



# MOE'S NUTRITION MENU

Complete Nutrition Facts · Calories · Macros

Make informed choices with 20+ fresh ingredients.

20+

Fresh Ingredients

0

Microwaves or Freezers

100%

Fresh, Flavorful Food

FREE CHIPS & SALSA WITH EVERY ORDER

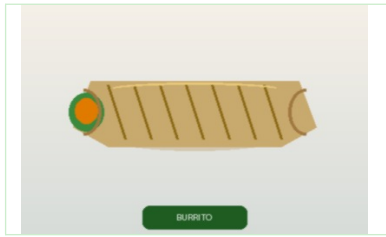
## MENU SECTIONS

- Burritos
- Bowls
- Tacos
- Nachos
- Quesadillas
- Salads
- Stacks
- Sides & Add-ons
- Kids Menu
- Ingredients & Proteins
- Drinks

moesnutritioncalculator.org · Data sourced from Moe's Southwest Grill official nutrition information

## BURRITOS

Served in a 12" flour or whole-grain tortilla, or a 10" junior size, with rice, beans, shredded cheese and pico



Served in a 12" flour or whole-grain tortilla, or a 10" junior size, with rice, beans, shredded cheese and pico

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

### Homewrecker (with guac)

The classic Moe's burrito — fully loaded

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	895–1015	38–42	95–108	40–46	1800–2100
Steak / Carnitas	905–1015	40–45	93–106	41–46	1850–2150
Veggie	775–855	18–22	98–110	35–36	1600–1900

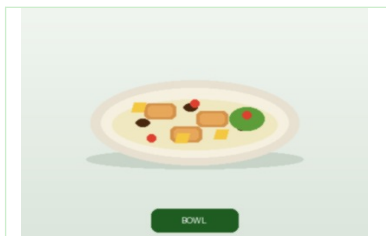
### Joey Bag of Donuts

A hearty burrito packed with your favorites

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	845–965	36–40	90–102	38–44	1750–2050
Steak / Carnitas	845–965	38–43	88–100	38–44	1800–2100
Veggie	715–795	15–19	92–104	32–34	1550–1850

## BOWLS

Served in a bowl with rice, beans, shredded cheese, guac and pico



Served in a bowl with rice, beans, shredded cheese, guac and pico

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

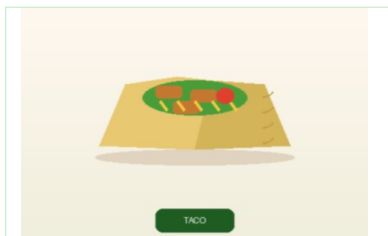
### Earmuffs

All your favorite Moe's flavors in a satisfying bowl

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	745–875	34–38	80–95	32–38	1500–1750
Steak / Carnitas	755–875	36–41	78–93	33–38	1550–1800
Veggie	625–715	14–18	85–98	25–28	1350–1600

## TACOS

Served in a soft flour or crispy corn shell with beans, shredded cheese and pico. Buy 2 save, Buy 3 save!



Served in a soft flour or crispy corn shell with beans, shredded cheese and pico. Buy 2 save, Buy 3 save!

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

### Overachiever (with guac)

The fan-favorite taco — topped with guac

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	325–505	18–24	32–48	14–24	700–950
Steak / Carnitas	330–505	20–26	30–46	14–24	720–970
Veggie	265–405	10–14	34–50	10–17	600–850

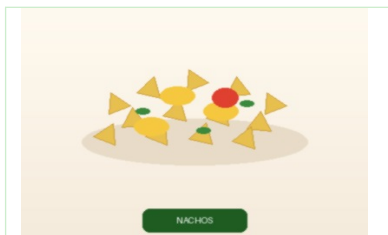
### Funkmeister

A bold, flavorful classic taco

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	295–475	16–22	28–44	13–23	680–920
Steak / Carnitas	295–465	18–24	26–42	13–22	700–940
Veggie	225–375	8–12	30–46	8–16	580–820

