

## Taco Mac® Nutritional Information

These values are based on our exact recipe. If the recipe is altered in any way, it will change the nutritional value.

All values are based on current products used but are subject to change based on availability of products.

Category/Menu Item	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Burger, Buffalo & Blue Cheese	720	320	36g	14g	2g	150mg	1430mg	49g	1g	9g	47g	50%	15%	20%	40%
Burger, Elmwood	960	460	51g	17g	2g	150mg	1780mg	70g	2g	12g	50g	50%	20%	20%	40%
Burger, Hickory	960	410	46g	19g	2g	180mg	1890mg	78g	0g	37g	55g	8%	10%	30%	45%
Burger, Kenmore	1090	610	69g	22g	2g	190mg	2030mg	59g	2g	16g	58g	15%	10%	35%	45%
Burger, Original	660	270	30g	11g	2g	135mg	830mg	50g	2g	9g	43g	50%	20%	10%	40%
Kid Burger	470	160	18g	6g	1g	65mg	770mg	55g	1g	19g	24g	6%	8%	4%	30%
Kid Combo Bean	750	340	40g	16g	0g	60mg	1000mg	74g	8g	10g	25g	35%	6%	50%	20%
Kid Combo Beef	780	400	46g	19g	0g	95mg	840mg	63g	5g	10g	31g	35%	6%	50%	20%
Kid Combo Chicken	720	350	41g	17g	0g	85mg	910mg	63g	5g	10g	28g	35%	8%	50%	15%
Kid Corn Puppies (with fries)	1090	630	70g	15g	2.5g	40mg	1900mg	95g	7g	36g	16g	2%	15%	10%	25%
Kid Grilled Cheese	410	170	19g	9g	0g	30mg	1110mg	48g	3g	9g	13g	10%	0%	30%	15%
Kid Mac & Cheese	400	120	14g	3.5g	0g	15mg	670mg	61g	3g	17g	12g	0%	0%	15%	15%
Kid Penne Pasta, Garlic butter	630	320	36g	14g	0.5g	50mg	460mg	65g	3g	12g	14g	15%	0%	15%	20%
Kid Penne Pasta, Marinara Sauce	500	170	19g	4.5g	0g	10mg	540mg	71g	4g	18g	14g	10%	20%	20%	20%
Kid Quesadilla	870	470	54g	26g	0g	110mg	1060mg	65g	5g	10g	35g	20%	0%	90%	15%
Kid Tenders (with fries)	1020	500	57g	9g	2.5g	55mg	2290mg	96g	6g	25g	27g	2%	15%	8%	25%
Kids Chicken Nuggets (no side)	650	340	38g	6g	0g	50mg	1420mg	58g	1g	25g	20g	2%	0%	4%	15%
Salad, Buffalo Ranch (without dressing)	670	330	38g	6g	0g	55mg	2230mg	57g	6g	5g	27g	310%	20%	15%	20%
Salad, Caesar - Large	290	160	17g	3.5g	0g	15mg	700mg	27g	4g	2g	11g	300%	10%	20%	20%
Salad, Caesar - Small	370	290	32g	5g	0g	25mg	840mg	15g	2g	1g	7g	150%	6%	10%	8%
Salad, Chopped Cobb (without dressing)	780	440	50g	16g	0g	340mg	1480mg	21g	13g	5g	64g	420%	45%	35%	35%
Salad, House Salad (without dressing)	150	60	7g	3g	0g	15mg	250mg	18g	3g	4g	7g	160%	15%	15%	10%
Salad, Iceberg Wedge (without dressing)	140	80	9g	3.5g	0g	20mg	450mg	7g	3g	5g	9g	30%	15%	8%	6%
Salad, Monterey Chicken (without dressing)	640	240	28g	10g	0g	185mg	690mg	26g	6g	3g	70g	310%	20%	30%	25%
