



NUTRITION GUIDE

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LIMITED TIME OFFERS

HOLIDAY FAVORITES (Nutrition information for entrée only)

	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)
Double Tamale Avocado Bowl	23.5	890	360	40	15	0	100	2580	98	13	5	34
Tamale and 2pc Leg & Thigh Bowl	21.7	920	370	41	15	0	245	2660	79	10	3	57
Tamale and 2pc Breast & Wing Bowl	22.6	890	300	33	13	0	235	2830	77	10	3	69
Tamale and Taco Bowl	20.2	780	240	27	11	0	120	2100	93	11	4	41
Pozole Verde (small)	13.9	190	50	6	1.5	0	75	1420	14	1	5	21
Pozole Verde (large)	23.7	320	90	10	2.5	0	125	2400	24	3	9	36
Mexican Hot Chocolate	12.2	240	80	9	8	0	15	240	35	2	30	5
Chicken Tamale (1)	4.0	210	110	12	4.5	0	40	460	16	2	0	8

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

Chicken Nachos	13.1	820	420	47	14	0	115	1270	69	9	5	31
Original Pollo Bowl® – Chicken	18.1	520	40	4.5	1.0	0	70	1850	83	8	4	37
Chicken Tacos al Carbon (3)	9.4	430	110	12	3.5	0	110	760	50	4	2	29
Classic Burrito – Chicken	10.4	510	120	14	5	0	90	1390	64	4	2	30

LOCO LUNCH BOXES (Nutrition information for entrée only)

Chicken Guacamole Burrito	14.2	690	290	32	13	0.5	110	1630	70	8	4	32
Avocado Chicken Tacos (2)	11.9	580	300	33	11	0	130	1530	39	4	4	31
Cheesy Chicken Quesadilla w/Guacamole Side	11.3	790	390	42	22	1	150	1740	54	4	3	43



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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	140	5	0.5	0	0	0	460	25	6	1	9
Charro Beans (Texas restaurants only)	6.0	190	50	6	1.5	0	10	640	23	6	1	11
Rice	4.5	160	15	1.5	0	0	0	570	33	0	1	3
Rice & Bean Cup	4.6	130	10	1	0	0	0	470	26	3	1	5
Mashed Potatoes with Gravy	6.0	100	10	1.5	0.5	0	0	450	20	2	1	3
Macaroni & Cheese	6.0	310	170	19	10	0	25	870	24	0	4	9
Loco Side Salad	4.2	170	130	15	3	0	10	200	8	2	2	3
Black Beans	6.0	150	5	0.5	0	0	0	350	27	7	0	9
Coleslaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1
Corn	5.0	160	50	5	1	0	0	420	24	6	12	4
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2
Cilantro Lime Cauliflower Rice	4.0	45	20	2.5	0	0	0	470	5	2	2	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 (small)	13.7	250	80	9	2.5	0	100	1100	19	1	3	24
Chicken Tortilla Soup (large)	23.4	450	150	17	4	0	170	1890	34	3	6	42
Guacamole (side)	3.4	110	90	10	1.5	0	0	300	8	5	1	2
Queso (side)	3.2	160	120	14	8	0	40	540	3	0	1	7
Tortilla Chips (side)	1.3	200	100	11	2	0	0	30	22	2	1	2
Chips & Guac (small)	5.9	490	280	32	5	0	0	350	49	9	3	6
Chips & Guac (regular)	11.8	990	570	63	10	0	0	700	98	17	5	12
Chips & Queso (small)	5.7	540	320	36	12	0	40	590	45	4	2	11
Chips & Queso (regular)	11.4	1080	640	71	23	0.5	85	1180	90	8	5	22

POLLO FIT MENU

Double Protein Avocado Pollo Fit Bowl (9g Net Carbs) – Chicken*	15.3	390	140	16	6	0	165	1200	15	6	5	51
Double Protein Avocado Pollo Fit Bowl (11g Net Carbs) – Shrimp*	14.3	400	260	29	7	0	155	1240	17	6	5	23
Double Avocado Salad (7g Net Carbs) – Chicken*	12.8	310	80	9	2.5	0	145	860	12	5	4	47
Double Avocado Salad (8g Net Carbs) – Shrimp*	11.8	320	190	22	3.5	0	135	900	14	5	4	19
Keto Burrito (11g Net Carbs)	11.6	430	230	26	6	0	125	1500	32	21	4	35
Double Avocado Burrito	14.1	590	190	21	6	0	0	1270	88	11	4	16



