

QDOBA

MEXICAN EATS®

Nutrition Facts 2022*

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	430	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
Brisket Birria (3.5 oz.)		99	140	603	67	3	0	50	450	262	3	0	1	15
Chile Corn Salsa (1 oz.)		28	30	0	0	0	0	0	70	73	6	0	1	1
Chile Crema (1 oz.)	E	28	120	99	11	1	0	15	270	13	1	0	1	0
Cholula® Hot & Sweet Chicken (3.5oz)		99	170	63	7	2	0	100	480	360	8	1	8	19
Chopped Cilantro (.12 oz.)		3.5	0	0	0	0	0	0	20	0	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	23	2.5	0.5	0	0	390	30	38	0	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	25	18	2	1.5	0	5	95	7	0	0	0	1
Crispy Taco Shell**	WG*	13	60	23	2.5	0.5	0	0	0	0	8	0	0	1
Crunchy Tortilla Shell	WG	73	390	200	22	4.5	0	0	150	50	41	0	1	7
Eggs (6 oz.)	ME	170	230	140	16	4.5	0	600	440	180	2	0	0	19
Fajita Veggies (2 oz.)		57	40	27	3	0	0	0	115	94	3	1	2	1
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	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	2.5	0	0	760	50	52	3	2	8
Grilled Adobo Chicken (3.5 oz.)		99	170	81	9	2.5	0	125	340	437	1	1	1	23
Grilled Steak (3.5 oz.)		99	260	189	21	8	0	70	290	261	3	0	1	15
Ground Beef (3.5 oz.)	M	99	190	108	12	5	0	40	480	39	4	1	1	15
Habanero Salsa (1 oz.)		28	10	0	0	0	0	0	110	8	2	1	1	0
Hand Crafted Guacamole (2 oz.)		57	80	72	8	1	0	0	160	262	5	4	0	1
Hand Crafted Guacamole (4 oz.)		113	170	135	15	2	0	0	330	523	9	7	1	2
Jalapeno Verde (1oz)	ME	28	30	23	2.5	0	0	5	110	61	2	0	0	1
Picante Ranch Dressing (1.5 oz.) CANADA	ME	43	180	162	18	1	0	10	270	13	3	0	2	1
Picante Ranch Dressing (1.5 oz.)	ME	43	90	81	9	2	0	15	190	49	3	0	1	1
Pickled Jalapenos (1 oz.)		28	15	0	0	0	0	0	90	30	3	0	2	0
Pickled Red Onion (0.8 oz)		23	10	0	0	0	0	0	75	17	3	0	2	0
Pico de Gallo (1 oz.)		28	5	0	0	0	0	0	70	71	1	0	0	1
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	170	81	9	4	0	0	350	519	8	4	1	13
Pulled Pork (3.5 oz.)		99	100	40	4.5	2.5	0	45	560	39	4	0	0	14
Queso Diablo (2 oz.)	M	57	90	70	7	5	0	15	320	60	3	0	1	2
Roasted Tomato Salsa (1 oz.)		28	5	0	0	0	0	0	190	14	1	0	1	0
Romaine Lettuce (0.25 oz.)		7	0	0	0	0	0	0	18	0	0	0	0	0
Romaine Lettuce for Salad (3.5 oz)		99	15	0	0	0	0	0	10	245	3	0	1	1
Salsa Roja (1 oz.)		28	5	0	0	0	0	0	85	35	2	0	1	0
Salsa Verde (1 oz.)		28	10	0	0	0	0	0	240	22	0	1	1	0
Seasoned Brown Rice (4 oz.) (v)		113	170	13	1.5	0	0	0	250	136	36	2	1	4
Seasoned Potatoes (2 oz.)	WG	57	100	0	0	0	0	0	240	125	12	0	1	1
Shredded Cheese (1.0 oz.)	M	28	110	81	9	5	0	30	180	22	1	0	0	7
Sour Cream, (1 oz.)	M	28	50	45	5	3	0	15	10	42	3	0	1	1
Soft Corn Tortilla	WG*	30	60	5	0.5	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	4.5	0	0	220	0	75	9	2	7
Tortilla Strips** (0.5 oz.)	WG*	14	70	40	4.5	0	0	0	35	31	8	1	0	1
Whole Wheat Flour Tortilla 12.5"	WG	96	280	63	7	2.5	0	0	440	173	45	--	--	8

