

QDOBA

MEXICAN EATS®

Nutrition Facts 2023

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

Bacon (Select Locations) (1 oz.)		28	120	80	8	3.5	0	35	1	0	0	9	430	0
Bacon (Select Locations) (2 oz.)		57	230	150	17	7	0	70	2	0	0	19	860	0
Black Beans (4 oz.) (v)		113	140	10	1	0	0	0	24	14	1	9	330	360
Brisket Birria (3.5 oz.)		99	140	140	67	3	0	50	3	0	1	15	450	260
Chile Corn Salsa (1 oz.)		28	30	5	0	0	0	0	6	0	1	1	70	75
Chile Crema (1 oz.)	E	28	100	100	11	1	0	15	1	0	1	0	270	15
Cholula® Hot & Sweet Chicken (3.5oz)		99	170	60	7	2	0	100	8	0	8	19	480	360
Chopped Cilantro (.12 oz.)		3	0	0	0	0	0	0	0	0	0	0	0	20
Chorizo (1.5 oz.)		43	130	90	10	4	0	25	2	0	0	7	410	140
Chorizo (3.0 oz.)		85	260	180	20	8	0	55	5	0	0	14	820	290
Cilantro Lime Rice (4 oz.) (v)		113	190	25	2.5	0.5	0	0	38	1	0	3	390	30
Citrus Vinaigrette (1.5 oz.) (CANADA)		43	210	190	21	3	0	0	5	0	5	0	0	10
Citrus Vinaigrette (1.5 oz.) (US)		43	100	70	8	0.5	0	0	7	0	5	0	330	0
Cotija Cheese (.25 oz.)	M	7	25	20	2	1.5	0	5	0	0	0	1	95	5
Crispy Taco Shell**	WG*	13	60	25	2.5	0.5	0	0	8	1	0	1	0	0
Crunchy Tortilla Shell	WG*	73	390	200	22	4.5	0	0	41	0	1	7	150	50
Eggs (6 oz.)	ME	170	230	140	16	4.5	0	600	2	0	0	19	440	180
Fajita Veggies (2 oz.)		57	40	25	3	0	0	0	3	1	2	1	115	95
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	0	0	12	1	0	2	170	25
Flour Tortilla (10")	WG	71	210	45	5	2	0	0	36	2	1	6	490	70
Flour Tortilla (12.5")	WG	102	300	60	7	2.5	0	0	52	3	2	8	760	50
Grilled Adobo Chicken (3.5 oz.)		99	170	80	9	2.5	0	125	1	0	1	23	340	440
Grilled Steak (3.5 oz.)		99	260	190	21	8	0	70	3	0	1	15	290	260
Ground Beef (3.5 oz.)		99	190	110	12	5	0	40	4	1	1	15	480	40
Habanero Salsa (1 oz.)		28	10	0	0	0	0	0	2	1	1	0	110	10
Hand Crafted Guacamole (2 oz.)		57	80	70	8	1	0	0	5	4	0	1	160	260
Hand Crafted Guacamole (4 oz.)		113	170	140	15	2	0	0	9	7	1	2	330	520
Jalapeno Verde (1oz)	ME	28	35	25	3	0.5	0	5	2	1	0	1	110	55
Picante Ranch Dressing (1.5 oz.)	ME	43	80	70	8	2	0	15	3	0	1	1	180	45
Pickled Jalapenos (1 oz.)		28	15	0	0	0	0	0	3	0	2	0	90	30
Pickled Red Onion (0.8 oz)		23	10	0	0	0	0	0	3	0	2	0	75	15
Pico de Gallo (1 oz.)		28	5	0	0	0	0	0	1	0	0	0	70	70
Pinto Beans (4 oz.) (v)		113	130	5	1	0	0	0	23	14	1	8	350	440
Plant-Based Impossible™ (3.1 oz.)	S	88	170	80	9	4	0	0	8	0	1	13	350	520
Pulled Pork (3.5 oz.)		99	110	40	4.5	2.5	0	45	0	0	1	14	560	15
Queso Diablo (2 oz.)	M	57	90	70	7	5	0	15	3	0	1	2	320	60
Roasted Tomato Salsa (1 oz.)		28	5	0	0	0	0	0	1	0	1	0	190	15
Romaine Lettuce (0.25 oz.)		7	0	0	0	0	0	0	0	0	0	0	0	20
Romaine Lettuce for Salad (3.5 oz)		99	15	5	0	0	0	0	3	2	1	1	10	250
Salsa Roja (1 oz.)		28	5	0	0	0	0	0	2	0	1	0	85	35
Salsa Verde (1 oz.)		28	10	0	0	0	0	0	1	1	0	0	240	20
Seasoned Brown Rice (4 oz.) (v)		113	170	15	1.5	0	0	0	36	2	1	4	250	135
Seasoned Potatoes (2 oz.)	WG	57	100	0	0	0	0	0	12	0	1	1	240	125
Shredded Cheese (1.0 oz.)	M	28	110	80	9	5	0	30	1	0	0	7	180	30
Sour Cream, (1 oz.)	M	28	50	45	5	3	0	15	3	0	1	1	10	40
Soft Corn Tortilla	WG*	30	60	5	0.5	0	0	0	11	1	0	1	100	0
3 (Three)- Cheese Queso (2 oz.)	M	57	80	70	8	5	0	20	3	0	1	3	340	45
3 (Three)- Cheese Queso (4 oz.)	M	113	170	140	17	11	0	40	5	0	2	6	670	95
Tortilla Chips (4 oz.)	WG*	113	560	230	26	4.5	0	0	75	9	2	7	220	0
Tortilla Strips (0.5 oz.)		14	70	40	4.5	0	0	0	8	0	0	1	35	30
Whole Wheat Flour Tortilla 12.5"	WG	96	280	60	7	2.5	0	0	45	4	0	8	440	170

