



NUTRITION INFORMATION

Fuzzy's Taco Shop is committed to serving delicious food- just the way you like it. We are proud to offer a variety of delicious favorites. We understand that choice is a priority for Guests who are watching what they eat. Please use the nutrition information in this document to help you make your dining decisions.

While we are committed to providing as accurate nutrition information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutrition information stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the notes beside the menu item name or header to identify which values are being reflected. The nutrition information provided is derived using an industry standard database, but does not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate, or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutrition information detailed in this document.

Some menu items may not be available at all restaurants. Limited time offers, regional items, or test items may not be included. Nutrition information is applicable to U.S. restaurants only. The nutrition information on this document is subject to updates. Please check back regularly.

This information is applicable as of 8/31/2026.

If you have questions about this information, please contact Fuzzy's Taco Shop Guest Relations 1-888-510-8226



Nutrition Information

Get It Started	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Get It Started											
Chips & Queso Blanco	1090	570	64	18	0.5	55	2180	105	7	4	26
Chips & Queso Dorado	1190	340	71	27	1.5	90	2460	108	7	13	30
Chips & Queso Dorado with Seasoned Ground Beef	1260	380	75	29	1.5	110	2720	108	7	14	37
Chips & Queso Dorado with Chorizo	1280	410	79	30	1.5	120	2740	108	7	13	36
Chips & Arbol Chile Salsa	800	350	39	7	0	0	1090	101	9	6	12
Chips & Guacamole	930	490	55	9	0	0	690	102	15	1	13
Chips & Queso with Birria Beef	1130	590	65	19	0.5	70	2140	106	7	5	32
Chips & Queso with Pork Green Chili	1160	620	69	20	0.5	60	2590	109	7	6	26
Chip Dip Trio	1320	730	81	20	0.5	45	3150	125	17	12	30
Queso Fries	1040	470	63	17	1	50	2770	100	7	6	0
Weston, WI, Port Wentworth, GA, and Hardeeville, SC Locations:											
Small Chips & Queso	400	230	25	9	0	30	1250	31	2	3	12
Small Chips & Arbol Chile Salsa	230	100	11	2	0	0	570	29	3	4	4
Small Chips & Guacamole	350	220	24	3.5	0	0	350	32	8	1	5



Nutrition Information

Nachos	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Nachos											
Shredded Chicken Nachos	1570	870	96	30	1	195	2870	109	7	6	62
Shredded Brisket Nachos	1730	840	114	37	1	180	4230	113	8	8	58
Grilled Steak Nachos	1610	900	100	32	1.5	165	2790	108	7	6	67
Grilled Chicken Nachos	1570	870	96	29	1	180	3010	109	7	5	65
Seasoned Ground Beef Nachos	1670	980	109	34	1	175	3220	110	7	6	58
Carnitas Nachos	1580	900	100	32	1	175	3220	110	7	7	55
Head Honcho Nachos	1590	680	98	34	1.5	155	3520	125	16	11	53



Nutrition Information

Quesadillas	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Quesadillas											
Shredded Chicken Quesadilla	810	400	45	20	1	170	1580	54	3	4	47
Shredded Brisket Quesadilla	970	380	63	27	1	155	2940	58	4	6	44
Grilled Steak Quesadilla	850	430	48	22	1	140	1500	53	3	4	52
Grilled Chicken Quesadilla	810	400	45	19	1	155	1720	54	3	3	50
Carnitas Quesadilla	810	440	49	22	1	145	1930	55	3	5	41
Grilled Shrimp Quesadilla	730	380	42	19	1	200	2170	55	3	3	35



