

TORCHYS TACOS 2026 NUTRITIONAL EVALUATIONS

MENU ITEM	CALORIES (G)	PROTEIN (G)	TOTAL CARBS (G)	CALORIES/FAT (G)	TOTAL FAT (G)	CHOLESTEROL (MG)	SATURATED FAT (G)	SODIUM (MG)	VITAMIN A (IU) %	VITAMIN C (mg) %	CALCIUM (mg) %	IRON (mg) %	DIETARY FIBER (G)	SUGARS (G)	TRANS FAT (G)
Tortillas															
Flour Tortilla	100	2	15	27	3	0	2	290	0	0	1	2	0	1	0
Corn Tortilla	76	2	15	9	1	0	0	117	0	0	1	1	1	0	0
Burrito Tortilla	400	8	61	117	13	0	6	1230	0	0	2	7	2	3	0
Queso and More															
Chips 4.5 oz	149	2	20	54	6	0	0	0	0	0	0	0	0	0	0
Green chile queso & chips - regular	643	21	32	414	46	114	24	2147	24	32	43	3	2	7	0
Green chile queso & chips - small	436	13	27	270	30	61	13	1227	15	20	23	3	2	4	0
Hillbilly queso & chips - regular	876	27	53	531	59	132	26	2370	24	32	43	5	2	7	0
Hillbilly queso & chips - small	520	16	29	333	37	79	15	1451	15	20	24	5	2	4	0
Guacamole & chips - regular	423	6	23	297	33	1	4	750	10	32	3	9	11	2	0
Guacamole & chips - small	286	4	22	180	20	1	2	374	5	16	2	5	6	1	0
Roja sauce & chips - regular	214	5	33	72	8	0	0	1016	36	38	2	4	3	6	0
Roja sauce & chips - small	181	3	27	63	7	0	0	508	18	19	1	2	1	3	0
Tomatillo sauce & chips - regular	241	5	36	81	9	0	0	1049	11	97	2	10	4	7	0
Tomatillo sauce & chips - small	195	4	28	72	8	0	0	524	6	48	1	5	2	4	0
Threesome with Roja - and chips	643	15	38	351	39	56	13	1690	26	42	23	7	7	6	0
Threesome with Tomatillo - and chips	656	15	40	360	40	56	13	1707	13	71	23	10	7	7	0
Damn Good Tots - regular	680	19	44	378	42	59	12	1960	1	3	13	7	5	1	0
Damn Good Tots - small	332	9	21	189	21	30	6	963	1	2	6	3	2	1	0
Street Corn - regular	383	8	48	198	22	22	4	1485	27	13	5	9	7	7	0
Street Corn - small	194	4	25	99	11	11	2	744	15	8	2	5	3	3	0
Refried Pinto Beans	198	12	35	9	1	0	0	262	6	7	5	16	8	2	0
Torchy's Mexican Rice	241	5	48	27	3	0	0	527	42	15	2	12	2	4	0
Mex Rice and Pinto Beans Combo	231	9	42	27	3	3	1	435	28	12	6	15	5	3	0
Cilantro Lime Rice	326	6	62	54	6	0	1	437	24	8	12	15	1	1	0
Black Beans	162	9	31	9	1	0	0	379	5	2	7	21	8	2	0

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Chicken Tacos															
Trailer Park on flour with poblano sauce	298	17	22	135	15	66	6	852	12	23	13	7	1	3	0
Trailer Park trashy on flour with poblano sauce	355	19	23	180	20	81	9	1109	14	26	18	7	1	3	0
Chicken Fajita on flour with tomatillo sauce	353	20	20	189	21	78	7	749	22	36	12	7	1	4	0
Brushfire on flour with side of diablo sauce	300	18	25	126	14	74	5	1058	18	43	3	8	1	7	0
Tipsy Chick on flour with chipotle and side of bacon marmalade	453	22	40	198	22	88	8	1025	34	19	14	10	1	18	0
Beef Tacos															
Democrat on corn with tomatillo	168	10	20	45	5	6	2	889	5	11	6	3	3	1	0
Crossroads on corn with tomatillo sauce	346	20	18	198	22	63	9	781	8	8	11	7	2	2	0
Steak Fajita on flour with roja sauce	449	20	20	234	26	59	10	727	23	33	12	10	1	4	0
Republican on flour with chipotle sauce and BBQ sauce	474	16	35	261	29	52	11	1261	6	5	2	8	1	3	1
Seafood															
Baja Shrimp on corn with chipotle sauce	267	12	24	126	14	87	3	703	46	14	8	10	3	3	0
Grilled Baja on corn with chipotle sauce	169	9	6	108	12	72	3	397	45	14	6	8	1	2	0
Mr. Orange on corn with avocado sauce	207	14	23	90	10	6	3	711	8	9	6	5	3	2	0
Pork Tacos															
Green Chile Pork on corn with tomatillo sauce	217	11	26	90	10	32	4	715	6	19	7	6	3	5	0
Hogfather on flour with a side of diablo	428	20	32	225	25	60	9	2007	8	12	6	9	1	11	0
Veggie Tacos															
Fresh Avocado on corn with poblano sauce	249	8	24	126	14	20	4	434	11	17	13	5	4	2	0
Fried Avocado on corn with poblano sauce	269	9	27	126	14	32	5	544	12	17	13	6	4	3	0
Fo Sho on corn with a side of diablo sauce	354	5	39	180	20	0	5	761	23	32	3	8	4	4	0
Breakfast Tacos															
Breakfast Burrito	1139	49	100	558	62	711	26	2829	34	22	29	37	7	7	0
Migas on flour with tomatillo sauce	379	17	27	207	23	280	8	944	10	21	17	12	2	4	0
Ranch Hand on flour with a side of diablo sauce	451	23	19	279	31	290	11	928	6	7	15	14	0	3	0
The Wrangler on flour with tomatillo sauce	456	23	24	261	29	288	11	1039	4	5	15	12	1	3	1

