



NUTRITION GUIDE

www.elpolloco.com

LIMITED TIME OFFERS

DOS LOCOS SALADS* (Nutrition information for entrée only)

	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)
Cheesy Quesadilla Salad	17.5	830	350	39	20	1	230	1660	48	6	4	73
Chicken Taquito Salad	14.9	540	200	22	8	0	130	970	45	7	5	42
Unwrapped Burrito Salad	15.5	620	200	22	9	0	180	1320	48	6	4	59

\$5 FIRE-GRILLED COMBOS (Nutrition information for entrée only)

Chicken Nachos	13.1	880	440	49	14	0	155	1270	68	10	4	42
Original Pollo Bowl® – Chicken	18.1	540	60	6	1.5	0	80	1830	83	8	4	39
Chicken Tacos al Carbon (3)	9.4	510	130	15	4	0	175	760	50	5	1	46
Classic Burrito – Chicken	10.4	480	120	13	5	0	55	1420	66	5	2	25

*Dressing not included. See DRESSINGS for options.



NUTRITION GUIDE

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EL POLLO LOCO MENU

FIRE-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	110	70	7	2	0	65	380	0	0	0	11
Chicken Wing	1.3	70	25	3	1	0	55	150	0	0	0	10
Chicken Thigh	3.1	200	110	12	3.5	0	115	420	2	0	0	21
Chicken Breast	4.3	200	70	8	2.5	0	120	820	0	0	0	34

SIDES (small)

Pinto Beans	6.0	140	5	0.5	0	0	0	460	25	6	1	9
Charro Beans (Texas restaurants only)	6.0	190	50	6	1.5	0	10	640	23	6	1	11
Rice	4.5	160	15	1.5	0	0	0	570	33	0	1	3
Mashed Potatoes with Gravy	6.0	100	10	1.5	0.5	0	0	450	20	2	1	3
Macaroni & Cheese	6.0	310	170	19	10	0	25	870	24	0	4	9
Loco Side Salad	4.2	210	170	19	3.5	0	15	300	8	2	2	3
Black Beans	6.0	150	5	0.5	0	0	0	350	27	7	0	9
Coleslaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1
Corn	5.0	160	50	5	1	0	0	420	24	6	12	4
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2



NUTRITION GUIDE

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EL POLLO LOCO MENU

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 (small)	13.7	240	80	9	2.5	0	80	1100	19	1	3	23
Chicken Tortilla Soup (large)	23.4	440	150	17	4.5	0	130	1880	34	3	6	39
Guacamole (side)	3.4	110	90	10	1.5	0	0	300	8	5	1	2
Queso (side)	3.2	160	120	14	8	0	40	540	3	0	1	7
Tortilla Chips (side)	1.3	200	100	11	2	0	0	30	22	2	1	2
Chips & Guac (small)	5.9	490	280	32	5	0	0	350	49	9	3	6
Chips & Guac (regular)	11.8	990	570	63	10	0	0	700	98	17	5	12
Chips & Queso (small)	5.7	540	320	36	12	0	40	590	45	4	2	11
Chips & Queso (regular)	11.4	1080	640	71	23	0.5	85	1180	90	8	5	22
Chicken Taquito	2.4	130	45	5	1	0	15	160	17	1	1	6

POLLO FIT MENU

Double Avocado Salad (7g Net Carbs) – Chicken*	12.8	350	110	12	3.5	0	160	820	12	5	4	51
Double Avocado Salad (8g Net Carbs) – Shrimp*	12.7	370	230	25	4	0	160	1070	15	6	5	21
Keto Burrito (11g Net Carbs)	11.6	520	260	29	7	0	185	1510	32	21	3	52
Chicken Tortilla Soup (small)	13.7	240	80	9	2.5	0	80	1100	19	1	3	23
Chicken Tortilla Soup (large)	23.4	440	150	17	4.5	0	130	1880	34	3	6	39

*Dressing not included. See DRESSINGS for options. Shrimp menu items available in Houston and Lafayette area restaurants only.