Salad, Shrimp and Avocado (without dressing)	400	170	20g	5g	0g	140mg	1100mg	33g	15g	6g	25g	320%	60%	25%	25%
Salad, Taco Salad (without dressing)	620	280	31g	12g	0g	65mg	1120mg	60g	13g	9g	31g	430%	50%	50%	45%
Sandwich, Beef on 'Weck	530	130	14g	6g	0g	130mg	9430mg	49g	< 1g	6g	49g	4%	35%	4%	35%
Sandwich, Black Bean Burger Wrap	900	340	39g	8g	0g	10mg	1760mg	110g	12g	19g	28g	80%	10%	35%	40%
Sandwich, Buffalo & Blue Cheese Chicken	630	160	18g	7g	0g	165mg	1430mg	49g	1g	9g	64g	50%	15%	15%	30%
Sandwich, Chicken Caesar Club Wrap	960	510	57g	12g	0g	140mg	2150mg	58g	7g	3g	53g	110%	10%	30%	10%
Sandwich, Hickory Chicken	880	250	28g	12g	0g	195mg	1890mg	78g	0g	37g	72g	10%	10%	25%	30%
Sandwich, Hollywood Chicken	1000	410	46g	14g	0g	205mg	1510mg	66g	< 1g	24g	74g	10%	4%	30%	30%
Sandwich, Original Chicken	570	110	13g	3.5g	0g	155mg	830mg	50g	2g	9g	60g	50%	20%	8%	30%
Sandwich, Philly Cheese Chicken	740	240	26g	10g	0g	185mg	2180mg	49g	2g	5g	69g	35%	100%	40%	30%
Sandwich, Philly Cheese Steak	790	370	40g	16g	0g	125mg	2540mg	55g	2g	6g	43g	30%	190%	35%	35%
Sandwich, Rocky Mountain Chicken	900	320	37g	12g	0g	185mg	1620mg	68g	5g	20g	69g	60%	30%	30%	30%
Sandwich, Smoked Turkey and Swiss Panini	580	150	17g	7g	0g	65mg	2910mg	70g	< 1g	5g	35g	8%	0%	30%	30%
Sandwich, Southwestern Wrap	500	100	11g	3.5g	0g	95mg	1470mg	53g	6g	4g	44g	50%	20%	20%	30%
Sandwich, T'Mac Roast Beef'wich	830	280	31g	13g	0g	160mg	3200mg	75g	2g	7g	61g	20%	6%	25%	45%
Sandwich, Turkey-Que	540	140	16g	3.5g	0g	75mg	1940mg	73g	2g	27g	28g	25%	90%	6%	25%
Sandwiches, Whole Wheat Grilled Chicken Wrap	540	140	16g	6g	0g	100mg	1060mg	56g	7g	3g	45g	10%	10%	30%	25%
Side, Blue Cheese and Celery	280	240	27g	8g	0g	25mg	390mg	5g	2g	2g	4g	15%	6%	15%	2%
Side, Celery	15	0	0g	0g	**	0mg	70mg	3g	1g	2g	< 1g	8%	4%	4%	0%
Side, Cheese Fries	780	420	47g	17g	4g	55mg	2110mg	60g	8g	2g	20g	10%	25%	45%	15%
Side, Chili Cheese Fries	1030	510	58g	20g	5g	100mg	2820mg	81g	14g	4g	39g	35%	45%	50%	40%
Side, Cole Slaw	130	100	11g	1.5g	0g	5mg	200mg	8g	2g	5g	1g	30%	120%	4%	4%
Side, Fiesta Black Beans	100	25	3g	0g	0g	0mg	530mg	16g	4g	2g	4g	15%	20%	2%	8%
Side, French Fries	600	280	32g	6g	4.5g	0mg	1290mg	64g	9g	< 1g	6g	0%	25%	4%	15%
Side, Fresh Fruit	45	0	0g	0g	**	0mg	0mg	12g	2g	9g	0g	0%	6%	0%	0%
Side, Frijoles	130	10	1g	0g	**	0mg	880mg	23g	6g	1g	8g	4%	6%	4%	10%
Side, Onion Rings	800	550	62g	12g	0g	20mg	1550mg	54g	2g	5g	8g	6%	2%	4%	2%
Side, Seasonal Vegetables	130	100	11g	6g	0g	25mg	130mg	7g	3g	2g	3g	20%	140%	4%	4%

