NUTRITION GUIDE

M1 2025

	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	14	6	5	58			X						
Double Shrimp Avocado Pollo Fit Bowl */***	13.5	490	290	32	8	0	180	1290	18	6	7	33			X			X			
Chicken & Shrimp Avocado Pollo Fit Bowl */***	14.0	490	260	28	8	0	180	1130	16	6	6	45			X			X			
Double Chicken Street Corn Pollo Fit Bowl */***	13.5	440	170	19	7	0	180	1560	18	5	5	54			X				X		
Double Shrimp Street Corn Pollo Fit Bowl */***	12.5	430	240	27	7	0	180	1880	21	5	6	2			X			X	X		
Chicken & Shrimp Street Corn Pollo Fit Bowl*/***	13.0	440	200	23	7	0	180	1720	19	5	6	42			X			X	X		
Shrimp Avocado Street Taco	6.2	320	180	20	6	0	80	850	20	2	2	15	X		X			X			X
TOSTADAS & SALADS																					
Classic Tostada*	17.4	830	350	39	11	0	105	1470	80	6	6	41			X				X		X
Double Chicken Tostada*	21.1	1000	410	46	13	0	185	1780	82	8	6	65			X				X		X
Baja Shrimp Tostada*/***	16.9	820	380	43	11	0	105	1630	81	7	7	28			X			X	X		X
Double Baja Shrimp Tostada*/***	20.1	990	480	54	13	0	185	2100	85	9	8	40			X			X	X		X
Chicken and Baja Shrimp Tostada*/***	20.6	990	450	50	13	0	185	1940	84	8	7	52			X			X	X		X
Double Chicken Avocado Salad (7g Net Carbs)*	13.3	350	110	12	3.5	0	160	810	13	5	5	51			X				X		
FIRE-GRILLED CHICKEN																					
Chicken Leg	1.5	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							X		
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	140	40	4.5	0.5	0	0	400	27	3	7	3							X		
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2									
BOWLS																					
Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	2030	83	9	3	41							X		
Street Corn Chicken Pollo Bowl®	17.6	600	100	11	3.5	0	110	2070	84	8	3	42			X				X		
Shredded Chicken and Cheese Pollo Bowl®	17.8	590	120	14	7	0	70	2120	83	9	4	34			X				X		
Double Chicken Bowl	24.1	940	290	33	13	0.5	250	2670	87	11	5	74			X				X		
Grande Avocado Chicken Bowl	22.1	790	240	26	11	0.5	145	2270	90	11	6	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		
Baja Shrimp Avocado Taco***	6.2	320	180	20	6	0	80	850	20	2	2	15	X		X			X			X
Shredded Chicken Crunchy Taco	4.2	210	70	8	3.5	0	45	420	22	3	2	14			X						
BURRITOS																					
Guacamole Chicken Burrito	16.0	920	420	47	15	1	205	1990	67	9	3	59	X		X				X		X
Chipotle Guacamole Chicken Burrito	17.3	1020	460	51	16	1	210	2350	82	8	3	61	X		X				X		X
Queso Guacamole Chicken Burrito	18.7	790	280	31	12	0.5	110	2450	90	9	6	40			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	17.7	1090	590	65	20	0.5	110	1700	94	13	7	34			X				X		X
SNACKS & ADD-ONS																					
Chips & Guacamole (small)	5.7	490	280	32	5	0	0	330	49	8	3	6									
Chips & Guacamole (regular)	11.4	980	570	63	10	0	0	660	98	17	5	11									
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		
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1020	63	4	1	13			X				X		X
Cinnamon Churros (2)	2.5	300	160	18	4	0	0	530	31	2	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	2030	83	9	3	41							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	1450	66	5	2	25			X				X		X
KIDS MEALS (Entrée Only)																					
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1020	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									
Flour Tortillas (2)	2.2	190	50	5	2	0	0	470	30	1	0	4									X
Corn Tortillas (2)	1.7	90	10	1	0	0	0	10	19	2	0	2									
Guacamole (small)	3.2	110	90	10	1.5	0	0	270	7	5	1	2									
Guacamole (regular)	6.4	220	170	19	3	0	0	550	15	9	2	3									
Sour Cream	1.3	80	60	7	4.5	0	25	20	1	0	1	1			X						
Caramel Dipping Sauce	1.4	110	5	0.5	0	0	0	60	26	0	17	0			X						
Chocolate Dipping Sauce	1.4	90	5	0.5	0	0	0	45	23		20	1									
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	0	85	2	0	1	0									
Avocado Salsa		1.3	20	15	1.5	0	0	0	150	1	1	0	0									
Salsa Roja		1.3	15	5	0	0	0	0	190	2	0	1	0									
Jalapeno Hot Sauce (packet)		0.3	5	0	0	0	0	0	110	1	0	0	0									
DRINKS (without refill)																						
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									
Coca-Cola® Zero Sugar	Regular	18.2	0	0	0	0	0	0	40	0	0	0	0									
	Large	27.8	0	0	0	0	0	0	60	0	0	0	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	160	0	0	0	0	0	60	47	0	47	0									
	Large	33.0	250	0	0	0	0	0	90	72	0	72	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									
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® 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									
Gold Peak® 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									
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			X				X		
	Large	34.4	260	90	10	0	0	0	55	44	0	34	0			X				X		
Minute Maid® Aguas Frescas Mango Lime	Regular	18.9	100	0	0	0	0	0	20	27	0	25	0									
	Large	29.5	150	0	0	0	0	0	30	42	0	40	0									
Minute Maid® Aguas Frescas Strawberry Hibiscus	Regular	18.9	90	0	0	0	0	0	20	23	0	23	0									
	Large	29.5	140	0	0	0	0	0	35	36	0	36	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	0	0									
Coca-Cola® de Mexico****	Bottle	12.0	150	0	0	0	0	0	85	39	0	39	0									
Nestle® Pure Life® Bottled Water	Bottle	16.9	0	0	0	0	0	0	0	0	0	0	0									

*Dressing not included. See EXTRAS for options. **Texas Only. ***Texas and Louisiana Only. ****Limited Locations.

The nutritional information in this guide 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. 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.

The allergen information in this guide is based on the standard preparation of our recipes, and does not account for special orders, customizations, or variations from the hand-crafted nature of our food. Please keep in mind Soybean Oil is used for cooking and preparing menu items in our restaurants. Depending on the guest's level of sensitivity, this may or may not be a consideration. Some menu items may not be available in all restaurants. Also, certain limited time or test menu offerings may not be included. Variations may occur due to differences in suppliers and food preparation at the restaurant. El Pollo Loco does not claim that any of its foods are free from allergens, including gluten. There is a potential for cross-contamination as individual foods may come into contact with each other during preparation, which would not be reflected in this chart. Suppliers may also prepare ingredients in plants that process peanuts, tree nuts or other allergens, even if those allergens are not reflected on this chart. Customers with allergen sensitivities should consider the potential for cross contamination when dining with El Pollo Loco. For more information on food allergies, contact the Food Allergy Research & Education (FARE) on the web at https://www.foodallergy.org. For additional inquiries, please call 1-800-EPL-4YOU or 1-800-375-4968.

Visit www.elpolloloco.com for updates, changes and additional information.

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