



NUTRITION GUIDE

www.elpolloco.com

LIMITED TIME OFFERS

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 Chicken Tostada	16.4	830	350	39	11	0	105	1480	79	6	6	40
Double Chicken Tostada	16.3	830	410	45	12	0	105	1590	80	6	6	26
Baja Shrimp Tostada	20.1	990	410	46	13	0	185	1790	82	8	6	64

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	580	90	10	2.5	0	105	2020	83	9	4	40
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	1440	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	600	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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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	2	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	5	6	51
Double Avocado Salad (8g Net Carbs) – Shrimp*	13.2	360	220	25	4	0	160	1070	15	5	6	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	580	90	10	2.5	0	105	2020	83	9	4	40
Original Pollo Bowl® – Shrimp	18.1	550	110	13	2	0	80	1980	84	8	4	24
Double Bowl – Chicken	24.1	930	290	33	13	0.5	250	2660	87	11	5	74
Double Bowl – Shrimp	24.1	860	340	38	11	0.5	195	2590	89	11	5	41
Grande Avocado Bowl – Chicken	22.1	790	240	27	11	0.5	145	2260	90	12	7	49
Grande Avocado Bowl – Shrimp	22.0	760	260	29	10	0.5	115	2230	91	12	7	33

BURRITOS

Queso Blanco Burrito – Chicken	17.6	870	310	35	13	0.5	200	2370	83	7	3	58
Queso Blanco Burrito – Shrimp	16.7	770	330	37	12	0.5	135	2190	84	7	3	28
Chicken Tinga Burrito	17.7	780	270	30	11	0.5	110	2250	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	2240	84	8	4	61
Chipotle Avocado Burrito – Shrimp	17.5	840	380	42	14	1	145	2060	85	8	4	32
Classic Burrito – Chicken	10.4	480	120	13	5	0	55	1440	66	5	2	25
Classic Burrito – Shrimp	10.3	530	180	20	6	0	90	1420	64	4	1	22
BRC Burrito	7.6	410	100	11	4.5	0	15	1000	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	1480	79	6	6	40
Classic Tostada Salad – Shrimp	16.3	830	410	45	12	0	105	1590	80	6	6	26
Double Tostada Salad – Chicken	20.1	990	410	46	13	0	185	1790	82	8	6	64
Double Tostada Salad – Shrimp	20.0	1000	530	59	13	0.5	185	2010	84	8	6	35

STREET TACOS

Taco al Carbón – Chicken	3.1	170	45	5	1.5	0	60	250	17	1	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	1000	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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DRESSINGS

Creamy Cilantro Dressing

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)
3.0	310	290	33	5	0	20	490	2	0	1	1

Mexican Vinaigrette

3.0	400	390	44	7	0	0	890	4	1	1	1
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SALSAS & MORE

House Salsa (Mild)

1.3	5	0	0	0	0	0	135	2	0	1	0
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Pico de Gallo (Medium)

1.3	10	0	0	0	0	0	125	2	0	1	0
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Avocado Salsa (Hot)

1.3	20	15	1.5	0	0	0	150	1	1	0	0
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Salsa Roja (Fiery)

1.3	15	5	0	0	0	0	190	2	0	1	0
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Sour Cream

1.3	80	60	7	4.5	0	25	20	1	0	1	1
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Jalapeño Hot Sauce (packet)

0.3	5	0	0	0	0	0	110	1	0	0	0
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TORTILLAS

6" Flour Tortillas (2)

2.2	190	50	5	2	0	0	470	30	1	0	4
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6" Corn Tortillas (2)

1.8	100	10	1	0	0	0	10	20	3	0	2
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EL POLLO LOCO MENU

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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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	0	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 June 2022, unless stated otherwise. For nutritional updates, changes and additional information, visit 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. 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.