



NUTRITION GUIDE

www.elpolloco.com

LIMITED TIME OFFERS

HOLIDAY FAVORITES

	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)
Crispy Tamale & Chicken Tinga Bowl	19.1	720	290	32	10	0	90	1700	76	13	3	29
Loaded Chicken Queso Tamale Bowl	20.6	750	260	29	11	0	140	2070	74	12	2	45
Double Tamale Avocado Bowl	23.5	900	370	42	15	0	100	2330	96	15	4	32
Chicken Tamale (1)	4.0	210	110	12	4.5	0	40	460	16	2	0	8
Chicken Pozole Verde (small)	10.9	140	45	5	1	0	55	1070	12	1	4	13
Chicken Pozole Verde (large)	23.4	310	100	11	2.5	0	115	2350	24	2	9	28
Mexican Hot Chocolate	12.2	240	80	9	8	0	15	240	35	2	30	5

TAPATÍO® FRIES

Small	4.1	230	110	12	2	0	0	1070	29	0	1	3
Large	8.2	460	210	24	3.5	0	0	2140	57	1	2	5

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

Chicken Nachos	13.3	850	450	50	15	0	120	1570	69	10	4	32
Original Pollo Bowl® – Chicken	18.1	530	60	7	1.5	0	70	1680	80	10	3	36
Chicken Tacos al Carbon (3)	9.4	440	120	13	3.5	0	115	770	51	4	1	31
Classic Burrito – Chicken	10.4	480	120	13	5	0	55	1350	66	5	2	22

*Dressing not included. See DRESSINGS for options. Shrimp items available in Houston and Lafayette area restaurants only.

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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	80	35	4	1	0	70	170	0	0	0	12
Chicken Wing	1.3	90	45	5	1.5	0	60	300	0	0	0	12
Chicken Thigh	3.1	210	130	15	4.5	0	180	320	0	0	0	21
Chicken Breast	4.3	220	80	9	2.5	0	140	620	0	0	0	36

SIDES (small)

Pinto Beans	6.0	150	20	2.5	0	0	0	310	24	8	0	7
Charro Beans (Texas restaurants only)	6.0	170	40	4	3.5	0	10	560	22	7	1	11
Rice	4.5	160	15	1.5	0	0	0	570	32	0	1	3
Mashed Potatoes	5.0	100	10	1	0.5	0	0	350	20	2	1	2
Gravy	1.0	5	0	0	0	0	0	70	1	0	0	0
Macaroni & Cheese	6.0	310	170	19	10	0	25	870	24	1	4	9
Loco Side Salad	4.2	170	130	15	3	0	10	200	8	2	2	3
Black Beans	6.0	140	10	1	0	0	0	250	24	11	2	8
Coleslaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1
Cut Corn (with red peppers)	5.0	120	25	2.5	0.5	0	0	210	21	3	9	4
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2



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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 w/o chip pieces (small)	10.2	130	40	4.5	1.5	0	55	820	9	1	2	14
Chicken Tortilla Soup w/o chip pieces (large)	22.4	280	80	9	3	0	125	1800	19	1	5	30
Chicken Tortilla Soup w/ chip pieces (small)	13.7	240	90	10	2.5	0	75	1070	20	1	3	18
Chicken Tortilla Soup w/ chip pieces (large)	23.4	430	160	18	4.5	0	125	1820	36	3	6	32
Guacamole (side)	3.4	130	100	11	1.5	0	0	290	8	5	1	2
Queso (side)	3.2	160	130	14	8	0	40	590	3	0	1	7
Tortilla Chips (side)	1.3	200	100	11	2	0	0	160	22	2	1	2
Chips & Guac (small)	5.9	510	300	33	5	0	0	590	49	9	3	6
Chips & Guac (regular)	11.8	1010	600	66	10	0	0	1180	98	18	5	12
Chips & Queso (small)	5.7	540	320	36	12	0	40	890	45	4	3	11
Chips & Queso (regular)	11.4	1090	650	72	24	0.5	80	1780	90	8	5	22

UNDER 500 CALORIES

Double Avocado Salad – Chicken*	14.6	370	130	14	5	0	160	900	14	6	6	48
Double Avocado Salad – Shrimp*	13.6	380	240	27	6	0	150	930	16	6	6	19
Avocado Tortilla Wrap – Chicken	11.4	460	150	16	6	0	90	1040	46	5	4	33
Avocado Tortilla Wrap – Shrimp	11.3	490	220	24	7	0	95	1130	47	5	4	20
Black Bean Bowl – Chicken	18.7	460	100	11	2.5	0	75	1180	57	19	6	37
Black Bean Bowl – Shrimp	18.6	490	170	19	3	0	80	1270	58	19	6	24

