



## Nutrition Facts 2021\*

Allergens	Serving Size (g)	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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### Ingredients for Entrées

Bacon (Select Locations) (1 oz.)		28	120	72	8	3.5	0	35	460	0	1	0	0	9
Bacon (Select Locations) (2 oz.)		57	230	153	17	7	0	70	860	0	2	0	0	19
Black Beans (4 oz.) (v)		113	140	10	1	0	0	0	330	360	24	14	1	9
Chile Corn Salsa (2 oz.)		57	50	5	1	0	0	0	105	125	10	2	1	2
Cholula® Hot & Sweet Chicken (3.5oz)		99	150	63	7	2.5	0	55	490	184	9	0	8	13
Chopped Cilantro (.12 oz)		0	0	0	0	0	0	0	0	18	0	0	0	0
Chorizo (1.5 oz.)		43	90	45	5	1.5	0	25	340	147	2	0	1	8
Chorizo (3.0 oz.)		85	170	90	10	3.5	0	50	670	293	5	0	2	15
Cilantro Lime Rice (4 oz.) (v)		113	190		2.5	0.5	0	0	390	30	38	1	0	3
Citrus Vinaigrette (1.5 oz.)		43	100	72	8	0.5	0	0	330	0	7	0	5	0
Cotija Cheese (.25 oz.)	M	7	30	2.5	13.5	1.5	0	5	120	0	0	0	0	2
Crispy Taco Shell**	WG*	13	60	25	3	1	0	0	0	0	8	1	0	1
Crunchy Tortilla Shell	WG	73	390	200	22	5	0	0	150	50	41	0	1	7
Eggs (6 oz.)	ME	170	230	140	16	5	0	600	440	180	2	0	0	19
Fajita Veggies (2 oz.)		57	35	15	2	0	0	0	180	120	4	1	2	1
Flour Tortilla (5.5")	WG	24	70	15	2	1	0	0	170	25	12	1	0	2
Flour Tortilla (10")	WG	71	210	45	5	2	0	0	490	70	36	2	1	6
Flour Tortilla (12.5")	WG	102	300	60	7	3	0	0	760	50	52	3	2	8
Grilled Adobo Chicken (3.5 oz.)		99	150	80	9	3	0	70	360	220	2	0	1	16
Grilled Steak (3.5 oz.)		99	230	140	15	3	0	50	390	360	4	0	1	19
Ground Beef (3.5 oz.)		99	190	100	11	5	0	55	510	350	4	1	1	17
Habanero Salsa (2 oz.)		57	20	5	0	0	0	0	260	0	3	1	2	1
Hand Smashed Guac (2 oz.)		57	90	63	7	1	0	0	200	247	5	0	0	1
Hand Smashed Guac (4 oz.)		113	170	126	14	2	0	0	400	493	10	0	0	2
Lettuce (0.25 oz.)		7	0	0	0	0	0	0	0	11	0	0	0	0
Lettuce for Salad (3.5 oz)		99	15	0	0	0	0	0	10	245	3	0	0	0
Mexican Cauliflower Mash (4.5 oz)	M	128	70	41	4.5	1.5	0	5	310	24	6	0	3	2
Picante Ranch Dressing (1.5 oz.) CANADA	ME	43	180	162	18	1	0	10	310	0	3	0	3	1
Picante Ranch Dressing (1.5 oz.)	M	43	40	0	0	0	0	0	500	50	10	1	3	0
Pickled Jalapenos (1 oz.)		28	15	0	0	0	0	0	90	30	3	0	2	0
Pico de Gallo (2 oz.)		57	10	0	0	0	0	0	70	95	3	1	2	0
Pinto Beans (4 oz.) (v)		113	130	5	1	0	0	0	350	440	23	14	1	8
Plant-Based IMPOSSIBLE™ (3.1 oz.)	S	88	180	90	10	5	0	0	780	460	9	2	1	13
Pulled Pork (3.5 oz.)		99	110	40	4.5	1.5	0	360	365	34	3	0	0.4	13
Queso Diablo (2 oz.)	M	57	90	63	7	4	0	45	360	0	3	0	1	3



