

# QDOBA MEXICAN GRILL® ALLERGEN INFORMATION

	WHEAT	SOY	MILK	EGGS	TREE NUTS	PEANUT	GLUTEN
<b>RICE AND BEANS</b>							
Cilantro Lime Rice		+					
Black Beans							
Pinto Beans							
<b>VEGETABLES</b>							
Fajita Vegetables		+					
Grilled Vegetables		+					
Romaine Lettuce							
Potatoes	Δ	+					Δ
<b>TACO SHELLS, TORTILLAS, ETC.</b>							
Corn Taco Shell	Δ	+					Δ
Taco Salad Shell	X	+					X
Soft White Corn Tortilla							
Soft Flour Tortilla	X	+					X
Soft Whole Wheat Flour Tortilla	X	+					X
Corn Tortilla Chips	Δ	+					Δ
Corn Tortilla Strips	Δ	+					Δ
<b>PROTEINS</b>							
Pork							
Chicken		+	X				
Ground Sirloin		+	X				
Seasoned Shredded Beef		+					
Flat Iron Steak		+	X				
Chorizo		+	X				
Eggs		+		X			
<b>SALSAS</b>							
Pico de Gallo							
Salsa Roja							
Fiery Habanero							
Salsa Verde							
Roasted Chile Corn Salsa							
Black Bean and Corn Salsa							
Mango Salsa*							
<b>SAUCES</b>							
Ancho Chile BBQ	X	X +	X				X
3 Cheese Queso			X				
Ranchera							
<b>GUACAMOLE, SOUR CREAM, AND CHEESE</b>							
Guacamole							
Lite Sour Cream			X				
Cheese			X				Δ
<b>DRESSINGS AND TORTILLA SOUP</b>							
Fat Free Ranch Dressing			X				
Fat Free Picante Ranch Dressing			X				
Cilantro Lime Vinaigrette		+					
Tortilla Soup		X +					
<b>DESSERTS</b>							
Brownies	X	X+		X	Δ	Δ	X

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**X Contains the allergen.**

**Δ May contain the allergen.** There are products containing wheat, soy, milk, eggs, tree nuts 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. If you have any questions regarding allergens in our restaurants, contact **Guest Relations at 888-497-3622**.

**+ Contains soybean oil.** According to the Food Allergy & Anaphylaxis Network (foodallergy.org) soybean oil is not indicated as an allergen. If you have any concerns with consuming soybean oil, please consult your doctor.

\* **Seasonal Item.**

# QDOBA MEXICAN GRILL® INGREDIENT STATEMENT

## RICE & BEANS

### Cilantro Lime Rice:

Rice, Cilantro, Salt, Lime Juice, Soybean Oil, Pan Release Spray (See Cooking Spray). Contains Soybean Oil.

### Black Beans:

Black Beans, Red Onions, Cumin, Water, Lime Juice, Salt.

### Pinto Beans:

Pinto Beans, Red Onions, Cumin, Water, Lime Juice, Salt.

### Ancho BBQ Beans:

Pinto Beans, Ancho Chile BBQ Sauce (See Ancho Chile BBQ Sauce), Habanero Salsa (See Habanero Salsa). Contains Wheat, Soy and Milk.

## VEGETABLES

### Fajita Vegetables:

Red Peppers, Green Peppers, Red Onions, Soybean Oil, Salt, Spice. Contains Soybean Oil.

### Grilled Vegetables:

Red Peppers, Zucchini, Yellow Squash, Soybean Oil, Sofrito (See Sofrito). Contains Soybean Oil.

### Potatoes:

Potatoes, Salt, Fryer Oil (See Fryer Oil). Contains Soybean Oil.

## TACO SHELLS, TORTILLAS, ETC.

### Corn Taco Shell:

Corn Tortilla (See Soft White Corn Tortillas), Fryer Oil (See Fryer Oil). Contains Soybean Oil.

### Flour Taco Shell:

Flour Tortilla (See Soft Flour Tortillas), Fryer Oil (See Fryer Oil). Contains Wheat and Soybean Oil.

### Taco Salad Shell:

Flour tortilla (See Soft Flour Tortillas), fryer oil (See Fryer Oil)

### Soft White Corn Tortillas:

Whole Ground Corn Treated With Lime, Water, Cellulose Gum, Propionic, Benzoic and Phosphoric Acids to Preserve Freshness, Guar Gum, Amalysae.

