



# NUTRITION GUIDE

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## LIMITED TIME OFFERS

### BAJA SHRIMP

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Shrimp Mango Taco (1)	5.7	310	150	17	3	0	95	920	23	2	8	15
Shrimp Verde Enchiladas (2)	17.2	830	280	31	10	0	225	2880	89	4	12	41
Shrimp and Chicken Avocado Bowl	21.4	750	200	22	3	0	140	2140	93	13	3	45
Avocado Shrimp Salad w/o dressing	12.5	580	290	32	70	0	145	910	53	7	7	23
Avocado Shrimp Salad w/ dressing	15.5	740	370	41	8	0	140	1810	72	7	24	24

### 3-COURSE FAMILY MEAL SALADS

Bacon Avocado Family Salad w/o dressing	15.0	440	280	31	10	0	62	960	20	6	7	23
Bacon Avocado Family Salad w/ dressing	18.0	880	700	78	17	0	100	1550	23	6	10	25

### SOUP

Chicken Corn Chowder – small	10.0	320	170	19	10	0	110	1210	21	3	4	14
Chicken Corn Chowder – large	22.0	690	370	41	22	0	240	2670	47	6	9	31

### DESSERTS

Chocolate Churro – 1 churro	1.4	140	70	8	2.5	0	5	110	16	0	4	1
Chocolate Churro – 2 churros	2.8	270	140	15	4.5	0	15	220	32	1	7	2



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### UNDER 500 CALORIES

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Skinny Quesadilla	11.7	460	150	17	8	0	105	1480	43	6	5	37
Mango Grilled Tostada w/o dressing	14.9	470	120	15	4	0	75	1050	57	11	7	34
Mango Grilled Tostada w/ dressing	17.9	630	200	23	5	0	75	1960	76	11	24	34
Chicken Enchiladas (2)	13.0	450	90	10	3	0	47	1620	64	6	11	24
Avocado Salad w/o dressing	15.4	290	90	10	2	0	75	600	24	10	6	31
Avocado Salad w/ dressing	18.4	440	170	19	3.5	0	75	1510	43	10	23	31
Whole Wheat Avocado Burrito	14.4	490	160	18	6	0	85	1340	54	11	6	34

### ULTIMATE DOUBLE CHICKEN

Ultimate Double Chicken Tostada w/o dressing	21.6	1030	450	51	12	0	170	1760	82	8	5	63
Ultimate Double Chicken Tostada w/ dressing	24.6	1470	870	97	19	0	210	2350	85	9	6	66
Ultimate Double Chicken Burrito	25.3	970	390	43	17	1	270	2920	73	7	6	72
Ultimate Double Salad w/o dressing	12.9	340	80	9	2.5	0	145	910	19	4	6	47
Ultimate Double Salad w/ dressing	15.9	780	500	56	10	0	180	1500	22	4	8	49
Ultimate Double Chicken Enchiladas (2)	19.9	880	260	29	10	0	200	2930	88	5	11	63



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### FLAME-GRILLED CHICKEN

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Breast	4.3	220	80	9	2.5	0	140	620	0	0	0	36
Chicken Breast, Skinless	4.0	180	35	3.5	1	0	110	560	0	0	0	35
Skinless Breast Meal w/o tortilla strips or dressing on salad	11.1	265	70	8	2	0	110	690	11	4	4	39
Leg	1.6	90	35	4	1	0	70	170	0	0	0	12
Thigh	3.1	220	130	15	4.5	0	180	320	0	0	0	21
Wing	1.3	90	45	5	1.5	0	60	290	0	0	0	11
Chopped Breast Meat	2.8	100	15	1.5	0.5	0	70	330	0	0	0	21

