



## Nutrition Facts 2019\*

	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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### Ingredients for Entrées

Ancho Chili BBQ Sauce (2 oz.)	MS	57	60	10	1	0	0	0	690	50	13	1	11	1
Bacon, Smoked (0.3 oz.)		8	35	25	3	1	0	10	130	-	0	0	0	3
Beef, Seasoned Ground (3.5 oz.)		99	190	100	11	5	0	55	510	350	4	1	1	17
Beef, Smoked Brisket (3.5 oz.)		99	270	180	20	8	0	70	1220	550	3	0	1	20
Black Beans (4 oz.)		113	140	10	1	0	0	0	330	360	24	14	1	9
Brown Rice (4 oz.)		113	170	10	1	0	0	0	410	125	35	2	1	4
Cheese, Cotija (1 oz.)	M	28	100	70	8	5	0	25	470	25	2	0	0	6
Cheese, Shredded (1.5 oz.)	M	43	170	120	13	8	1	45	270	45	1	0	0	10
Chicken, Grilled Marinated (3.5 oz.)		99	150	80	9	3	0	70	360	220	2	0	1	16
Chorizo (3.5 oz.)		99	210	120	13	5	0	65	790	400	6	2	1	16
Cilantro (0.1 oz.)		3	0	0	0	0	0	0	0	20	0	0	0	0
Cilantro Lime Rice (4 oz.)		113	190	25	3	1	0	0	390	30	38	1	0	3
Cilantro Lime Dressing (seasonal)/ .75 oz.		21	50	45	5	1	0	0	180	20	2	0	2	0
Corn Tortilla 5.5"	WG	30	60	5	1	0	0	0	100	--	11	1	0	1
Corn Tortilla Chips (4 oz.)	WG	113	560	230	26	5	0	0	220	0	75	9	2	7
Crispy Corn Tortilla Strips** (0.1 oz.)	WG	2	10	5	0	0	0	0	0	0	1	0	0	0
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 (6 oz.)	ME	170	230	140	16	5	0	600	440	180	2	0	0	19
Fajita Vegetables (2 oz.)		57	35	15	2	0	0	0	180	120	4	1	2	1
Fiery Habanero (2 oz.)		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 (3oz.)		85	130	90	10	2	0	0	300	370	7	3	0	1
Impossible™ Protein (3.1 oz.)	S	88	180	90	10	5	0	0	780	460	9	2	1	13
Lettuce, Shredded (0.3 oz.)		9	0	0	0	0	0	0	0	20	0	0	0	0
Mango Salsa (seasonal)/ 4 oz.		113	60	0	0	0	0	0	180	0	14	2	9	1
Mexican Caesar Dressing (0.5 oz.)	EFM	14	60	40	5	1	0	5	1100	75	4	1	2	1
Minced Onions (0.3 oz.)		9	0	0	0	0	0	0	0	0	0	0	0	0
Picante Ranch Dressing (1.5 oz.)	M	43	40	0	0	0	0	0	500	50	10	1	3	0
Pickled Jalapenos (1 oz.)		28	15	0	0	0	0	0	90	30	3	0	2	0
Pico de Gallo (2 oz.)		57	10	0	0	0	0	0	70	95	3	1	2	0
Pinto Beans (4 oz.)		113	130	5	1	0	0	0	350	440	23	14	1	8
Pork, Pulled (3.5 oz.)		99	140	35	4	2	0	70	340	370	9	0	1	17
Potatoes, Seasoned (2 oz.)	WG	57	130	50	6	1	0	0	260	230	17	2	0	2
Queso Diablo (4 oz.)	M	113	170	120	14	8	0	45	730	130	7	1	2	6



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Roasted Chile Corn Salsa (2 oz.)		57	50	5	1	0	0	0	105	125	10	2	1	2
Salsa Roja (2 oz.)		57	20	0	0	0	0	0	460	--	4	1	2	1
Salsa Verde (2 oz.)		57	15	0	0	0	0	0	280	90	3	1	1	0
Sour Cream, Lite (2 oz.)	M	57	50	40	5	3	0	15	40	100	2	0	2	3
Steak, Grilled Marinated (3.5 oz.)		99	230	140	15	3	0	50	390	360	4	0	1	19
Three Cheese Queso (4 oz.)	M	113	190	140	15	10	0	50	710	90	6	2	1	6
Tortilla Soup (8 oz.)	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

## Knockout Tacos®

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

## Impossible™ Taco/Bowl

Impossible™ Taco	SWG	94	150	50	6	2.5	0	0	550	310	17	3	1	8
Impossible™ Bowl	SM	485	910	270	30	12	0	25	1840	1930	133	32	8	47

