

QDOBA MEXICAN EATS® Nutrition Facts 2026	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	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	20
Chile Corn Salsa (1 oz.)	-	28	25	0	0	0	0	0	5	0	1	1	75	74
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	190	100	12	3.5	0	90	2	0.45	1	19	440	430
Grilled Steak (3.5 oz.)	-	99	360	260	28	10	1	85	5	0.66	1	20	600	340
Ground Beef (3.5 oz.)	-	99	180	100	11	5	0	40	4	1	1	16	610	45
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
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
Pork Carnitas (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	113	180	130	15	10	0	35	6	0	2	5	650	120
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

Signature Eats®

Chicken Queso Bowl	M	468	750	290	33	15	0.5	140	74	16	4	43	1820	1040
Chicken Queso Burrito	MWG	569	1050	350	40	17	0.5	140	126	19	6	51	2580	1090
Cholula® Hot & Sweet Chicken Bowl	M	418	610	180	20	8	0	95	77	15	10	31	1500	940
Cholula® Hot & Sweet Chicken Burrito	MWG	520	910	250	27	10	0	95	130	19	12	39	2260	1000
Citrus Lime Chicken Salad	-	421	540	230	26	4.5	0	90	49	16	11	31	1210	1130
Double Protein Bowl - Chicken	-	546	700	340	38	9	0	180	41	20	7	51	1930	1790
Double Protein Bowl - Steak	-	553	1040	640	72	12	2.5	165	47	20	9	52	2250	1610

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Fajita Vegan Bowl	-	482	530	150	17	2.5	0	0	79	22	7	17	1380	1130
Impossible™ Taco Salad *select locations only*	SM	400	520	210	23	10	0	30	46	18	4	31	1200	1370
Keto Bowl - Brisket Birria	M	340	370	220	25	9	0.5	80	13	7	4	25	1140	910
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
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	1220	520	58	16	1.5	90	134	19	6	43	2480	900
Street Style Chicken Tacos (3) Flour	MWG	311	550	260	28	8	0	100	46	8	6	29	1690	850
Street Style Pork Carnitas 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 (Flour or Taco shell) (refer to caloric range below)	WG	-	-	-	-	-	-	-	-	-	-	-	-	-

Limited Time Offerings

Churro Chips w/ Chocolate Sauce	WG	114	420	130	14	3	0	0	72	3	39	4	115	130
Queso Fundido w/ Chips	EMWG*	364	940	530	59	24	1	83	86	11	5	24	1625	282
Spicy Tequila Lime Steak (3.5 oz)	-	99	310	220	24	9	1	70	7	1	3	17	820	310

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	50	6	1.5	0	45	1	0	0	10	220	320
Grilled Steak (1.75 oz.)	-	50	180	130	14	5	0.5	40	2	0	1	10	300	170
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
Pork Carnitas (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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Allergens	
Serving Size (g)	
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Total Carbohydrate (g)	
Dietary Fiber (g)	
Sugar (g)	
Protein (g)	
Sodium (mg)	
Potassium (mg)	

Allergen Key

E = Eggs

M = Milk

C = Crustacean/Shellfish

W = Wheat

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.