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Ranch Dressing (1.5 oz.) (CANADA ONLY)	ME	43	230	207	23	1.5	0	15	300	0	3	0	3	1
Red Onion (0.12 oz.)		0	0	0	0	0	0	0	0	5	0	0	0	0
Roasted Tomato Salsa (2 oz.)		57	10	0	0	0	0	0	250	125	2	0	1	0
Salsa Roja (2 oz.)		57	20	0	0	0	0	0	460	--	4	1	2	1
Salsa Verde (2 oz.)		57	15	0	0	0	0	0	280	90	3	1	1	0
Seasoned Brown Rice (4 oz.) (v)		113	170	10	1	0	0	0	410	125	35	2	1	4
Seasoned Potatoes (2 oz.)	WG	57	130	50	6	1	0	0	260	230	17	2	0	2
Shredded Cheese (1.0 oz.)	M	28	110	81	9	5	0	30	180	29	1	0	0	7
Smoked Brisket (3.5 oz.)		99	270	180	20	8	0	70	1220	550	3	0	1	20
Sour Cream, (1 oz.)	M	28	50	40	5	3	0	15	10	42	3	0	1	1
Soft Corn Tortilla	WG*	30	60	5	1	0	0	0	100	--	11	1	0	1
3 (Three)- Cheese Queso (2 oz.)	M	57	90	72	8	5	0	25	350	44	3	0	1	3
3 (Three)- Cheese Queso (4 oz.)	M	113	190	135	15	10	0.5	50	710	88	6	0	1	6
Tortilla Chips (4 oz.)	WG*	113	560	230	26	5	0	0	220	0	75	9	2	7
Tortilla Soup (8 oz.) (v)	S	227	100	40	5	1	0	0	1390	220	11	4	2	3
Tortilla Strips** (0.5 oz.)	WG*	14	70	27	3	0.5	0	0	30	0	9	0	0	0
Whole Wheat Flour Tortilla 12.5"	WG	96	270	40	5	1	0	0	590	220	47	5	3	11

## Signature Eats®

Cauli-Mash Low-Carb Chicken Bowl	M	397	440	131	29	13	0	120	1260	535	22	0	8	27
Chicken Protein Bowl		546	610	261	29	8	0	140	1830	1406	48	0	9	44
Chicken Queso Burrito	MWG	584	1080	369	41	19	1	140	2550	860	127	0	6	51
Chicken Queso Bowl	M	482	780	306	34	16	1	140	1790	809	75	3	4	43
Cholula® Hot & Sweet Chicken Bowl	M	414	560	153	17	7	0	80	1350	713	77	0	12	28
Cholula® Hot & Sweet Chicken Burrito	MWG	516	870	216	24	10	0	80	2120	764	130	0	14	36
Citrus Lime Chicken Salad		425	510	200	22	4.5	0	70	1150	936	52	0	10	28
Fajita Vegan Bowl		482	510	118	13	2	0	0	1410	1125	85	0	8	17
Impossible Fajita Bowl	S	428	580	135	15	6	0	0	1930	1083	85	0	5	28
Impossible Fajita Burrito	WG	530	820	198	22	9	0	0	2850	1131	125	1	7	34
Impossible Taco Salad	SMG*	411	550	225	25	12	0	30	1610	1346	49	0	5	33
Low-Cal Chicken Grain Bowl		432	480	162	18	4.5	0	70	1180	1118	53	0	4	29
Paleo Chicken Salad		369	300	162	18	4.5	0	70	970	932	20	0	6	19
Slow-Braised Pork Burrito (CANADA ONLY)	MWG	569	1100	360	40	20	1.5	155	2570	958	129	0	5	54
Smoked Brisket (Keto) Bowl	M	369	620	405	45	19	1	130	2000	1199	18	0	4	36
Steak Fajita Quesadilla	MWG	491	1130	612	68	30	2	190	2420	521	72	0	9	57



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Street Style Chicken Tacos (3) Corn	MG	324	470	198	22	7	0	80	1340	764	50	0	3	24
Street Style Chicken Tacos (3) Flour	MWG	298	520	225	25	8	0	80	1540	658	52	0	3	26
Street Style Pulled Pork Tacos (3) Corn	M	254	370	117	13	5	0	85	960	592	41	0	2	26
Street Style Pulled Pork Tacos (3) Flour	MWG	237	420	153	17	7	0	85	1190	553	43	0	2	28

### Small Bites

Mini Bowl (refer to caloric range below)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Taco (Corn or Flour) (refer to caloric range below)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tortilla Soup (8 oz.) (v)	S	227	100	40	5	1	0	0	1390	220	11	4	2	3