Signature Eats®

Fresca Chicken Bowl	ME	394	490	150	16	5	0	135	49	16	4	37	1350	1030
Chicken Protein Bowl		546	670	290	32	7	0	250	39	20	7	59	1700	1790
Chicken Queso Bowl	M	468	740	260	30	14	0.5	175	74	15	3	47	1710	1050
Chicken Queso Burrito	MWG	569	1040	320	37	16	1	175	126	19	5	55	2480	1100

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Cholula® Hot & Sweet Chicken Bowl	M	418	590	160	18	7	0	125	76	15	10	35	1440	940
Cholula® Hot & Sweet Chicken Burrito	MWG	520	900	220	25	10	0	125	128	19	12	43	2200	990
Citrus Lime Chicken Salad		425	540	210	23	4	0	125	51	16	9	36	1180	1220
Fajita Vegan Bowl		482	530	150	17	2.5	0	0	79	22	7	17	1350	1110
Impossible™ Fajita Bowl	S	428	580	140	16	5	0	0	80	17	5	28	1490	1100
Impossible™ Fajita Burrito	SWG	530	880	207	23	8	0	0	133	20	7	36	2250	1150
Impossible™ Taco Salad	SM	400	520	210	23	10	0	30	46	18	4	31	1180	1350
Quesabirria Burrito	MWG	569	980	380	95	17	1	100	124	19	6	46	2600	890
Quesabirria Quesadilla	MWG	456	1080	670	127	35	2.5	210	67	6	6	55	2430	720
Southwest Steak Burrito	EWG	498	1110	420	47	12	0	85	133	19	5	38	2140	820
Street Style Chicken Tacos (3) Corn	MG*	328	490	200	22	6	0	135	43	9	5	31	1380	790
Street Style Chicken Tacos (3) Flour	MWG	311	540	230	25	7	0	135	46	8	6	33	1590	860
Street Style Pulled Pork Tacos (3) Corn	MG*	256	320	90	10	4.5	0	55	36	5	3	20	1300	115
Street Style Pulled Pork Tacos (3) Flour	MWG	238	370	120	13	6	0	55	38	4	3	23	1500	190

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	96	80	20	2	0.5	-	115	-	-	-	14	1040	30
Citrus Lime Shrimp - Taco/Mini bowl portion (4 pieces)	C	39	30	5	1	0	-	45	-	-	-	6	410	10
Surf & Turf Bowl (8 pieces shrimp + 3.5 oz steak)	MEC	524	870	420	47	12	0	180	73	19	4	42	2430	1030
Surf & Turf Burrito (8 pieces shrimp + 3.5 oz steak)	MECWG	625	1180	480	54	15	0	180	125	23	6	50	3200	1080
Mango Salsa (2 oz)	-	57	25	0	0	0	0	0	7	1	5	0	120	70
Mango Salsa (4 oz)	-	113	50	0	0	0	0	0	13	0	9	1	240	145
Mango Salsa (8 oz)	-	226	100	0	0	0	0	0	26	0	19	1	480	290
Chicken Mango Bowl	M	470	810	290	32	6	0	135	94	16	12	40	1710	990
Chicken Mango Burrito	MWG	572	1120	350	39	9	0	135	146	19	14	48	2470	1040
Mango Shrimp Bowl	MC	496	730	230	26	4.5	0	120	96	16	14	31	2470	620

