



NUTRITION GUIDE

M1 2024

	NUTRITION INFORMATION												ALLERGEN INFORMATION									
	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)	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	
LIMITED TIME OFFERS																						
Double Chicken Avocado Pollo Fit Bowl*	14.5	500	220	25	8	0	180	970	15	6	5	58			X							
Double Chicken Street Corn Pollo Fit Bowl*	13.5	450	170	19	7	0	180	1570	17	6	7	54		X					X			
FIRE-GRILLED CHICKEN																						
Chicken Leg	1.6	110	70	7	2	0	65	380	0	0	0	11										
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										
Chicken Wing	1.3	70	25	3	1	0	55	150	0	0	0	10										
SIDES (Small)																						
Pinto Beans	6.0	140	5	0.5	0	0	0	460	25	6	1	9										
Charro Beans**	6.0	190	50	6	1.5	0	10	630	23	6	1	11										
Rice	4.5	160	15	1.5	0	0	0	600	33	0	1	3										
Mashed Potatoes with Gravy	6.0	100	10	1.5	0.5	0	0	450	20	2	1	3	X		X			X			X	
Macaroni & Cheese	6.0	310	170	19	10	0	25	870	24	0	4	9	X		X			X			X	
Loco Side Salad	4.2	160	130	14	2.5	0	10	240	8	2	2	3	X		X							
Coleslaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1	X									
Corn	5.0	160	50	5	1	0	0	420	24	6	12	4						X				
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2										
TOSTADAS & SALADS																						
Classic Tostada*	16.4	830	350	39	11	0	105	1450	79	6	6	40			X			X			X	
Double Chicken Tostada*	20.1	990	410	46	13	0	185	1760	82	8	6	64			X			X			X	
Double Chicken Avocado Salad (7g Net Carbs)*	13.3	350	110	12	3.5	0	160	810	12	5	6	51			X			X				
BOWLS																						
Double Chicken Bowl	24.1	930	290	33	13	0.5	250	2630	87	11	5	74			X			X				
Grande Avocado Chicken Bowl	22.1	790	240	27	11	0.5	145	2230	90	12	7	49			X			X				
TACOS																						
Chicken Avocado Taco	6.4	340	170	19	6	0	95	800	18	2	2	24	X		X			X			X	
Taco al Carbón	3.1	170	45	5	1.5	0	60	250	17	2	0	15						X				
Shredded Chicken Crunchy Taco	4.2	210	70	8	3.5	0	45	420	22	3	2	14			X							
BURRITOS																						
Chicken Avocado Burrito	17.4	920	420	46	15	1	205	1930	68	9	5	60	X		X			X			X	
Chipotle Chicken Avocado Burrito	18.3	940	360	40	16	1	210	2240	84	8	4	61			X			X			X	
Queso Blanco Burrito	17.6	870	310	35	13	0.5	200	2310	83	7	3	58			X			X			X	
LOCO FAVORITES																						
Chicken Avocado Stuffed Quesadilla	13.3	960	520	58	25	1.5	190	1730	56	5	3	54	X		X			X			X	
Shredded Chicken Nachos	16.9	1060	570	63	20	0.5	110	1630	92	12	7	33			X			X			X	
SNACKS & ADD-ONS																						
Chips & Guacamole (small)	5.9	500	290	32	5	0	0	350	49	9	3	6										
Chips & Guacamole (regular)	11.8	1000	580	65	10	0	0	700	99	17	5	12										
Chips & Queso Blanco (small)	5.7	540	320	36	12	0	40	590	45	4	2	11			X			X			X	
Chips & Queso Blanco (regular)	11.4	1080	640	71	23	0.5	85	1180	90	8	5	22			X			X			X	
Chicken Tortilla Soup (small)	13.7	240	80	9	2	0	75	1250	19	3	3	23			X			X				
Chicken Tortilla Soup (large)	23.4	440	150	17	3.5	0	130	2140	34	6	5	39			X			X				
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1000	63	6	1	13			X			X			X	
Cinnamon Churros (2)	2.5	300	160	18	4	0	0	530	31	0	8	3	X		X			X			X	
Creamy Cilantro Dressing	3.0	310	290	33	5	0	20	490	2	0	1	1	X		X							
FIRE-GRILLED COMBOS (Entree Only)																						
Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	1990	83	9	4	40						X				
Tacos al Carbón (3)	9.4	510	130	15	4	0	175	760	50	5	1	46						X				
Chicken Classic Burrito	10.4	480	120	13	5	0	55	1440	66	5	2	25			X			X			X	
\$5 POLLO BOWLS																						
Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	1990	83	9	4	40						X				
Shredded Chicken and Cheese Pollo Bowl®	17.8	590	120	14	7	0	70	2070	84	8	4	34			X			X				
Street Corn Chicken Pollo Bowl®	17.6	600	100	11	3.5	0	110	2030	84	9	4	42			X			X				
KIDS MEALS (Entrée Only)																						
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1000	63	4	1	13			X			X			X	
Chicken Legs (2)	3.1	220	130	15	4.5	0	130	760	0	0	0	22										
EXTRAS																						
Creamy Cilantro Dressing	3.0	310	290	33	5	0	20	490	2	0	1	1	X		X							
Ranch Dressing (packet)	1.5	190	180	20	3	0	15	270	2	0	1	1	X		X							
Tortilla Chips (side)	1.3	200	100	11	2	0	0	30	22	2	1	2										
Tortilla Chips (small)	2.5	380	200	22	3.5	0	0	55	42	4	2	4										
Tortilla Chips (regular)	5.0	760	390	44	7	0	0	110	83	7	3	8										
6" Flour Tortillas (2)	2.2	190	50	5	2	0	0	470	30	1	0	4									X	
6" Corn Tortillas (2)	1.8	100	10	1	0	0	0	10	20	3	0	2										
Guacamole	3.4	120	90	10	1.5	0	0	290	8	5	1	2										
Sour Cream	1.3	80	60	7	4.5	0	25	20	1	0	1	1			X							
Queso Blanco	3.2	160	120	14	8	0	40	540	3	0	1	7			X			X			X	

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SALSAS																						
Salsa Fresca		1.3	5	0	0	0	0	135	2	0	1	0										
Avocado Salsa		1.3	20	15	1.5	0	0	150	1	1	0	0										
Salsa Roja		1.3	15	5	0	0	0	190	2	0	1	0										
Jalapeno Hot Sauce (packet)		0.3	5	0	0	0	0	110	1	0	0	0										
DRINKS (without refill)																						
Cherry Coke®	Regular	21.1	180	0	0	0	0	0	49	0	49	0										
	Large	32.6	280	0	0	0	0	5	76	0	76	0										
Coca-Cola®	Regular	21.2	180	0	0	0	0	10	48	0	48	0										
	Large	32.2	270	0	0	0	0	15	73	0	73	0										
Coca-Cola® Zero Sugar	Regular	18.2	0	0	0	0	0	40	0	0	0	0										
	Large	27.8	0	0	0	0	0	60	0	0	0	0										
Diet Coke®	Regular	20.7	0	0	0	0	0	20	0	0	0	0										
	Large	32.1	0	0	0	0	0	30	0	0	0	0										
Dr Pepper®	Regular	21.6	190	0	0	0	0	0	58	0	58	0										
	Large	33.0	290	0	0	0	0	5	88	0	88	0										
Diet Dr Pepper®***	Regular	21.6	0	0	0	0	0	95	0	0	0	0										
	Large	33.0	0	0	0	0	0	140	0													