



# NUTRITION GUIDE

www.elpolloloco.com

## LIMITED TIME OFFERS

### POLLO FIT 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)
Double Protein Avocado	13.3	390	140	16	6	0	165	1440	13	5	4	50
Double Protein Fajita	14.0	450	170	18	7	0	165	1360	21	6	4	52
Double Protein Mexican Caesar	10.5	300	90	9	3	0	150	1030	8	4	2	47

### CILANTRO LIME CAULIFLOWER RICE

Small	4.0	45	20	2.5	0	0	0	470	5	2	2	2
Large	10.3	120	50	6	0.5	0	0	1220	14	6	6	6

### STREET TACO

Baja Shrimp	4.6	240	150	16	2.5	0	45	590	16	2	2	9
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### TAPATÍO® FRIES

Small	4.1	230	100	11	1.5	0	0	960	27	2	1	2
Large	8.2	460	190	22	3.5	0	0	1930	53	4	2	4

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

Chicken Nachos	13.1	820	420	47	14	0	115	1270	69	9	5	31
Original Pollo Bowl® – Chicken	18.1	520	40	4.5	1.0	0	70	1850	83	8	4	37
Chicken Tacos al Carbon (3)	9.4	430	110	12	3.5	0	110	760	50	4	2	29
Classic Burrito – Chicken	10.4	510	120	14	5	0	90	1390	64	4	2	30

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



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### 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	80	35	4	1	0	70	170	0	0	0	12
Chicken Wing	1.3	90	45	5	1.5	0	60	300	0	0	0	12
Chicken Thigh	3.1	210	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

### 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	170	130	15	3	0	10	200	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	120	25	2.5	0.5	0	0	210	21	3	9	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 (small)	13.7	250	80	9	2.5	0	100	1100	19	1	3	24
Chicken Tortilla Soup (large)	23.4	450	150	17	4	0	170	1890	34	3	6	42
Chicken Tortilla Soup w/o chip pieces (small)	13.2	170	40	4.5	1.5	0	100	1090	10	1	3	23
Chicken Tortilla Soup w/o chip pieces (large)	22.4	300	70	8	3	0	170	1860	17	1	5	40
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

### UNDER 500 CALORIES

Double Avocado Salad – Chicken*	14.0	340	110	12	4.5	0	160	870	13	5	5	47
Double Avocado Salad – Shrimp*	13.1	350	220	25	6	0	150	900	15	5	5	19
Avocado Tortilla Wrap – Chicken	11.4	460	140	16	6	0	85	1040	46	6	4	33
Avocado Tortilla Wrap – Shrimp	11.3	480	210	24	7	0	95	1130	47	6	4	20
Black Bean Bowl – Chicken	18.2	450	80	9	2	0	75	1300	59	13	4	38
Black Bean Bowl – Shrimp	18.1	480	150	17	3	0	80	1390	60	13	4	25

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

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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	520	40	4.5	1	0	70	1850	83	8	4	37
Original Pollo Bowl® – Shrimp	18.1	550	110	13	2	0	80	1940	84	8	4	24
Double Bowl – Chicken	24.8	850	230	26	12	0.5	195	2380	87	11	6	67
Double Bowl – Shrimp	23.8	860	340	39	13	0.5	180	2410	89	11	6	39
Grande Avocado Bowl – Chicken	22.1	730	190	21	9	0	110	2070	90	11	7	46
Grande Avocado Bowl – Shrimp	22.0	760	260	29	10	0.5	115	2180	91	12	7	33

### BURRITOS

California Queso Burrito – Chicken	19.4	940	380	42	14	0.5	140	2750	93	8	5	41
California Queso Burrito – Shrimp	18.5	920	410	46	13	1	135	2570	94	8	4	29
Chicken Tinga Burrito	17.7	760	250	27	10	0.5	130	2250	89	8	6	42
Avocado Burrito – Chicken	17.4	840	400	45	15	0.5	145	1990	70	9	5	43
Avocado Burrito – Shrimp	16.5	830	430	48	14	1	140	1810	70	9	5	30
Chipotle Avocado Burrito – Chicken	18.3	850	330	37	15	0.5	150	2330	85	8	5	44
Chipotle Avocado Burrito – Shrimp	17.5	840	370	41	14	1	145	2150	86	8	4	32
Classic Burrito – Chicken	10.4	510	120	14	5	0	90	1390	64	4	2	30
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
Chickenless Pollo Burrito	18.1	750	310	35	11	0.5	30	2040	87	13	7	29
Chickenless Pollo Burrito – Vegan	16.1	560	150	16	5	0	0	1750	84	14	6	24

