



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) |
|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|-----------|-------------|
|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|-----------|-------------|

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 |
| Chile Corn Salsa (2 oz.) | | 57 | 60 | 0 | 0.5 | 0 | 0 | 0 | 140 | 146 | 12 | 0 | 1 | 2 |
| Chile Crema (1 oz.) | E | 28 | 120 | 117 | 13 | 1 | 0 | 15 | 260 | 14 | 1 | 0 | 1 | 0 |
| Cholula® Hot & Sweet Chicken (3.5oz) | | 99 | 170 | 20 | 7 | 2 | 0 | 100 | 480 | 360 | 8 | 1 | 8 | 19 |
| 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 | 120 | | 0 | 0 | 0 | 0 | 670 | 54 | 26 | 0 | 0 | 2 |
| 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 | 3 | 0 | 0 | 760 | 50 | 52 | 3 | 2 | 8 |
| Grilled Adobo Chicken (3.5 oz.) | | 99 | 170 | 22 | 9 | 2 | 0 | 125 | 340 | 437 | 1 | 1 | 1 | 23 |
| Grilled Steak (3.5 oz.) | | 99 | 200 | 29 | 10 | 3 | 0 | 80 | 320 | 394 | 3 | 1 | 1 | 26 |
| Ground Beef (3.5 oz.) | M | 99 | 190 | 40 | 11 | 4 | 0 | 55 | 510 | 350 | 4 | 1 | 1 | 16 |
| Habanero Salsa (2 oz.) | | 57 | 20 | 0 | 0 | 0 | 0 | 0 | 230 | 105 | 5 | 0 | 1 | 0 |
| Hand Crafted Guacamole (2 oz.) | | 57 | 80 | 10 | 8 | 1 | 0 | 0 | 160 | 262 | 5 | 4 | 0 | 1 |
| Hand Crafted Guacamole (4 oz.) | | 113 | 170 | 20 | 15 | 2 | 0 | 0 | 330 | 523 | 9 | 7 | 1 | 2 |
| Jalapeno Verde (1oz) | ME | 28 | 30 | 5 | 2 | 0 | 0 | 5 | 110 | 61 | 2 | 0 | 0 | 1 |
| Picante Ranch Dressing (1.5 oz.) CANADA | ME | 43 | 180 | 10 | 18 | 1 | 0 | 10 | 270 | 13 | 3 | 0 | 2 | 1 |
| Picante Ranch Dressing (1.5 oz.) | M | 43 | 40 | 0 | 0 | 0 | 0 | 0 | 470 | 62 | 9 | 0 | 3 | 0 |
| 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 (2 oz.) | | 57 | 10 | 0 | 0 | 0 | 0 | 0 | 135 | 141 | 2 | 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 | 35 | 9 | 4 | 0 | 0 | 350 | 519 | 8 | 4 | 1 | 13 |
| Pulled Pork (3.5 oz.) | | 99 | 100 | 20 | 4 | 2 | 0 | 45 | 560 | 39 | 4 | 0 | 0 | 14 |
| Queso Diablo (2 oz.) | M | 57 | 90 | 35 | 7 | 4 | 0 | 25 | 360 | 0 | 3 | 0 | 1 | 3 |
| Roasted Tomato Salsa (2 oz.) | | 57 | 10 | 0 | 0 | 0 | 0 | 0 | 250 | 125 | 2 | 0 | 1 | 0 |
| Romaine Lettuce (0.25 oz.) | | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | 0 |
| Romaine Lettuce for Salad (3.5 oz) | | 99 | 15 | 0 | 0 | 0 | 0 | 0 | 10 | 245 | 3 | 0 | 0 | 0 |
| Salsa Roja (2 oz.) | | 57 | 15 | 0 | 0 | 0 | 0 | 0 | 220 | 84 | 3 | 1 | 1 | 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 | 2 | 0 | 0 | 0 | 250 | 136 | 36 | 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 | 170 | 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 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®

| | | | | | | | | | | | | | | |
|----------------------|----|-----|-----|-----|----|----|-----|-----|------|------|----|---|---|----|
| Chicken Fresca Bowl | ME | 394 | 490 | 45 | 16 | 5 | 0 | 135 | 1250 | 1061 | 54 | 1 | 4 | 37 |
| Chicken Protein Bowl | | 447 | 500 | 45 | 23 | 5 | 0 | 125 | 1270 | 1384 | 43 | 6 | 6 | 35 |
| Chicken Queso Bowl | M | 468 | 750 | 120 | 29 | 13 | 0.5 | 180 | 1730 | 1037 | 74 | 1 | 3 | 47 |