Ingredients for Kids Items

Apple Sauce, Natural		111	50	0	0	0	0	0	13	1	11	0	0	85
Black Beans (2 oz.)		57	70	5	0	0	0	0	12	7	0	5	170	180
Cilantro Lime Rice (2 oz.)		57	90	10	1.5	0	0	0	19	1	0	2	190	15
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	0	0	12	1	0	2	170	25
Grilled Chicken (1.75 oz.)		50	90	40	4.5	1.5	0	60	1	0	0	12	170	220
Grilled Steak (1.75 oz.)		50	130	90	10	4	0	35	2	0	1	8	140	130
Hand Smashed Guac (1 oz.)		28	40	35	4	0.5	0	0	2	2	0	1	80	130
Pinto Beans (2 oz.)		57	70	5	0	0	0	0	12	7	0	4	180	220
Pulled Pork (2 oz.)		57	60	25	2.5	1.5	0	25	0	0	0	8	320	10
Seasoned Brown Rice (2 oz.)		57	90	5	1	0	0	0	18	1	0	2	125	70
Shredded Cheese (0.5 oz.)	M	14	60	40	4.5	2.5	0	15	0	0	0	3	90	15
Soft Corn Tortilla	WG*	30	60	5	0.5	0	0	0	11	1	0	1	100	45
Sour Cream (1 oz.)	M	28	50	45	5	3	0	15	3	0	1	1	10	40
3 (Three)- Cheese Queso (1 oz.)	M	28	40	35	4	2.5	0	10	1	0	0	1	170	25
Tortilla Chips (2 oz.)	WG*	57	280	120	13	2	0	0	37	5	1	3	110	0
Side (black beans w/ cheese)	M	77	150	60	7	3.5	0	20	13	7	1	9	290	200

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Fountain Beverages (fl. oz.)

	Fl. oz.												
Barq's Root Beer (Reg)	20	280	0	0	0	0	0	73	0	73	0	110	0
Barq's Root Beer (Lrg)	30	430	0	0	0	0	0	110	0	110	0	160	0
Caffeine Free Diet Coke (Reg)	20	0	0	0	0	0	0	0	0	0	0	65	0
Caffeine Free Diet Coke (Lrg)	30	0	0	0	0	0	0	0	0	0	0	100	0
Cherry Coca-Cola (Reg)	20	270	0	0	0	0	0	69	0	69	0	65	0
Cherry Coca-Cola (Lrg)	30	400	0	0	0	0	0	104	0	104	0	100	0
Coca-Cola Zero (Reg)	20	0	0	0	0	0	0	0	0	0	0	65	100
Coca-Cola Zero (Lrg)	30	0	0	0	0	0	0	0	0	0	0	100	150
Coca-Cola (Reg)	20	240	0	0	0	0	0	67	0	67	0	80	0
Coca-Cola (Lrg)	30	360	0	0	0	0	0	100	0	100	0	120	0
Diet Coke (Reg)	20	0	0	0	0	0	0	0	0	0	0	65	0
Diet Coke (Lrg)	30	0	0	0	0	0	0	0	0	0	0	100	0
Fanta Orange (Reg)	20	270	0	0	0	0	0	73	0	73	0	90	0
Fanta Orange (Lrg)	30	410	0	0	0	0	0	110	0	110	0	135	0
Hi-C Flashin Fruit Punch (Reg)	20	270	0	0	0	0	0	74	0	74	0	45	0
Hi-C Flashin Fruit Punch (Lrg)	30	400	0	0	0	0	0	111	0	111	0	70	0
Mello Yello (Reg)	20	290	0	0	0	0	0	78	0	78	0	80	0
Mello Yello (Lrg)	30	440	0	0	0	0	0	117	0	117	0	120	0
Minute Maid Lemonade(HFCS) Reg	20	280	0	0	0	0	0	72	0	70	0	35	60
Minute Maid Lemonade(HFCS) Lrg	30	410	0	0	0	0	0	109	0	105	0	55	90
Minute Maid Light Lemonade (Reg)	20	40	0	0	0	0	0	10	0	5	0	40	0
Minute Maid Light Lemonade (Lrg)	30	60	0	0	0	0	0	15	0	8	0	55	0
POWERade Mountain Berry Blast (Reg)	20	130	0	0	0	0	0	35	0	35	0	250	0
POWERade Mountain Berry Blast (Lrg)	30	200	0	0	0	0	0	53	0	53	0	380	0
Gold Peak Classic Blend Tea (Reg)	20	10	0	0	0	0	0	3	0	0	0	25	320
Gold Peak Classic Blend Tea (Lrg)	30	15	0	0	0	0	0	4	0	0	0	40	490
Gold Peak Southern Tea (Reg)	20	180	0	0	0	0	0	46	0	44	0	15	200
Gold Peak Southern Tea (Lrg)	30	270	0	0	0	0	0	69	0	67	0	25	300
Gold Peak Classic Sweet Tea (Reg)	20	160	0	0	0	0	0	41	0	39	0	15	200
Gold Peak Classic Sweet Tea (Lrg)	30	230	0	0	0	0	0	61	0	58	0	25	300
Sprite (Reg)	20	260	0	0	0	0	0	67	0	59	0	60	5
Sprite (Lrg)	30	400	0	0	0	0	0	101	0	89	0	90	10