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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	370	41	11	0.5	100	1450	75	6	5	39
Classic Tostada Salad – Shrimp	16.3	850	440	49	12	0.5	105	1530	76	6	5	27
Classic Tostada Salad w/o shell – Chicken	13.7	390	110	12	6	0	95	1150	40	4	4	32
Classic Tostada Salad w/o shell – Shrimp	13.7	420	180	20	7	0	105	1240	41	4	4	19
Double Tostada Salad – Chicken	20.1	970	420	47	12	0.5	170	1780	77	8	5	61
Double Tostada Salad – Shrimp	19.1	980	540	60	13	1	160	1820	79	8	5	33
Double Tostada Salad w/o shell – Chicken	17.5	540	160	17	7	0	170	1480	42	6	4	54
Double Tostada Salad w/o shell – Shrimp	16.4	550	270	30	8	0	155	1520	44	6	4	26

### STREET TACOS

Taco al Carbón – Chicken	3.1	140	35	4	1	0	35	250	17	1	1	10
Taco al Carbón – Shrimp	3.0	150	50	6	1	0	40	220	17	1	0	6
Avocado Taco – Chicken	6.0	280	150	16	5	0	65	740	17	2	2	17
Avocado Taco – Shrimp	5.4	260	150	17	4.5	0	55	620	17	2	2	11
World’s First Keto Taco™ (5g Net Carbs) – Chicken	5.8	240	150	16	5	0	65	680	13	8	2	18
World’s First Keto Taco™ (5g Net Carbs) – Shrimp	5.1	220	150	17	4.5	0	55	560	13	8	1	12

### 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	170	70	8	2.5	0	145	340	0	0	0	25
Mac & Cheese Chicken Taco	4.6	260	110	12	5	0	45	770	23	1	1	13

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### DESSERT

	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)
Churro	1.3	140	80	9	1.5	0	0	200	14	0	3	1
Two Churros	2.5	280	150	17	3	0	0	410	29	1	6	2

### DRESSINGS

Creamy Cilantro Dressing (small)	1.3	140	140	15	2.5	0	10	180	1	0	0	1
Creamy Cilantro Dressing (large)	3.0	320	310	35	6	0	30	420	2	0	1	1
Mexican Vinaigrette	1.3	170	170	19	1.5	0	0	390	2	0	1	0
Ranch Dressing (packet)	1.5	200	190	22	3.5	0	10	320	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	10	0	0	0	0	0	240	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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### 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)
Cherry Coke®	Regular	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
Coca-Cola®	Regular	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®	Regular	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
Dr Pepper®	Regular	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
Diet Dr Pepper®*	Regular	13.4	0	0	0	0	0	0	85	0	0	0	0
	Large	21.4	0	0	0	0	0	0	135	0	0	0	0
Barq's Root Beer®	Regular	13.4	180	0	0	0	0	0	40	50	0	50	0
	Large	21.4	290	0	0	0	0	0	60	79	0	79	0
Fanta® Orange	Regular	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
FUZE® Sweetened Raspberry Iced Tea	Regular	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
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	Regular	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 Unsweetened Iced Tea	Regular	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

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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)
Hi-C® Flashin' Fruit Punch®	Regular	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
Horchata	Regular	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
Minute Maid® Lemonade	Regular	13.4	160	0	0	0	0	0	70	41	0	41	0
	Large	21.4	260	0	0	0	0	0	110	65	0	65	0
Minute Maid® Strawberry Lemonade	Regular	13.4	160	0	0	0	0	0	15	43	0	43	0
	Large	21.4	260	0	0	0	0	0	20	68	0	68	0
Sprite®	Regular	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
VitaminWater® XXX	Regular	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
Nestle® Pure Life® Water	Bottle	16.9	0	0	0	0	0	0	5	0	0	0	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 January 2021, unless stated otherwise. For nutritional updates, changes and additional information, visit [www.elpolloco.com](http://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](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.