## NACHOS

Served in a bowl with queso, beans and pico



Served in a bowl with queso, beans and pico

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

### Alright, Alright, Alright

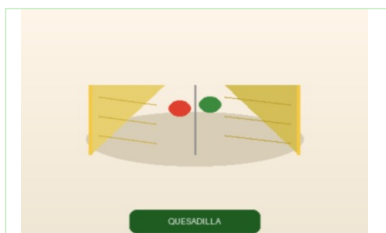
The ultimate loaded nacho experience

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	1235–1325	42–48	110–125	70–70	2200–2500
Steak / Carnitas	1240–1325	44–50	108–123	70–70	2250–2550

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Veggie	1115-1165	22-28	115-130	63-59	2000-2300

## QUESADILLAS

Served in a grilled 10" flour tortilla with beans, shredded cheese, a side of pico and sour cream



Served in a grilled 10" flour tortilla with beans, shredded cheese, a side of pico and sour cream

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

### John Coctostan

Classic quesadilla — perfectly grilled and melty

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	785-875	36-42	68-80	41-43	1450-1700
Steak / Carnitas	785-875	38-44	66-78	41-43	1500-1750
Veggie	655-705	18-24	72-85	33-30	1300-1550

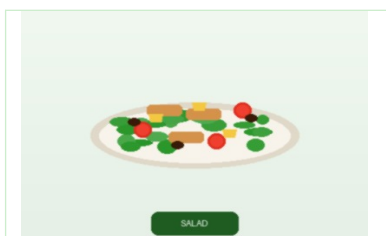
### First Rule of Chicken Club

Grilled 10" tortilla with shredded cheese, bacon, lettuce, tomato and chipotle ranch — chicken only

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken	925-925	44-44	60-60	57-57	1700-1700

## SALADS

Served with chopped romaine lettuce, beans, shredded cheese and pico



Served with chopped romaine lettuce, beans, shredded cheese and pico

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

### Close Talker

A fresh, satisfying salad with bold southwest flavors

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	485-1015	30-38	42-60	22-69	1100-1500

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Steak / Carnitas	485–1015	32–40	40–58	22–69	1150–1550
Veggie	355–855	12–18	45–62	14–59	950–1350

## STACKS

Served with queso, beans, shredded cheese and pico, stacked in two crunchy corn shells wrapped and grilled in a 12" tortilla



Served with queso, beans, shredded cheese and pico, stacked in two crunchy corn shells wrapped and grilled in a 12" tortilla

\* Calorie ranges reflect customization options. Nutrition varies by ingredient selection.

## Wrong Doug

Double-stacked, double the flavor

Protein Option	Calories	Protein (g)	Carbs (g)	Fat (g)*	Sodium (mg)
Chicken/Tofu/Ground Beef	975–1075	38–44	88–102	52–55	1900–2200
Steak / Carnitas	985–1075	40–46	86–100	53–55	1950–2250
Veggie	855–915	18–24	92–106	46–44	1700–2000

## SIDES & ADD-ONS

All the extras to complete your Moe's experience

Item	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Moe's Famous Queso — Side	145	4	10	10	270
Moe's Famous Queso — Cup	575	16	40	38	1080
Moe's Famous Queso — Bowl	855	24	60	57	1620
Handcrafted Guac — Side	55	1	5	2	80
Handcrafted Guac — Cup	245	3	22	8	350
Handcrafted Guac — Bowl	315	4	28	10	440
Free Chips & Salsa	395	5	18	58	480

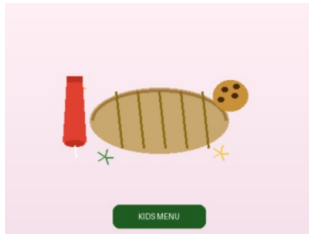
## ADD-ONS

Boost your meal with these extras

Add-On	Cal Min	Cal Max	Protein (g) Min	Protein (g) Max	Carbs (g) Min	Carbs (g) Max	Sodium (mg) Min	Sodium (mg) Max
Extra Meat	125	165	14	20	2	4	280	380
Bacon	255	255	12	12	1	1	580	580
Queso	140	140	4	4	10	10	270	270
Guac	55	55	1	1	5	5	80	80

## JUST FOR KIDS

All kids' meals come with a cookie and choice of apple juice or kid-sized drink



### Just for Kids

All kids' meals come with a cookie and a choice of apple juice or kid-sized fountain drink.