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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® – Chicken	18.1	530	60	7	1.5	0	70	1680	80	10	3	36
Original Pollo Bowl® – Shrimp	18.1	560	130	15	2	0	80	1770	81	10	3	23
Double Bowl – Chicken	25.3	890	270	30	12	0	200	2210	86	13	5	66
Double Bowl – Shrimp	24.4	900	380	43	13	0	185	2250	88	13	5	38
Grande Avocado Bowl – Chicken	22.6	780	240	26	10	0	115	1930	89	14	6	45
Grande Avocado Bowl – Shrimp	22.6	800	310	34	10	0	120	2020	90	14	6	32

BURRITOS

California Queso Burrito – Chicken	19.4	930	380	42	14	0.5	140	2700	93	9	4	40
California Queso Burrito – Shrimp	18.5	920	410	46	13	1	135	2510	94	9	4	28
Chicken Tinga Burrito	17.7	750	250	28	10	0.5	100	2150	90	9	6	35
Avocado Burrito – Chicken	18.0	880	430	47	15	0	155	1960	73	10	4	45
Avocado Burrito – Shrimp	17.0	860	460	51	14	0.5	145	1760	72	10	4	31
Chipotle Avocado Burrito – Chicken	18.9	890	360	40	15	0	160	2270	88	9	4	46
Chipotle Avocado Burrito – Shrimp	18.0	860	390	43	14	0.5	150	2080	87	9	4	32
Classic Burrito – Chicken	10.4	480	120	13	5	0	55	1350	66	5	2	22
Classic Burrito – Shrimp	10.3	530	180	21	6	0	95	1420	63	4	1	22
BRC Burrito	7.6	410	100	11	5	0	15	1000	61	4	1	14
Chickenless Pollo Burrito	18.6	770	340	37	12	0	30	1940	87	17	8	28
Chickenless Pollo Burrito – Vegan	16.6	580	170	18	5	0	0	1690	84	17	7	24

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TOSTADAS*

	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)
Classic Tostada Salad – Chicken	16.3	820	370	41	11	0	100	1390	74	6	4	39
Classic Tostada Salad – Shrimp	16.3	850	440	49	12	0	110	1480	75	6	4	26
Classic Tostada Salad w/o shell – Chicken	13.7	390	100	12	6	0	100	1100	39	4	4	32
Classic Tostada Salad w/o shell – Shrimp	13.7	420	180	20	6	0	105	1180	40	4	4	19
Double Tostada Salad – Chicken	20.6	990	440	49	12	0	170	1730	77	9	5	61
Double Tostada Salad – Shrimp	19.6	1000	550	62	13	0.5	160	1760	79	9	5	33
Double Tostada Salad w/o shell – Chicken	18.0	560	180	20	7	0	170	1430	43	7	4	54
Double Tostada Salad w/o shell – Shrimp	17.0	570	290	32	8	0	160	1470	45	7	4	26

STREET TACOS

Taco al Carbón – Chicken	3.1	140	40	4	1	0	35	250	17	1	1	10
Taco al Carbón – Shrimp	3.0	150	50	6	1	0	40	220	17	1	0	6
Avocado Taco – Chicken	6.2	290	150	17	5	0	65	740	17	3	2	17
Avocado Taco – Shrimp	5.6	270	160	18	4.5	0	55	620	17	3	2	11
Chickenless Pollo Taco	6.0	200	70	8	3	0	10	770	22	5	3	11
Chickenless Pollo Taco – Vegan	5.5	150	40	4.5	1	0	0	690	20	5	3	9
World's First Keto Taco™ (5g Net Carbs) – Chicken	6.0	250	160	17	5	0	70	680	14	9	1	18
World's First Keto Taco™ (5g Net Carbs) – Shrimp	5.3	240	160	18	4.5	0	60	560	14	9	1	12

KIDS' COMBOS (Nutrition information for entrée only)

BRC Burrito	7.6	410	100	11	5	0	15	1000	61	4	1	14
Chicken Legs (2)	3.1	170	70	8	2.5	0	145	340	0	0	0	25
Mac & Cheese Chicken Taco	4.6	260	110	12	5	0	45	810	23	1	1	14

