



NUTRITION GUIDE

www.elpolloco.com

LIMITED TIME OFFERS

PORK CARNITAS

	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	
Pork Carnitas Taco (1)	5.1	260	140	16	2.5	0	30	540	16	3	1	14										X
Pork Carnitas Tacos (2)	10.2	520	280	31	5	0	55	1080	32	5	3	28										X
Pork Carnitas Stuffed Quesadilla	13.6	1010	590	65	25	1	130	1720	56	5	2	48			X							X
Pork Carnitas Wet Burrito	19.1	1000	520	58	21	1	120	2470	71	5	5	45			X							X

PORK CARNITAS DIGITAL OLO EXCLUSIVE

Pork Carnitas Tostada Salad*	17.6	1010	530	59	14	0	80	1630	80	6	6	36			X					X		X
Pork Carnitas Nachos	18.2	1290	760	84	23	0.5	125	1700	91	11	6	41			X					X		X

EL POLLO LOCO MENU

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	25	3	1	0	55	150	0	0	0	10										

*Dressing not included. See EXTRAS for options. **Texas Only. ***Texas and Lafayette Only.

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EL POLLO LOCO MENU

SIDES (Small)

	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	
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	640	23	6	1	11										
Rice	4.5	160	15	1.5	0	0	0	600	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	170	130	14	2.5	0	10	230	8	2	2	3	X		X							
Coleslaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1	X									
Corn	5.0	160	50	5	1	0	0	420	24	6	12	4								X		
Broccoli	3.0	30	5	0	0	0	0	30	6	2	1	2										

TOSTADAS

Classic Tostada Salad*	16.4	830	350	39	11	0	105	1480	79	6	6	40			X					X		X
Double Chicken Tostada Salad*	20.1	990	410	46	13	0	185	1790	82	8	6	64			X					X		X

\$5 POLLO BOWLS

Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	2020	83	9	4	40								X		
Shredded Chicken and Cheese Pollo Bowl®	17.8	590	120	14	7	0	70	2070	84	8	4	34			X					X		
Street Corn Chicken Pollo Bowl®	17.6	600	100	11	3.5	0	110	2030	84	9	4	42			X					X		

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FIRE-GRILLED COMBOS (Entree Only)

Shredded Chicken Quesadilla

Original Pollo Bowl®

Tacos al Carbón (3)

Chicken Classic Burrito

NACHOS

Shredded Chicken Nachos

BURRITOS

Chicken Avocado Burrito

Chipotle Chicken Avocado Burrito

Queso Blanco Burrito

Chicken Tinga Burrito

Classic Chicken Burrito

Original BRC Burrito®

Keto Burrito (9g Net Carbs)

	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	
Shredded Chicken Quesadilla	7.6	500	220	24	13	1	95	1210	40	2	2	30			X					X	X	
Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	2020	83	9	4	40								X		
Tacos al Carbón (3)	9.4	510	130	15	4	0	175	760	50	5	1	46								X		
Chicken Classic Burrito	10.4	480	120	13	5	0	55	1440	66	5	2	25			X					X		X
Shredded Chicken Nachos	16.9	1060	570	63	20	0.5	110	1670	92	12	7	33			X					X		X
Chicken Avocado Burrito	17.4	920	420	46	15	1	205	1990	69	9	5	60	X		X					X		X
Chipotle Chicken Avocado Burrito	18.3	940	360	40	16	1	210	2240	84	8	4	61			X					X		X
Queso Blanco Burrito	17.6	870	310	35	13	0.5	200	2380	83	7	3	58			X					X		X
Chicken Tinga Burrito	17.7	780	270	30	11	0.5	110	2250	87	8	6	42			X					X		X
Classic Chicken Burrito	10.4	480	120	13	5	0	55	1440	66	5	2	25			X					X		X
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1000	63	4	1	13			X					X		X
Keto Burrito (9g Net Carbs)	11.6	510	260	29	7	0	185	1500	30	21	2	52	X		X					X		X

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QUESADILLAS

Shredded Chicken Quesadilla

Cheese Quesadilla

STREET TACOS

Chicken Avocado Street Taco

Taco al Carbón

BOWLS

Original Pollo Bowl®

Double Chicken Bowl

Grande Avocado Chicken Bowl

POLLO FIT™ MENU

Double Chicken Avocado Salad (7g Net Carbs)*

Keto Burrito (9g Net Carbs)

Chicken Tortilla Soup (small)

Chicken Tortilla Soup (large)