Side, Southwestern Rice	100	5	1g	0g	0g	0mg	200mg	21g	< 1g	< 1g	2g	2%	10%	2%	6%
Side, Sweet Potato Fries	700	460	52g	8g	0g	0mg	600mg	60g	6g	27g	3g	300%	50%	6%	0%
Soup, Taco Mac Chili - bowl	410	160	18g	7g	1g	75mg	1110mg	33g	9g	5g	31g	35%	35%	20%	35%
Soup, Taco Mac Chili - cup	290	120	13g	5g	0.5g	55mg	750mg	23g	6g	3g	22g	25%	25%	15%	25%
Soup, Tortilla - bowl	200	60	7g	0g	0g	25mg	870mg	23g	1g	2g	13g	15%	25%	0%	2%

### ***Taco Mac® Nutritional Information***

These values are based on our exact recipe. If the recipe is altered in any way, it will change the nutritional value.

All values are based on current products used but are subject to change based on availability of products.

Category/Menu Item	Calories	Calories from Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Soup, Tortilla - cup	160	50	6g	0g	0g	20mg	630mg	19g	1g	< 1g	11g	10%	15%	0%	0%
Southwestern, Beef Fajita Quesadilla	850	450	51g	24g	0g	140mg	1980mg	57g	9g	12g	46g	70%	190%	70%	40%
Southwestern, Buffalo Chicken Tacos	820	380	43g	13g	0g	75mg	3050mg	72g	5g	7g	38g	45%	130%	40%	30%
Southwestern, Burrito Mac Supreme	1040	390	45g	16g	1g	115mg	2510mg	107g	16g	5g	53g	70%	25%	50%	60%
Southwestern, Carnitas Quesadilla	1020	460	52g	25g	0g	270mg	3270mg	52g	5g	10g	83g	50%	160%	70%	45%
Southwestern, Chicken Fajita Quesadilla	890	440	49g	23g	0g	175mg	1480mg	57g	9g	12g	60g	70%	190%	70%	35%
Southwestern, Hard Taco, Bean	380	140	17g	6g	0g	15mg	1250mg	45g	8g	2g	15g	90%	15%	25%	20%
Southwestern, Hard Taco, Beef	450	250	29g	11g	1g	80mg	940mg	23g	3g	2g	27g	80%	10%	25%	25%
Southwestern, Hard Taco, Chicken	340	150	18g	7g	0g	60mg	1070mg	24g	3g	3g	21g	90%	15%	25%	15%
Southwestern, Los Cabos Fish Tacos	820	480	54g	17g	0.5g	140mg	2630mg	43g	5g	5g	43g	160%	20%	20%	30%
Southwestern, Soft Taco, Bean	320	80	10g	5g	0g	15mg	1250mg	45g	8g	2g	15g	90%	15%	25%	20%
Southwestern, Soft Taco, Beef	390	190	22g	10g	1g	80mg	940mg	23g	3g	2g	27g	80%	10%	25%	25%
Southwestern, Soft Taco, Chicken	280	90	11g	5g	0g	60mg	1070mg	24g	3g	3g	21g	90%	15%	25%	15%
Southwestern, Taco Mac Fajitas, Chicken	1450	500	56g	28g	0g	290mg	2560mg	128g	17g	17g	109g	160%	220%	90%	60%
Southwestern, Taco Mac Fajitas, Combo Beef/Shrimp	1340	500	56g	28g	0g	365mg	3910mg	129g	17g	17g	83g	160%	220%	90%	60%
Southwestern, Taco Mac Fajitas, Combo Beef/Veggie	1300	540	60g	31g	0g	170mg	3040mg	133g	18g	19g	62g	170%	290%	90%	70%
Southwestern, Taco Mac Fajitas, Combo Chicken/Beef	1410	520	58g	29g	0g	255mg	3050mg	128g	17g	17g	95g	160%	220%	90%	70%
Southwestern, Taco Mac Fajitas, Combo Chicken/Shrimp	1380	480	54g	27g	0g	405mg	3410mg	129g	17g	17g	96g	160%	220%	90%	60%
Southwestern, Taco Mac Fajitas, Combo Chicken/Veggie	1340	520	58g	30g	0g	205mg	2540mg	133g	18g	19g	76g	170%	290%	90%	60%