### Ingredients for Kids Items

Black Beans (2 oz.)		57	70	5	0	0	0	0	170	180	12	7	0	5
Cilantro Lime Rice (2 oz.)		57	90	10	2	0	0	0	190	15	19	1	0	2
Flour Tortilla (5.5")	WG	24	70	15	2	1	0	0	170	25	12	1	0	2
Grilled Chicken (1.75 oz.)		50	80	35	4	1	0	50	270	200	2	1	0	11
Grilled Steak (1.75 oz.)		50	90	35	4	2	0	35	230	240	1	0	0	13
Hand Smashed Guac (1 oz.)		28	45	30	4	0	0	0	100	125	2	1	0	0
Pinto Beans (2 oz.)		57	70	5	0	0	0	0	180	220	12	7	0	4
Pulled Pork (2 oz.)		57	80	20	2	1	0	40	190	210	5	0	0	10
Seasoned Brown Rice (2 oz.)		57	80	5	1	0	0	0	125	55	18	1	1	2
Shredded Cheese (0.5 oz.)	M	14	60	41	4.5	2.5	0	15	90	15	0	0	0	3
Soft Corn Tortilla	WG*	15	30	5	0	0	0	0	50	--	6	1	0	1
Sour Cream (1 oz.)	M	28	50	40	5	3	0	15	10	42	3	0	1	1
3 (Three)- Cheese Queso (1 oz.)	M	28	45	36	4	2.5	0	10	180	22	2	0	0	2
Tortilla Chips (2 oz.)	WG*	57	280	117	13	2	0	0	110	0	37	0	1	3

### Kid's Meals

Burrito	MWG	213	480	140	15	7	0	30	1040	330	67	10	2	18
Quesadilla	MWG	77	260	110	12	6	0	30	510	75	25	2	1	11
Side (black beans w/ cheese)	M	120	170	27	3	1.5	0	10	380	450	25	14	1	11
Taco w/chicken	M	91	200	100	11	4.5	0	65	360	250	11	2	1	16
Taco w/ ground beef	M	91	220	110	12	5	0.5	50	370	190	11	1	1	15



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<b>Fountain Beverages (fl. oz)</b>		<b>Fl. oz.</b>												
Barq's Root Beer (Reg)		20	290	0	0	0	0	0	90	20	73	0	73	0
Barq's Root Beer (Lrg)		30	440	0	0	0	0	0	135	25	109	0	109	0
Caffeine Free Diet Coke (Reg)		20	0	0	0	0	0	0	80	70	0	0	0	0
Caffeine Free Diet Coke (Lrg)		30	0	0	0	0	0	0	120	110	0	0	0	0
Cherry Coca-Cola (Reg)		20	280	0	0	0	0	0	70	15	70	0	70	0
Cherry Coca-Cola (Lrg)		30	420	0	0	0	0	0	105	25	105	0	105	0
Coca-Cola Zero (Reg)		20	0	0	0	0	0	0	65	130	0	0	0	0
Coca-Cola Zero (Lrg)		30	0	0	0	0	0	0	100	190	0	0	0	0
Coca-Cola (Reg)		20	270	0	0	0	0	0	65	10	67	0	67	0
Coca-Cola (Lrg)		30	400	0	0	0	0	0	95	20	100	0	100	0
Diet Coke (Reg)		20	0	0	0	0	0	0	80	70	1	0	0	0
Diet Coke (Lrg)		30	0	0	0	0	0	0	125	110	1	0	0	0
Fanta Orange (Reg)		20	290	0	0	0	0	0	65	35	73	0	71	0
Fanta Orange (Lrg)		30	430	0	0	0	0	0	100	50	109	0	107	0
Fuze Raspberry Tea (Reg)		20	150	0	0	0	0	0	85	130	38	0	37	0
Fuze Raspberry Tea (Lrg)		30	230	0	0	0	0	0	125	190	57	0	55	0
Hi-C Flashin Fruit Punch (Reg)		20	280	0	0	0	0	0	120	0	71	0	69	0
Hi-C Flashin Fruit Punch (Lrg)		30	420	0	0	0	0	0	180	0	106	0	103	0
Mello Yello (Reg)		20	290	0	0	0	0	0	85	45	73	0	73	0
Mello Yello (Lrg)		30	430	0	0	0	0	0	125	65	109	0	109	0
Minute Maid Lemonade(HFCS) Reg		20	250	0	0	0	0	0	160	30	63	0	60	0
Minute Maid Lemonade(HFCS) Lrg		30	370	0	0	0	0	0	240	45	95	0	90	0
Minute Maid Light Lemonade (Reg)		20	10	0	0	0	0	0	70	210	3	0	0	0
Minute Maid Light Lemonade (Lrg)		30	15	0	0	0	0	0	105	310	5	1	0	0
POWERade Mountain Berry Blast (Reg)		20	150	0	0	0	0	0	190	110	37	0	36	0
POWERade Mountain Berry Blast (Lrg)		30	230	0	0	0	0	0	280	160	55	0	55	0
Gold Peak Classic Blend Tea (Reg)		20	0	0	0	0	0	0	60	0	0	0	0	0
Gold Peak Classic Blend Tea (Lrg)		30	0	0	0	0	0	0	90	0	0	0	0	0
Gold Peak Southern Tea (Reg)		20	280	0	0	0	0	0	60	0	70	0	70	0
Gold Peak Southern Tea (Lrg)		30	410	0	0	0	0	0	90	0	110	0	110	0
Gold Peak Classic Sweet Tea (Reg)		20	140	0	0	0	0	0	60	0	35	0	35	0
Gold Peak Classic Sweet Tea (Lrg)		30	205	0	0	0	0	0	90	0	55	0	55	0
Sprite (Reg)		20	250	0	0	0	0	0	115	0	61	0	61	0
Sprite (Lrg)		30	370	0	0	0	0	0	170	0	92	0	91	0