Signature Eats®

Fresca Chicken Bowl	ME	394	490	144	16	5	0	135	1250	1061	54	1	4	37
Chicken Protein Bowl		546	670	290	32	7	0	250	1700	1793	39	20	7	59
Chicken Queso Bowl	M	468	750	261	29	13	0.5	180	1730	1037	74	1	3	47
Chicken Queso Burrito	MWG	569	1050	324	36	16	1	180	2490	1088	127	1	5	55

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Cholula® Hot & Sweet Chicken Bowl	M	390	590	162	18	7	0	125	1370	871	75	1	10	34
Cholula® Hot & Sweet Chicken Burrito	MWG	491	890	225	25	10	0	125	2140	922	127	1	12	42
Citrus Lime Chicken Salad		425	540	198	22	4	0	125	1180	1186	52	1	9	36
Fajita Vegan Bowl		482	530	153	17	2.5	0	0	1250	1139	84	7	6	16
Impossible™ Fajita Bowl	S	428	580	144	15	5	0	0	1390	1125	85	5	4	28
Impossible™ Fajita Burrito	SWG	530	880	207	23	8	0	0	2150	1175	137	5	6	36
Impossible™ Taco Salad	SMG*	399	510	198	22	10	0	30	1110	1361	48	4	4	31
Low-Cal Chicken Grain Bowl		432	510	162	18	4	0	125	1130	1251	52	5	4	37
Paleo Chicken Salad		369	330	180	20	4	0	125	830	1157	18	5	4	27
Quesabirria Burrito	MWG	569	980	855	95	17	1	100	2600	886	124	0	6	46
Quesabirria Quesadilla	MWG	456	1080	1143	127	35	2.5	210	2430	721	67	2	6	55
Slow-Braised Pork Burrito (CANADA ONLY)	MWG	496	760	252	28	14	0.5	115	2200	613	83	0	2	43
Southwest Steak Burrito	EWG	498	1110	432	47	12	0	85	2140	820	133	1	5	38
Steak Fajita Quesadilla	MWG	491	1170	684	76	35	2	210	2120	820	69	3	8	53
Street Style Chicken Tacos (3) Corn	M	328	490	198	22	6	0	135	1240	832	50	5	4	31
Street Style Chicken Tacos (3) Flour	MWG	311	540	224	25	7	0	135	1440	903	52	5	5	33
Street Style Pulled Pork Tacos (3) Corn	M	256	320	81	9	4.5	0	55	1200	169	43	0	1	20
Street Style Pulled Pork Tacos (3) Flour	MWG	238	370	117	13	6	0	55	1400	240	46	0	2	22

Small Bites

Mini Bowl (refer to caloric range below)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Taco (Corn or Flour) (refer to caloric range below)	WG	-	-	-	-	-	-	-	-	-	-	-	-	-

Limited Time Offerings

Citrus Lime Shrimp - Entrée portion (10 pieces)	C	77	60	14	1.5	0	-	90	830	24	-	-	-	11
Citrus Lime Shrimp - Taco/Mini bowl portion (4 pieces)	C	39	30	9	1	0	-	45	410	12	-	-	-	6
Surf & Turf Bowl (8 pieces shrimp + 3.5 oz steak)	MEC	524	820	414	46	12	0	180	2720	1052	61	5	4	41
Surf & Turf Burrito (8 pieces shrimp + 3.5 oz steak)	MECWG	625	1130	477	53	14	0	180	3480	1103	113	5	6	49