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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	520	40	4.5	1	0	70	1850	83	8	4	37
Original Pollo Bowl® – Shrimp	18.1	550	110	13	2	0	80	1940	84	8	4	24
Double Bowl – Chicken	24.8	850	230	26	12	0.5	195	2380	87	11	6	67
Double Bowl – Shrimp	23.8	860	340	39	13	0.5	180	2410	89	11	6	39
Grande Avocado Bowl – Chicken	22.1	730	190	21	9	0	110	2070	90	11	7	46
Grande Avocado Bowl – Shrimp	22.0	760	260	29	10	0.5	115	2180	91	12	7	33

BURRITOS

Queso Blanco Burrito – Chicken	17.6	790	290	32	13	0	140	2380	84	4	4	41
Queso Blanco Burrito – Shrimp	16.7	770	320	36	13	0.5	135	2200	84	7	3	29
Chicken Tinga Burrito	17.7	760	250	27	10	0.5	130	2250	89	8	6	42
Avocado Burrito – Chicken	17.4	830	390	43	14	0.5	145	2010	70	9	5	43
Avocado Burrito – Shrimp	16.5	810	420	47	13	1	140	1830	70	9	5	31
Chipotle Avocado Burrito – Chicken	18.3	850	330	37	15	0.5	150	2330	85	8	5	44
Chipotle Avocado Burrito – Shrimp	17.5	840	370	41	14	1	145	2150	86	8	4	32
Classic Burrito – Chicken	10.4	510	120	14	5	0	90	1390	64	4	2	30
Classic Burrito – Shrimp	10.3	530	180	20	6	0	90	1410	64	4	1	22
BRC Burrito	7.6	410	100	11	4.5	0	15	990	63	4	1	13
Keto Burrito (11g Net Carbs)	11.6	430	230	26	6	0	125	1500	32	21	4	35
Double Avocado Burrito	14.1	590	190	21	6	0	0	1270	88	11	4	16

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

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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	16.4	830	370	41	11	0.5	100	1450	75	6	5	39
Classic Tostada Salad – Shrimp	16.3	850	440	49	12	0.5	105	1530	76	6	5	27
Double Tostada Salad – Chicken	20.1	970	420	47	12	0.5	170	1780	77	8	5	61
Double Tostada Salad – Shrimp	19.1	980	540	60	13	1	160	1820	79	8	5	33

STREET TACOS

Taco al Carbón – Chicken	3.1	140	35	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	5.9	290	150	17	5	0	65	770	19	2	2	15
Avocado Taco – Shrimp	5.3	270	160	17	5	0	55	650	19	2	2	9

KIDS' COMBOS (Nutrition information for entrée only)

Original BRC Burrito	7.6	410	100	11	4.5	0	15	990	63	4	1	13
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	770	23	1	2	13

DESSERT

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

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DRESSINGS

	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)
Creamy Cilantro Dressing (small)	1.3	140	140	15	2.5	0	10	180	1	0	0	1
Creamy Cilantro Dressing (large)	3.0	320	310	35	6	0	30	420	2	0	1	1
Mexican Vinaigrette	1.3	170	170	19	1.5	0	0	390	2	0	1	0

SALSAS & MORE

House Salsa (Mild)	1.3	5	0	0	0	0	0	135	2	0	1	0
Pico de Gallo (Medium)	1.3	10	0	0	0	0	0	125	2	0	1	0
Avocado Salsa (Hot)	1.3	20	10	1.5	0	0	0	150	1	1	0	0
Salsa Roja (Fiery)	1.3	10	0	0	0	0	0	240	2	0	1	0
Sour Cream	1.3	80	60	7	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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DRINKS													
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

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DRINKS, 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)
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
Gold Peak® Fresh-Brewed Sweetened Iced Tea*	Regular	10.0	130	0	0	0	0	0	25	31	0	31	0
	Large	16.0	200	0	0	0	0	0	40	50	0	50	0
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

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