



NUTRITION GUIDE

M4 2025

	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		
NEW																							
Chipotle Chicken Quesadilla		11.6	930	510	57	24	1.5	165	1730	54	4	2	51	X		X						X	
Salsa Verde Chicken Quesadilla		11.6	820	400	44	22	1	155	1580	54	4	2	51			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	740	23	6	1	11							X			
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	160	130	14	2.5	0	10	240	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	310	290	33	5	0	20	490	2	0	1	1	X		X							
Ranch Dressing (packet)		1.5	190	180	20	3	0	15	270	2	0	1	1	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							
Sour Cream		1.3	80	60	7	4.5	0	25	20	1	0	1	1			X							
TOSTADAS & SALADS																							
Classic Chicken Tostada*		17.4	830	350	39	11	0	105	1470	80	6	6	41			X				X		X	
Double Chicken Tostada*		21.1	1000	410	46	13	0	185	1780	82	8	6	65			X				X		X	
Double Chicken Avocado Salad (7g Net Carbs)*		13.3	350	110	12	3.5	0	160	810	13	5	5	51			X				X			
Citrus Avocado Fresca Salad*		13.7	350	110	12	4	0	165	830	11	5	5	52			X							
Mexican Cobb Fresca Salad*		13.4	500	220	24	8	0	195	1260	12	5	4	61			X				X			
BOWLS																							
Original Pollo Bowl®		18.1	580	90	10	2.5	0	105	2030	83	9	3	41							X			
Street Corn Chicken Pollo Bowl®		17.6	600	100	11	3.5	0	110	2070	84	8	3	42			X				X			
Shredded Chicken and Cheese Pollo Bowl®		17.8	590	120	14	7	0	70	2120	83	8	4	34			X				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	0.5	145	2270	90	11	6	49			X				X			
TACOS																							
Chicken Avocado Taco		6.4	330	170	19	6	0	95	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	1	2	14			X							
BURRITOS																							
Guacamole Chicken Burrito		16.0	920	420	47	15	1	205	1990	67	9	3	59	X		X				X		X	
Chipotle Guacamole Chicken Burrito		17.3	1020	460	51	16	1	210	2350	82	8	3	61	X		X				X		X	
Queso Guacamole Chicken Burrito		18.7	790	280	31	12	0.5	110	2450	90	9	6	40			X				X		X	
QUESADILLAS & NACHOS																							
Chipotle Chicken Quesadilla		11.6	930	510	57	24	1.5	165	1730	54	4	2	51	X		X						X	
Salsa Verde Chicken Quesadilla		11.6	820	400	44	22	1	155	1580	54	4	2	51			X						X	
Chicken Avocado Stuffed Quesadilla		13.3	960	520	58	25	1.5	190	1730	56	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										
Flour Tortillas (2)		2.0	170	45	5	2	0	0	430	27	1	0	4									X	
Corn Tortillas (2)		1.7	90	10	1	0	0	0	10	19	2	0	2										
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	
Chicken Tortilla Soup		13.7	240	80	9	2	0	75	1250	19	1	3	23			X				X			
Original BRC Burrito®		7.6	410	100	11	4.5	0	15	1020	63	4	1	13			X				X		X	
Cinnamon Churro (1)		1.3	150	80	9	2	0	0	270	15	0	4	1	X		X				X		X	
Cinnamon Churros (2)		2.5	300	160	18	4	0	0	530	31	0	8	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 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		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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