



# Food Allergy & Sensitivity Information

Last Updated: 03/23/2016

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
<b>Key</b> ✓ Item does NOT contain the allergen ! Item DOES CONTAIN the allergen								

## Breakfast

Hashbrown	✓	✓	✓	✓	✓	✓	✓	✓
Nestle® Coffee-Mate™ Original Creamer	✓	✓	✓	✓	✓	✓	✓	✓
Rainforest Coffee	✓	✓	✓	✓	✓	✓	✓	✓
Rainforest Coffee with Nestle® Coffee-Mate™ Original Creamer	✓	✓	✓	✓	✓	✓	✓	✓
Tropicana® Orange Juice	✓	✓	✓	✓	✓	✓	✓	✓

## Morning Dollar Value Menu

Hashbrown	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Kickstart™ Orange Citrus	✓	✓	✓	✓	✓	✓	✓	✓
Rainforest Coffee	✓	✓	✓	✓	✓	✓	✓	✓
Rainforest Coffee with Nestle® Coffee-Mate™ Original Creamer	✓	✓	✓	✓	✓	✓	✓	✓

## Freezes

Mountain Dew® Baja Blast Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Baja Blast Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Rockstar® Punch Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Starburst® Strawberry Freeze™ (16 oz)	✓	✓	✓	✓	✓	✓	✓	✓
Starburst® Strawberry Freeze™ (20 oz)	✓	✓	✓	✓	✓	✓	✓	✓

## Sides

Black Beans	✓	✓	✓	✓	✓	✓	✓	✓
Black Beans & Rice	✓	✓	✓	✓	✓	✓	✓	✓

Chips and Guacamole	✓	✓	✓	✓	✓	✓	✓	✓
Chips and Salsa	✓	✓	✓	✓	✓	✓	✓	✓
Premium Latin Rice	✓	✓	✓	✓	✓	✓	✓	✓

## Vegetarian

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

Black Beans & Rice	✓	✓	✓	✓	✓	✓	✓	✓
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## Fountain Beverages (16 oz)

Brisk® Iced Tea and Lemonade	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓
Dr. Pepper®	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Sweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Unsweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Manzanita Sol	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Kickstart™ Orange Citrus	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Sangrita Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓
Sierra Mist®	✓	✓	✓	✓	✓	✓	✓	✓

## Fountain Beverages (20 oz)

Brisk® Iced Tea and Lemonade	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓
Dr. Pepper®	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Sweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Unsweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓
Manzanita Sol	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Kickstart™ Orange Citrus	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Sangrita Blast™	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓

Sierra Mist®	✓	✓	✓	✓	✓	✓	✓	✓	✓
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## Fountain Beverages (30 oz)

Brisk® Iced Tea and Lemonade	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dr. Pepper®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Sweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Unsweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Manzanita Sol	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Kickstart™ Orange Citrus	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Sangrita Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sierra Mist®	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Fountain Beverages (40 oz)

Brisk® Iced Tea and Lemonade	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brisk® Mango Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Diet Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dr. Pepper®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Sweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lipton® Brewed Unsweetened Iced Tea	✓	✓	✓	✓	✓	✓	✓	✓	✓
Manzanita Sol	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Baja Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Kickstart™ Orange Citrus	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountain Dew® Sangrita Blast™	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mug® Root Beer	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pepsi®	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sierra Mist®	✓	✓	✓	✓	✓	✓	✓	✓	✓

## Hot Sauce Packets

Salsa Del Sol	✓	✓	✓	✓	✓	✓	✓	✓	✓
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**Last Updated: 03/23/2016**

## Ingredient Statement Key:

C = Color added

VC = Vegetable color added

PF = Protects flavor

P = Preservative

Prepared in house in canola oil (with tBHQ antioxidant and citric acid to protect flavor)



Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before [www.tacobell.com](http://www.tacobell.com) is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [Full Disclaimer]