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|--|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|-----------|-------------|
| Chicken Queso Burrito | MWG | 569 | 1050 | 140 | 36 | 16 | 1 | 180 | 2490 | 1088 | 127 | 1 | 5 | 55 |
| Cholula® Hot & Sweet Chicken Bowl | M | 390 | 590 | 70 | 18 | 7 | 0 | 125 | 1370 | 871 | 75 | 1 | 10 | 34 |
| Cholula® Hot & Sweet Chicken Burrito | MWG | 491 | 890 | 90 | 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 | | 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 |
| Slow-Braised Pork Burrito (CANADA ONLY) | MWG | 496 | 760 | 252 | 28 | 14 | 0.5 | 115 | 2200 | 613 | 83 | 0 | 2 | 43 |
| Smoked Brisket (Keto) Bowl | M | 340 | 500 | 333 | 37 | 14 | 0 | 100 | 1770 | 1200 | 17 | 4 | 3 | 29 |
| Southwest Steak Burrito | EG | 498 | 1060 | 70 | 37 | 8 | 0 | 95 | 2170 | 48 | 134 | 1 | 5 | 48 |
| Steak Fajita Quesadilla | MWG | 491 | 1100 | 585 | 65 | 31 | 2 | 220 | 2180 | 931 | 70 | 4 | 8 | 62 |
| 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) | - | - | - | - | - | - | - | - | - | - | - | - | - | - |

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 | 90 | 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

| | | | | | | | | | | | | | | |
|------------------------------|-----|-----|-----|-----|----|-----|-----|----|------|-----|----|----|----|----|
| Apple Sauce, Natural | | 111 | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 13 | 1 | 11 | 0 |
| 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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|---|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|------------------------|-------------------|-----------|-------------|
| Fountain Beverages (fl. oz) | | Fl. oz. | | | | | | | | | | | | |
| Barq's Root Beer (Reg) | | 20 | 290 | 0 | 0 | 0 | 0 | 0 | 90 | 20 | 73 | 0.16 | 73 | 0 |
| Barq's Root Beer (Lrg) | | 30 | 440 | 0 | 0 | 0 | 0 | 0 | 135 | 25 | 109 | 0.23 | 109 | 0 |
| Caffeine Free Diet Coke (Reg) | | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 80 | 70 | 0.14 | 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 | 0.14 | 70 | 0 |
| Cherry Coca-Cola (Lrg) | | 30 | 420 | 0 | 0 | 0 | 0 | 0 | 105 | 25 | 105 | 0.21 | 105 | 0 |
| Coca-Cola Zero (Reg) | | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 65 | 130 | 0 | 0.14 | 0 | 0 |
| Coca-Cola Zero (Lrg) | | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 190 | 0.22 | 0.22 | 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 | 0.14 | 0 | 0 |
| Diet Coke (Lrg) | | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 125 | 110 | 1 | 0.2 | 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 | 0.1 | 73 | 0 |
| Mello Yello (Lrg) | | 30 | 430 | 0 | 0 | 0 | 0 | 0 | 125 | 65 | 109 | 0.2 | 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 | 0.3 | 0 | 0 |
| Minute Maid Light Lemonade (Lrg) | | 30 | 15 | 0 | 0 | 0 | 0 | 0 | 105 | 310 | 5 | 0.5 | 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. | | | | | | | | | | | | |
| 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 | WSETP*G | 87.88 | 360 | 140 | 16 | 2.5 | 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, 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 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)

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)

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.)

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



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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 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.