



Nutrition Facts 2017*

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)
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Shrimp Builds

Surf & Turf Burrito Bowl

Tropical Shrimp Taco

Shrimp Salad

Bare Bones Burrito

FCM	453	590	160	18	3.5	0	45	1550	1000	72	17	5	35
FCM	115	140	40	4	1	0	10	540	240	17	3	2	9
FCW	456	750	390	43	8	0	25	1640	950	67	7	11	26
MWG	291	580	180	20	8	0	85	1330	540	71	11	3	30

Knockout Tacos®

Drunken Yardbird

Mad Rancher

Two Timer

Triple Threat

The Gladiator

Bohemian Veg

MWG	127	220	70	8	2	0	45	540	310	25	3	6	12
MWG	141	230	90	10	3	0	60	780	330	21	3	2	15
MWG	152	290	120	13	6	0	55	600	230	28	3	2	15
MWG	141	250	110	12	5	0	55	730	290	17	2	2	17
EMFWG	123	280	150	17	5	0	45	660	280	16	2	1	17
MWG	147	230	80	9	4	0	20	530	310	28	7	2	9

Nacho Builds

Chicken Fajita Nachos

Habanero BBQ Brisket Nachos

Spicy Chicken Nachos

M	612	1150	490	55	19	1	165	2170	1170	121	28	12	47
MSWG	638	1310	560	62	21	1	105	3160	1040	147	31	27	39
M	666	1200	480	54	18	1	165	3850	1040	135	29	23	48

Ingredients for Entrées

Ancho Chili BBQ Sauce

Bacon, smoked

Beef, Seasoned Ground

Beef, Smoked Brisket

Black Bean Corn Salsa

Black Beans

Brown Rice

Cheese, Cotija

Cheese, Shredded

Chicken, Grilled Marinated

Chicken, Tequila-Lime

Chimichurri Sauce

Chorizo

Cilantro

Cilantro Lime Rice

Cilantro Lime Dressing (seasonal)

Corn Tortilla 5.5"

Corn Tortilla Chips

Crispy Corn Tortilla Strips**

MSWG	57	90	25	3	1	0	0	540	125	17	2	12	0
	8	35	25	3	1	0	10	130	-	0	0	0	3
M	99	190	90	11	4	1	65	560	290	4	0	1	21
	99	270	180	20	8	0	70	1220	550	3	0	1	20
	57	110	10	1	0	0	0	65	320	24	7	2	7
	113	140	10	1	0	0	0	330	360	24	14	1	9
	113	170	10	2	0	0	0	250	115	35	3	1	4
M	28	100	70	8	5	0	25	470	25	2	0	0	6
M	43	170	120	13	8	1	45	270	45	1	0	0	10
M	99	170	70	8	3	0	105	530	400	4	1	1	22
M	50	100	30	4	1	0	45	230	170	9	1	5	10
	43	100	90	10	2	0	0	140	120	2	1	0	1
M	99	200	110	12	4	0	60	780	340	5	0	2	18
	3	0	0	0	0	0	0	0	20	0	0	0	0
	113	190	25	3	1	0	0	390	30	38	1	0	3
	21	50	45	5	1	0	0	180	20	2	0	2	0
WG	15	40	5	0	0	0	0	0	--	8	1	0	1
WG	113	560	230	26	5	0	0	220	0	75	9	2	7
WG	2	10	5	0	0	0	0	0	0	1	0	0	0