	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
Shredded Chicken Quesadilla	7.6	500	220	24	13	1	95	1210	40	2	2	30			X					X	X
Cheese Quesadilla	4.5	420	200	22	12	1	50	780	37	1	0	19			X					X	X
Chicken Avocado Street Taco	6.4	340	170	19	6	0	95	830	18	2	2	24	X		X					X	X
Taco al Carbón	3.1	170	45	5	1.5	0	60	250	17	2	0	15								X	
Original Pollo Bowl®	18.1	580	90	10	2.5	0	105	2020	83	9	4	40								X	
Double Chicken Bowl	24.1	930	290	33	13	0.5	250	2660	87	11	5	74			X					X	
Grande Avocado Chicken Bowl	22.1	790	240	27	11	0.5	145	2260	90	12	7	49			X					X	
Double Chicken Avocado Salad (7g Net Carbs)*	13.3	350	110	12	3.5	0	160	840	12	5	6	51			X					X	
Keto Burrito (9g Net Carbs)	11.6	510	260	29	7	0	185	1500	30	21	2	52	X		X					X	X
Chicken Tortilla Soup (small)	13.7	250	80	9	2.5	0	75	1180	19	1	3	22			X					X	
Chicken Tortilla Soup (large)	23.4	440	150	17	4.5	0	130	2020	35	2	5	39			X					X	

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EL POLLO LOCO MENU

STARTERS

Chicken Tortilla Soup (small)

Chicken Tortilla Soup (large)

Chips & Guacamole (small)

Chips & Guacamole (regular)

Chips & Queso Blanco (small)**

Chips & Queso Blanco (regular)**

DESSERTS

Cinnamon Churro (1)

Cinnamon Churros (2)

KIDS MEALS (Entree Only)

Original BRC Burrito®

Chicken Legs (2)

	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	
Chicken Tortilla Soup (small)	13.7	250	80	9	2.5	0	75	1180	19	1	3	22			X				X			
Chicken Tortilla Soup (large)	23.4	440	150	17	4.5	0	130	2020	35	2	5	39			X				X			
Chips & Guacamole (small)	5.9	500	290	32	5	0	0	370	49	9	3	6										
Chips & Guacamole (regular)	11.8	1000	580	65	10	0	0	750	99	17	5	12										
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
Cinnamon Churro (1)	1.3	150	80	9	2	0	0	270	15	0	4	1	X		X				X			X
Cinnamon Churros (2)	2.5	300	160	18	4	0	0	530	31	0	8	3	X		X				X			X
Original BRC Burrito®	7.6	410	100	11	4.5	0	15	1000	63	4	1	13			X				X			X
Chicken Legs (2)	3.1	220	130	15	4.5	0	130	760	0	0	0	22										

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EXTRAS

Creamy Cilantro Dressing

Ranch Dressing (packet)

Tortilla Chips (side)

Tortilla Chips (small)

Tortilla Chips (regular)

6" Flour Tortillas (2)

6" Corn Tortillas (2)

Guacamole

Sour Cream

Queso Blanco**

SALSAS

House Salsa

Pico de Gallo Salsa

Avocado Salsa

Salsa Roja

Jalapeno Hot Sauce (packet)

	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	
Creamy Cilantro Dressing	3.0	310	290	33	5	0	20	490	2	0	1	1	X	X								
Ranch Dressing (packet)	1.5	190	180	20	3	0	15	270	2	0	1	1	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	390	44	7	0	0	110	83	7	3	8										
6" Flour Tortillas (2)	2.2	190	50	5	2	0	0	470	30	1	0	4										X
6" Corn Tortillas (2)	1.8	100	10	1	0	0	0	10	20	3	0	2										
Guacamole	3.4	120	90	10	1.5	0	0	320	8	5	1	2										
Sour Cream	1.3	80	60	7	4.5	0	25	20	1	0	1	1			X							
Queso Blanco**	3.2	160	120	14	8	0	40	540	3	0	1	7			X				X			X
House Salsa	1.3	5	0	0	0	0	0	135	2	0	1	0										
Pico de Gallo Salsa	1.3	10	0	0	0	0	0	125	2	0	1	0										
Avocado Salsa	1.3	20	15	1.5	0	0	0	150	1	1	0	0										
Salsa Roja	1.3	15	5	0	0	0	0	190	2	0	1	0										
Jalapeno Hot Sauce (packet)	0.3	5	0	0	0	0	0	110	1	0	0	0										

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DRINKS (without refill)

		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	
Cherry Coke®	Regular	21.1	180	0	0	0	0	0	0	49	0	49	0										
	Large	32.6	280	0	0	0	0	0	5	76	0	76	0										
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										
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	190	0	0	0	0	0	0	58	0	58	0										
	Large	33.0	290	0	0	0	0	0	5	88	0	88	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										
Barq's Root Beer®	Regular	21.8	200	0	0	0	0	0	45	54	0	54	0										
	Large	33.6	310	0	0	0	0	0	70	83	0	83	0										
Fanta® Orange	Regular	21.5	160	0	0	0	0	0	10	45	0	44	0										
	Large	33.3	250	0	0	0	0	0	15	70	0	68	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										

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		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	
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® 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	50	0	0	0	0	0	0	13	0	0	0										
	Large	33.2	80	0	0	0	0	0	5	20	0	0	0										
Nestle® Pure Life® Bottled Water	Bottle	16.9	0	0	0	0	0	0	0	0	0	0	0										

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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. 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.

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