



NUTRITION GUIDE

M3 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 | | | | | | | | | | | | | | | | | | | | | | | |
| 2 pc Loco Tenders™ –Classic | | 4.8 | 320 | 150 | 17 | 2.5 | 0 | 50 | 970 | 24 | 1 | 0 | 17 | | | | | | | | | X | X |
| 2 pc Loco Tenders™ –Spicy | | 5.0 | 330 | 150 | 17 | 2.5 | 0 | 50 | 1260 | 28 | 2 | 3 | 18 | | | | | | | | X | X | X |
| 3 pc Loco Tenders™ –Classic | | 7.2 | 470 | 230 | 25 | 4 | 0 | 75 | 1450 | 36 | 2 | 0 | 26 | | | | | | | | X | X | X |
| 3 pc Loco Tenders™ –Spicy | | 7.5 | 500 | 230 | 25 | 4 | 0 | 75 | 1880 | 42 | 2 | 5 | 26 | | | | | | | | X | X | X |
| 4 pc Loco Tenders™ –Classic | | 9.6 | 630 | 300 | 34 | 5 | 0 | 105 | 1940 | 48 | 2 | 0 | 34 | | | | | | | | X | X | X |
| 4 pc Loco Tenders™ –Spicy | | 10.0 | 670 | 300 | 34 | 5 | 0 | 105 | 2510 | 56 | 3 | 6 | 35 | | | | | | | | X | X | X |
| Pollo Loco Sauce™ | | 1.3 | 180 | 170 | 18 | 3 | 0 | 20 | 490 | 4 | 0 | 3 | 1 | X | | | | | | | | | |
| Baja Lime | | 1.3 | 190 | 180 | 20 | 3 | 0 | 15 | 310 | 2 | 0 | 1 | 1 | X | | X | | | | | | | |
| House Ranch | | 1.3 | 170 | 160 | 18 | 3 | 0 | 5 | 300 | 2 | 0 | 2 | 1 | X | | X | | | | | | | |
| PROTEIN-PACKED | | | | | | | | | | | | | | | | | | | | | | | |
| Double Chicken Bowl | | 24.1 | 930 | 290 | 33 | 13 | 0.5 | 250 | 2670 | 87 | 11 | 5 | 74 | | | X | | | | | X | | |
| Mexican Caesar Salad* | | 13.3 | 420 | 160 | 17 | 4.5 | 0 | 165 | 1530 | 18 | 5 | 4 | 52 | | | X | | | | | | | |
| Original Pollo Bowl® | | 18.1 | 580 | 90 | 10 | 2.5 | 0 | 105 | 2030 | 83 | 9 | 3 | 41 | | | | | | | | X | | |
| Guacamole Chicken Burrito | | 15.9 | 920 | 430 | 48 | 15 | 1 | 205 | 1980 | 65 | 9 | 3 | 59 | X | | X | | | | | X | | X |
| Chopped Breast Side | | 2.8 | 120 | 30 | 3 | 1 | 0 | 80 | 310 | 0 | 0 | 0 | 23 | | | | | | | | | | |
| 2 pc Breast & Wing Meal w/Corn Tortillas Pinto Beans & Rice | | 17.8 | 660 | 120 | 14 | 4 | 0 | 175 | 2070 | 77 | 9 | 2 | 58 | | | | | | | | X | | |
| 2 pc Breast & Wing Meal w/Flour Tortillas Pinto Beans & Rice | | 18.1 | 740 | 160 | 18 | 5 | 0 | 175 | 2490 | 85 | 8 | 2 | 59 | | | | | | | | X | | X |
| 2 pc Breast & Wing Meal w/Corn Tortillas Charro Beans & Rice** | | 17.8 | 710 | 170 | 19 | 5 | 0 | 185 | 2200 | 75 | 8 | 2 | 60 | | | | | | | | X | | X |
| 2 pc Breast & Wing Meal w/Flour Tortillas Charro Beans & Rice** | | 18.1 | 790 | 210 | 23 | 7 | 0 | 185 | 2610 | 83 | 7 | 2 | 62 | | | | | | | | 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) & 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 | | | | | | | | 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 | 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, Regular | | 3.0 | 390 | 370 | 41 | 7 | 0 | 5 | 680 | 5 | 0 | 3 | 2 | X | | X | | | | | | | |
| House Ranch, Small | | 1.3 | 170 | 160 | 18 | 3 | 0 | 5 | 300 | 2 | 0 | 2 | 1 | X | | X | | | | | | | |
| Mexican Caesar Dressing | | 3.0 | 440 | 420 | 47 | 8 | 0 | 35 | 320 | 4 | 1 | 1 | 3 | X | | X | | | | | | | |
| Creamy Chipotle Sauce | | 1.3 | 170 | 160 | 18 | 3 | 0 | 15 | 350 | 1 | 0 | 1 | 0 | X | | X | | | | | | | |
| Pollo Loco Sauce™ | | 1.3 | 180 | 170 | 18 | 3 | 0 | 20 | 490 | 4 | 0 | 3 | 1 | X | | | | | | | | | |
| Baja Lime | | 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 |
| Baja Double Chicken Tostada* | | 22.2 | 1140 | 550 | 61 | 15 | 0.5 | 195 | 2630 | 84 | 9 | 7 | 66 | X | | X | | | | | 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 |
| 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 | 1 | | | | | | | | | | |