*Recommended daily intake: 1,200-1,400 cal (ages 4-8) | 1,400-2,000 cal (ages 9-13)*

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Sodium (mg)
<b>Moo Moo Mr. Cow (Burrito) — Chicken/Tofu/Ground Beef</b>	495-765	20-28	55-75	22-39	950-1200
<b>Moo Moo Mr. Cow (Burrito) — Steak/Carnitas</b>	495-765	22-30	53-73	22-39	980-1230
<b>Power Wagon (Taco) — Chicken/Tofu/Ground Beef</b>	345-705	14-20	30-48	19-48	700-950
<b>Power Wagon (Taco) — Steak/Carnitas</b>	345-705	16-22	28-46	19-48	720-970
<b>Mini Masterpiece (Cheese Quesadilla)</b>	475-705	16-22	48-62	24-41	850-1100

## INGREDIENTS & PROTEINS BREAKDOWN

Nutrition per serving — build your perfect meal

### Proteins

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Adobo Chicken	148	19	4	0	330
Ground Beef	200	16	13	1	380
Steak	170	22	8	0	420
Pork Carnitas	185	18	11	0	460
Organic Tofu	90	9	5	2	200

### Bases / Shells

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
12" Flour Tortilla	310	8	7	50	620
10" Flour Tortilla	200	6	5	33	410
Whole-Grain Tortilla (12")	290	9	6	48	580
Crunchy Corn Shell (per shell)	60	1	2	9	90
Tortilla Bowl (Salad)	455	10	18	65	600

### Rice & Beans

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Seasoned Rice	210	4	2	44	360
Cilantro Rice	200	4	2	43	340
Black Beans	120	8	1	22	290
Pinto Beans	115	7	1	21	280

### Toppings

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Shredded Cheese	110	7	9	0	180
Sour Cream	60	1	5	2	15
Pico de Gallo	20	1	0	4	130
Roasted Corn Pico	45	1	1	8	110
Lettuce	5	0	0	1	5
Grilled Peppers	25	1	1	5	85
Grilled Mushrooms	20	2	0	4	80
Grilled Onions	30	1	1	6	90
Black Olives	25	0	2	1	115

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Cilantro	5	0	0	1	2
Cucumbers	10	0	0	2	5
Diced Tomatoes	15	1	0	3	10
Diced Onions	15	0	0	3	3
Fresh Jalapeños	5	0	0	1	0
Pickled Jalapeños	10	0	0	2	200

## Sauces & Dressings

Ingredient	Calories	Protein (g)	Fat (g)	Carbs (g)	Sodium (mg)
Hard Rock 'n' Roll Sauce	30	0	0	7	180
Chipotle Ranch	80	0	8	2	190
Southwest Vinaigrette	70	0	7	2	200
Mild Salsa	10	0	0	2	120
Medium Salsa	10	0	0	2	130
Hot Salsa	10	0	0	2	130

## DRINKS

Fountain and iced tea options

Drink	Calories	Fat (g)	Carbs (g)
Fountain Drink — Regular (22 fl oz)	0-365	—	0-91
Fountain Drink — Large (32 fl oz)	0-525	—	0-131
Iced Tea — Regular (22 fl oz)	15-245	—	4-61
Iced Tea — Large (32 fl oz)	15-355	—	4-89

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request. Calorie ranges reflect minimum and maximum values based on ingredient customization options. Fat estimates are derived from calorie, protein, and carbohydrate values. Sodium values are approximate. This guide is produced for informational purposes. For the most accurate and up-to-date nutrition information, visit [moesnutritioncalculator.org](https://moesnutritioncalculator.org) or consult Moe's Southwest Grill official nutrition resources. MoesNutritionCalculator.org is an independent informational website not affiliated with Moe's Southwest Grill.