 70            | 39             | 39         | 250            | 120           | 67             | 67         | 360            | 170           | 96             | 96         |
| Caffeine-free Diet Coke           | 0              | 50            | 0              | 0          | 0              | 85            | 0              | 0          | 0              | 125           | 0              | 0          |
| Fanta Grape                       | 170            | 50            | 45             | 45         | 290            | 85            | 78             | 78         | 420            | 120           | 112            | 112        |
| Sprite Zero                       | 0              | 45            | 0              | 0          | 5              | 80            | 0              | 0          | 5              | 110           | 0              | 0          |

Serving sizes do not include ice. Beverage options may vary by restaurant.

\*Beverages are not a significant source of fat, saturated fat, trans fat, cholesterol, protein or fiber.

\*\*Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.

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# CANADA ALLERGEN GUIDE

|                               | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Beans, Black                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Beans, Refried                | No   | No  | No     | No       | No   | No        | No  | No    |
| Beans, Whole Pinto            | No   | No  | No     | No       | No   | No        | No  | No    |
| Beef, Ground Beef             | No   | No  | No     | No       | No   | No        | Yes | No    |
| Beef, Shredded Beef           | No   | No  | No     | No       | No   | No        | No  | No    |
| Beverage, 1% Chocolate Milk   | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Beverage, 2% Milk             | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Black Bean & Corn Salsa       | No   | No  | No     | No       | No   | No        | No  | No    |
| Black Olives                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Brownie - Oreo                | No   | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cabbage                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Cheese, Cheddar Jack Shredded | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Chicken                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Chopped Onions                | No   | No  | No     | No       | No   | No        | No  | No    |
| Chopped Tomatoes              | No   | No  | No     | No       | No   | No        | No  | No    |
| Churro                        | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cilantro                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Cookie, Chocolate Chip        | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cookie, Double Chocolate Chip | Yes  | Yes | No     | No       | No   | No        | Yes | Yes   |
| Cookie, Oatmeal Raisin        | Yes  | Yes | No     | Yes      | No   | No        | Yes | Yes   |
| Cookie, White Choc Macadamia  | Yes  | Yes | No     | Yes      | No   | No        | Yes | Yes   |
| Creamers, Half & Half         | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Eggs                          | Yes  | Yes | No     | No       | No   | No        | Yes | No    |
| Enchilada Sauce               | No   | No  | No     | No       | No   | No        | Yes | No    |
| Fish                          | Yes  | No  | No     | No       | Yes  | No        | Yes | Yes   |
| Guacamole                     | No   | No  | No     | No       | No   | No        | No  | No    |
| Lobster and Seafood           | Yes  | Yes | No     | No       | Yes  | Yes       | Yes | Yes   |

Continued on next page.

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

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# CANADA ALLERGEN GUIDE

|                                      | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|--------------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Jalapeno peppers                     | No   | No  | No     | No       | No   | No        | No  | No    |
| Lettuce                              | No   | No  | No     | No       | No   | No        | No  | No    |
| Lime wedge                           | No   | No  | No     | No       | No   | No        | No  | No    |
| Mayonnaise                           | No   | Yes | No     | No       | No   | No        | No  | No    |
| Onions, chopped                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Pico de Gallo                        | No   | No  | No     | No       | No   | No        | No  | No    |
| Pork, Carnitas                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Potatoes, Breakfast                  | No   | No  | No     | No       | No   | No        | No  | No    |
| Queso Cheese Sauce, White            | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Queso Cheese Sauce, Yellow           | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Rice, seasoned                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Habanero (Hot)                | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Mango                         | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Salsa, Reaper                        | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Roasted Chipotle (Medium)     | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Tomatillo (Mild)              | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa, Corn House Made               | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Verde (Mild) House Made        | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Chipotle (Medium) House Made   | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Habanero (Hot) House Made      | No   | No  | No     | No       | No   | No        | No  | No    |
| Salsa Mango House Made- 1 ladle      | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Cilantro Lime Vinaigrette House Made | No   | No  | No     | No       | No   | No        | No  | No    |
| White Sauce                          | No   | Yes | No     | No       | No   | No        | No  | No    |
| Serrano Peppers                      | No   | No  | No     | No       | No   | No        | No  | No    |
| Shrimp                               | No   | No  | No     | No       | No   | Yes       | Yes | No    |
| Sour Cream                           | Yes  | No  | No     | No       | No   | No        | No  | No    |
| Chipotle Sour Cream                  | Yes  | Yes | No     | No       | No   | No        | Yes | No    |
| Taco Salad Shell                     | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Taco Shell 7"                        | No   | No  | No     | No       | No   | No        | No  | No    |
| Tomatoes, chopped                    | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla Chips                       | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla, Corn 6"                    | No   | No  | No     | No       | No   | No        | No  | No    |
| Tortilla, Flour 10"                  | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Flour 12"                  | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Flour 6"                   | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Spinach 12"                | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Tomato Basil 12"           | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Whole Wheat 10"            | No   | No  | No     | No       | No   | No        | No  | Yes   |
| Tortilla, Whole Wheat 12"            | No   | No  | No     | No       | No   | No        | No  | Yes   |

Yes indicates if an item contains an allergen. No indicates if an item does not contain allergen.

