



# NUTRITION GUIDE

www.elpolloco.com

## LIMITED TIME OFFERS

### CHICKEN MEALS (Chicken only)

	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)
2 piece Leg and Thigh	4.6	310	170	19	6	0	180	810	2	0	0	32
2 piece Breast and Wing	5.6	270	100	11	3.5	0	175	980	0	0	0	44
3 piece Leg and Thigh	7.7	500	280	31	10	0	300	1230	4	0	0	52
3 piece Breast and Wing	9.9	480	170	19	6	0	290	1800	0	0	0	78

### ADD SMALL SOUP OR SALAD

Tortilla Soup	13.7	250	80	9	2.5	0	80	1100	19	1	3	23
Avocado Loco Side Salad	5.7	210	160	18	3.5	0	10	280	11	4	3	3



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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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## 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	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 Chicken Avocado Salad* (7g Net Carbs)	13.3	350	110	12	3.5	0	160	840	12	5	6	51
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. \*\* Available in Texas 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®	18.1	580	90	10	2.5	0	105	2020	83	9	4	40
Double Chicken Bowl	24.1	930	290	33	13	0.5	250	2660	87	11	5	74
Grande Avocado Chicken Bowl	22.1	790	240	27	11	0.5	145	2260	90	12	7	49

### BURRITOS

Queso Blanco Burrito	17.6	870	310	35	13	0.5	200	2370	83	7	3	58
Chicken Tinga Burrito	17.7	780	270	30	11	0.5	110	2250	87	8	6	42
Chicken Avocado Burrito	17.4	920	420	46	15	1	205	1990	69	9	5	60
Chipotle Chicken Avocado Burrito	18.3	940	360	40	16	1	210	2240	84	8	4	61
Classic Chicken Burrito	10.4	480	120	13	5	0	55	1440	66	5	2	25
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

### TOSTADAS\*

Classic Tostada Salad	16.4	830	350	39	11	0	105	1480	79	6	6	40
Double Chicken Tostada Salad	20.1	990	410	46	13	0	185	1790	82	8	6	64

\*Dressing not included. See DRESSINGS for options.



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### STREET TACOS

	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)
Taco al Carbón	3.1	170	45	5	1.5	0	60	250	17	1	0	15
Chicken Avocado Taco	5.9	340	170	19	6	0	95	780	18	2	1	24

### STARTING AT \$5 FIRE-GRILLED COMBOS (Nutrition information for entrée only)

Shredded Chicken Quesadilla	7.6	500	220	24	13	1	95	1210	40	2	2	30
Original Pollo Bowl® – Chicken	18.1	580	90	10	2.5	0	105	2020	83	9	4	40
Chicken Tacos al Carbón (3)	9.4	510	130	15	4	0	175	760	50	4	1	46
Classic Chicken Burrito	10.4	480	120	13	5	0	55	1440	66	5	2	25

### NACHOS

Shredded Chicken Nachos	16.9	1060	560	63	20	0.5	110	1660	92	12	7	33
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### 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

\*Dressing not included. See DRESSINGS for options.

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## EL POLLO LOCO MENU

### DRESSINGS

	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	7	0	0	890	4	1	1	1

### SALSAS & MORE

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

### TORTILLAS

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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### 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 August 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.