



Nutrition Guide

www.elpolloloco.com

Limited Time Offers

TOSTADA SALADS

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken & Shrimp Tostada	20.0	970	490	54	13	0	135	1290	80	10	5	40
Double Chicken Tostada Salad	21.6	1030	450	50	12	0	170	1760	82	8	5	63
Avocado Bacon Chicken Tostada	19.4	970	470	52	13	0	115	1640	80	10	6	46
Avocado Mango Chicken Tostada	18.9	850	370	42	8	0	75	1380	83	10	9	37

BAJA SHRIMP

Shrimp Baja Avocado Tacos	5.7	260	130	15	3	0	60	440	20	3	3	11
Mango Avocado Shrimp Tostada	19.2	920	480	53	11	0	95	1080	85	10	9	27
Shrimp Wrap with Side Salad	14.0	630	350	39	11	0	145	1030	47	9	5	28
Baja Shrimp Bowl	15.6	500	160	18	2.5	0	105	1030	65	5	8	21

*Dressing not included. See DRESSINGS for options.

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El Pollo Loco Menu

FLAME-GRILLED CHICKEN

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Leg	1.6	90	35	4	1	0	70	170	0	0	0	12
Chicken Wing	1.3	90	45	5	1.5	0	60	290	0	0	0	11
Chicken Thigh	3.1	220	130	15	4.5	0	180	320	0	0	0	21
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

SIDES (small)

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
Rice, Brown	4.5	140	20	2	0	0	0	140	28	1	0	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	6.0	310	170	19	10	0	25	870	24	1	4	9
Loco Side Salad	4.2	210	160	18	3.5	0	15	260	8	2	3	3
Black Beans	6.0	140	8	1	0	0	0	250	24	11	2	8
Cole Slaw	4.0	130	90	10	1.5	0	5	220	9	2	7	1
Cut Corn (with red peppers)	5.0	160	50	5	1	0	0	420	24	5	12	4
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2



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STARTERS

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Tortilla Soup w/o tortilla strips (Small)	10.3	140	45	5	2	0	60	830	10	1	2	15
Chicken Tortilla Soup w/o tortilla strips (Large)	22.6	300	100	11	4	0	130	1810	22	3	4	32
Chicken Tortilla Soup w/ tortilla strips (Small)	10.8	210	80	9	3	0	60	830	19	2	2	16
Chicken Tortilla Soup w/ tortilla strips (Large)	23.6	450	170	19	6	0	130	1810	40	5	4	34
Tortilla Chips (Small)	1.3	200	100	11	2	0	0	150	22	2	1	2

SNACK MENU

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
Chunky Guac (Individual)	6.0	220	180	20	3	0	0	610	13	9	2	3
Chunky Guac (Family)	12.0	450	360	40	6	0	0	1220	26	19	4	6
Chips & Chunky Guac (Individual)	11.0	980	570	64	10	0	0	1200	96	17	5	11
Chips & Chunky Guac (Family)	17.0	1210	750	84	13	0	0	1810	109	26	7	14
Chips & Queso (Small) (Texas restaurants only)	4.3	350	220	24	10	0	35	700	26	2	2	8
Chips & Queso (Large) (Texas restaurants only)	11.0	1070	630	70	23	0.5	75	1690	91	8	5	21

SALADS*

Classic Salad – Chicken	10.2	240	70	8	2	0	75	560	19	3	4	25
Classic Salad – Shrimp	10.1	290	130	14	3	0	140	950	22	3	4	19
Mexican Cobb Salad – Chicken	14.3	520	230	25	7	0	105	900	38	9	5	37
Mexican Cobb Salad – Shrimp	14.2	560	290	32	8	0	170	1290	40	9	5	31

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UNDER 500 CALORIES

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Avocado Salad – Chicken*	14.6	380	140	15	5	0	160	920	15	4	6	48
Avocado Tortilla Wrap – Chicken	11.9	480	170	20	6	0	90	1160	46	7	4	35
Black Bean Bowl – Chicken	18.7	480	110	12	2.5	0	75	1190	57	18	5	38
Skinless Chicken Breast Meal with Corn Tortillas	14.1	420	100	11	3	0	115	790	38	9	5	43
Skinless Chicken Breast Meal with Flour Tortillas	14.4	490	150	17	4.5	0	115	1310	43	7	5	45

UNDER 500 CALORIES – Shrimp Substitutions

Double Avocado Salad – Shrimp*	13.4	380	240	27	6	0	150	280	15	5	6	19
Avocado Tortilla Wrap – Shrimp	12.7	510	240	27	7	0	95	1000	47	9	5	22
Black Bean Bowl – Shrimp	18.5	490	170	19	3	0	80	930	57	19	5	24