Ingredients for Kids Items

Apple Sauce, Natural		111	50	0	0	0	0	0	0	85	13	1	11	0
Black Beans (2 oz.)		57	70	0	0	0	0	0	170	180	12	7	0	5
Cilantro Lime Rice (2 oz.)		57	90	13	1.5	0	0	0	190	15	19	0	0	2
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	0	0	170	25	12	1	0	2
Grilled Chicken (1.75 oz.)		50	90	40	4.5	1.5	0	60	170	218	1	0	0	12
Grilled Steak (1.75 oz.)		50	130	90	10	4	0	35	140	131	2	0	1	8
Hand Smashed Guac (1 oz.)		28	40	36	4	0.5	0	0	80	131	2	2	0	1
Pinto Beans (2 oz.)		57	70	5	0	0	0	0	180	220	12	7	0	4
Pulled Pork (2 oz.)		57	60	22	2.5	1.5	0	25	320	22	2	0	0	8
Seasoned Brown Rice (2 oz.)		57	90	9	1	0	0	0	125	68	18	1	0	2
Shredded Cheese (0.5 oz.)	M	14	60	40	4.5	2.5	0	15	90	11	0	0	0	3
Soft Corn Tortilla	WG*	30	60	5	0.5	0	0	0	100	--	11	1	0	1
Sour Cream (1 oz.)	M	28	50	45	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	120	13	2	0	0	110	0	37	5	1	3

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Fountain Beverages (fl. oz)

	Fl. oz.												
Barq's Root Beer (Reg)	20	280	0	0	0	0	0	110	0	73	0	73	0
Barq's Root Beer (Lrg)	30	430	0	0	0	0	0	160	0	110	0	110	0
Caffeine Free Diet Coke (Reg)	20	0	0	0	0	0	0	65	0	0	0	0	0
Caffeine Free Diet Coke (Lrg)	30	0	0	0	0	0	0	100	0	0	0	0	0
Cherry Coca-Cola (Reg)	20	230	0	0	0	0	0	135	0	65	0	65	0
Cherry Coca-Cola (Lrg)	30	350	0	0	0	0	0	200	0	98	0	98	0
Coca-Cola Zero (Reg)	20	0	0	0	0	0	0	65	100	0	0	0	0
Coca-Cola Zero (Lrg)	30	0	0	0	0	0	0	100	150	0	0	0	0
Coca-Cola (Reg)	20	240	0	0	0	0	0	80	0	67	0	67	0
Coca-Cola (Lrg)	30	360	0	0	0	0	0	120	0	100	0	100	0
Diet Coke (Reg)	20	0	0	0	0	0	0	65	0	0	0	0	0
Diet Coke (Lrg)	30	0	0	0	0	0	0	100	0	0	0	0	0
Fanta Orange (Reg)	20	270	0	0	0	0	0	90	0	73	0	73	0
Fanta Orange (Lrg)	30	410	0	0	0	0	0	135	0	110	0	110	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	130	0	0	0	0	0	50	0	37	0	33	0
Hi-C Flashin Fruit Punch (Lrg)	30	200	0	0	0	0	0	75	0	55	0	50	0
Mello Yello (Reg)	20	290	0	0	0	0	0	80	0	78	0	78	0
Mello Yello (Lrg)	30	440	0	0	0	0	0	120	0	117	0	117	0
Minute Maid Lemonade(HFCS) Reg	20	280	0	0	0	0	0	35	60	72	0	70	0
Minute Maid Lemonade(HFCS) Lrg	30	410	0	0	0	0	0	55	90	109	0	105	0
Minute Maid Light Lemonade (Reg)	20	40	0	0	0	0	0	40	0	10	0	5	0
Minute Maid Light Lemonade (Lrg)	30	60	0	0	0	0	0	55	0	15	0	8	0
POWERade Mountain Berry Blast (Reg)	20	130	0	0	0	0	0	250	0	35	0	25	0
POWERade Mountain Berry Blast (Lrg)	30	200	0	0	0	0	0	380	0	53	0	53	0
Gold Peak Classic Blend Tea (Reg)	20	10	0	0	0	0	0	25	324	3	0	0	0
Gold Peak Classic Blend Tea (Lrg)	30	15	0	0	0	0	0	40	486	4	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	210	0	0	0	0	0	0	0	52	0	52	0
Gold Peak Classic Sweet Tea (Lrg)	30	310	0	0	0	0	0	0	0	78	0	78	0
Sprite (Reg)	20	260	0	0	0	0	0	60	7	67	0	59	0
Sprite (Lrg)	30	400	0	0	0	0	0	90	10	101	0	89	0