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# CANADA GLUTEN CHART

| Ingredient                                 | Gluten Free | Contains Gluten |
|--------------------------------------------|-------------|-----------------|
| <b>BEANS AND RICE</b>                      |             |                 |
| Beans - Black, Pinto or Refried            | X           |                 |
| Seasoned Rice                              | X           |                 |
| <b>MEATS</b>                               |             |                 |
| Alaskan White Fish                         |             | X               |
| Braised Chicken                            | X           |                 |
| Ground Beef                                | X           |                 |
| Pork Carnitas                              | X           |                 |
| Shredded Beef                              | X           |                 |
| Shrimp                                     | X           |                 |
| Crispy Shrimp                              |             | X               |
| Beyond Meat®                               | X           |                 |
| <b>WRAPS, SHELLS, CHIPS</b>                |             |                 |
| Corn Tortilla                              | X           |                 |
| Flour Tortillas, all sizes                 |             | X               |
| Hard Corn Taco Shell                       | X           |                 |
| Salad Shell                                |             | X               |
| Spinach Wrap                               |             | X               |
| Tomato Basil Wrap                          |             | X               |
| Tortilla Chips                             | X           |                 |
| Whole Wheat Wrap                           |             | X               |
| <b>ADD-ONS</b>                             |             |                 |
| Black Bean & Corn Salsa                    | X           |                 |
| Black olives                               | X           |                 |
| Cabbage, shredded                          | X           |                 |
| Cheese, shredded                           | X           |                 |
| Cilantro                                   | X           |                 |
| Enchilada Sauce                            | X           |                 |
| Guacamole                                  | X           |                 |
| Jalapeno Peppers                           | X           |                 |
| Lettuce, shredded                          | X           |                 |
| Lime wedge                                 | X           |                 |
| Onions, chopped                            | X           |                 |
| Pico de Gallo                              | X           |                 |
| Queso Cheese Sauce, white                  | X           |                 |
| Queso Cheese Sauce, yellow                 | X           |                 |
| Salsa, Mango                               | X           |                 |
| Salsa Verda (Mild) Homemade- 1 ladle       | X           |                 |
| Salsa Chipotle (Medium) Homemade - 1 ladle | X           |                 |
| Salsa Habanero (Hot) Homemade- 1 ladle     | X           |                 |
| White Sauce Homemade - 1 ladle             | X           |                 |
| Corn Salsa                                 | X           |                 |
| Serrano Peppers                            | X           |                 |
| Tomatoes, chopped                          | X           |                 |
| Sour Cream                                 | X           |                 |
| Chipotle Sour Cream                        | X           |                 |
| White Sauce                                | X           |                 |
| <b>DESSERTS</b>                            |             |                 |
| Cookies                                    |             | X               |
| Brownie - Chocolate Chunk                  |             | X               |
| <b>BREAKFAST</b>                           |             |                 |
| Chorizo                                    | X           |                 |
| Egg                                        | X           |                 |
| Jalapeno Bacon                             | X           |                 |
| Breakfast Potatoes                         | X           |                 |

**WHAT IS GLUTEN?**  
**GLUTEN IS A PROTEIN FOUND IN WHEAT, RYE, BARLEY, SPELT, EMMER, FARO, TRITICALE, AND KAMUT.**

**AT TACO DEL MAR®, MANY OF OUR INGREDIENTS ARE NATURALLY GLUTEN-FREE, GIVING YOU THE ABILITY TO BUILD YOUR OWN MEAL.**

**WHILE WE MAKE EVERY ATTEMPT TO AVOID CROSS-CONTAMINATION, PLEASE BE AWARE THAT OUR RESTAURANTS ARE NOT GLUTEN-FREE FACILITIES.**

**FOR MORE INFORMATION ON GLUTEN, CONTACT THE GLUTEN INTOLERANCE GROUP (GIG) AT [WWW.GLUTEN.NET](http://WWW.GLUTEN.NET)**

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