

TacoBellMenuOnline

Taco Bell Allergen Chart 2026

Data collected October 2026 - tacobellmenuonline.com

Prices and recipes vary by location; nutrition values are compiled from published nutrition information. Always confirm prices, availability and allergen information in store.

Item	Milk	Eggs	Wheat	Soy
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This chart covers ONLY the four allergen labels recorded in our dataset so far (milk, eggs, wheat, soy). An item that does not appear here is NOT allergen-free - its allergen data has simply not been recorded yet. Taco Bell kitchens handle all major allergens in shared areas, so cross-contamination is possible: always confirm in store if you have an allergy.

7-Layer Burrito	Yes	-	Yes	-
Avocado Ranch Chicken Stacker	Yes	Yes	Yes	-
Bacon Club Chalupa	Yes	Yes	Yes	Yes
Bean Burrito	Yes	-	Yes	-
Beefy 5-Layer Burrito	Yes	-	Yes	Yes
Beefy Crunch Burrito	Yes	-	Yes	Yes
Beefy Fritos Burrito	Yes	-	Yes	Yes
Beefy Melt Burrito	Yes	-	Yes	Yes
Beefy Nacho Griller	Yes	-	Yes	Yes
Beefy Potato Loaded Griller	Yes	Yes	Yes	Yes
Black Bean Chalupa Supreme	Yes	-	Yes	Yes
Black Bean Crunchwrap Supreme	Yes	-	Yes	-
Black Bean Soft Taco	Yes	-	Yes	-
Breakfast California Crunchwrap	Yes	Yes	Yes	-
Breakfast Crunchwrap	Yes	Yes	Yes	-
Breakfast Quesadilla	Yes	Yes	Yes	-
Breakfast Salsa	-	-	Yes	Yes
Burrito Supreme	Yes	-	Yes	Yes
Caliente Cantina Chicken Bowl	Yes	Yes	-	-
Caliente Cantina Chicken Burrito	Yes	Yes	Yes	-
Caliente Cantina Chicken Crispy Taco	Yes	Yes	-	-
Caliente Cantina Chicken Nacho Fries	Yes	Yes	Yes	-
Caliente Cantina Chicken Quesadilla	Yes	Yes	Yes	-
Caliente Cantina Chicken Soft Taco	Yes	Yes	Yes	-

Item	Milk	Eggs	Wheat	Soy
Cantina Chicken Bowl	Yes	Yes	-	-
Cantina Chicken Burrito	Yes	Yes	Yes	-
Cantina Chicken Crispy Taco	Yes	Yes	-	-
Cantina Chicken Quesadilla	Yes	Yes	Yes	-
Cantina Chicken Rolled Quesadilla	Yes	Yes	Yes	-
Cantina Chicken Soft Taco	Yes	Yes	Yes	-
Cantina Crispy Chicken Taco	Yes	Yes	Yes	-
Caramel Apple Empanada	Yes	-	Yes	-
Chalupa Supreme	Yes	-	Yes	Yes
Cheese Quesadilla	Yes	Yes	Yes	-
Cheesy Bean and Rice Burrito	Yes	Yes	Yes	-
Cheesy Fiesta Potatoes	Yes	-	Yes	-
Cheesy Gordita Crunch	Yes	Yes	Yes	Yes
Cheesy Roll Up	Yes	-	Yes	-
Cheesy Toasted Breakfast Burrito	Yes	Yes	Yes	-
Chicken Bacon Ranch Street Chalupas	Yes	Yes	Yes	Yes
Chicken Enchilada Burrito	Yes	-	Yes	-
Chicken Fajita Nacho Fries	Yes	Yes	Yes	-
Chicken Quesadilla	Yes	Yes	Yes	-
Chili Cheese Burrito	Yes	-	Yes	Yes
Chipotle Ranch Grilled Chicken Burrito	Yes	Yes	Yes	-
Chips and Nacho Cheese Sauce	Yes	-	-	-
Chocolate Fudge & Caramel Empanadas	Yes	-	Yes	Yes
Cinnabon Delights	Yes	Yes	Yes	Yes
Cinnamon Twists	-	-	Yes	-
Cool Ranch Doritos Locos Taco	Yes	-	-	Yes
Cool Ranch Doritos Locos Taco Supreme	Yes	-	-	Yes
Crispalupa	Yes	Yes	Yes	-
Crispy Chicken Nuggets	-	-	Yes	-
Crispy Chicken Wings	Yes	Yes	Yes	Yes
Crunchwrap Supreme	Yes	-	Yes	Yes

