NUTRITION GUIDE

M2 2026

		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
FEATURED																						
Baja Double Chicken Tostada*		22.2	1140	550	61	15	0.5	195	2630	84	9	7	66	X		X				X		X
Baja Double Shrimp Tostada*		20.5	1090	590	66	15	0.5	170	2800	87	9	8	38	X		X			X	X		X
Baja Chicken & Shrimp Tostada*		21.3	1120	570	63	15	0.5	180	2720	86	9	8	52	X		X			X	X		X
Baja Shrimp Taco		5.3	260	140	16	3	0	70	780	18	2	3	12	X		X			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									
Mango Habanero Chicken Leg		2.0	130	80	9	2.5	0	65	520	2	0	2	11									
Mango Habanero Chicken Thigh		3.7	220	120	14	4	0	115	590	4	0	2	21									
Mango Habanero Chicken Breast		5.3	250	100	11	3	0	120	1100	4	0	3	34									
Mango Habanero Chicken Wing		1.8	90	40	4.5	1	0	55	290	2	0	2	10									
SIDES (Small) & SAUCES																						
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	580	23	6	1	11									
Rice		4.5	160	15	1.5	0	0	0	630	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	180	140	15	3	0	10	260	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									
Creamy Cilantro Dressing		3.0	330	320	36	6	0	15	520	2	0	1	1	X		X						
House Ranch Dressing		3.0	390	370	41	7	0	5	680	5	0	3	2	X		X				X		
Mexican Caesar Dressing		3.0	440	420	47	8	0	35	320	4	1	1	3	X		X						
Citrus Vinaigrette		3.0	150	70	8	1	0	0	420	18	0	15	1									
Creamy Chipotle Sauce		1.3	170	160	18	3	0	15	350	1	0	1	0	X		X						
Baja Lime Sauce		1.3	190	180	20	3	0	15	310	2	0	1	1	X		X						
Sour Cream		1.3	80	60	7	4.5	0	25	20	1	0	1	1			X						
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									
Queso Blanco (small)		3.2	160	120	14	8	0	40	540	3	0	1	7			X				X		X
Queso Blanco (regular)		6.4	320	250	27	16	0	85	1070	7	0	2	14			X				X		X
TOSTADAS & SALADS																						
Classic Chicken Tostada*		17.4	820	340	38	11	0	105	1430	80	6	6	42			X				X		X
Double Chicken Tostada*		21.1	990	400	45	13	0	185	1740	82	8	6	65			X				X		X
Double Chicken Avocado Salad*		13.3	350	110	12	3.5	0	160	820	13	5	5	50			X				X		
Street Corn Salad*		14.3	390	130	14	4.5	0	165	1600	17	5	5	52			X				X		
Mexican Caesar Salad*		13.3	420	160	17	4.5	0	165	1530	18	5	4	52			X						
BOWLS																						
Original Pollo Bowl®		18.1	580	90	10	2.5	0	105	2030	83	9	3	41							X		
Double Chicken Bowl		24.1	930	290	33	13	0.5	250	2670	87	11	5	74			X				X		
Grande Avocado Chicken Bowl		22.1	790	240	26	11	0	145	2270	90	11	6	49			X				X		
Queso Crunch Double Chicken Burrito Bowl		25.7	1080	390	43	17	0.5	265	3180	96	12	5	78			X				X		X
Street Corn Double Chicken Burrito Bowl		25.7	1080	410	46	14	0.5	255	3230	95	12	6	75	X		X				X		
TACOS																						
Chicken Avocado Taco		6.3	330	170	19	6	0	90	780	17	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	2	2	14			X						
BURRITOS																						
Guacamole Chicken Burrito		15.9	920	430	48	15	1	205	1980	65	9	3	59	X		X				X		X
Chipotle Guacamole Chicken Burrito		17.2	1010	450	50	16	1	210	2340	81	8	3	60	X		X				X		X
Queso Guacamole Chicken Burrito		18.6	780	270	30	11	0.5	110	2440	88	9	6	40			X				X		X
QUESADILLAS & NACHOS																						
Chipotle Chicken Quesadilla		11.5	930	510	57	24	1.5	165	1720	53	4	2	51	X		X						X
Salsa Verde Chicken Quesadilla		11.5	810	390	44	22	1	155	1570	53	4	2	51			X						X
Cheese Quesadilla		5.5	530	270	30	18	1	75	950	37	1	1	25			X				X		X
Chicken Avocado Stuffed Quesadilla		13.2	950	530	59	25	1.5	185	1730	55	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 & SWEETS																						
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
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									
Corn Tortillas (2)		1.7	90	10	1	0	0	0	10	19	2	0	2									
Flour Tortillas (2)		2.0	170	45	5	2	0	0	430	27	1	0	4									X
Hatch Diced Green Chiles****		1.3	10	0	0	0	0	0	150	2	0	2	0									
Chicken Tortilla Soup		13.7	240	80	9	2	0	75	1260	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
Cinammon Churro (1)		1.2	170	100	11	2.5	0	0	190	16	1	6	1	X		X				X		X
Cinnamon Churros (2)		2.5	330	200	22	5	0	0	380	32	1	11	3	X		X				X		X
Caramel Flan Cup		4.5	230	80	9	5	0	105	105	27	0	19	10	X		X						
FIRE-GRILLED COMBOS (Entree Only)																						
Original BRC Burrito®		7.6	410	100	11	4.5	0	15	1020	63	4	1	13			X				X		X
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
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									
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									