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NUTRITION GUIDE

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EL POLLO LOCO MENU

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	540	60	6	1.5	0	80	1830	83	8	4	39
Original Pollo Bowl® – Shrimp	18.1	550	110	13	2	0	80	1940	84	8	4	24
Double Bowl – Chicken	24.8	890	260	29	13	0.5	210	2330	87	11	6	71
Double Bowl – Shrimp	24.7	900	370	42	14	1	210	2550	90	11	6	42
Grande Avocado Bowl – Chicken	22.1	750	210	23	10	0	115	2070	90	12	7	48
Grande Avocado Bowl – Shrimp	22.0	760	260	29	10	0.5	115	2180	91	12	7	33

BURRITOS

Queso Blanco Burrito – Chicken	17.6	870	310	35	13	0.5	200	2350	83	7	3	58
Queso Blanco Burrito – Shrimp	16.7	780	330	37	12	0.5	135	2170	84	7	3	28
Chicken Tinga Burrito	17.7	760	250	28	10	0.5	105	2210	89	8	6	40
Avocado Burrito – Chicken	17.4	920	420	46	15	1	205	1990	69	9	5	60
Avocado Burrito – Shrimp	16.5	830	430	48	14	1	140	1800	70	9	5	31
Chipotle Avocado Burrito – Chicken	18.3	940	360	40	16	1	210	2230	84	8	4	61
Chipotle Avocado Burrito – Shrimp	17.5	840	380	42	14	1	145	2040	85	8	4	32
Classic Burrito – Chicken	10.4	480	120	13	5	0	55	1420	66	5	2	25
Classic Burrito – Shrimp	10.3	530	180	20	6	0	90	1410	64	4	1	22
BRC Burrito	7.6	410	100	11	4.5	0	15	990	63	4	1	13
Keto Burrito (11g Net Carbs)	11.6	520	260	29	7	0	185	1510	32	21	3	52

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NUTRITION GUIDE

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EL POLLO LOCO MENU

TOSTADAS*

	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)
Classic Tostada Salad – Chicken	16.4	830	350	39	11	0	105	1450	79	6	6	40
Classic Tostada Salad – Shrimp	16.3	830	410	45	12	0	105	1560	80	6	6	26
Double Tostada Salad – Chicken	20.1	990	410	46	13	0	185	1770	82	8	6	64
Double Tostada Salad – Shrimp	20.0	1000	530	59	13	0.5	185	1990	84	8	6	35

STREET TACOS

Taco al Carbón – Chicken	3.1	170	45	5	1.5	0	60	250	17	2	0	15
Taco al Carbón – Shrimp	3.0	150	50	6	1	0	40	220	17	1	0	6
Avocado Taco – Chicken	5.9	330	160	16	6	0	90	770	19	2	2	23
Avocado Taco – Shrimp	5.3	270	160	18	5	0	55	650	19	2	2	9

KIDS' COMBOS (Nutrition information for entrée only)

Original BRC Burrito	7.6	410	100	11	4.5	0	15	990	63	4	1	13
Chicken Legs (2)	3.1	220	130	15	4.5	0	130	760	0	0	0	22

DESSERT

Churro	1.3	150	80	9	2	0	0	270	15	0	4	1
Two Churros	2.5	300	160	18	4	0	0	530	31	0	8	3

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NUTRITION GUIDE

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EL POLLO LOCO MENU

DRESSINGS

	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)
Creamy Cilantro Dressing (small)	1.3	130	130	14	2.5	0	10	210	1	0	0	0
Creamy Cilantro Dressing (large)	3.0	300	290	33	5	0	20	490	2	0	1	1
Mexican Vinaigrette	1.3	170	170	19	1.5	0	0	390	2	0	1	0

