



# NUTRITION GUIDE

www.elpolloloco.com

## LIMITED TIME OFFERS

### SHREDDED BEEF BIRRIA (Nutrition information for entrée includes dipping sauce)

	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)
Birria Crunchy Tacos (2)	13.8	610	270	30	14	0.5	115	1450	41	3	2	44
Birria Stuffed Quesadilla	16.7	900	430	48	23	1	140	2150	61	4	3	55
Birria Burrito	20.0	830	290	32	14	0.5	105	2280	87	6	5	46
Consomé Dipping Sauce	4.4	25	5	0	0	0	0	590	5	0	1	1

### LENT

Baja Shrimp Taco	4.3	210	140	15	2.5	0	45	380	13	2	2	6
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### \$5 FIRE-GRILLED COMBOS (Nutrition information for entrée only)

Chicken Nachos	12.4	870	450	49	15	0	155	1210	65	9	4	41
Original Pollo Bowl® – Chicken	18.1	540	50	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	4	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.

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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	170	130	14	2.5	0	10	230	8	2	2	3
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



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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

### POLLO FIT MENU

Double Avocado Salad (7g Net Carbs) – Chicken*	13.3	350	110	12	3.5	0	160	840	12	6	5	51
Double Avocado Salad (8g Net Carbs) – Shrimp*	13.2	360	230	25	4	0	160	1060	15	6	5	21
Keto Burrito (9g Net Carbs)	11.6	510	260	29	7	0	185	1500	30	21	2	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	2	6	39

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

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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	50	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	2560	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	2360	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	780	270	30	11	0.5	110	2230	87	8	6	42
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	1810	70	8	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 (9g Net Carbs)	11.6	510	260	29	7	0	185	1500	30	21	3	52

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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	340	170	19	6	0	95	780	18	2	1	24
Avocado Taco – Shrimp	5.3	280	170	19	5	0	55	660	18	2	1	10

### 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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## EL POLLO LOCO MENU

### DRESSINGS

- Creamy Cilantro Dressing
- Mexican Vinaigrette

### SALSAS & MORE

- House Salsa (Mild)
- Pico de Gallo (Medium)
- Avocado Salsa (Hot)
- Salsa Roja (Fiery)
- Sour Cream
- Jalapeño Hot Sauce (packet)

### TORTILLAS

- 6" Flour Tortillas (2)
- 6" Corn Tortillas (2)

	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	3.0	310	290	33	5	0	20	490	2	0	1	1
Mexican Vinaigrette	3.0	400	390	44	4	0	0	890	4	1	1	1
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	15	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
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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### 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

\*\*Without refill. \*Texas and Lafayette restaurants only.



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## EL POLLO LOCO MENU

### DRINKS\*\*, 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)
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 March 2022, 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.