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	
Coca Cola (20 fl. oz.)	20	240	0	0	0	0	0	67	0	67	0	80	0	
Diet Coke (20 fl. oz.)	20	0	0	0	0	0	0	0	0	0	0	65	0	
Gold Peak Black Ice Tea, Unsweetened (16.9 fl. oz.)	16.9	0	0	0	0	0	0	0	0	0	0	0	0	
Gold Peak Green Tea (16.9 fl. oz.)	16.9	150	0	0	0	0	0	38	0	38	0	0	0	
Gold Peak Peach Ice Tea (16.9 fl. oz.)	16.9	170	0	0	0	0	0	45	0	45	0	30	0	
Gold Peak Raspberry Ice Tea (16.9 fl. oz.)	16.9	190	0	0	0	0	0	48	0	48	0	30	0	
Jarritos Lime (12.5 fl.oz)	12.5	170	0	0	0	0	0	44	0	44	0	40	0	
Jarritos Mandarin (12.5 fl.oz)	12.5	140	0	0	0	0	0	36	0	36	0	0	0	
Jarritos Pineapple (12.5 fl. oz)	12.5	140	0	0	0	0	0	35	0	35	0	45	0	
Jarritos Strawberry (12.5fl. oz)	12.5	170	0	0	0	0	0	43	0	43	0	0	0	
Minute Maid Kid's Apple Juice Box (6 fl. oz.)	6	80	0	0	0	0	0	21	0	19	0	15	350	
Simply Orange Juice (11.5 fl. oz.)	11.5	160	0	0	0	0	0	37	0	33	2	0	640	
Vitamin Water Power C (20 fl. oz.)	16.9	100	0	0	0	0	0	27	0	27	0	0	0	
Vitamin Water XXX (20 fl. oz.)	16.9	90	0	0	0	0	0	26	0	26	0	0	0	
Vitamin Water Zero Squeezed Lemonade (20 fl. oz.)	16.9	0	0	0	0	0	0	4	0	0	0	0	0	
Milk, Chocolate lowfat 1% (7 fl. oz.)/ CA Standards	M	7	140	20	2	1	0	10	22	0	21	8	140	380
Milk, Chocolate lowfat 1% (8 fl. oz.)/ Fed Standards	M	8	160	25	2.5	1	0	15	25	0	24	9	160	430
Milk, White lowfat 1% (7 fl. oz.)/ CA Standards	M	7	90	20	2	1.5	0	10	11	0	11	7	95	320
Milk, White lowfat 1% (8 fl. oz.)/ Fed Standards	M	8	100	20	2.5	1.5	0	10	12	0	12	8	105	370

Dessert

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

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 1160 - 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 - 740)

Loaded Quesadilla - served with choice of tortilla, cheese, guacamole, sour cream (cal 830 - 850)

Cheese Crusted Quesadilla - served with choice of tortilla, cheese, guacamole, sour cream (cal 940 - 970)

Mini Bowls - served with choice of rice, beans, and protein (cal 220 - 300)

Single Taco (Corn or Flour Tortilla) - served with choice of protein (cal. 60 - 200)

Salad - served with or without fried tortilla shell, lettuce, and dressing (cal 100 - 500)

Kid's Quesadilla - served with tortillas, cheese, and additional proteins upon request (Cal 370 - 500)

Kid's 3-Cheese Nachos - served with chips, choice of queso, and additional proteins upon request (Cal 360 - 500)

Breakfast Potato & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, eggs, potatoes, cheese, guacamole, and sour cream (cal. 180 - 1210.)

Breakfast Bacon & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, bacon, cheese, guacamole, and sour cream (cal 350 - 1560)

Breakfast Chicken & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, chicken, cheese, guacamole, and sour creams (cal. 250 - 1360)

Breakfast Chorizo & Egg Entrée (bowls/burritos/quesdilla) - served with or without tortillas, scrambled eggs, potatoes, chorizo, cheese, guacamole, and sour cream (cal. 310 - 1470)

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
- Se = Sesame

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.