### SALADS

Mexican Cobb Salad w/o dressing – Chicken	14.3	520	230	25	7	0	105	900	38	9	5	37
Mexican Cobb Salad w/o dressing – Shrimp	14.2	560	290	32	8	0	170	1290	40	9	5	31
Mexican Cobb Salad w/ dressing – Chicken	17.3	960	640	72	15	0	140	1490	41	9	8	40
Mexican Cobb Salad w/ dressing – Shrimp	17.2	1000	700	78	15	0	200	1880	43	9	8	34
Avocado Bacon Tostada w/o dressing – Chicken	18.2	900	410	46	9	0	90	1590	81	8	4	43
Avocado Bacon Tostada w/o dressing – Shrimp	18.1	950	470	52	9	0	150	1980	83	8	5	36
Avocado Bacon Tostada w/ dressing – Chicken	21.2	1340	830	92	16	0	125	2180	84	9	7	46
Avocado Bacon Tostada w/ dressing – Shrimp	21.1	1390	890	99	17	0	190	2570	86	9	7	39
Tostada Salad w/o dressing – Chicken	17.3	860	380	42	11	0	100	1430	77	7	5	41
Tostada Salad w/o dressing – Shrimp	17.3	910	440	49	12	0	160	1820	80	7	5	34
Tostada Salad w/o dressing or shell – Chicken	14.7	430	120	13	6	0	100	1130	43	5	4	34
Tostada Salad w/o dressing or shell – Shrimp	14.7	480	180	20	7	0	160	1520	45	5	5	27
Tostada Salad w/ dressing – Chicken	20.3	1300	800	90	18	0	135	220	81	7	8	43
Tostada Salad w/ dressing – Shrimp	20.3	1350	850	95	19	0	200	2410	83	7	8	36
Classic Salad w/o dressing – Chicken	10.2	240	70	8	2	0	75	560	19	3	4	25
Classic Salad w/o dressing – Shrimp	10.1	290	130	14	3	0	140	950	22	3	4	19
Classic Salad w/ dressing – Chicken	13.2	680	490	54	9	0	110	1160	23	4	7	28
Classic Salad w/ dressing – Shrimp	13.3	730	550	61	10	0	170	1540	25	4	7	22



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### CHICKEN BURRITOS

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Avocado Burrito – Chicken	17.9	950	470	53	15	1	157	2110	74	9	5	48
Avocado Burrito – Shrimp	17.1	950	490	54	14	1	220	2310	74	8	5	42
Spicy Chipotle Burrito – Chicken	17.5	860	310	35	14	1	160	2500	86	7	5	48
Spicy Chipotle Burrito – Shrimp	16.6	860	330	37	13	1	220	2710	86	7	5	42
Poblano Avocado Burrito – Chicken	18.6	910	350	39	12	1	145	2390	93	9	4	49
Poblano Avocado Burrito – Shrimp	17.7	910	370	41	11	1	210	2600	93	9	4	43
Ranchero Burrito – Chicken	17.3	860	340	38	13	1	130	2170	86	8	5	42
Ranchero Burrito – Shrimp	15.9	890	380	42	13	1	220	2490	84	6	4	41

### FAVORITES

Avocado Quesadilla – Chicken	13.9	980	560	62	23	0.5	175	1920	61	4	3	49
Avocado Quesadilla – Shrimp	13.6	1020	570	63	22	1.5	230	2110	67	4	2	46
Bacon & Guacamole Quesadilla – Chicken	11.8	880	460	51	23	0.5	185	2080	56	3	2	52
Bacon & Guacamole Quesadilla – Shrimp	11.5	880	460	51	21	1.5	240	2280	55	3	2	48
Avocado Taco (1) – Chicken	6.4	310	150	17	5	0	70	870	20	2	6	20
Avocado Taco (1) – Shrimp	6.2	320	170	18	5	0	110	1010	20	2	6	18
Ultimate Double Bowl – Chicken	25.3	970	300	34	13	0	200	2280	94	13	5	70
Ultimate Double Bowl – Shrimp	24.4	1010	400	44	14	0	280	2820	97	13	5	50