TOSTADAS*

Tostada Salad – Chicken	17.3	860	380	42	11	0	100	1430	77	7	5	41
Tostada Salad – Shrimp	17.3	910	440	49	12	0	160	1820	80	7	5	34
Tostada Salad w/o shell – Chicken	14.7	430	120	13	6	0	100	1130	43	5	5	34
Tostada Salad w/o shell – Shrimp	14.7	480	180	20	7	0	160	1520	45	5	5	27
Double Tostada Salad – Chicken	21.6	1030	450	50	12	0	170	1760	82	8	5	63
Double Tostada Salad – Shrimp	20.6	1070	550	61	13	0.5	255	2300	85	8	5	45
Double Tostada Salad w/o shell – Chicken	19.0	600	190	21	7	0	170	1470	47	7	5	56
Double Tostada Salad w/o shell – Shrimp	18.0	640	290	32	8	0	250	2000	51	7	5	38

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BOWLS

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Original Pollo Bowl® – Chicken	18.1	610	90	10	2	0	70	1750	87	11	3	40
Original Pollo Bowl® – Shrimp	18.1	630	160	18	2.5	0	80	580	88	11	2	27
Double Bowl – Chicken	24.7	930	270	30	10	0	185	2270	93	13	4	70
Double Bowl – Shrimp	24.4	1010	400	44	14	0	280	2820	97	13	5	50
Grande Avocado Bowl – Chicken	22.4	850	260	29	10	0	115	2000	97	14	6	49
Grande Avocado Bowl – Shrimp	22.6	900	320	36	11	0	180	2380	99	14	6	42

BURRITOS

Avocado Burrito – Chicken	17.9	950	470	53	15	1	155	2110	74	9	5	48
Avocado Burrito – Shrimp	17.1	950	490	54	14	1	220	2310	74	8	5	42
Ranchero Burrito – Chicken	17.3	930	410	45	13	0.5	150	2270	86	7	5	45
Ranchero Burrito – Shrimp	15.9	890	380	42	13	1	220	2490	84	6	4	41
Fajita Burrito – Chicken	17.1	870	340	38	14	1	155	2390	84	8	6	46
Fajita Burrito – Shrimp	16.2	870	360	40	13	1	220	2600	84	8	6	40
Chipotle Avocado Burrito – Chicken	20.8	920	370	41	15	1	155	2330	89	8	4	49
Chipotle Avocado Burrito – Shrimp	18.0	920	380	43	14	1	220	2530	89	8	4	43
Classic Burrito – Chicken	10.4	520	140	16	6	0	65	1370	66	6	2	26
Classic Burrito – Shrimp	10.3	560	190	22	6	0	95	730	65	5	1	24
BRC Burrito	7.6	430	110	12	5	0	15	1020	64	5	<1	15

STUFFED QUESADILLAS

Avocado Quesadilla – Chicken	13.9	960	550	61	22	2.5	170	1900	59	4	3	47
Avocado Quesadilla – Shrimp	13.6	1020	570	63	22	1.5	230	2110	67	4	2	46
Fajita Avocado Quesadilla – Chicken	14.2	910	480	54	21	1.5	160	2110	63	5	4	47
Fajita Avocado Quesadilla – Shrimp	13.7	900	510	56	21	0.5	170	1530	62	6	4	39

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TACOS

	Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Taco al Carbón – Chicken	3.2	160	50	6	1.5	0	40	260	18	1	<1	10
Taco al Carbón – Shrimp	3.0	160	70	7	1	0	40	5	17	1	0	6
Crunchy Chicken Taco	4.6	230	100	11	3.5	0	55	380	19	2	1	15
Grande Avocado Taco – Chicken	6.4	340	180	20	6	0	70	860	20	2	6	20
Grande Avocado Taco – Shrimp	6.2	320	170	18	5	0	110	1010	20	2	6	18
Grande Chicken Taco	6.0	300	140	16	5	0	70	820	18	2	1	20
Grande Shrimp Taco	6.0	290	160	18	5	0	70	490	18	2	1	14

COMBOS (Nutrition information for entrée only)

Original Pollo Bowl® – Chicken	18.1	610	90	10	2	0	70	1750	87	11	3	40
Original Pollo Bowl® – Shrimp	18.1	630	160	18	2.5	0	80	580	88	11	2	27
Mexican Caesar Bowl – Chicken	10.7	440	180	20	4	0	85	540	38	2	3	27
Mexican Caesar Bowl – Shrimp	10.7	470	250	28	5	0	90	200	39	2	3	14
Classic Burrito – Chicken	10.4	520	140	16	6	0	65	1370	66	6	2	26
Classic Burrito – Shrimp	10.3	560	190	22	6	0	95	730	65	5	1	24

