



NUTRITION GUIDE

M4 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																						
Queso Loaded Chicken Quesadilla		12.9	1040	580	64	29	1.5	185	1900	60	3	2	56	X	X					X		X
Street Corn Loaded Chicken Quesadilla		11.3	930	500	56	25	1.5	175	2440	55	3	3	53	X	X					X		X
BBQ Black Beans, Small		6.0	120	1	0	0	0	0	890	34	13	15	8							X		X
BBQ Black Beans, Large		16.1	330	2	0	0	0	0	2390	92	35	41	22							X		X
CoffeeChata		18.4	160	50	5	0	0	0	50	24	0	19	4		X					X		
CoffeeChata Cream		17.1	290	150	17	12	0	5	80	31	0	23	3		X					X		
Iced Coffee Cream		17.1	210	110	12	12	0	5	110	10	0	8	11		X					X		
Chicken Tender (1)		2.4	160	80	8	1.5	0	25	480	12	1	0	9							X		X
Spicy Chicken Tender (1)		2.5	170	80	8	1.5	0	25	630	14	1	2	9							X		X
PROTEIN-PACKED																						
Double Chicken Bowl		24.2	930	290	33	13	0.5	250	2670	87	11	5	74		X					X		
Mexican Caesar Salad*		13.4	420	160	17	4.5	0	165	1530	18	5	4	52		X							
Original Pollo Bowl®		18.2	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		17.9	660	120	14	4	0	175	2070	77	8	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***		17.9	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	30	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	120	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							
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								
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*		21.2	990	400	45	13	0	185	1740	82	8	6	65		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*		13.4	420	160	17	4.5	0	165	1530	18	5	4	52		X							
BOWLS																						
Original Pollo Bowl®		18.2	580	90	10	2.5	0	105	2030	83	9	3	41							X		
Double Chicken Bowl		24.2	930	290	33	13	0.5	250	2670	87	11	5	74		X					X		
Grande Avocado Chicken Bowl		22.2	790	240	26	11	0	145	2270	90	11	6	49		X					X		
Queso Crunch Double Chicken Burrito Bowl		25.8	1080	390	43	17	0.5	265	3180	96	12	5	78		X					X		X
Street Corn Double Chicken Burrito Bowl		25.8	1080	420	46	14	0.5	255	3230	95	12	6	75	X	X					X		
TACOS																						
Taco al Carbón		3.2	170	40	5	1.5	0	60	250	17	2	0	15							X		
Chicken Avocado Taco		6.3	330	170	19	6	0	90	780	17	2	2	24	X	X					X		X
Shredded Chicken Crunchy Taco		4.2	210	80	8	3.5	0	45	420	22	3	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		17.3	1010	450	50	16	1	210	2340	81	8	3	60	X	X					X		X
Queso Guacamole Chicken Burrito		18.7	780	270	30	11	0.5	110	2440	88	9	6	40		X					X		X
QUESADILLAS & NACHOS																						
Chipotle Chicken Quesadilla		11.6	930	510	57	24	1.5	165	1720	53	4	2	51	X	X							X
Salsa Verde Chicken Quesadilla		11.6	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
Shredded Chicken Nachos		17.8	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	400	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	40	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)		1.3	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®		18.2	580	90	10	2.5	0	105	2030	83	9	3	41							X		
Tacos al Carbón (3)		9.5	510	130	15	4	0	175	760	50	5	1	46							X		
Classic Chicken 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									
Cheese Quesadilla		5.5	530	270	30	18	1	75	950	37	1	1	25		X							