

	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																							
Queso Crunch Double Chicken Burrito Bowl																							
Street Corn Double Chicken Burrito Bowl																							
FIRE-GRILLED CHICKEN																							
Chicken Leg																							
Chicken Thigh																							
Chicken Breast																							
Chicken Wing																							
SIDES (Small) & SAUCES																							
Pinto Beans																							
Charro Beans**																							
Rice																							
Mashed Potatoes with Gravy																							
Macaroni & Cheese																							
Loco Side Salad																							
Coleslaw																							
Corn																							
Broccoli																							
Creamy Cilantro Dressing																							
Ranch Dressing (packet)																							
Citrus Vinaigrette																							
Creamy Chipotle Sauce																							
Sour Cream																							
Guacamole (small)																							
Guacamole (regular)																							
Queso Blanco (small)																							
Queso Blanco (regular)																							
TOSTADAS & SALADS																							
Classic Chicken Tostada*																							
Double Chicken Tostada*																							
Double Chicken Avocado Salad (7g Net Carbs)*																							
Citrus Avocado Fresca Salad*																							
BOWLS																							
Original Pollo Bowl®																							
Double Chicken Bowl																							
Grande Avocado Chicken Bowl																							
TACOS																							
Chicken Avocado Taco																							
Taco al Carbón																							
Shredded Chicken Crunchy Taco																							
BURRITOS																							
Guacamole Chicken Burrito																							
Chipotle Guacamole Chicken Burrito																							
Queso Guacamole Chicken Burrito																							
QUESADILLAS & NACHOS																							
Chipotle Chicken Quesadilla																							
Salsa Verde Chicken Quesadilla																							
Shredded Chicken Nachos																							
SNACKS & SWEETS																							
Chips & Guacamole (small)																							
Chips & Guacamole (regular)																							
Chips & Queso Blanco (small)																							
Chips & Queso Blanco (regular)																							
Tortilla Chips (side)																							
Tortilla Chips (small)																							
Tortilla Chips (regular)																							
Corn Tortillas (2)																							
Flour Tortillas (2)																							
Chicken Tortilla Soup																							
Original BRC Burrito®																							
Cinammon Churro (1)																							
Cinnamon Churros (2)																							
Caramel Flan Cup																							
FIRE-GRILLED COMBOS (Entree Only)																							
Original Pollo Bowl®																							
Tacos al Carbón (3)																							
Chicken Classic Burrito																							
KIDS MEALS (Entrée Only)																							
Original BRC Burrito®																							
Chicken Legs (2)																							
SALSAS																							
Salsa Fresca																							
Avocado Salsa																							
Salsa Roja																							
Jalapeno Hot Sauce (packet)																							

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DRINKS (with ice)																							
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										
Coca-Cola® Zero Sugar	Regular	18.2	0	0	0	0	0	0	40	0	0	0	0										
	Large	27.8	0	0	0	0	0	0	60	0	0	0	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	160	0	0	0	0	0	60	47	0	47	0										
	Large	33.0	250	0	0	0	0	0	90	72	0	72	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										
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® 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										
Gold Peak® 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										
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			X					X		
	Large	34.4	260	90	10	0	0	0	55	44	0	34	0			X					X		
Minute Maid® Aguas Frescas Mango Lime	Regular	18.9	100	0	0	0	0	0	20	27	0	25	0										
	Large	29.5	150	0	0	0	0	0	30	42	0	40	0										
Minute Maid® Aguas Frescas Strawberry Hibiscus	Regular	18.9	90	0	0	0	0	0	20	23	0	23	0										
	Large	29.5	140	0	0	0	0	0	35	36	0	36	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	90	0	0	0	0	0	0	22	0	22	0										
	Large	33.2	130	0	0	0	0	0	5	34	0	34	0										
Coca-Cola® de Mexico****	Bottle	12.0	150	0	0	0	0	0	85	39	0	39	0										
Nestle® Pure Life® Bottled Water	Bottle	16.9	0	0	0	0	0	0	0	0	0	0	0										

*Dressing not included. See EXTRAS for options. *Dressing not included. See SIDES & SAUCES for options. **Texas Only. ***Texas and Louisiana Only. ****Limited Locations.

The nutritional information in this guide 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. **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.

The allergen information in this guide is based on the standard preparation of our recipes, and does not account for special orders, customizations, or variations from the hand-crafted nature of our food. Please keep in mind Soybean Oil is used for cooking and preparing menu items in our restaurants. Depending on the guest's level of sensitivity, this may or may not be a consideration. Some menu items may not be available in all restaurants. Also, certain limited time or test menu offerings may not be included. Variations may occur due to differences in suppliers and food preparation at the restaurant. El Pollo Loco does not claim that any of its foods are free from allergens, including gluten. There is a potential for cross-contamination as individual foods may come into contact with each other during preparation, which would not be reflected in this chart. Suppliers may also prepare ingredients in plants that process peanuts, tree nuts or other allergens, even if those allergens are not reflected on this chart. Customers with allergen sensitivities should consider the potential for cross contamination when dining with El Pollo Loco. For more information on food allergies, contact the Food Allergy Research & Education (FARE) on the web at <https://www.foodallergy.org>. For additional inquiries, please call 1-800-EPL-4YOU or 1-800-375-4968.

Visit www.elpolloloco.com for updates, changes and additional information.

©2025 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. This information is valid as of September 2025, unless stated otherwise.