Bottled Beverages (fl.oz)

	Fl. oz.												
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	2.5	1.5	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
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
Minute Maid Kid's Apple Juice Box (6 fl. oz.)	6	80	0	0	0	0	0	15	350	21	0	19	0
Simply Orange Juice (11.5 fl. oz.)	11.5	160	0	0	0	0	0	0	640	37	0	33	0
Tazo Organic Giant Peach Tea (13.8 fl. oz.)	13.8	130	0	0	0	0	0	10	0	31	0	28	0
Tazo Organic Iced Green Tea (13.8 fl. oz.)	13.8	100	0	0	0	0	0	0	0	25	0	25	0
Tazo Organic Iced Black Tea (13.8 fl. oz.)	13.8	100	0	0	0	0	0	10	0	15	0	15	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	1.5	0	10	140	450	14	0	13	9
White Milk lowfat 1% (8 fl. oz.)/ Fed Standards	M 8	100	23	2.5	1.5	0	10	105	365	12	0	12	8

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Dessert

Double Chocolate Brownie	SETPW*G	88	360	144	16	2.5	0	15	210	0	52	0	35	4
Cookie, Chocolate Chunk	SEMPW*G	57	280	126	14	7	0	15	190	80	36	0	21	3

Family Meal Calorie Ranges**

NEW Nacho Family Meal - Choice of protein, tortilla chips, choice of queso, beans, pico, pickled jalapenos, salsa and guac (Cal 1285-1405 per serving. Based on 5 person serving)

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

Menu Board Entrée Calorie Ranges**

Burrito - served with choice of tortilla, rice, beans (cal 590 - 640)

Bowls - served with choice of rice and beans (cal 310 - 330)

Nachos - served with chips and choice of queso (cal 730 - 750)

Loaded Quesadilla - served with choice of tortilla, cheese, guacamole, sour cream (cal 820 - 840)

Mini Bowls - served with choice of rice, beans, and protein (cal 150 - 280)

Single Taco (Corn or Flour Tortilla) - served with choice of protein (cal. 60 - 220)

Salad - served with or without fried tortilla shell, lettuce, and dressing (cal 60 - 500)

Kid's Quesadilla - served with tortillas, cheese, and additional proteins upon request (Cal 360 - 500)

Kid's 3-Cheese Nachos - served with chips, choice of queso, and additional proteins upon request (Cal 370 - 510)

Breakfast Potato & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, eggs, potatoes, cheese, guacamole, and sour cream (cal. 180 - 1200 lrg.)

Breakfast Bacon & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, bacon, cheese, guacamole, and sour cream (cal 350 - 1550)

Breakfast Chicken & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, chicken, cheese, guacamole, and sour creams (cal. 250 - 1350)

Breakfast Chorizo & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, chorizo, cheese, guacamole, and sour cream (cal. 310 - 1460)

Breakfast Steak & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, chorizo, cheese, guacamole, and sour cream (cal. 290 - 1430)

Loaded Tortilla Soup (seasonal) - served with or without tortilla bowl and tortilla soup (cal 100 - 480)

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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 Soy, Egg, Fish, Milk, Peanuts, Crustacean/Shellfish, Tree Nuts, Wheat, and Gluten. 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 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 base ingredients. Actual calories may vary depending on your ingredient preferences and portion size.