Item	Milk	Eggs	Wheat	Soy
Crunchy Taco	Yes	-	-	Yes
Crunchy Taco Supreme	Yes	-	-	Yes
Doritos Cheesy Gordita Crunch - Cool Ranch	Yes	Yes	Yes	Yes
Double Decker Taco	Yes	-	Yes	Yes
Double Decker Taco Supreme	Yes	-	Yes	Yes
Fiesta Veggie Burrito	Yes	Yes	Yes	-
Fire Sauce Packet	-	-	Yes	Yes
Frank's RedHot Diablo Chicken Nacho Fries	Yes	Yes	Yes	-
Frank's RedHot Diablo Crispy Chicken Burrito	Yes	Yes	Yes	-
Frank's RedHot Diablo Crispy Chicken Soft Taco	Yes	Yes	Yes	-
Fresco Soft Taco	-	-	Yes	Yes
Fritos Flamin' Hot Grilled Cheese Burrito	Yes	Yes	Yes	Yes
Gordita Crunch Sliders	Yes	Yes	Yes	Yes
Grande Burrito	Yes	-	Yes	-
Grande Nachos	Yes	-	-	Yes
Grande Toasted Breakfast Burrito	Yes	Yes	Yes	-
Green Burrito	Yes	-	Yes	-
Grilled Cheese Burrito	Yes	Yes	Yes	Yes
Grilled Cheese Dipping Taco	Yes	Yes	-	Yes
Grilled Steak Soft Taco	Yes	Yes	Yes	-
Hot Cinnabon Delights Coffee	Yes	-	-	-
Loaded Steak and Jalapeño Fries	Yes	Yes	Yes	-
Mexican Pizza	Yes	-	Yes	Yes
Mild Sauce Packet	-	-	-	Yes
Milk Bar Birthday Cake Churro	Yes	Yes	Yes	Yes
Mini Skillet Bowl	Yes	Yes	Yes	-
Mini Taco Salad	Yes	Yes	Yes	Yes
Nacho Cheese Doritos Cheesy Gordita Crunch	Yes	Yes	Yes	Yes
Nacho Cheese Doritos Locos Tacos	Yes	-	-	Yes
Nacho Cheese Doritos Locos Tacos Supreme	Yes	-	-	Yes
Nacho Party Pack	Yes	-	-	Yes

Item	Milk	Eggs	Wheat	Soy
Nachos BellGrande	Yes	-	-	Yes
Naked Chicken Chalupa	Yes	Yes	Yes	-
Naked Egg Taco	Yes	Yes	Yes	-
Pintos N Cheese	Yes	-	-	-
Rolled Chicken Tacos	Yes	-	Yes	-
Salted Caramel Churros	Yes	Yes	Yes	Yes
Shredded Chicken Burrito	Yes	Yes	Yes	-
Slow-Roasted Chicken Fajita Street Chalupas	Yes	Yes	Yes	Yes
Soft Taco	Yes	-	Yes	Yes
Soft Taco Supreme	Yes	-	Yes	Yes
Spicy Cheesy Core Burrito	Yes	-	Yes	Yes
Spicy Potato Soft Taco	Yes	Yes	Yes	-
Stacker	Yes	-	Yes	Yes
Steak & Poblano Rolled Quesadilla	Yes	Yes	Yes	-
Steak Fajita Street Chalupas	Yes	Yes	Yes	Yes
Steak Quesadilla	Yes	Yes	Yes	-
Toasted Cheddar Street Chalupa	Yes	-	Yes	Yes
Triple Layer Nachos	Yes	-	-	-
Veggie Bowl	Yes	Yes	-	-
Veggie Burrito Supreme	Yes	-	Yes	-
Veggie Mexican Pizza	Yes	-	Yes	-
Veggie Power Menu Bowl	Yes	Yes	-	-
Volcano Taco	Yes	Yes	-	Yes