## Ingredients for Kids Items

Black Beans (2 oz.)		57	70	5	0	0	0	0	170	180	12	7	0	5
Brown Rice (2 oz.)		57	80	5	1	0	0	0	125	55	18	1	1	2
Cheese, Shredded (1.5 oz.)	M	42	70	50	6	4	0	20	270	35	2	1	0	2
Chicken, Grilled Marinated (1.75 oz.)		50	80	35	4	1	0	50	270	200	2	1	0	11
Cilantro Lime Rice (2 oz.)		57	90	10	2	0	0	0	190	15	19	1	0	2
Corn Tortilla 5.5"	WG	15	30	5	0	0	0	0	50	--	6	1	0	1
Corn Tortilla Chips (4 oz.)	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 (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
Pork, Pulled (2 oz.)		57	80	20	2	1	0	40	190	210	5	0	0	10
Sour Cream, Lite (1 oz.)	M	28	35	25	3	2	0	10	25	60	1	0	1	2
Steak, Grilled Marinated (1.75 oz.)		50	90	35	4	2	0	35	230	240	1	0	0	13
Three Cheese Queso (2 oz.)	M	57	90	70	8	5	0	25	350	45	3	1	1	3

## Kid's Meals

Quesadilla	MW	77	260	110	12	6	0	30	510	75	25	2	1	11
Taco w/chicken	M	91	200	100	11	4.5	0	65	360	250	11	2	1	16



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Taco w/beef	M	91	220	110	12	5	0.5	50	370	190	11	1	1	15
Burrito	MW	213	480	140	15	7	0	30	1040	330	67	10	2	18
Side (beans w/cheese)	M	120	160	25	3	1.5	0	10	400	450	24	14	1	10



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## Fountain Beverages

	Fl. oz.												
Barq's Root Beer (Reg)	20	290	0	0	0	0	0	90	20	73	0	73	0
Barq's Root Beer (Lrg)	30	440	0	0	0	0	0	135	25	109	0	109	0
Caffeine Free Diet Coke (Reg)	20	0	0	0	0	0	0	80	70	0	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	70	0
Cherry Coca-Cola (Lrg)	30	420	0	0	0	0	0	105	25	105	0	105	0
Coca-Cola Zero (Reg)	20	0	0	0	0	0	0	65	130	0	0	0	0
Coca-Cola Zero (Lrg)	30	0	0	0	0	0	0	100	190	0	0	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	0	0
Diet Coke (Lrg)	30	0	0	0	0	0	0	125	110	1	0	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	73	0
Mello Yello (Lrg)	30	430	0	0	0	0	0	125	65	109	0	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	0	0
Minute Maid Light Lemonade (Lrg)	30	15	0	0	0	0	0	105	310	5	1	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
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.												
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	75	0	65	0	65	0
Diet Coke (20 fl. oz.)	20	0	0	0	0	0	0	70	0	0	0	0	0
Honest Tea Organic Peach (16.9 fl. oz.)	16.9	100	0	0	0	0	0	20	0	25	0	25	0
Honest Tea Honey Green Tea (16.9 fl. oz.)	16.9	70	0	0	0	0	0	15	0	19	0	19	0
Honest Tea Half and Half (16.9 fl. oz.)	16.9	100	0	0	0	0	0	0	0	25	0	25	0



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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		7	110	20	2	2	0	10	140	450	14	0	13	9
White Milk lowfat 1% (7 fl. oz.)/ Fed Standards		7	90	20	2	2	0	10	105	330	10	0	10	7
Simply Orange Juice (11.5 fl. oz.)		11.5	160	0	0	0	0	0	0	640	37	0	33	0
Minute Maid Kid's Apple Juice Box (6 fl. oz.)		6	80	0	0	0	0	0	15	350	21	0	19	0

### 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	14	7	0	15	180	75	34	1	20	2

### Menu Board Entrée Calorie Ranges\*\*

**Burrito** - served with tortilla, rice, beans, salsa, cheese, fajita veg, and additional proteins upon request (cal 720 - 1080)

**Burrito Bowls** - served with rice, beans, salsa, cheese, fajita veg, and additional proteins upon request (cal 450 - 800)

**Mini Bowls** - served with rice, beans, cheese, salsa, guacamole, and choice of protein - chicken, beef, or pork (cal 320 - 500)

**Grilled Quesadilla** - served with tortilla, cheese, lettuce, guacamole, sour cream, fajita veg, and additional proteins upon request (cal 920 - 1190)

**3-Cheese Nachos** - served with tortilla chips, queso, beans, salsa, fajita veg, and additional proteins upon request (cal 930 - 1220)

**Taco Salad** - served with lettuce, beans, salsa, cheese, dressing, fajita veg, sour cream, and additional proteins upon request (cal 360 - 1270)

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

**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 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 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.)



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### 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](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 ingredients commonly added to these menu items. Actual calories may vary depending on your ingredient preferences and portion size.