### STARTERS

Chicken Nachos	14.6	1050	550	61	18	0	130	1680	89	10	4	34
Small Chicken Tortilla Soup w/ tortilla strips	10.8	210	80	9	3	0	60	830	19	2	2	16
 Small Chicken Tortilla Soup w/o tortilla strips	10.3	140	45	5	2	0	60	830	10	1	2	15
Large Chicken Tortilla Soup w/ tortilla strips	23.6	450	170	19	6	0	130	1810	40	5	4	34
Large Chicken Tortilla Soup w/o tortilla strips	22.6	300	100	11	4	0	130	1810	22	3	4	32



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### CLASSIC COMBOS

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Pollo Bowl®	18.1	610	90	10	2	0	70	1750	87	11	3	40
Classic Chicken Burrito	10.4	520	140	16	6	0	65	1370	66	6	2	26

### SNACK MENU

Chicken Taco al Carbón	3.2	160	50	6	1.5	0	40	290	18	1	<1	10
BRC Burrito	7.6	430	110	12	5	0	15	1020	64	5	<1	15
Tortilla Roll	6.0	400	140	15	6	0	90	1100	38	1	0	26
Chicken Leg	1.6	90	35	4	1	0	70	170	0	0	0	12

### SIDES

Pinto Beans	6.0	200	35	4	0.5	0	0	370	29	8	1	11
Rice	4.5	170	20	2.5	0	0	0	560	33	<1	<1	3
Mashed Potatoes	5.0	110	15	1.5	0.5	0	0	400	23	2	<1	2
Gravy	1.0	10	0	0	0	0	0	150	2	0	0	0
Macaroni & Cheese	5.5	250	130	15	9	0	40	730	22	0	3	8
Loco Side Salad	4.2	210	170	18	3.5	0	15	260	8	2	3	3
French Fries	3.8	330	150	17	2.5	0	0	700	40	4	0	4
Black Beans	6.0	200	0	0	0	0	0	770	35	10	0	15
Cole Slaw	4.0	130	90	10	1.5	0	5	220	9	2	7	1
Corn Cobbette (2 pieces)	6.2	160	40	5	1.5	0	<5	45	25	6	11	4
Cut Corn (with red peppers)	5.0	160	50	5	1	0	0	420	24	5	12	4
Broccoli	3.0	25	1	0	0	0	0	10	5	1	1	3



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### KIDS' COMBOS

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BRC Burrito	7.6	430	110	12	5	0	15	1020	64	5	<1	15
Chicken Leg	1.6	90	35	4	1	0	70	170	0	0	0	12
Chicken Nuggets (4 pieces)	3.4	220	110	12	2	0	40	680	14	<1	0	15
Mini Pollo Bowl	9.6	340	50	6	1.1	0	39	900	48	7	1	23

### DRESSINGS

Regular Creamy Cilantro Dressing	1.3	190	180	20	3	0	15	260	1	0	1	1
Large Creamy Cilantro Dressing	3.0	440	420	46	7	0	35	590	3	0	3	3
Light Creamy Cilantro	1 pkt	70	45	5	1	0	5	400	6	0	3	1
Ranch	1 pkt	230	210	24	3.5	0	10	390	2	0	2	1
Lowfat Citrus Vinaigrette	1.3	70	35	4	1	0	0	390	8	0	7	0

### SALSAS & MORE

House Salsa	1.5	10	0	0	0	0	0	160	2	0	1	0
Pico de Gallo	1.5	15	5	1	0	0	0	170	2	0	1	0
Avocado Salsa	1.5	30	20	2.5	0	0	0	210	2	<1	0	0
Queso Sauce Small	1.3	70	50	6	3.5	0	20	170	2	0	0	2
Queso Sauce Large	3.0	160	120	13	8	0	40	390	4	0	1	6
Sour Cream	1.3	80	60	7	4.5	0	25	20	1	0	0	1
Ketchup (packet)	0.3	10	0	0	0	0	0	100	2	0	2	0
Jalapeño Hot Sauce (packet)	0.3	5	0	0	0	0	0	110	1	0	0	0
Salsa Roja	1.5	10	0	0	0	0	0	260	2	<1	1	0
BBQ Sauce (dip cup)	1.0	35	0	0	0	0	0	380	7	0	2	1