SALSAS & MORE

House Salsa (Mild)	1.3	5	0	0	0	0	0	135	2	0	1	0
Pico de Gallo (Medium)	1.3	10	0	0	0	0	0	125	2	0	1	0
Avocado Salsa (Hot)	1.3	20	10	1.5	0	0	0	150	1	1	0	0
Salsa Roja (Fiery)	1.3	15	5	0	0	0	0	190	2	0	1	0
Sour Cream	1.3	80	60	7	4.5	0	25	20	1	0	1	1
Jalapeño Hot Sauce (packet)	0.3	5	0	0	0	0	0	110	1	0	0	0

TORTILLAS

6" Flour Tortillas (2)	2.2	190	50	5	2	0	0	470	30	1	0	4
6" Corn Tortillas (2)	1.8	100	10	1	0	0	0	10	20	3	0	2



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EL POLLO LOCO MENU

DRINKS**

		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)
Cherry Coke®	Regular	21.1	180	0	0	0	0	0	0	49	0	49	0
	Large	32.6	280	0	0	0	0	0	5	76	0	76	0
Coca-Cola®	Regular	21.2	180	0	0	0	0	0	10	48	0	48	0
	Large	32.2	270	0	0	0	0	0	15	73	0	73	0
Diet Coke®	Regular	20.7	0	0	0	0	0	0	20	0	0	0	0
	Large	32.1	0	0	0	0	0	0	30	0	0	0	0
Dr Pepper®	Regular	21.6	190	0	0	0	0	0	0	58	0	58	0
	Large	33.0	290	0	0	0	0	0	5	88	0	88	0
Diet Dr Pepper®*	Regular	21.6	0	0	0	0	0	0	95	0	0	0	0
	Large	33.0	0	0	0	0	0	0	140	0	0	0	0
Barq's Root Beer®	Regular	21.8	200	0	0	0	0	0	45	54	0	54	0
	Large	33.6	310	0	0	0	0	0	70	83	0	83	0
Fanta® Orange	Regular	21.5	160	0	0	0	0	0	10	45	0	44	0
	Large	33.3	250	0	0	0	0	0	15	70	0	68	0
FUZE® Sweetened Raspberry Iced Tea	Regular	21.7	110	0	0	0	0	0	20	29	0	29	0
	Large	33.7	170	0	0	0	0	0	30	45	0	45	0
Gold Peak® Fresh-Brewed Sweetened Iced Tea*	Regular	21.0	130	0	0	0	0	0	30	33	0	33	0
	Large	32.6	210	0	0	0	0	0	50	51	0	51	0

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NUTRITION GUIDE

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EL POLLO LOCO MENU

DRINKS**, Continued

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Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	Regular	21.0	0	0	0	0	0	0	35	0	0	0	0
	Large	32.8	0	0	0	0	0	0	55	0	0	0	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	Regular	21.0	0	0	0	0	0	0	35	0	0	0	0
	Large	32.6	0	0	0	0	0	0	55	0	0	0	0
Hi-C® Flashin' Fruit Punch®	Regular	22.1	170	0	0	0	0	0	20	45	0	45	0
	Large	33.7	250	0	0	0	0	0	30	69	0	69	0
Horchata	Regular	22.0	170	60	6	0	0	0	35	28	0	22	0
	Large	34.4	260	90	10	0	0	0	55	44	0	34	0
Minute Maid® Lemonade	Regular	21.7	170	0	0	0	0	0	75	44	0	44	0
	Large	33.7	270	0	0	0	0	0	120	68	0	68	0
Minute Maid® Strawberry Lemonade	Regular	22.2	170	0	0	0	0	0	20	44	0	44	0
	Large	33.9	260	0	0	0	0	0	25	67	0	67	0
Sprite®	Regular	21.9	160	0	0	0	0	0	45	41	0	41	0
	Large	33.8	250	0	0	0	0	0	70	63	0	63	0
Vitaminwater® XXX	Regular	21.5	50	0	0	0	0	0	0	13	0	0	0
	Large	33.2	80	0	0	0	0	0	5	20	0	20	0
Nestle® Pure Life® Water	Bottle	16.9	0	0	0	0	0	0	0	0	0	0	0

**Without refill.

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 December 2021, 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.