

# QDOBA

## MEXICAN EATS®

### Nutrition Facts 2024

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

#### 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  | 7   | 3   | 0 | 50  | 3  | 0  | 1 | 15 | 450 | 260 |
| Chile Crema (1 oz.)                                       | E   | 28  | 130 | 127  | 14  | 2   | 0 | 10  | 1  | 0  | 1 | 0  | 290 | 16  |
| Chile Com Salsa (1 oz.)                                   |     | 28  | 30  | 5    | 0   | 0   | 0 | 0   | 6  | 0  | 1 | 1  | 70  | 75  |
| 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 |
| Mexican Street Corn (1 oz.)                               | E   | 28  | 40  | 13.5 | 1.5 | 0   | 0 | 0   | 6  | -  | 1 | 1  | 20  | 69  |
| 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.) *select locations only* | 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  |
| Queso Diablo (4 oz.)                                      | M   |     |     |      |     |     |   |     |    |    |   |    |     |     |
| 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   | 0   |
| 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   | 0  | 1  | 1 | 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  |
| Three Cheese Queso (2 oz.)                                | M   | 57  | 80  | 70   | 8   | 5   | 0 | 20  | 3  | 0  | 1 | 3  | 340 | 45  |
| 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" (CANADA only)            | WG  | 96  | 280 | 60   | 7   | 2.5 | 0 | 0   | 45 | 4  | 0 | 8  | 440 | 170 |

#### Signature Eats®

|                                      |     |     |      |     |    |    |     |     |     |    |    |    |      |      |
|--------------------------------------|-----|-----|------|-----|----|----|-----|-----|-----|----|----|----|------|------|
| 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 |
| 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  |

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|--|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|------------------------|-------------------|-----------|-------------|-------------|----------------|
| Citrus Lime Chicken Salad                      |           | 421              | 520                  | 200               | 22            | 4                 | 0             | 125              | 48                     | 16                | 10        | 35          | 1190        |                |
| Double Protein Bowl - Chicken                  |           | 546              | 670                  | 290               | 32            | 7                 | 0             | 150              | 39                     | 20                | 7         | 59          | 1700        | 1790           |
| Double Protein Bowl - Steak                    |           | 553              | 850                  | 510               | 56            | 17                | 0             | 135              | 44                     | 21                | 9         | 42          | 1600        | 1460           |
| Fajita Vegan Bowl                              |           | 482              | 530                  | 150               | 17            | 2.5               | 0             | 0                | 79                     | 22                | 7         | 17          | 1350        | 1110           |
| Impossible™ Taco Salad *select locations only* | SM        | 400              | 520                  | 210               | 23            | 10                | 0             | 30               | 46                     | 18                | 4         | 31          | 1180        | 1350           |
| Keto Bowl - Brisket Birria                     | M         | 340              | 370                  | 220               | 25            | 9                 | 0.5           | 80               | 13                     | 7                 | 4         | 25          | 1110        | 890            |
| Keto Bowl - Chicken                            | M         | 340              | 400                  | 230               | 26            | 9                 | 0             | 155              | 11                     | 7                 | 3         | 33          | 990         | 1070           |
| Keto Bowl - Steak                              | M         | 340              | 490                  | 340               | 38            | 14                | 0             | 100              | 13                     | 7                 | 4         | 25          | 940         | 890            |
| Mexican Street Corn & Chicken Bowl             | EM        | 418              | 700                  | 243               | 27            | 5                 | 0             | 145              | 77                     | 1                 | 3         | 39          | 1410        | 1000           |
| Mexican Street Corn & Chicken Burrito          | EMWG      | 519              | 1010                 | 306               | 34            | 8                 | 0             | 145              | 129                    | 1                 | 5         | 47          | 2170        | 823            |
| 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              | 1130                 | 451               | 50            | 13                | 0             | 75               | 133                    | 2                 | 6         | 38          | 2170        | 824            |
| 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) Flour       | MWG       | 238              | 370                  | 120               | 13            | 6                 | 0             | 55               | 38                     | 4                 | 3         | 23          | 1500        | 190            |

### Small Bites

|   |    |     |     |     |    |   |   |    |    |   |   |   |     |     |
|---|----|-----|-----|-----|----|---|---|----|----|---|---|---|-----|-----|
| Mexican Street Corn - Side                                | ME | 203 | 330 | 151 | 17 | 3 | 0 | 15 | 39 | 0 | 4 | 7 | 320 | 470 |
| Mini Bowl (refer to caloric range below)                  | -  | -   | -   | -   | -  | - | - | -  | -  | - | - | - | -   | -   |
| Taco (Flour or Taco shell) (refer to caloric range below) | WG | -   | -   | -   | -  | - | - | -  | -  | - | - | - | -   | -   |

### Limited Time Offerings

|                      |   |     |    |    |   |   |   |   |   |   |   |   |     |     |
|----------------------|---|-----|----|----|---|---|---|---|---|---|---|---|-----|-----|
| Tortilla Soup (4 oz) | S | 113 | 50 | 20 | 2 | 0 | 0 | 0 | 6 | 0 | 1 | 1 | 700 | 110 |
|----------------------|---|-----|----|----|---|---|---|---|---|---|---|---|-----|-----|

### 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  |
| Sour Cream (1 oz.)           | M   | 28  | 50  | 45  | 5   | 3   | 0 | 15 | 3  | 0 | 1  | 1  | 10  | 40  |
| 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

# QDOBA

## MEXICAN EATS®

### Nutrition Facts 2024

|                                   | 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) |
|-----------------------------------|-----------|------------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|------------------------|-------------------|-----------|-------------|-------------|----------------|
| Double Chocolate Brownie (CANADA) | SEMWWG    | 72               | 320                  | 160               | 17            | 9                 | 0             | 55               | 38                     | 3                 | 27        | 4           | 100         | 144            |
| Double Chocolate Brownie (US)     | SEMWWG    | 91               | 390                  | 170               | 19            | 4                 | 0             | -                | 49                     | -                 | 36        | 6           | 150         | 180            |
| Chocolate Chunk Cookie (US)       | SEMWWG    | 57               | 250                  | 111               | 12            | 6                 | 0             | 20               | 33                     | 1                 | 20        | 3           | 300         | 70             |
| Chocolate Chunk Cookie (CANADA)   | SEMWWG    | 57               | 250                  | 99                | 11            | 5                 | 0             | 10               | 34                     | 1                 | 21        | 3           | 180         | 0              |
| Churro bites (CANADA only)        | EWG       | 100              | 390                  | 215               | 24            | 8                 | 0             | 0                | 41                     | 1                 | 9         | 3           | 310         | 33             |
| Nutella (CANADA only)             | SMT       | 15               | 80                   | 44                | 5             | 1.5               | 0             | 0                | 9                      | -                 | 8         | -           | 5           | -              |

#### 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 (Crunchy Taco Shell 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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## Nutrition Facts 2024

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

(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](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 base ingredients. Actual calories may vary depending on your ingredient preferences and portion size.