### Soft Flour Tortillas:

Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), contains 2% or less of each of the following: Salt, Leavening Agents (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Calcium Propionate, Sorbic Acid (to preserve freshness). Contains Wheat and Soybean Oil.

### Soft Whole Wheat Flour Tortillas:

Whole Wheat Flour, Water, Bleached Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Vital Wheat Gluten, Mono & Diglycerides of Fatty Acids, Natural Flavor, Salt, Sugar, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Calcium Propionate, Sodium Aluminum Sulfate, Fumaric Acid, Potassium Sorbate, Sodium Stearoyl Lactylate (SSL), Guar Gum, Enzymes and Sodium Metabisulfite. Contains Wheat and Soybean Oil.

### Corn Tortilla Chips:

Corn Tortilla (See Soft White Corn Tortillas), Fryer Oil (See Fryer Oil), Salt, Lime Juice. Contains Soybean Oil.

### Corn Tortilla Strips:

Corn Tortilla (See Soft White Corn Tortillas), Fryer Oil (See Fryer Oil), Salt. Contains Soybean Oil.

## PROTIENS

### Pork:

Pork, Water, Salsa Verde (See Salsa Verde), Lime Juice, Verde Seasoning (See Verde Seasoning), Sofrito (See Sofrito). Contains Soybean Oil.

### Chicken:

Chicken, Adobo Seasoning (See Adobo Seasoning for Chicken), Soybean Oil, Water, Salt. Contains Milk and Soybean Oil.

### Ground Sirloin:

Beef, Adobo Seasoning (See Adobo Seasoning), Salt, Soybean Oil, Water, Spice. Contains Milk and Soybean Oil.

### Seasoned Shredded Beef:

Beef, Adobo Seasoning (See Adobo Seasoning for Shredded Beef), Soybean Oil, Water, Salt, Spice. Contains Soybean Oil.

### Flat Iron Steak:

Beef, Adobo Seasoning (See Adobo Seasoning), Soybean Oil, Salt. Contains Milk and Soybean Oil.

### Chorizo:

Marinated Ground Pork, Adobo Seasoning (See Adobo Seasoning), Vegetable Oil, Salt. Contains Milk and Soybean Oil.

### Eggs:

Whole Eggs, Citric Acid, Water, Oil, Salt, Soybean Oil. Contains Eggs and Soybean Oil.

## SALSAS

### Pico de Gallo:

Tomatoes, Red Onions, Cilantro, Jalapeño Peppers, Lime Juice, Salt.

### Salsa Roja:

Tomatoes, Tomato Puree, Water, Jalapeño Peppers, Fire-Roasted Tomatoes, Salt, Garlic, Spices, Modified Corn Starch, Corn Syrup, Natural Flavor, Xanthan Gum, Titanium Dioxide [Color].

### Fiery Habanero:

Tomatillos (Tomatillos, Citric Acid), Water, Roasted Habanero Chili Peppers, Seasoning (Salt, Spices, Corn Syrup Solids, Modified Corn Starch, Xanthan Gum, Propylene Glycol, Annatto Extract [Color], Silicon Dioxide), Garlic (Garlic, Water).

### Mango Salsa:

Mango, Cucumber, Pico De Gallo (See Pico De Gallo), Jalapeño Peppers, Red Onions, Red Pepper, Lime Juice, Sugar, Salt.

### Salsa Verde:

Tomatillos, Water, Jalapeño Peppers, Salt, Less than 2%: Cilantro, Garlic, Spices, Modified Corn Starch, Corn Syrup Solids, Xanthan Gum, Citric Acid.

### Roasted Chile Corn Salsa:

Corn and Pepper Blend (See Corn and Pepper Blend), Red Onions, Cilantro, Jalapeño Peppers, Lime Juice, Salt.

### Black Bean and Corn Salsa:

Corn and Pepper Blend (See Corn and Pepper Blend), Black Beans, Red Onions, Cilantro, Jalapeño Peppers, Lime Juice, Salt, Cumin.