KIDS' COMBOS (Nutrition information for entrée only)

BRC Burrito	7.6	430	110	12	5	0	15	1020	64	5	<1	15
Chicken Legs (2)	3.2	170	70	8	2	0	145	340	0	0	0	25
Mini Pollo Bowl	9.6	340	50	6	1	0	39	900	48	7	1	23
Kids' Quesadilla	4.5	430	210	23	12	0	60	850	38	1	0	20



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DESSERT

Cinnamon Churros (2)

Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
2.5	320	200	22	5	0	0	400	30	1	7	3

DRESSINGS

Creamy Cilantro Dressing

3.0	320	320	35	6	0	30	420	2	0	1	1
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Light Creamy Cilantro Dressing (packet)

1.5	70	45	5	1	0	5	350	5	0	2	1
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Ranch Dressing (packet)

1.5	230	210	24	3.5	0	10	390	2	0	2	1
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Lowfat Citrus Vinaigrette Dressing

1.3	70	35	4	1	0	0	390	8	0	7	0
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SALSAS & MORE

House Salsa (Mild)

1.5	10	0	0	0	0	0	160	2	0	1	0
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Pico de Gallo (Medium)

1.5	15	5	1	0	0	0	170	2	0	1	0
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Avocado Salsa (Hot)

1.5	30	25	2.5	0.5	0	0	240	2	1	0	0
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Salsa Roja (Fiery)

1.5	10	0	0	0	0	0	260	2	<1	1	0
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Sour Cream

1.3	80	60	7	4.5	0	25	20	1	0	0	1
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Jalapeño Hot Sauce (packet)

0.3	5	0	0	0	0	0	110	1	0	0	0
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TORTILLAS

6" Flour Tortillas (2)

2.2	190	50	6	2	0	0	540	29	1	0	5
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6" Corn Tortillas (2)

1.8	110	15	1.5	0	0	0	5	22	2	0	2
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El Pollo Loco Menu

BEVERAGES

		Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coca-Cola®	Small	13.4	160	0	0	0	0	0	0	45	0	45	0
	Large	21.4	260	0	0	0	0	0	5	71	0	71	0
Diet Coke®	Small	13.4	0	0	0	0	0	0	15	0	0	0	0
	Large	21.4	0	0	0	0	0	0	25	0	0	0	0
Coke Zero®	Small	13.4	0	0	0	0	0	0	5	0	0	0	0
	Large	21.4	0	0	0	0	0	0	10	0	0	0	0
Cherry Coke®	Small	13.4	170	0	0	0	0	0	5	47	0	47	0
	Large	21.4	270	0	0	0	0	0	10	75	0	75	0
Sprite®	Small	13.4	160	0	0	0	0	0	35	43	0	41	0
	Large	21.4	260	0	0	0	0	0	60	69	0	69	0
Fanta® Orange	Small	13.4	180	0	0	0	0	0	0	47	0	43	0
	Large	21.4	280	0	0	0	0	0	0	76	0	75	0
Hi-C® Flashin' Fruit Punch®	Small	13.4	170	0	0	0	0	0	15	46	0	46	0
	Large	21.4	270	0	0	0	0	0	25	73	0	73	0
Minute Maid® Lemonade	Small	13.4	160	0	0	0	0	0	70	42	0	42	0
	Large	21.4	260	0	0	0	0	0	110	67	0	67	0
Dr Pepper®	Small	13.4	170	0	0	0	0	0	40	43	0	41	0
	Large	21.4	270	0	0	0	0	0	65	68	0	65	0



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Beverages, Continued

		Serving Size (oz.)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	Small	10.0	0	0	0	0	0	0	0	0	0	0	0
	Large	16.0	0	0	0	0	0	0	0	0	0	0	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	Small	10.0	0	0	0	0	0	0	0	0	0	0	0
	Large	16.0	0	0	0	0	0	0	0	0	0	0	0
FUZE® Sweetened Raspberry Iced Tea	Small	13.4	100	0	0	0	0	0	15	27	0	27	0
	Large	21.4	160	0	0	0	0	0	20	43	0	43	0
Horchata	Small	10.5	160	50	6	0	0	0	25	27	0	21	0
	Large	16.6	250	80	9	0	0	0	40	42	0	33	0
VitaminWater Zero	Small	13.4	3	0	0	0	0	0	0	0	0	0	0
	Large	21.4	5	0	0	0	0	0	5	0	0	0	0
VitaminWater XXX	Small	13.4	80	0	0	0	0	0	0	11	0	11	0
	Large	21.4	120	0	0	0	0	0	5	30	0	30	0

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 March 2018, unless stated otherwise. For nutritional updates, changes and additional information, visit www.elpolloco.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. 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.