Nutrition Information

Tacos	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Fuzzy's OG Tacos											
Grilled Shrimp Taco	260	140	16	7	0	95	820	15	2	<1	16
Tempura Shrimp Taco	370	200	22	8	0	115	480	20	2	1	22
Seasoned Ground Beef Taco	350	210	23	9	0	70	700	15	2	1	16
Shredded Chicken Taco	300	150	17	7	0	80	520	14	2	1	17
Shredded Brisket Taco	380	140	26	10	0	75	1200	17	2	2	16
Grilled Steak Taco	320	170	18	8	0	65	480	14	2	1	24
Grilled Chicken Taco	300	150	17	7	0	70	590	15	2	<1	23
Carnitas Taco	300	170	19	8	0	70	700	15	2	1	15
Grilled Veggies Taco	270	140	15	7	0	35	410	20	4	2	12
Fuzzy's Famous Tacos											
Baja Fish Taco, Beer-Battered Fish	340	180	24	4	0	10	740	29	3	2	4
Cabo Grilled Shrimp Taco	450	260	28	11	0	125	1550	22	3	3	26
Cabo Tempura Shrimp Taco	550	320	35	13	0	140	1220	27	3	3	32
Margarita Tempura Shrimp Taco	410	240	27	6	0	95	1000	27	2	3	16
Margarita Grilled Shrimp Taco	300	180	20	5	0	75	1340	21	2	3	10
Sonora Rellano Taco	550	250	43	12	0	40	1190	36	5	3	11
Texas Brisket Taco	510	170	37	11	0	60	1630	27	2	3	17
Cali-Style Steak Taco	400	210	23	5	0	35	960	36	5	1	0
Cali-Style Birria Taco	350	190	21	4.5	0	20	960	37	4	2	0
Tacos x 2											
Quesabirria Tacos	560	330	37	13	0.5	85	990	32	5	2	28
Dorado Taco	610	280	60	18	1	100	1490	28	4	6	29



Nutrition Information

Burritos	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Burritos											
Shredded Brisket Burrito	1160	380	62	21	0	110	4050	106	11	6	44
Shredded Chicken Burrito	1000	400	44	14	0	125	2690	101	10	4	48
Seasoned Ground Beef Burrito	1100	510	57	18	0	105	3040	103	10	5	43
Grilled Chicken Burrito	1000	400	44	13	0	110	2840	102	10	4	50
Grilled Steak Burrito	1040	430	48	16	0.5	100	2610	101	10	4	53
Carnitas Burrito	1010	430	48	16	0	105	3040	102	10	5	41
Smother It:											
Queso	220	150	16	7	0	30	1160	9	0	3	9
Pork Green Chili	220	140	15	3.5	0	15	1500	16	2	3	6
Make It A Bowl:											
Shredded Brisket Bowl	890	320	56	17	0	110	3590	60	9	7	37
Shredded Chicken Bowl	730	340	38	10	0	125	2230	56	9	5	41
Seasoned Ground Beef Bowl	830	450	50	15	0	105	2580	57	9	5	36
Grilled Chicken Bowl	730	340	38	9	0	110	2370	56	8	4	43
Grilled Steak Bowl	770	370	41	12	0.5	100	2140	55	9	5	45
Carnitas Bowl	740	380	42	13	0	105	2570	57	9	6	34
Birria Bowl	620	250	27	8	0	75	2060	63	6	5	31



