


NUTRITIONAL INFORMATION

		PEANUTS	TREE NUTS	MILK	WHEAT / GLUTEN	EGGS	SOY	MUSTARD	PALM	FISH / SEAFOOD	SESAME	SULFITES	VEGETARIAN	VEGAN
TORTILLA	Hard Taco Corn Shell												X	X
	6" White Flour Tortilla				X								X	X
	10" White Flour Tortilla				X								X	X
	10" Whole Wheat Tortilla				X								X	X
	12" White Flour Tortilla				X								X	X
	12" Whole Wheat Tortilla				X								X	X
	14" White Flour Tortilla				X								X	X
	Tortilla Chips													X
PROTEIN	Pork Al Pastor													
	Beef Barbacoa													
	Black Beans												X	X
	Chili-Lime Tilapia						X			X				
	Flame Grilled Chicken													
	Ground Beef													
	Refried Beans												X	X
	Roasted Veggies												X	X
	Spicy Chipotle Chicken													
	Saucy Chipotle Tofu												X	X
SALSAS, SAUCES AND DIPS	Tomato Chipotle Salsa (Mild)												X	X
	Salsa Verde (Medium)												X	X
	Salsa Roja (Hot)												X	X
	Cilantro-Lime Sour Cream			X									X	
	Chipotle Mayo				MC	X	MC	X				X	X	
	Habanero Mayo				MC	X	MC	X				X	X	
	Paprika Mayo (Vegan)							X					X	X
	Sour Cream			X									X	
	Hot Sauce-Chipotle												X	X
	Hot Sauce-Garlic Habanero												X	X
	Hot Sauce-Ghost Pepper												X	X
	Hot Sauce-Pineapple Habanero												X	X
	Guacamole												X	X
	Queso			X					X				X	

TOPPINGS	Brown Rice																				X	X	
	Cheddar & Jack Cheese			X																		X	
	Cilantro																					X	X
	Corn																					X	X
	Jalapeno																					X	X
	Lettuce																					X	X
	Mexican Street Slaw																					X	X
	Pickled Onion																					X	X
	Red Onion																					X	X
	DESSERTS	Cookies-Chocolate Chunk	MC	MC	X	X	X	X															X
Cookies-Oatmeal Raisin		MC	MC	X	X	X	X															X	
Churros				X	X	X	X			X												X	
Caramel Dip				X			X			X												X	
Nutella Dip		X		X			X			X												X	

X= Contains; MC= May Contain

Please Note: Variations may occur due to differences in suppliers, ingredient substitutions and recipe revisions.

Due to the nature of our restaurants, we cannot 100% guarantee that any food or drink we serve will not come in contact with an allergen. Please inform our staff if you have a serious food allergy.

For general information on food allergens, visit Health Canada at <http://hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php> This document was updated in June 2023 with information that was available at that time. If you have any specific questions regarding allergens and/or ingredients, please contact us on our Website at <https://quesada.ca/contact/>

For Nutrition Information, visit the Nutrition Section of our website at <https://quesada.ca/nutrition/>

INGREDIENTS & RECIPES

TORTILLAS

Hard Taco Corn Tortilla Shells

Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower)

6" Soft Flour Tortillas

Enriched Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (To Maintain Freshness). Contains Wheat.

10" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

10" Whole Wheat Tortillas

Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced) Contains Wheat, Gluten

12" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

12" Whole Wheat Tortillas

Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono- and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

13.5" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

Tortilla Chips

Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower), Salt

PROTEINS

Beef Barbacoa

Beef, Salt, Vinegar, Flavour, Chipotle Paste, Cumin, Cloves, Spices and Spice Extracts, Dextrose, Caramel Colour, Garlic Powder, Onion

Black Beans

Dried Black Beans, Water, Oregano, Minced Garlic, Salt

Chili-Lime Tilapia

Tilapia fillets, Rice flour, Vegetable oil (canola, soya), Modified corn starch, Seasonings (garlic, onion, disodium inosinate, disodium guanylate, vinegar solids, yeast extract), Water, Salt, Flavour (lime, chili, natural flavour) Sugars (maltodextrin, dextrin), Contains: Tilapia (fish).

Flame Grilled Chicken

Chicken, water, modified rice starch, corn syrup solids, salt
Ground Beef: Ground Beef, (Beef, Salt, Garlic Powder, Onion Powder, Black Pepper, Water, Spice Extract [Rosemary])
Cooking Onions, Tomatoes, Tomato Paste (Tomatoes), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Garlic Powder, Cumin, Smoked Paprika, Salt

Pork Al Pastor

Pork, Water, Potato Starch, Spice, Ancho Pepper Powder, Salt, Canola Oil, Flavour, Vinegar Powder (maltodextrin, modified corn starch, vinegar), Dehydrated Red Bell Pepper, Sugar, Dehydrated Garlic

Refried Beans

Pinto Beans (Pinto Beans, Oregano, Minced Garlic, Salt), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Cumin, Garlic Powder

Roasted Veggies

Red Peppers, Green Peppers, Red Onions, Canola Oil, Salt, Black Pepper

Saucy Chipotle Tofu

Non-GMO Soybeans, Chipotle Peppers, tomato paste, onion, garlic, spices, cane sugar, sunflower oil, sea salt, vinegar, water, nigari