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Breakfast Tacos															
#1 Bacon, egg & cheese on flour with roja sauce	383	21	17	225	25	255	10	1026	12	2	13	10	0	2	0
#2 Crispy Potatoes, egg & cheese on flour with roja sauce	384	18	25	198	22	338	10	735	12	2	15	12	1	2	0
#3 Chorizo, egg & cheese on flour with roja sauce	388	19	19	234	26	283	10	908	5	2	16	11	0	3	0
Torched Bowls															
The Big Topsy Fajita Chicken	990	39	111	387	43	117	14	1798	41	22	27	34	7	20	0
The Big Topsy Fried Chicken	999	44	116	351	39	141	13	2010	43	20	28	35	7	20	0
The Bonfire Jerk Chicken	771	33	94	207	23	76	3	1013	63	33	10	39	9	9	0
The Bonfire Salmon	762	39	98	216	24	46	3	1030	64	31	11	39	9	9	0
Outlaw Bowl Fajita Chicken	786	29	109	234	26	77	4	1343	29	19	6	32	8	5	0
Outlaw Bowl Fried Chicken	794	35	113	198	22	101	3	1555	31	17	8	33	8	5	0
Not A Taco															
Airstream salad - with chipotle and champagne vinn	667	12	22	549	61	16	10	1131	137	32	18	19	8	6	0
Airstream salad with chicken with chipotle and champagne vinn	799	27	23	621	69	88	11	1268	138	34	19	23	8	7	0
Airstream salad with steak with chipotle and champagne vinn	830	25	22	666	74	60	14	1230	138	34	19	26	8	7	0
Airstream salad with salmon with chipotle and champagne vinn	816	32	25	666	74	16	13	1790	139	32	20	23	9	7	0
Grande Burrito with a side of tomatillo and roja sauce	797	23	96	315	35	49	16	2231	40	35	27	21	8	9	0
Grande Burrito with steak and a side of tomatillo and roja sauce	961	37	97	423	47	92	20	2330	40	37	27	28	8	9	0
Grande Burrito with chicken and a side of tomatillo and roja sauce	912	36	97	378	42	111	17	2325	40	37	28	24	8	9	0
Grande Burrito with pork and a side of tomatillo and roja sauce	867	30	98	369	41	75	18	2693	40	40	28	24	8	10	0
Desserts															
Churros with dulce	619	10	77	270	30	162	30	216	19	0	6	14	2	37	1
Chocolate Peanut butter Cookie	610	13	61	333	37	25	11	380	0	0	4	6	4	41	0
Kids Meal with bottled water															
Bean & cheese taco meal with chips	290	11	35	99	11	16	5	495	6	3	12	8	3	2	0
Bean & cheese taco meal with rice and beans	353	15	49	99	11	17	5	707	20	8	15	15	6	3	0