Southwestern, Taco Mac Fajitas, Combo Shrimp/Veggie	1270	500	55g	29g	0g	320mg	3400mg	134g	18g	19g	63g	170%	290%	100%	60%
Southwestern, Taco Mac Fajitas, Shrimp	1310	460	51g	26g	0g	515mg	4270mg	131g	17g	17g	84g	170%	220%	100%	60%
Southwestern, Taco Mac Fajitas, Beef Barbacoa	1370	540	60g	30g	0g	220mg	3550mg	128g	17g	17g	82g	160%	220%	80%	70%
Southwestern, Taco Mac Fajitas, Veggie	1230	540	59g	32g	0g	120mg	2530mg	138g	20g	21g	43g	180%	360%	90%	60%
Southwestern, Veggie, Quesadilla	780	360	42g	21g	0g	85mg	1370mg	72g	7g	7g	29g	90%	120%	80%	35%
Specialties, Buffalo Chicken Tenders	1200	530	60g	10g	4g	75mg	4640mg	113g	9g	3g	43g	0%	20%	10%	30%
Specialties, Cajun Chicken & Shrimp Penne	1080	380	42g	17g	0g	350mg	3070mg	90g	11g	14g	81g	45%	90%	45%	30%
Specialties, Chicken Tenders w/ Fries	1170	510	58g	9g	4g	75mg	3270mg	109g	9g	< 1g	43g	0%	20%	10%	30%
Specialties, Wild Blackened Salmon	660	410	45g	21g	0.5g	165mg	2680mg	21g	11g	5g	45g	60%	170%	25%	20%
Specialties, Yuengling Fish and Chips	1520	940	104g	17g	4g	110mg	2740mg	99g	8g	2g	36g	6%	20%	8%	25%
Starters, Chili con Queso	1780	860	95g	39g	0g	545mg	3930mg	185g	15g	9g	22g	50%	4%	130%	30%
Starters, Chips and Salsa	1020	370	46g	5g	0g	0mg	1350mg	144g	14g	7g	13g	10%	35%	8%	15%
Starters, Fiesta Chicken Nachos	2060	1110	126g	53g	0g	585mg	4530mg	162g	16g	14g	52g	90%	30%	130%	25%
Starters, Flautas con Pollo	1320	860	97g	25g	0g	125mg	2760mg	74g	7g	6g	43g	25%	25%	60%	40%
Starters, Loaded Sweet Potato Fries	1170	870	99g	25g	0g	75mg	1470mg	57g	6g	25g	18g	280%	50%	30%	4%
Starters, Mozzarella Sticks	780	460	51g	17g	0g	75mg	2080mg	75g	4g	8g	31g	60%	20%	60%	15%
Starters, Nachos All the Way	1910	900	106g	37g	1g	200mg	3510mg	180g	23g	12g	66g	80%	45%	70%	50%
Starters, Queso Poblano	1690	900	101g	37g	0g	570mg	3350mg	149g	12g	8g	21g	60%	60%	90%	10%
Sweets, Caramel Chocolate Chimi	1240	550	61g	27g	0g	70mg	450mg	161g	4g	118g	20g	10%	0%	50%	15%
Sweets, Ice Cream Cup (with Chocolate Sauce)	620	210	21g	13g	0g	60mg	150mg	96g	2g	85g	11g	10%	0%	30%	0%
Sweets, Monster New York Cheesecake	860	510	56g	33g	2g	195mg	650mg	79g	1g	59g	12g	30%	15%	10%	6%
Wing, Baked (each)	50	15	2g	0g	0g	20mg	200mg	1g	0g	< 1g	7g	4%	0%	0%	2%
Wings, 6-pack, Death Sauce	1100	840	94g	22g	0g	190mg	1150mg	6g	< 1g	2g	55g	25%	2%	10%	15%
Wings, 6-pack, Habanero BBQ Sauce	1120	830	93g	22g	0g	190mg	1040mg	13g	0g	9g	55g	20%	2%	10%	15%
Wings, 6-pack, HOT	1090	840	94g	22g	0g	190mg	1280mg	4g	0g	1g	55g	10%	0%	10%	15%
Wings, 6-pack, Lemon Pepper	1090	850	95g	23g	0g	190mg	930mg	2g	0g	0g	55g	15%	0%	10%	15%
Wings, 6-pack, Medium	1080	840	94g	22g	0g	190mg	1070mg	4g	0g	1g	55g	10%	0%	10%	15%
Wings, 6-pack, Mild	1080	830	93g	22g	0g	190mg	870mg	3g	0g	< 1g	55g	10%	0%	10%	15%