Nutrition Information

Mexican Plates	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Taco Plate (Choose Any 2 + Any 2 Sides):											
Fuzzy's OG Tacos											
Grilled Shrimp Taco	260	140	16	7	0	95	820	15	2	<1	16
Tempura Shrimp Taco	370	200	22	8	0	115	480	20	2	1	22
Seasoned Ground Beef Taco	350	210	23	9	0	70	700	15	2	1	16
Shredded Chicken Taco	300	150	17	7	0	80	520	14	2	1	17
Shredded Brisket Taco	380	140	26	10	0	75	1200	17	2	2	16
Grilled Chicken Taco	300	150	17	7	0	70	590	15	2	<1	23
Grilled Steak Taco	320	170	18	8	0	65	480	14	2	1	24
Carnitas Taco	300	170	19	8	0	70	700	15	2	1	15
Grilled Veggies Taco	270	140	15	7	0	35	410	20	4	2	12
Fuzzy's Famous Tacos											
Cabo Grilled Shrimp Taco	450	260	28	11	0	125	1550	22	3	3	26
Cabo Tempura Shrimp Taco	550	320	35	13	0	140	1220	27	3	3	32
Baja Fish Taco, Battered Fish	340	180	24	4	0	10	740	29	3	2	4
Margarita Grilled Shrimp Taco	300	180	20	5	0	75	1340	21	2	3	10
Margarita Tempura Shrimp Taco	410	240	27	6	0	95	1000	27	2	3	16
Sonora Rellano Taco	550	250	43	12	0	40	1190	36	5	3	11
Texas Brisket Taco	510	170	37	11	0	60	1630	27	2	3	17
Cali-Style Steak Taco	400	210	23	5	0	35	960	36	5	1	0
Cali-Style Birria Taco	350	190	21	4.5	0	20	960	37	4	2	0
Tacos x 2											
Quesabirria Tacos	560	330	37	13	0.5	85	990	32	5	2	28
Dorado Taco	610	280	60	18	1	100	1490	28	4	6	29
Enchilada Plate (Choose Any 2 + Any 2 Sides + Choice of Sauce):											
Shredded Chicken Enchilada, 1 Each	220	120	13	4	0	40	460	14	2	<1	11
Seasoned Ground Beef, 1 Each	240	150	16	5	0	35	490	15	2	<1	10
Carnitas Enchilada, 1 Each	220	130	14	4.5	0	35	540	15	2	1	9
Grilled Veggies Enchilada, 1 Each	200	110	13	4	0	20	390	17	2	1	6
Cheese Enchilada, 1 Each	330	210	24	10	0.5	50	640	16	2	1	14
Grilled Shrimp Enchilada, 1 Each	220	120	13	4	0	80	870	15	2	<1	11
Choice of Enchilada Sauce OR Queso:											
Enchilada Sauce	60	40	4.5	1	0	<5	280	3	0	0	2
Tomatillo Sauce	80	60	7	1.5	0	5	570	5	0	1	1
Queso	110	70	8	3.5	0	15	580	4	0	1	5
Combo Plate (Choose 1 Taco & 1 Enchilada + Any 2 Sides):											
Fuzzy's OG Tacos											
Grilled Shrimp Taco	260	140	16	7	0	95	820	15	2	<1	16
Tempura Shrimp Taco	370	200	22	8	0	115	480	20	2	1	22
Shredded Chicken Taco	300	150	17	7	0	80	520	14	2	1	17
Shredded Brisket Taco	380	140	26	10	0	75	1200	17	2	2	16
Grilled Chicken Taco	300	150	17	7	0	70	590	15	2	<1	23
Grilled Beef Taco	320	170	18	8	0	65	480	14	2	1	24
Carnitas Taco	300	170	19	8	0	70	700	15	2	1	15
Seasoned Ground Beef Taco	350	210	23	9	0	70	700	15	2	1	16
Grilled Veggies Taco	270	140	15	7	0	35	410	20	4	2	12
Fuzzy's Famous Tacos											
Cabo Grilled Shrimp Taco	450	260	28	11	0	125	1550	22	3	3	26
Cabo Tempura Shrimp Taco	550	320	35	13	0	140	1220	27	3	3	32
Baja Fish Taco, Beer-Battered Fish	340	180	24	4	0	10	740	29	3	2	4
Margarita Shrimp Taco	300	180	20	5	0	75	1340	21	2	3	10
Margarita Tempura Shrimp Taco	410	240	27	6	0	95	1000	27	2	3	16
Sonora Rellano Taco	550	250	43	12	0	40	1190	36	5	3	11
Texas Brisket Taco	510	170	37	11	0	60	1630	27	2	3	17
Cali-Style Steak Taco	400	210	23	5	0	35	960	36	5	1	0
Cali-Style Birria Taco	350	190	21	4.5	0	20	960	37	4	2	0
Enchiladas											
Shredded Chicken Enchilada, 1 Each	220	120	13	4	0	40	460	14	2	<1	11
Seasoned Ground Beef, 1 Each	240	150	16	5	0	35	490	15	2	<1	10
Carnitas Enchilada, 1 Each	220	130	14	4.5	0	35	540	15	2	1	9
Grilled Veggies Enchilada, 1 Each	200	110	13	4	0	20	390	17	2	1	6
Cheese Enchilada, 1 Each	330	210	24	10	0.5	50	640	16	2	1	14
Grilled Shrimp Enchilada, 1 Each	220	120	13	4	0	80	870	15	2	<1	11
Sides											
Black Beans	150	0	0	0	0	0	930	27	7	2	9
Refried Beans	240	70	8	3.5	0	10	780	29	11	0	13
Fuzzy's Rice	180	30	3.5	0.5	0	<5	940	32	1	3	4
Cilantro-Lime Rice	190	30	3.5	0.5	0	0	690	36	1	<1	5