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Kids Meal with bottled water															
Bean and cheese taco meal with tots and ketchup	551	17	76	171	19	17	8	1341	23	11	16	18	8	11	0
Grilled chicken taco meal with chips	282	14	22	126	14	52	5	465	4	1	11	4	0	1	0
Grilled chicken taco meal with rice and beans	344	18	36	126	14	53	6	677	18	7	13	11	3	3	0
Grilled chicken taco meal with tots and ketchup	430	16	42	189	21	52	8	1099	8	3	11	7	2	9	0
Cheese quesadilla meal with chips and sour cream	404	15	24	243	27	64	14	618	13	0	32	3	0	2	0
Cheese quesadilla meal with rice and beans and sour cream	411	19	37	189	21	49	12	822	24	6	32	10	3	3	0
Cheese quesadilla meal with tots and ketchup and sour cream	552	17	44	306	34	65	17	1252	17	3	32	6	2	10	0
Chicken quesadilla meal with chips and sour cream	404	19	24	225	25	85	12	580	10	1	22	4	0	2	0
Chicken quesadilla meal with rice and beans and sour cream	467	23	38	216	24	86	12	793	24	7	25	12	3	4	0
Chicken quesadilla meal with tots and ketchup and sour cream	552	20	44	288	32	85	14	1214	14	4	23	7	2	10	0
Chicken Tenders with chips and ketchup	222	22	20	45	5	96	1	603	6	2	2	5	0	7	0
Chicken tenders with rice and beans and ketchup	285	26	33	45	5	97	1	815	19	8	5	12	3	8	0
Chicken tenders with tots and 2 ketchups	364	23	38	108	12	96	3	1186	9	4	3	7	2	13	0
Avocado Bites with chips	153	3	16	81	9	24	1	223	1	5	1	3	3	1	0
Avocado Bites with rice and beans	216	7	30	72	8	26	2	435	15	10	4	11	6	2	0
Avocado bites with tots and ketchup	301	5	36	144	16	24	4	857	5	7	2	6	5	8	0
Secret Menu															
Green Chile Pork Missionary	403	16	35	216	24	47	8	1265	9	12	13	9	3	4	0
Matador	506	23	38	261	29	72	12	1511	13	33	14	10	4	4	1
Trailer Park Hillbilly Style	560	31	24	324	36	123	14	1816	14	26	19	11	1	4	0
Mad Cow	417	22	26	225	25	63	9	781	9	7	12	12	2	3	1
Naughty Santa	364	18	21	207	23	100	8	870	8	12	12	12	2	3	0

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Fountain, Bubblers and Tea Drinks 22 oz- 32 range is 0-340															
Barq's Root Beer	240	0	60	0	0	0	0	75	0	0	0	0	0	60	0
Coke	220	0	55	0	0	0	0	55	0	0	0	0	0	55	0
Diet Coke	0	0	0	0	0	0	0	70	0	0	0	0	0	0	0
Dr. Pepper	250	0	66	0	0	0	0	100	0	0	0	0	0	64	0
Fanta Orange	220	0	56	0	0	0	0	55	0	0	0	0	0	55	0
Fuze Iced Tea	80	0	22	0	0	0	0	115	0	0	0	0	0	22	0
Hi-C Fruit Punch	103	0	27	0	0	0	0	128	0	142	0	0	0	27	0
Iced Tea - Sweet	232	0	60	0	0	0	0	21	0	0	0	0	0	59	0
Iced Tea - Unsweet	2	0	0	0	0	0	0	10	0	0	0	0	0	0	0
Minute Maid Lemonade	220	0	52	0	0	0	0	135	0	0	0	0	0	52	0
Minute Maid Limeade	90	0	25	0	0	0	0	0	0	6	0	0	0	23	0
Sprite	210	0	50	0	0	0	0	95	0	0	0	0	0	50	0
Vanilla Cream Soda	160	0	45	0	0	0	0	65	0	0	0	0	0	45	0
Torchy's Pucker Up Punch	248	0	65	0	0	0	0	0	0	0	0	0	0	63	0
Javo Horchata	150	1	25	54	6	0	5	380	0	0	4	0	0	19	0
Javo Lemonade	140	0	35	0	0	0	0	10	0	0	4	0	0	33	0
Javo Peruvian Cold Brew	15	1	3	0	0	0	0	5	0	0	1	0	0	0	0
Javo Fruit Punch	130	0	31	0	0	0	0	10	0	0	1	0	0	30	0

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Mocktails															
Strawberry Limeade	120	1	38	0	0	0	0	125	0	48	2	1	1	35	0
Watermelon Breeze	103	0	26	0	0	0	0	13	2	15	1	1	0	23	0
Damn Good Drinks															
House Frozen Margarita - Regular	456	0	98	0	0	0	0	0	0	48	0	0	0	98	0
House Frozen Margarita - Small	326	0	70	0	0	0	0	0	0	44	0	0	0	70	0
House Rocks Margarita - Regular	318	0	36	0	0	0	0	0	0	43	0	0	0	15	0
House Rocks Margarita - Small	181	0	18	0	0	0	0	0	0	10	0	0	0	8	0
Mucho Mango	212	0	24	0	0	0	0	4	8	23	16	1	0	25	0
Top Shelf Patron	221	0	25	0	0	0	0	2	1	22	1	0	0	21	0
Sangria	175	0	16	0	0	0	0	4	0	5	1	2	0	8	0
Sangria Swirl - Regular	552	1	78	0	0	0	0	8	2	48	2	1	0	51	0
Sangria Swirl - Small	211	0	51	0	0	0	0	5	1	32	1	1	0	34	0
Skinny Margarita	173	0	20	0	0	0	0	2	1	19	1	0	0	15	0
Torchy's Paloma	150	0	16	0	0	0	0	210	2	8	0	0	0	15	0
Torchy's Tini	319	0	32	9	1	0	0	786	1	19	1	1	1	23	0
Titos Cherry Limeade	250	0	33	0	0	0	0	18	15	12	9	0	0	25	0
Mexican Candy Margarita	224	0	37	0	0	0	0	32	0	11	0	0	0	34	0
Peachy Sunrise	300	0	44	0	0	0	0	96	0	10	0	0	0	37	0
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