Sandwich, Turkey-Que		X		X			X		X
Side, Blue Cheese and Celery		X		X			X		
Side, Broccoli (with seasoning)				X			X		
Side, Cheese Fries				X			X		
Side, Chili Cheese Fries				X			X		
Side, Cole Slaw		X					X		
Side, Fiesta Black Beans							X		

**Taco Mac® Food Allergies and Ingredient Sensitivities**

*The following information is for individuals with food allergies. If you have an allergy, we recommend that you consult your physician prior to making a decision as to whether or not to eat any Taco Mac® product.*

Side, Fries							X		
Side, Frijoles							X		
Side, Mexican Rice				X			X		
Side, Onion Rings		X		X			X		X
Soups, Taco Mac Chili				X			X		X
Soups, Tortilla Soup				X			X		X
Southwestern, Beef Fajita Quesadilla				X			X		X
<b>Southwestern, BYOB Burrito</b>				X			X		X
Southwestern, Carnitas Quesadilla				X			X		X
Southwestern, Chicken Fajita Quesadilla				X			X		X
Southwestern, Los Cabos Fish Tacos		X	X	X			X		X
Southwestern, Grande Taco, Bean				X			X		X
Southwestern, Grande Taco, Beef				X			X		X
Southwestern, Grande Taco, Chicken				X			X		X
Specialties, Buffalo Chicken Tenders (no dressing)				X			X		X
Specialties, Cajun Chicken & Shrimp Penne				X		X	X		X
Specialties, Blackened Wild Salmon			X	X			X		X
Specialties, Chicken Tenders (no dressing)				X			X		X
Specialties, Yuengling Fish and Chips		X	X	X			X		X
Starters, Chili con Queso				X			X		X
Starters, Chips and Salsa							X		
Starters, Fiesta Chicken Nachos				X			X		
<b>Starters, Loaded Sweet Potato Fries</b>		X		X			X		X
Starters, Mozzarella Sticks		X		X			X		X
Starters, Nachos All The Way				X			X		
Starters, Queso Poblano				X			X		
Starters, Flautas con Pollo		X		X			X		X
Sweets, Caramel Chocolate Chimi		X		X	X		X	X	X
Sweets, Ice Cream Cup (with Chocolate Syrup)				X					
Sweets, Monster New York Cheesecake		X		X			X		X
Sweets, Orange Kissed Frozen Yogurt		X		X					
Wings, ALL (with Blue Cheese Dressing)		X		X			X		
Wings, ALL (without Blue Cheese Dressing)							X		
Wings, Boneless, ALL		X		X			X		X

All food allergen and food sensitivity information in this form are based on current product information and ingredient lists provided by the food manufacturer. All information is subject to change due to sudden change in supplier, ingredient substitutions and recipe changes.

Taco Mac® will provide the changes as soon as they become available.

Taco Mac® does not dedicate certain cooking equipment to certain allergens. It is possible to have a crossover of food products in or on the cooking equipment. In this case, it is possible to have an allergen conveyed through the cooking process.

Any other questions or concerns about food preparation can be sent to: [nutrition@tappanstreet.com](mailto:nutrition@tappanstreet.com)

Please contact the following organizations for general allergen information.