Nutrition Information

Mexican Plates	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Elote	350	240	26	6	0	10	960	22	5	10	0
French Fries	370	160	18	3	0	0	900	46	3	0	0



Nutrition Information

Salads	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Salads											
Shredded Chicken Salad (no dressing)	580	280	31	14	0.5	155	1490	29	5	5	46
Grilled Chicken Salad (no dressing)	580	280	31	13	0.5	140	1630	29	5	5	48
Grilled Steak Salad (no dressing)	620	310	35	16	1	125	1400	28	5	5	50
Grilled Shrimp Salad (no dressing)	510	260	29	13	0.5	190	2070	29	6	5	33
Shredded Brisket Salad (no dressing)	750	260	49	21	0.5	140	2840	33	6	7	42
Ground Beef Salad (no dressing)	680	390	44	19	0.5	135	1840	30	5	5	41
Carnitas Salad (no dressing)	590	320	35	17	0.5	135	1830	30	5	6	39
Salad Dressing:											
Buttermilk Ranch	200	190	21	3.5	0	15	410	2	0	2	1
House Vinaigrette	510	500	55	10	0.5	10	940	2	<1	1	2
Avocado Ranch	320	290	33	6	0	20	630	6	2	3	2
Arbol Chile Salsa	40	15	1.5	0	0	0	470	7	2	4	2



Nutrition Information

Kid Stuff	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Main Meal (Choose 1 + 1 Side + 1% Milk):											
Cheese Nachos	750	430	48	18	0.5	70	1420	56	3	3	24
Cheese Quesadilla	340	160	18	10	0	40	600	30	1	<1	15
Ground Beef Crispy Taco	250	150	16	8	0	50	480	11	1	<1	14
Chicken Sticks	330	160	18	3	0	50	800	23	2	0	19
1% Milk	110	0	2.5	1.5	0	10	130	4	0	12	8
Kid's Side											
Refried Beans	240	70	8	3.5	0	10	780	29	11	0	13
Black Beans	150	0	0	0	0	0	930	27	7	2	9
Fuzzy's Rice	180	30	3.5	0.5	0	<5	940	32	1	3	4
Cilantro-Lime Rice	190	30	3.5	0.5	0	0	690	36	1	<1	5
Elote	350	240	26	6	0	10	960	22	5	10	0
French Fries	370	160	18	3	0	0	900	46	3	0	0



Nutrition Information

Breakfast Faves	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Faves											
Migas	1150	650	72	21	0	755	3850	108	19	5	57
Chilaquiles, Chicken	1230	680	75	26	0.5	785	3950	110	19	5	73
Chilaquiles, Beef	1280	730	81	29	0.5	780	4060	110	19	6	70
Breakfast Taco Plate (Choice Of Any 2 Breakfast Tacos):											
Potato, Egg, & Cheese Taco	370	260	29	11	0	365	930	27	2	0	22
Bacon, Egg, & Cheese Taco	420	320	36	13	0	395	1020	17	<1	1	29
Bacon, Potato, Egg, & Cheese Taco	510	350	39	14	0	395	1440	28	2	1	31
Chorizo, Egg, & Cheese Taco	390	300	33	13	0	395	790	17	<1	0	26
Chorizo, Potato, Egg, & Cheese Taco	470	330	37	13	0	395	1210	28	2	0	27



