



Wheat Gluten Information

El Pollo Loco serves citrus-marinated fire-grilled chicken and freshly-prepared entrees, sides and salsas. We're committed to providing our customers with high-quality ingredients, prepared with care. In recent months, we have received numerous requests for information about the wheat gluten content of our foods. Like most restaurants, many of the foods we serve may include wheat gluten.

The Food and Drug Administration (FDA) defines "gluten" as certain proteins found in the grains wheat, barley, rye, and hybrids of those grains (e.g., triticale). Wheat gluten can cause serious health problems in individuals with celiac disease. FDA defines "gluten free" to mean that a food contains <20 parts per million (ppm) gluten. In addition, a "gluten free" food may not contain a gluten-containing grain or an ingredient derived from a gluten-containing grain (e.g., wheat flour) that has not been processed to remove gluten.

For our customers with celiac disease or sensitivity to wheat gluten, we have compiled this list to assist you with your menu choices.

IMPORTANT: Please note, this information provides a list of menu items that are not made with wheat gluten-containing ingredients. However, **El Pollo Loco does NOT claim that any of its foods are wheat gluten free.** El Pollo Loco does not use dedicated chopping boards; fryers/frying oils; utensils; and/or food contact surfaces for wheat gluten-containing foods. We therefore do not guarantee that cross contact with wheat gluten-containing foods will not occur. Depending on the guest's level of sensitivity, this may or may not be a consideration.

The following information is based on current information provided by our approved food suppliers as of the date indicated below. Please be aware that variations in formulation may occur due to changes in suppliers, ingredient substitutions, recipe revisions and/or product production at each of our restaurants. And, as ingredients can change, we recommend that you check back on a regular basis for up-to-date information.

MENU ITEMS THAT DO NOT USE WHEAT GLUTEN-CONTAINING INGREDIENTS:

Effective Date 2/18/2026

Fire-Grilled Bone-In Chicken

- Chicken Breast
- Chicken Wing
- Chicken Leg
- Chicken Thigh

Sides & Sauces

- Rice
- Pinto Beans
- Charro Beans**
- Broccoli
- Corn
- Coleslaw
- Mashed Potatoes (without Gravy)
- Loco Side Salad w/Creamy Cilantro Dressing
- Sour Cream
- Creamy Cilantro Dressing
- House Ranch Dressing
- Mexican Caesar Dressing
- Creamy Chipotle Sauce

Tostadas & Salads

- Street Corn Salad
- Mexican Caesar Salad
- Bacon Ranch Salad

Bowls

- Original Pollo Bowl®
- Double Chicken Bowl
- Grande Avocado Chicken Bowl

Tacos

- Taco al Carbon
- Shredded Chicken Crunchy Taco

Salsas

- Salsa Fresca
- Avocado Salsa
- Salsa Roja
- Jalapeno Hot Sauce (packet)

Sweets & Snacks

- Chicken Tortilla Soup
- Chips and Guacamole
- Tortilla Chips
- Guacamole
- 5.5" Corn Tortilla
- Caramel Flan

Drinks

- Coca-Cola®
- Coca-Cola® de Mexico***
- Coca-Cola® Zero Sugar
- Diet Coke®
- Dr. Pepper®
- Diet Dr. Pepper®*
- FUZE® Sweetened Raspberry Iced Tea
- Gold Peak® Fresh-Brewed Unsweetened Iced Tea
- Gold Peak® Fresh-Brewed Sweetened Iced Tea*
- Hi-C® Flashin' Fruit Punch®
- Horchata
- Minute Maid® Lemonade
- Minute Maid® Mango Lime Aguas Frescas
- Minute Maid® Strawberry Hibiscus Aguas Frescas
- Minute Maid® Strawberry Lemonade
- Sprite®
- Vitaminwater® XXX
- Nestlé® Pure Life® Bottled Water

*Texas and Louisiana restaurants only. **Texas restaurants only. ***Limited Locations

Some menu items may not be available at all restaurants. Limited time offers, test products or regional items have not been included.

Additional Information:

Customers with general questions related to gluten and celiac disease can contact <https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease>.

Customers with general allergy-related questions can contact the Food Allergy Research & Education (FARE) on the web at foodallergy.org or by telephone at (800) 929-4040.

Customers with questions related to wheat gluten-containing ingredients in our regular, limited time or test menu items can contact our customer service hotline for information at **1-800-EPL-4YOU** or **1-800-375-4968**.