## Bottled Beverages (fl.oz)

Fl. oz.



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Dasani Water (16.9 fl. oz.)		16.9	0	0	0	0	0	0	0	0	0	0	0	0
Chocolate Milk (Lowfat 1%) (7 fl. oz.)	M	7.0	180	20	3	2	0	10	210	460	29	<1	26	10
Coca Cola (20 fl. oz.)		20	240	0	0	0	0	0	75	0	65	0	65	0
Diet Coke (20 fl. oz.)		20	0	0	0	0	0	0	70	0	0	0	0	0
Gold Peak Lemon Ice Tea (16.9 fl. oz.)		16.9	180	0	0	0	0	0	30	0	45	0	44	0
Gold Peak Raspberry Ice Tea (16.9 fl. oz.)		16.9	170	0	0	0	0	0	45	0	44	0	44	0
Honest Tea Organic Peach (16.9 fl. oz.)		16.9	100	0	0	0	0	0	20	0	25	0	25	0
Honest Tea Honey Green Tea (16.9 fl. oz.)		16.9	70	0	0	0	0	0	15	0	19	0	19	0
Honest Tea Half and Half (16.9 fl. oz.)		16.9	100	0	0	0	0	0	0	0	25	0	25	0
Jarritos Lime (12.5 fl.oz)		12.5	170	0	0	0	0	0	40	0	44	0	44	0
Jarritos Mandarin (12.5 fl.oz)		12.5	140	0	0	0	0	0	0	0	36	0	36	0
Jarritos Pineapple (12.5 fl. oz)		12.5	140	0	0	0	0	0	45	0	35	0	35	0
Jarritos Strawberry (12.5fl. oz)		12.5	170	0	0	0	0	0	0	0	43	0	43	0
Mexican Coca-Cola (12 fl.oz)		12.0	150	0	0	0	0	0	85	0	39	0	39	0
Mexican Sprite (12 fl.oz)		12.0	160	0	0	0	0	0	65	0	38	0	38	0
Vitamin Water Power C (20 fl. oz.)		16.9	100	0	0	0	0	0	0	0	27	0	27	0
Vitamin Water XXX (20 fl. oz.)		16.9	100	0	0	0	0	0	0	0	28	0	27	0
Vitamin Water Zero Squeezed Lemonade (20 fl. oz.)		16.9	5	0	0	0	0	0	0	0	4	0	0	0
White Milk lowfat 1% (7 fl. oz.)/ CA Standards	M	7	110	20	2	2	0	10	140	450	14	0	13	9
White Milk lowfat 1% (8 fl. oz.)/ Fed Standards	M	8	100	23	3	2	0	10	105	365	12	0	12	8
Simply Orange Juice (11.5 fl. oz.)		11.5	160	0	0	0	0	0	0	640	37	0	33	0
Minute Maid Kid's Apple Juice Box (6 fl. oz.)		6	80	0	0	0	0	0	15	350	21	0	19	0

### Others

Apple Sauce, Natural		111	50	0	0	0	0	0	0	85	13	1	11	0
Double Chocolate Brownie	WSETP*G	88	360	140	16	3	0	15	210	0	52	2	35	4
Cookie, Chocolate Chunk	WSMETP*G	54	260	120	14	7	0	15	180	75	34	1	20	2