Nutrition Information

Breakfast Whenever	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breakfast Whenever											
Potato, Egg, & Cheese Taco	370	260	29	11	0	365	930	27	2	0	22
Potato, Egg, & Cheese Burrito	780	480	54	18	0	705	2050	76	5	1	41
Bacon, Egg, & Cheese Taco	420	320	36	13	0	395	1020	17	<1	1	29
Bacon, Egg, & Cheese Burrito	720	500	55	20	0	735	1590	52	2	2	46
Bacon, Potato, Egg, & Cheese Taco	510	350	39	14	0	395	1440	28	2	1	31
Bacon, Potato, Egg, & Cheese Burrito	910	580	64	22	0	735	2560	77	5	2	49
Chorizo, Egg, & Cheese Taco	390	300	33	13	0	395	790	17	<1	0	26
Chorizo, Egg, & Cheese Burrito	790	550	61	22	0	770	1640	52	2	1	48
Chorizo, Potato, Egg, & Cheese Taco	470	330	37	13	0	395	1210	28	2	0	27
Chorizo, Potato, Egg, & Cheese Burrito	980	630	70	23	0	770	2610	77	5	1	52
Big Bacon Chorizo Taco	510	410	46	13	0	405	1180	18	<1	2	28



Nutrition Information

Side Vibes	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Side Vibes											
Black Beans	150	0	0	0	0	0	930	27	7	2	9
Refried Beans	240	70	8	3.5	0	10	780	29	11	0	13
Fuzzy's Rice	180	30	3.5	0.5	0	<5	940	32	1	3	4
Cilantro-Lime Rice	190	30	3.5	0.5	0	0	690	36	1	<1	5
Elote	350	240	26	6	0	10	960	22	5	10	0
French Fries	370	160	18	3	0	0	900	46	3	0	0
Texas Locations											
Borracho Beans	150	10	1.5	0	0	<5	1050	23	6	2	9



Nutrition Information

Sweet Talk	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sweet Talk											
Sopapilla Bites	620	210	23	10	1	20	320	100	2	79	0
Churritos	690	290	33	6	0	0	180	92	4	41	0



Nutrition Information

Beverages	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Beverages											
Coffee, 12 fl. oz	0	0	0	0	0	0	5	0	0	0	0
Water Bottle	0	0	0	0	0	0	15	0	0	0	0
Orange Juice, 12 fl oz	160	0	0	0	0	0	10	39	0	34	2
Unsweetened Tea, 32 fl. oz	10	0	0	0	0	0	30	3	0	0	0
Unsweetened Tea, 24 fl. oz	5	0	0	0	0	0	20	2	0	0	0
Sweetened Tea, 32 fl. oz	260	0	0	0	0	0	30	67	0	64	0
Sweetened Tea, 24 fl. oz	170	0	0	0	0	0	20	44	0	42	0
Mangonada	480	0	0	0	0	0	2130	104	2	93	0
Red Bull	110	0	0	0	0	0	105	29	0	27	0
Red Bull, Sugar Free	10	0	0	0	0	0	0	105	2	0	0
Jarritos											
Strawberry	140	0	0	0	0	0	25	35	0	35	0
Tamarind	110	0	0	0	0	0	10	26	0	26	0
Grapefruit	140	0	0	0	0	0	25	34	0	34	0
Watermelon	140	0	0	0	0	0	25	35	0	35	0
Mexican Cola	140	0	0	0	0	0	25	35	0	35	0
Mango	140	0	0	0	0	0	10	35	0	35	0
Fruit Punch	110	0	0	0	0	0	5	26	0	26	0
Pineapple	140	0	0	0	0	0	25	35	0	35	0
Mandarin	150	0	0	0	0	0	25	37	0	37	0
Lime	140	0	0	0	0	0	25	35	0	35	0
Guava	110	0	0	0	0	0	5	26	0	26	0
Passion Fruit	140	0	0	0	0	0	25	35	0	35	0
Flavored Lemonades											
Watermelon	250	0	0	0	0	0	70	63	0	59	0
Mango	210	0	0	0	0	0	95	51	0	48	0
Strawberry	190	0	0	0	0	0	70	49	0	45	0
Blood Orange	270	0	0	0	0	0	90	69	0	65	0