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Crispy Corn Taco Shell**	WG	13	60	25	3	1	0	0	0	0	8	1	0	1
Crunchy Flour Tortilla Bowl	WG	73	390	200	22	5	0	0	150	50	41	0	1	7
Eggs	ME	170	230	140	16	5	0	600	440	180	2	0	0	19
Fajita Vegetables		57	35	15	2	0	0	0	180	120	4	1	2	1
Fiery Habanero		57	20	5	0	0	0	0	260	0	3	1	2	1
Flour Tortilla (5.5")	WG	24	70	15	2	1	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
Guacamole		85	130	90	10	2	0	0	300	370	7	3	0	1
Lettuce, Shredded		9	0	0	0	0	0	0	0	20	0	0	0	0
Mango Salsa (seasonal)		113	60	0	0	0	0	0	180	0	14	2	9	1
Mexican Caesar Dressing	EFM	14	90	80	9	2	0	5	160	5	1	0	0	1
Minced Onions		9	0	0	0	0	0	0	0	0	0	0	0	0
Picante Ranch	M	43	40	0	0	0	0	0	500	50	10	1	3	0
Pico de Gallo		57	10	0	0	0	0	0	70	95	3	1	2	0
Pinto Beans		113	130	5	1	0	0	0	350	440	23	14	1	8
Pineapple Pico		57	20	0	0	0	0	0	35	80	5	1	4	0
Pork, Pulled		113	160	40	5	2	0	80	390	420	10	0	1	19
Potatoes, Seasoned	WG	57	130	50	6	1	0	0	260	230	17	2	0	2
Queso Diablo	M	113	160	110	13	8	0	40	700	130	7	2	2	5
Roasted Chile Corn Salsa		57	50	5	1	0	0	0	105	125	10	2	1	2
Salsa Roja		57	20	0	0	0	0	0	460	--	4	1	2	1
Salsa Verde		57	15	0	0	0	0	0	280	90	3	1	1	0
Sour Cream, Lite	M	57	50	40	5	3	0	15	40	100	2	0	2	3
Shrimp Fire Roasted / Glazed (5 piece)	FC	49	45	5	0	0	0	10	390	80	3	0	1	8
Shrimp Fire Roasted / Glazed (10 piece)	FC	99	90	5	0.5	0	0	25	790	160	6	1	2	16
Steak, Grilled Marinated	M	99	180	70	8	3	0	65	460	490	2	0	0	26
Three Cheese Queso	M	57	90	70	8	5	0	25	350	45	3	1	1	3
Tortilla Soup	S	227	100	40	5	1	0	0	1390	220	11	4	2	3
Whole Wheat Flour Tortilla 12.5"	WG	96	270	40	5	1	0	0	590	220	47	5	3	11

Ingredients for Kids Items

Black Beans		57	70	5	0	0	0	0	170	180	12	7	0	5
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Brown Rice		57	80	5	1	0	0	0	125	55	18	1	1	2
Cheese, Shredded	M	42	70	50	6	4	0	20	270	35	2	1	0	2
Chicken, Grilled Marinated	M	50	80	35	4	1	0	50	270	200	2	1	0	11
Cilantro Lime Rice		57	90	10	2	0	0	0	190	15	19	1	0	2
Corn Tortilla 5.5"	WG	15	40	5	0	0	0	0	0	--	8	1	0	1
Corn Tortilla Chips	WG	113	560	230	26	5	0	0	220	0	75	9	2	7
Flour Tortilla (5.5")	WG	24	70	15	2	1	0	0	170	25	12	1	0	2
Guacamole		28	45	30	4	0	0	0	100	125	2	1	0	0
Pinto Beans		57	70	5	0	0	0	0	180	220	12	7	0	4
Pork, Pulled		57	80	20	2	1	0	40	190	210	5	0	0	10
Sour Cream, Lite	M	28	35	25	3	2	0	10	25	60	1	0	1	2
Steak, Grilled Marinated	M	50	90	35	4	2	0	35	230	240	1	0	0	13
Three Cheese Queso	M	57	90	70	8	5	0	25	350	45	3	1	1	3

Others

Apple Sauce, Natural		111	50	0	0	0	0	0	0	85	13	1	11	0
Brownies	WSETPG	88	360	140	16	3	0	15	210	0	52	2	35	4
Cookie, Chocolate Chunk*	WSMETPG	54	260	120	13	7	0	15	170	-	33	1	19	2

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.