

	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																						
Red Chile Cheesy Enchilada Double Chicken Bowl	28.9	1090	400	44	19	1	275	3560	94	13	8	81			X				X			
Green Chile Cheesy Enchilada Double Chicken Bowl	28.9	1100	400	45	19	1	275	3530	93	12	8	81			X				X			
Red & Green Chile Cheesy Enchilada Double Chicken Bowl	28.9	1090	400	44	19	1	275	3540	94	12	8	81			X				X			
Red Enchilada Sauce, Small	2.0	25	10	1	0	0	0	290	4	1	2	1										
Green Enchilada Sauce, Small	2.0	30	15	1.5	0	0	0	280	3	0	1	0										
Red Enchilada Sauce, Regular	4.0	50	20	2.5	0	0	0	580	7	2	3	1										
Green Enchilada Sauce, Regular	4.0	60	25	3	0	0	0	560	7	1	3	1										
Caramel AppleChata	14.4	200	35	4	0	0	0	60	36	0	32	4			X				X			
Caramel AppleChata Cream	13.1	330	140	15	12	0	5	85	43	0	37	3			X				X			
Pumpkin Pie Mini Churros (5)	1.6	140	70	8	2.5	0	0	115	17	0	4	1	X		X				X		X	
Red Chile Chicken Tamale (1)	4.0	230	130	14	2	0	35	650	18	2	1	9										
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			
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										
BBQ Black Beans	6.0	120	0	0	0	0	0	890	34	13	15	8							X		X	
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	
Gravy (side)	2.4	15	0	0	0	0	0	160	2	0	0	0	X		X				X		X	
Gravy (small)	5.0	25	5	0	0	0	0	340	5	0	1	1	X		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	
Shredded Chicken Nachos	17.0	940	470	52	16	1	110	1890	86	14	6	33			X				X		X	
SNACKS & SWEETS																						
Chips & Guacamole (small)	5.6	450	240	26	3	0	0	480	51	9	2	6										
Chips & Guacamole (regular)	11.2	900	470	53	6	0	0	960	101	19	3	12										
Chips & Queso Blanco (small)	5.6	500	270	30	9	0	40	740	47	5	2	11			X				X		X	
Chips & Queso Blanco (regular)	11.2	1010	550	61	19	1	85	1490	94	10	3	23			X				X		X	
Tortilla Chips (side)	1.2	170	70	8	0.5	0	0	105	22	2	0	2										
Tortilla Chips (small)	2.4	340	150	17	1.5	0	0	210	43	5	1	5										
Tortilla Chips (regular)	4.8	680	300	33	2.5	0	0	410	87	9	1	9										
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	
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																		