## SAUCES

### Ancho Chile BBQ Sauce:

Water, Sugar, Seasoning (Chili Pepper, Bleached Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Corn Starch, Sugar, Salt, Corn Syrup Solids, Spice, Silicon Dioxide), Semi-Sweet Chocolate Chips ([Sugar, Chocolate, Cocoa Butter, Milkfat, Soy Lecithin, Vanillin, Artificial Flavor], Milk), Crackers (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening [Baking Soda and/or Calcium Phosphate], High Fructose Corn Syrup, Soy Lecithin, Natural Flavor, Malted Barley Flour), Salt, Pumpkin Seeds, Seasoning (Sugar, Maltodextrin [From Corn], Salt, Garlic Powder, Onion Powder, Natural Smoke Flavor, Tomato Flavor, Citric Acid, Spice, Dextrose, Paprika [Color], Silicon Dioxide), Soybean Oil, Garlic (Garlic, Water), Seasoning (Sugar, Mesquite Smoke Flavor [Maltodextrin], Salt, Garlic Powder, Onion Powder, Tomato Flavor, Citric Acid, Spice, Dextrose, Paprika [Color], Silicon Dioxide). Contains Wheat, Soy, Soybean Oil and Milk.

### 3-Cheese Queso:

Water, Cream (Cream, Milk), Pasteurized Processed Monterey Jack Cheese (Monterey Jack Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Milkfat, Sodium Phosphate, Salt, Sodium Hexametaphosphate), Pasteurized Processed American Cheese (American Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Milkfat, Sodium Phosphate, Salt), Roasted Poblano Peppers, Roasted Tomatoes (Tomatoes, Tomato Juice, citric Acid, Calcium Chloride), Seasoning (Modified Cornstarch, Salt, Sodium Phosphate, Titanium Dioxide [Color], Oleoresin of Paprika [Color], Xanthan Gum, Onion Powder, Spices, Lactose, Paprika, Methyl Cellulose Gum, Garlic Powder, Citric Acid, Potato Flour, Cocoa Powder, Silicon Dioxide), Jalapeño Peppers, Pasteurized Processed Swiss and American Cheese (Cultured Milk and Skim Milk, Cream, Sodium Phosphate, Salt, Sorbic Acid, Enzymes), Cheddar Concentrate (Cheddar, Granular, Semisoft and Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Corn Syrup Solids, Modified Cornstarch, Garlic (Garlic, Water). Contains Milk.

### Ranchera:

Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Poblano Peppers, Seasoning (Salt, Spices, Modified Cornstarch, Maltodextrin [From Corn], Lemon Juice Powder [Corn Syrup Solids, Natural Flavor], Extractive of Turmeric [Color]), Garlic (Garlic Water).

## GUACAMOLE, SOUR CREAM & CHEESE

### Guacamole:

Avocados, Red Onions, Cilantro, Jalapeño Peppers, Lime Juice, Salt.

### Lite Sour Cream:\*

Grade A Cultured Cream, Skim Milk, Vitamin A Palmitate. Contains Milk.

### Cheese – Cheddar/Monterey Jack:

Pasteurized Milk, Cheese Culture, Salt, Enzymes, Anticake (Potato Starch, Powdered Cellulose) and Natamycin (A Natural Mold Inhibitor). Contains Milk.

## DRESSING & TORTILLA SOUP

### Fat Free Ranch Dressing:\*

Water, Buttermilk, Vinegar, Maltodextrin [From Corn], Sugar, Salt, Cellulose Gel, Cellulose Gum, less than 2%: Garlic, Titanium Dioxide, Xanthan Gum, Carrageenan, Sour Cream Solids (Milk), Potassium Sorbate, Calcium Disodium EDTA (to preserve freshness), Spice, Lactic Acid, Sorbic Acid, Natural Flavor, Citric Acid. Contains Milk.

### Fat Free Picante Ranch Dressing:

Fat Free Ranch Dressing (See Fat Free Ranch Dressing), Salsa Roja (See Salsa Roja). Contains Milk.

