QDOBA MEXICAN EATS®

Nutrition Facts 2026

Ingredients for Entrées

	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)
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	9	1	9	330	360
Brisket Birria (3.5 oz)	-	99	140	70	7	3	0	50	3	0	1	15	450	260
Chile Crema (1 oz)	E	28	130	130	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	70
Cholula® Hot & Sweet Chicken (3.5oz)	-	99	190	90	10	2.5	0	75	10	1	8	16	540	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	1	0	7	410	140
Chorizo (3.0 oz.)	-	85	260	180	20	8	0	55	5	2	0	14	820	290
Cilantro Lime Rice (4 oz.) (v)	-	113	190	25	2.5	0.5	0	0	38	0	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	10
Crispy Taco Shell**	WG*	13	60	25	2.5	0.5	0	0	8	0	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	90
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	0	0	12	0	0	2	170	20
Flour Tortilla (10")	WG	71	210	45	5	2	0	0	36	0	1	6	490	70
Flour Tortilla (12.5")	WG	102	300	60	7	2.5	0	0	52	0	2	8	760	50
Grilled Adobo Chicken (3.5 oz.)	-	99	190	100	12	3.5	0	90	2	0	1	19	440	430
Grilled Steak (3.5 oz.)	-	99	360	260	28	10	1	85	5	1	1	20	600	340
Ground Beef (3.5 oz.)	-	99	180	90	10	5	0	40	3	1	1	16	630	70
Habanero Salsa (1 oz.)	-	28	5	0	0	0	0	0	2	1	1	0	110	40
Hand Crafted Guacamole (2 oz.)	-	57	80	70	8	1	0	0	5	3	0	1	190	260
Hand Crafted Guacamole (4 oz.)	-	113	170	140	15	2	0	0	9	7	1	2	380	520
Picante Ranch Dressing (1.5 oz.)	ME	43	90	90	10	2.5	0	10	3	0	1	1	210	50
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	20
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	9	1	8	350	440
Plant-Based Impossible™ (3.1 oz.) ***select locations only***	S	88	170	80	9	4	0	0	8	4	1	13	350	520
Pork Carnitas (3.5 oz.)	-	99	100	45	4.5	2.5	0	45	1	0	0	14	570	30
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	0	0	210	30
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	0	1	1	10	250
Salsa Roja (1 oz.)	-	28	5	0	0	0	0	0	2	0	0	0	110	50
Salsa Verde (1 oz.)	-	28	5	0	0	0	0	0	1	0	0	0	240	40
Seasoned Brown Rice (4 oz.) (v)	-	113	170	15	1.5	0	0	0	36	2	1	4	250	140
Seasoned Potatoes (2 oz.)	WG	57	100	0	0	0	0	0	12	1	1	1	240	130
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	80	8	5	0	20	3	0	1	3	340	50
Three Cheese Queso (4 oz.)	M	113	170	150	17	11	0	40	5	0	2	6	670	90
Tortilla Chips (4 oz.)	WG*	113	560	230	26	4.5	0	0	75	0	2	7	220	0
Tortilla Strips (0.5 oz.)	-	14	70	40	4.5	0	0	0	8	1	0	1	35	30

Signature Eats®

Chicken Queso Bowl	M	468	750	290	33	15	0.5	140	74	1	4	43	1820	1040
Chicken Queso Burrito	MWG	569	1050	360	40	17	0.5	140	126	1	6	51	2580	1090
Cholula® Hot & Sweet Chicken Bowl	M	418	610	180	20	8	0	95	77	1	10	31	1500	940
Cholula® Hot & Sweet Chicken Burrito	MWG	520	910	250	27	10	0	95	130	1	12	39	2260	1000
Citrus Lime Chicken Salad	-	421	520	230	26	4.5	0	90	46	1	9	31	1210	1130
Double Protein Bowl - Chicken	-	546	690	340	38	9	0	180	42	7	7	51	1930	1790

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Double Protein Bowl - Steak	-	553	1030	640	71	23	2.5	165	47	7	8	52	2250	1610
Fajita Vegan Bowl	-	482	510	150	16	2.5	0	0	79	8	7	16	1380	1130
Impossible™ Taco Salad *select locations only*	SM	400	510	210	23	10	0	30	46	5	4	31	1200	1370
Keto Bowl - Brisket Birria	M	340	360	220	24	9	0.5	80	14	4	4	24	1140	910
Keto Bowl - Chicken	M	340	410	260	29	10	0	120	12	5	3	29	1120	1070
Keto Bowl - Steak	M	340	580	410	45	17	1.5	115	15	5	4	30	1280	980
Quesabirria Burrito	MWG	569	980	320	35	17	1	100	124	0	5	46	2630	900
Quesabirria Quesadilla	MWG	456	1080	610	67	35	2.5	210	67	2	6	55	2440	720
Southwest Steak Burrito	EWG	498	1220	520	58	16	1.5	90	134	2	6	43	2480	900
Street Style Chicken Tacos (3) Flour	MWG	311	550	250	28	8	0	100	48	5	5	29	1720	880
Street Style Pork Carnitas Tacos (3) Flour	MWG	238	360	120	13	6	0	55	40	1	2	22	1510	220