Spicy Chipotle Chicken

80 Dark/20 White Chicken, Water, Chipotle Paste (Dried Morita Peppers, Water), Cooking Onions, Chicken Broth (Chicken broth [water, concentrated chicken broth], salt, yeast extract, sugar, chicken fat, corn starch, natural flavour, fumaric acid), Canola Oil, Black Pepper

SALSAS, SAUCES & DIPS

Chipotle Salsa (mild)

Tomatoes, Cooking Onions, Chipotle Paste (Dried Morita Peppers, Water), Salt

Salsa Verde (medium)

Tomatillos, Water, Cooking Onions, Cilantro, Jalapenos, Salt

Salsa Roja (spicy)

Tomatoes, Water, Cooking Onions, Dried Del Arbol Peppers, Oregano, Minced Garlic, Salt

Cilantro-Lime Sour Cream

Sour Cream (Modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.) Cilantro, Lime Juice

Chipotle Mayo

Canola oil, Water, Chipotle ffile, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starff, Caramel colour (sulphites), Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric afhd, Natural smoke flavour, Calfhum disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

Habanero Mayo

Canola oil, Water, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starff, Red habanero ffiles, Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric afhd, Calfhum disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

Paprika Mayo (Vegan)

Canola oil, Water, Smoked paprika, Modified corn starff, Salt, Sugars (sugar), Vinegar, Mustard seed, Modified gum acafha, Xanthan gum, Concentrated lemon juice, Potassium sorbate (maintains freshness), Natural smoke flavour, Calfhum disodium edta (maintains flavour).

Sour Cream

Modified milk ingredients, modified cornstarff, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.

Quesada Hot Sauce, Chipotle

Chipotle Peppers, Tomato, Onions, Garlic, Apple Cider Vinegar, Water

Quesada Hot Sauce Pineapple Habanero

Pineapple, Habanero Peppers, Onions, Garlic, Apple Cider Vinegar, Water

Quesada Hot Sauce Ghost Pepper

Habanero Peppers, Ghost Peppers, Carrots, Onions, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves

Quesada Hot Sauce, Garlic Habanero

Habanero Peppers, Carrots, Onion, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves

Guacamole

Avocados, Cooking Onions, Cilantro, Minced Garlic, Black Pepper, White Pepper, Salt, Lime Juice

Queso

Queso Cheese (water, ffeidar ffeese [pasteurized milk, bacterial cultures, salt, microbial enzymes], soybean oil, modified cornstarff, green ffiles [green ffiles, fhtric afhd] jalapeno peppers [jalapeno peppers, salt,acetic afhd] cornstarff, salt, sodium phosphate, natural flavoring, datem, mono-diglycerides, autolyzed yeast extract),tomatoes, onions, ffitotle peppers, salt.

TOPPINGS

Brown Rice

Water, Brown Rice, Canola Oil, Lime Juice, Oregano, Salt, Minced Garlic

Cheddar & Monterey Jack Cheese Blend

Cheese blend (Milk, Modified milk ingredients, Bacterial culture, Salt, Microbial enzyme, Calfhum ffloride, Annatto [Colour]), Cellulose powder, Natamyfhn.

Cilantro

Cilantro Corn: Peaffes and Cream corn

Jalapenos

Jalapenos Lettuce: Shredded Iceberg Lettuce

Mexican Street Slaw

Green Cabbage, Red Cabbage, Carrots, Salt, Black Pepper, White Vinegar, Canola Oil

Pickled Red Onions

Red Onions, White Vinegar, Sugar, Salt

Red Onion

Red Onion

DESSERTS

Cookies: Chocolate Chunk

Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract, Milk), Margarine (Palm Oil, Water, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavor, Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Sugar, Invert Sugar, Eggs, Butter (Cream [Milk], Salt), Corn Syrup, Contains 2% Or Less Of: Whey (Milk), Modified Corn Starch, Chicory Root Fiber, Molasses, Baking Soda, Salt, Natural And Artificial Flavor. Contains: Eggs, Milk, Soy, Wheat May Contain Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts)

Cookies Oatmeal Raisin

Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavors [Contains Milk], Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Raisins, Oats, Eggs, Invert Sugar, Corn Syrup, Contains 2% Or Less Of: Water, Molasses, Modified Corn Starch, Spices, Baking Soda, Soy Lecithin, Salt, Natural And Artificial Flavors (Contains Milk), Milk Fat. Contains: Eggs, Milk, Soy, Wheat Made In Bakery That Also Processes Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts).

Churros

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes), Water, Vegetable Oil (Contains One Or More Of The Following: Sunflower Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Egg Whites, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Ammonium Carbonate), Salt, Vital Wheat Gluten, Corn Starch, Sugar, Modified Food Starch, Dextrose, Mono And Diglycerides, Guar Gum, Artificial Flavour, Yeast, Soy Flour, Nonfat Milk. Contains: Wheat, Egg, Soy, And Milk Ingredients

Caramel

Glucose, Sugar, Water, Canola Oil, Modified Palm and Palm Kernel Oils, Modified Milk Ingredient, Salt, Mono- and Diglycerides (Soy), Soy Lecithin, Caramel, Potassium Sorbate, Artificial Flavour, Pectin, Xanthan Gum.

Nutella

Sugar, modified palm oil, hazelnuts, skim milk powder, cocoa, soy and/or sunflower lecithin, vanillin