### Tortilla Soup:

Water, Tomatoes (Diced Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Seasoning [Modified Corn Starch, White Corn Flour, Dry Bell Pepper, Salt, Spices, Dry Garlic, Soy Lecithin, Natural and Artificial Flavor, Chili Pepper, Maltodextrin, Disodium Inosinate, Disodium Guanylate, Dextrose, Vegetable Gums (Xanthan, Guar, Carob Bean), Dry Onion, Flavor (Contains Maltodextrin [From Corn], Salt), Poblano Peppers, Onions, Vegetarian Chicken Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Flavoring, Soy Protein Isolate, sugar, Garlic Powder, Turmeric), Soybean Oil, Tomato Paste, Jalapeño Peppers, Cilantro. Contains Soy and Soybean Oil.

### Cilantro Lime Vinaigrette:

Soybean Oil, Lime Juice, Sugar, Salt, Sofrito (See Sofrito), Jalapeño Peppers, Cilantro, Salsa Verde (See Salsa Verde). Contains Soybean Oil.

## INGREDIENTS

### Adobo Seasoning:

Chili Pepper, Salt, Modified Corn Starch, Corn Syrup Solids, Sugar, Corn Starch, Sodium Phosphate, Whey, Dehydrated Garlic, Dehydrated Onion, Grill Flavor (From Vegetable Oil), Smoke Flavor, Spice, Disodium Inosinate, Disodium Guanylate, No More Than 2% Silicon Dioxide Added To Prevent Caking. Contains Milk and Soybean Oil.

### Adobo Seasoning for Chicken:

Chili Pepper, Salt, Corn Syrup Solids, Sugar, Dehydrated Garlic, Dehydrated Onion, Whey, Spice, Grill Flavor (From Vegetable Oil), Smoke Flavor, Disodium Inosinate, Disodium Guanylate, No More Than 2% Calcium Silicate Added To Prevent Caking. Contains Milk and Soybean Oil.

### Adobo Seasoning for Shredded Beef:

Salt, Chili Pepper, Modified Food Starch, Corn Starch, Maltodextrin [From Corn], Sugar, Corn Syrup Solids, Dehydrated Garlic, Dehydrated Onion, Soybean Oil, Sodium Tripolyphosphate, Spices, Disodium Inosinate, Disodium Guanylate, Grill Flavor, Polysorbate 80, Smoke Flavor, Natural Flavor, No More Than 2% Silicon Dioxide Added to Prevent Caking. Contains Soybean Oil.

### Corn and Pepper Blend:

Corn, Poblano Peppers, Red Peppers.

### Sofrito:

Onions, Garlic, Olive Oil, Salt, Red Bell Pepper, Cilantro, Jalapeño Peppers, Mirepoix (Sautéed Vegetables [Carrot, Onion, Celery], Salt, Sugar, Corn Oil, Potato Flour, Modified Potato Starch, Maltodextrin [From Corn], Carrot Powder), Spice, Xanthan Gum.

### Verde Seasoning:

Salt, Cornstarch, Dehydrated Vegetables (Green Bell Pepper, Garlic, Onion, Tomato), Sugar, Maltodextrin [From Corn], Sodium Tripolyphosphate, Chili Pepper, Cilantro, Spices, Citric Acid, Natural Smoke Flavor, Natural Flavor, no more than 2% Silicon Dioxide (to prevent caking).

### Fryer Oil:

Soybean Oil

### Pan Release Spray

Canola Oil, Capric/Caprylic Triglycerides, Phosphated Mono and Diglycerides, Calcium Stearate, Silicon Dioxide, Propellant (non-chlorofluorocarbon).

## DESSERTS

### Brownies:

Brownie Base (Sugar, Enriched Bleached Wheat Flour [Bleached Wheat Flour, Ferrrous Sulphate, Niacin Thiamine Mononitrate, Riboflavin, Folic Acid], Cocoa, Soybean Oil, Salt, Cornstarch, Leavening [Sodium Bicarbonate]), Canola Oil, Water, Chocolate Chips (Sugar, Liquid Whole Egg, Chocolate Liquor, Cocoa Butter, Soy Lecithin). Contains Wheat, Soy, Soybean Oil and Eggs.

### Cookies:

Vary by market, so please check with store for allergen info

### Apple Sauce:

Apples, High Fructose Corn Syrup, Water, Ascorbic Acid

\* Ingredients in this item may vary by store. Please ask the store you visit for the ingredients found in the product they use at their location.

† Adds a trivial amount of fat.

\*\* Fryer oil has contact with product containing wheat ingredients.