Small Bites

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

Limited Time Offerings

Chicken Tinga (3.5 oz)	-	99	170	90	10	3	0	75	3	0	1	16	480	410
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	930	530	59	24	1	85	86	1	5	24	1630	280
Tortilla Soup (4 oz)	S	113	30	20	2	0	0	0	5	1	1	1	580	130

Ingredients for Kids Items

Apple Sauce, Natural	-	111	50	0	0	0	0	0	13	0	11	0	0	90
Black Beans (2 oz.)	-	57	70	5	0	0	0	0	12	0	0	5	170	180
Cilantro Lime Rice (2 oz.)	-	57	90	10	1.5	0	0	0	19	0	0	2	190	10
Flour Tortilla (5.5")	WG	24	70	15	1.5	0.5	0	0	12	0	0	2	170	20
Grilled Chicken (1.75 oz.)	-	50	90	50	6	1.5	0	45	1	0	0	10	220	210
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	95	130
Pinto Beans (2 oz.)	-	57	70	5	0	0	0	0	12	0	0	4	180	220
Pork Carnitas (2 oz.)	-	57	60	25	2.5	1.5	0	25	0	0	0	8	320	20
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	10
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	40	4	2.5	0	10	1	0	0	1	170	20
Tortilla Chips (2 oz.)	WG*	57	280	120	13	2	0	0	37	0	1	3	110	0
Side (black beans w/ cheese)	M	77	150	60	7	3.5	0	20	13	0	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
Diet Dr. Pepper (Reg)	-	20	0	0	0	0	0	0	0	0	0	0	95	0
Diet Dr. Pepper (Lrg)		30	0	0	0	0	0	0	0	0	0	0	140	0
Dr. Peppers (Reg)	-	20	250	0	0	0	0	0	67	0	65	0	90	0
Dr. Peppers (Lrg)	-	30	390	0	0	0	0	0	100	0	98	0	140	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
Honest Apple Juice Box (6 fl. oz.)	-	6	40	0	0	0	0	0	10	0	9	0	15	80
Jarritos Mandarin (12.5 fl.oz)	-	12.5	140	0	0	0	0	0	36	0	36	0	0	0
Jarritos Mineragua (12.5 fl.oz)	-	12.5	0	0	0	0	0	0	36	0	0	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
Mexican Coke (12 fl. Oz)	-	12	150	0	0	0	0	0	39	0	39	0	85	10
Minute Maid Kid's Apple Juice Box (6 fl. oz.)	-	6	80	0	0	0	0	0	21	0	19	0	15	350
Oasis 100% Apple Juice **(CANADA)**	-	6	90	0	0	0	0	0	21	0	19	0	5	175
Oasis 100% Apple Juice **(CANADA)**	-	10	130	0	0	0	0	0	31	0	30	0	10	250
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

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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

Double Chocolate Brownie **(CANADA)**	SEMWGTP	72	320	160	18	9	0	60	38	0	26	4	100	0
Double Chocolate Brownie **(US)**	SEMWGTP	91	390	170	19	4	0	0	49	3	36	6	150	180
Chocolate Chunk Cookie **(US)**	SEMWGTP	57	250	100	11	5	0	0	34	0	21	3	180	0
Chocolate Chunk Cookie **(CANADA)**	SEMWGTP	57	250	110	12	6	0	20	33	1	20	3	200	70
Churro bites **(CANADA only)**	EWG	100	390	220	24	8	0	0	41	1	9	3	310	30
Nutella **(CANADA only)**	SMT	15	80	44	5	1.5	0	0	9	0	8	0	5	0

Create Your Own QDOBA Kit Calorie Ranges**

Create Your Own QDOBA Kit – Choice of protein, rice, beans, and salsa. Includes guacamole, queso, pico de gallo, shredded cheese, tortilla chips, and 12 soft flour tortillas. (Feeds 4-6) (cal. 1170 - 2090)

Menu Board Entrée Calorie Ranges**

Burrito - served with choice of tortilla, rice, beans (cal 610 - 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 850)

Cheese Crusted Quesadilla - served with choice of tortilla, cheese, guacamole, sour cream (cal 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 110 - 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. 260 - 1370)

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. 330 - 1520)

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, Crusacean/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.