### TORTILLAS & CHIPS

(2) 6.5" Flour Tortillas	2 each	220	70	7	2.5	0	0	400	33	3	1	5
(2) 6" Corn Tortillas	2 each	110	15	1.5	0	0	0	5	22	2	0	2
Tortilla Chips	1.3	190	100	11	1.5	0	0	150	21	2	0	2
Tortilla Chips (Large bag) & Guacamole	7.5	740	410	46	6	0	0	740	77	9	2	9



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### DESSERTS

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Tres Leche Cake	4.0	230	130	15	6	0	95	230	36	0	21	5
Cheesecake Chimichanga	4.4	380	190	21	13	0	90	390	39	0	14	6
Chocolate Chip Brownie	3.3	390	170	19	6	0	0	120	53	2	35	3
Two Churros	2 each	300	170	18	4.5	0	25	210	32	2	10	3

### BEVERAGES

#### Kid's Beverage

Coca-Cola®	8.0	100	0	0	0	0	0	0	27	0	27	0
Diet Coke®	8.0	0	0	0	0	0	0	10	0	0	0	0
Coke Zero®	8.0	0	0	0	0	0	0	5	0	0	0	0
Cherry Coke®	8.0	100	0	0	0	0	0	5	28	0	28	0
Sprite®	8.0	100	0	0	0	0	0	20	26	0	26	0
Fanta® Orange	8.0	110	0	0	0	0	0	10	28	0	28	0
Hi-C® Flashin' Fruit Punch®	8.0	100	0	0	0	0	0	60	28	0	28	0
Minute Maid® Lemonade	8.0	100	0	0	0	0	0	40	25	0	25	0
Minute Maid® Light Lemonade	8.0	5	0	0	0	0	0	0	1	0	0	0
Dr Pepper®	8.0	100	0	0	0	0	0	25	25	0	24	0
Barq's Root Beer	8.0	110	0	0	0	0	0	25	25	0	25	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	8.0	0	0	0	0	0	0	0	0	0	0	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	6.0	0	0	0	0	0	0	0	0	0	0	0
FUZE® Sweetened Raspberry Iced Tea	8.0	60	0	0	0	0	0	10	16	0	16	0
Horchata	6.7	20	5	0.5	0	0	0	0	3	0	2	0



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### Small Beverage

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Coca-Cola®	13.4	160	0	0	0	0	0	0	45	0	45	0
Diet Coke®	13.4	0	0	0	0	0	0	15	0	0	0	0
Coke Zero®	13.4	0	0	0	0	0	0	5	0	0	0	0
Cherry Coke®	13.4	170	0	0	0	0	0	5	47	0	47	0
Sprite®	13.4	160	0	0	0	0	0	35	43	0	41	0
Fanta® Orange	13.4	180	0	0	0	0	0	0	47	0	43	0
Hi-C® Flashin' Fruit Punch®	13.4	170	0	0	0	0	0	15	46	0	46	0
Minute Maid® Lemonade	13.4	160	0	0	0	0	0	70	42	0	42	0
Minute Maid® Light Lemonade	13.4	5	0	0	0	0	0	5	1	0	0	0
Dr Pepper®	13.4	170	0	0	0	0	0	40	43	0	41	0
Barq's Root Beer	13.4	180	0	0	0	0	0	40	50	0	50	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	10.0	0	0	0	0	0	0	10	0	0	0	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	10.0	0	0	0	0	0	0	0	0	0	0	0
FUZE® Sweetened Raspberry Iced Tea	13.4	100	0	0	0	0	0	15	27	0	27	0
Horchata	10.5	30	10	1	0	0	0	0	5	0	4	0