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DRINKS (with ice)																						
Coca-Cola®	Regular	21.2	260	0	0	0	0	0	5	72	0	72	0									
	Large	32.2	400	0	0	0	0	0	10	109	0	109	0									
Coca-Cola® Zero Sugar	Regular	18.2	0	0	0	0	0	0	50	0	0	0	0									
	Large	27.8	0	0	0	0	0	0	80	0	0	0	0									
Diet Coke®	Regular	20.7	0	0	0	0	0	0	25	0	0	0	0									
	Large	32.1	5	0	0	0	0	0	40	0	0	0	0									
Dr Pepper®	Regular	21.6	240	0	0	0	0	0	80	70	0	70	0									
	Large	33.0	370	0	0	0	0	0	125	107	0	107	0									
Diet Dr Pepper®***	Regular	21.6	0	0	0	0	0	0	135	0	0	0	0									
	Large	33.0	0	0	0	0	0	0	210	0	0	0	0									
FUZE® Sweetened Raspberry Iced Tea	Regular	21.7	160	0	0	0	0	0	20	43	0	43	0									
	Large	33.7	250	0	0	0	0	0	35	67	0	67	0									
Gold Peak® Unsweetened Iced Tea	Regular	21.0	0	0	0	0	0	0	60	0	0	0	0									
	Large	32.6	0	0	0	0	0	0	95	0	0	0	0									
Gold Peak® Sweetened Iced Tea***	Regular	21.0	260	0	0	0	0	0	55	66	0	66	0									
	Large	32.6	410	0	0	0	0	0	80	103	0	103	0									
Hi-C® Flashin' Fruit Punch®	Regular	22.1	250	0	0	0	0	0	25	67	0	67	0									
	Large	33.7	380	0	0	0	0	0	35	103	0	103	0									
Horchata	Regular	22.0	340	110	12	0	0	0	55	56	0	44	0			X				X		
	Large	34.3	530	180	19	0	0	0	90	88	0	68	0			X				X		
Minute Maid® Aguas Frescas Mango Lime	Regular	18.9	150	0	0	0	0	0	25	40	0	38	0									
	Large	29.5	230	0	0	0	0	0	40	62	0	59	0									
Minute Maid® Aguas Frescas Strawberry Hibiscus	Regular	18.9	130	0	0	0	0	0	25	34	0	34	0									
	Large	29.5	200	0	0	0	0	0	40	53	0	53	0									
Minute Maid® Lemonade	Regular	21.7	260	0	0	0	0	0	110	65	0	65	0									
	Large	33.7	400	0	0	0	0	0	170	101	0	101	0									
Minute Maid® Strawberry Lemonade	Regular	22.2	250	0	0	0	0	0	20	65	0	65	0									
	Large	33.9	380	0	0	0	0	0	30	100	0	100	0									
Sprite®	Regular	21.9	240	0	0	0	0	0	60	61	0	61	0									
	Large	33.8	380	0	0	0	0	0	95	94	0	94	0									
VitaminWater® XXX	Regular	21.5	130	0	0	0	0	0	0	33	0	33	0									
	Large	33.2	200	0	0	0	0	0	0	52	0	51	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 SIDES & SAUCES 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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