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EL POLLO LOCO MENU

DESSERT

	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)
Cinnamon Churro (1)	1.3	140	80	9	1.5	0	0	200	14	0	3	1
Cinnamon Churros (2)	2.5	280	150	17	3	0	0	410	29	1	6	2

DRESSINGS

Creamy Cilantro Dressing	3.0	320	320	35	6	0	30	420	2	0	1	1
Citrus Vinaigrette	1.3	60	30	3.5	0.5	0	0	180	8	0	8	0
Ranch Dressing (packet)	1.5	200	190	22	3.5	0	10	320	2	0	1	0

SALSAS & MORE

House Salsa (Mild)	1.5	10	0	0	0	0	0	150	2	1	1	0
Pico de Gallo (Medium)	1.5	10	0	0	0	0	0	140	2	1	1	0
Avocado Salsa (Hot)	1.5	25	15	2	0	0	0	170	2	1	0	0
Salsa Roja (Fiery)	1.5	10	0	0	0	0	0	260	2	0	1	0
Sour Cream	1.3	80	60	6	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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BEVERAGES

		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	13.4	170	0	0	0	0	0	5	47	0	47	0
	Large	21.4	270	0	0	0	0	0	10	75	0	75	0
Coca-Cola®	Regular	13.4	160	0	0	0	0	0	0	45	0	45	0
	Large	21.4	260	0	0	0	0	0	5	71	0	71	0
Diet Coke®	Regular	13.4	0	0	0	0	0	0	15	0	0	0	0
	Large	21.4	0	0	0	0	0	0	25	0	0	0	0
Dr Pepper®	Regular	13.4	170	0	0	0	0	0	40	43	0	41	0
	Large	21.4	270	0	0	0	0	0	65	68	0	65	0
Diet Dr Pepper®*	Regular	13.4	0	0	0	0	0	0	85	0	0	0	0
	Large	21.4	0	0	0	0	0	0	135	0	0	0	0
Barq's Root Beer®	Regular	13.4	180	0	0	0	0	0	40	50	0	50	0
	Large	21.4	290	0	0	0	0	0	60	79	0	79	0
Fanta® Orange	Regular	13.4	180	0	0	0	0	0	0	47	0	43	0
	Large	21.4	280	0	0	0	0	0	0	76	0	75	0
FUZE® Sweetened Raspberry Iced Tea	Regular	13.4	100	0	0	0	0	0	15	27	0	27	0
	Large	21.4	160	0	0	0	0	0	20	43	0	43	0
Gold Peak® Fresh-Brewed Mango Passion Fruit Tea	Regular	10.0	0	0	0	0	0	0	0	0	0	0	0
	Large	16.0	0	0	0	0	0	0	0	0	0	0	0
Gold Peak® Fresh-Brewed Unsweetened Iced Tea	Regular	10.0	0	0	0	0	0	0	0	0	0	0	0
	Large	16.0	0	0	0	0	0	0	0	0	0	0	0

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Beverages, 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)
Hi-C® Flashin' Fruit Punch®	Regular	13.4	170	0	0	0	0	0	15	46	0	46	0
	Large	21.4	270	0	0	0	0	0	25	73	0	73	0
Horchata	Regular	10.5	160	50	6	0	0	0	25	27	0	21	0
	Large	16.6	250	80	9	0	0	0	40	42	0	33	0
Minute Maid® Lemonade	Regular	13.4	160	0	0	0	0	0	70	41	0	41	0
	Large	21.4	260	0	0	0	0	0	110	65	0	65	0
Minute Maid® Strawberry Lemonade	Regular	13.4	160	0	0	0	0	0	15	43	0	43	0
	Large	21.4	260	0	0	0	0	0	20	68	0	68	0
Sprite®	Regular	13.4	160	0	0	0	0	0	35	43	0	41	0
	Large	21.4	260	0	0	0	0	0	60	69	0	69	0
VitaminWater® XXX	Regular	13.4	80	0	0	0	0	0	0	11	0	11	0
	Large	21.4	120	0	0	0	0	0	5	30	0	30	0
Nestle® Pure Life® Water	Bottle	16.9	0	0	0	0	0	0	5	0	0	0	0

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 November 2020, unless stated otherwise. For nutritional updates, changes and additional information, visit www.elpolloloco.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.