### Family Meal Calorie Ranges\*\*

**NEW Nacho Family Meal** - Choice of protein, tortilla chips, choice of queso, choice of beans, pico de gallo, pickled jalapenos, choice of salsa and guac (Cal 920-1070 per serving. Based on 5 person serving)

**Taco & Bowl Family Meal** - Choice of protein, rice and beans, queso, pico de gallo, choice of salsa, shredded cheese, tortillas and tortilla chips (Cal 1170 - 2110 per serving. Based on 5 person serving)

### Menu Board Entrée Calorie Ranges\*\*

**Burrito** - served with tortilla, rice, beans, salsa, cheese, fajita veg, and additional proteins upon request (cal 720 - 1080)

**Bowls** - served with rice, beans, salsa, cheese, fajita veg, and additional proteins upon request (cal 450 - 800)



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Allergens

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Calories per Serving

Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Potassium (mg)

Total Carbohydrate (g)

Dietary Fiber (g)

Sugar (g)

Protein (g)

**3-Cheese Nachos** - served with tortilla chips, queso, beans, salsa, fajita veg, and additional proteins upon request (cal 930 - 1220)

**Grilled Quesadilla** - served with tortilla, cheese, lettuce, guacamole, sour cream, fajita veg, and additional proteins upon request (cal 920 - 1190)

**Loaded Tortilla Soup** - served with tortilla bowl, tortilla soup, cheese, beans, rice, guacamole, fajita veg, salsa, sour cream, and additional proteins upon request (cal 1070 - 1370)

**Mini Bowls** - served with rice, beans, cheese, salsa, guacamole, and choice of protein - chicken, beef, or pork (cal 220 - 400)

**Single Taco (Corn or Flour Tortilla)** (cal. 130- 290)

**Salad** - served with lettuce, beans, salsa, cheese, dressing, fajita veg, sour cream, and additional proteins upon request (cal 360 - 1270)

**Kid's Quesadilla** - served with tortillas, cheese, and additional proteins upon request (Cal 350 - 450)

**Kid's 3-Cheese Nachos** - served with chips, beans, queso, shredded cheese, sour cream, salsa, and additional proteins upon request (Cal 370 - 550)

**Breakfast Bacon & Egg Entrée** - served with bacon and eggs (cal. 210 reg.-420 lrg.)

**Breakfast Burrito** - served with tortilla, scrambled eggs, potatoes, queso, salsa, fajita veg, and additional proteins upon request (cal 700 - 870 reg/ cal 1180 - 1530 lrg.)

**Breakfast Chicken & Egg Entrée** - served with chicken and eggs (cal.140 reg.- 280lrg)

**Breakfast Chorizo& Egg Entrée** - served with chorizo and eggs (cal. 170 reg. - 320 lrg)

**Breakfast Quesadilla** - served with tortilla, scrambled eggs, potatoes, cheese, lettuce, salsa, fajita veg, sour cream, and additional proteins upon request (cal 810 - 980 reg/ cal 1440 - 1790 lrg.)

**Breakfast Steak & Egg**- served with steak and eggs ( cal.180 reg-350 lrg.)



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(v)= Vegan Product

### Allergen Key

**S** = Soy

**E** = Egg

**F** = Fish

**M** = Milk

**P** = Peanuts

**C** = Crustacean Shellfish

**T** = Tree Nuts

**W** = Wheat

**G** = Gluten

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Like most restaurants, our restaurants prepare and serve products that contain Egg, Milk, Soy, and Wheat. While a particular ingredient statement may not list one of these allergens, our products may be prepared with equipment that is shared with products containing one or more of these allergens. If you have a food allergy, please consult with your physician before deciding which Qdoba products are right for you. We also recommend reviewing our ingredient and allergen information frequently at [www.qdoba.com](http://www.qdoba.com) as our menu items and ingredients may change.

**Letters in Red: May contain the allergen.** There are products containing wheat, soy, milk, egg and gluten in our restaurants where cross contact may occur during food preparation and storage. If you have a food allergy to any of the ingredients prepared or served in our restaurants, please keep this in mind when deciding which Qdoba products are right for you.

\* Nutrition information is based on representative values provided by suppliers and testing conducted by accredited laboratories. The nutritional content of Qdoba products may vary because our products are made to order by hand and individual serving sizes can vary based on the server and customer requests when ordering. This, along with changes in growing seasons and multiple suppliers, may contribute to variations in the nutrition values for each product. Serving size based on standard entree portion size.

\*\* Calorie ranges for Entrées are based on ingredients commonly added to these menu items. Actual calories may vary depending on your ingredient preferences and portion size.