### Medium Beverage

Coca-Cola®	21.4	260	0	0	0	0	0	5	71	0	71	0
Diet Coke®	21.4	0	0	0	0	0	0	25	0	0	0	0
Coke Zero®	21.4	0	0	0	0	0	0	10	0	0	0	0
Cherry Coke®	21.4	270	0	0	0	0	0	10	75	0	75	0
Sprite®	21.4	260	0	0	0	0	0	60	69	0	69	0
Fanta® Orange	21.4	280	0	0	0	0	0	0	76	0	75	0
Hi-C® Flashin' Fruit Punch®	21.4	270	0	0	0	0	0	25	73	0	73	0
Minute Maid® Lemonade	21.4	260	0	0	0	0	0	110	67	0	67	0
Minute Maid® Light Lemonade	21.4	10	0	0	0	0	0	10	1	0	0	0
Dr Pepper®	21.4	270	0	0	0	0	0	65	68	0	65	0
Barq's Root Beer	21.4	290	0	0	0	0	0	60	80	0	80	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	16.0	0	0	0	0	0	0	0	0	0	0	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	16.0	0	0	0	0	0	0	0	0	0	0	0
FUZE® Sweetened Raspberry Iced Tea	21.4	160	0	0	0	0	0	20	43	0	43	0
Horchata	16.6	45	15	1.5	0	0	0	10	8	0	6	0





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### Large Beverage

	Serving Size (oz.)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Coca-Cola®	26.8	330	0	0	0	0	0	10	89	0	89	0
Diet Coke®	26.8	0	0	0	0	0	0	0	0	0	0	0
Coke Zero®	26.8	0	0	0	0	0	0	15	0	0	0	0
Cherry Coke®	26.8	340	0	0	0	0	0	15	94	0	94	0
Sprite®	26.8	320	0	0	0	0	0	70	86	0	86	0
Fanta® Orange	26.8	350	0	0	0	0	0	0	95	0	94	0
Hi-C® Flashin' Fruit Punch®	26.8	350	0	0	0	0	0	30	93	0	92	0
Minute Maid® Lemonade	26.8	320	0	0	0	0	0	140	84	0	64	0
Minute Maid® Light Lemonade	26.8	15	0	0	0	0	0	10	2	0	0	0
Dr Pepper®	26.8	340	0	0	0	0	0	80	86	0	81	0
Barq's Root Beer	26.8	370	0	0	0	0	0	80	100	0	100	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	20.0	0	0	0	0	0	0	0	1	0	0	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	20.0	0	0	0	0	0	0	0	0	0	0	0
FUZE® Sweetened Raspberry Iced Tea	26.8	200	0	0	0	0	0	25	54	0	54	0
Horchata	22.4	60	20	2.5	0	0	0	10	10	0	8	0



Lindora® Lean for Life Certified Meals require requesting no tortilla strips on the Chicken Tortilla Soup and Loco Salad, substituting salsa for dressing on the Loco Salad and requesting no margarine on the Fresh Vegetables.

Nutrition information may vary between units depending on ingredients available and any modifications from standardized recipe.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

The information in this leaflet is derived from testing conducted in third party, accredited laboratories, information provided by our suppliers and published resources. The nutritional information is based on standard product formulations and serving sizes. All nutritional information is based on average values for ingredients from El Pollo Loco's suppliers and is rounded to meet current federal guidelines. Variation in serving sizes, preparation techniques, seasonal differences, product testing and sources of supply may affect the nutrition values stated for each product. Substitution of ingredients may alter nutritional values. In addition, product formulations may change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. This information is valid as of January 2015, unless stated otherwise. For nutritional updates, changes and additional information, visit [www.elpolloloco.com](http://www.elpolloloco.com). **WARNING:** Cooked potatoes that have been browned, such as French fries, contain acrylamide, a chemical known to the State of California to cause cancer. Acrylamide is created whenever potatoes are browned and is not added to our foods. The FDA has not advised people to stop eating baked or fried potatoes. For more information see [www.fda.gov](http://www.fda.gov). All ingredients used in El Pollo Loco products contain 0 grams per serving of artificial trans-fats. Some foods contain naturally-occurring trans-fats. In some menu items, when all sources of trans-fat are added together, the value of trans-fat exceeds what can legally be labeled as 0 grams trans-fat per serving.