



Nutrition Guide

www.elpolloloco.com

Limited Time Offers

\$5 CRAVEABLE COMBOS (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)
Handmade Chicken Taquitos (3)	9.7	500	220	24	4.5	0	70	580	53	6	2	20
Loco Burrito	11.8	630	290	33	11	0	115	1540	51	5	2	34
Grilled Chicken Loco Salad	8.9	320	170	19	4	0	85	640	14	3	4	25
Chicken Tacos al Carbon (3)	9.5	480	150	17	4	0	115	770	51	4	1	31

OVERSTUFFED CHICKEN QUESADILLAS

Double Queso	16.8	1180	660	73	31	1	205	2460	78	7	3	5
BBQ Bacon Avocado	13.0	960	490	54	26	0.5	185	2160	69	5	15	52

FAMILY CHOICE DINNER (Nutrition information for salad choice only)

Bacon Avocado Family Salad (w/o dressing)	15.0	420	270	30	17	0	65	930	20	9	8	22
Avocado Mango Family Salad (w/o dressing)	14.0	310	9	22	7	0	30	290	23	9	11	11

*Dressing not included. See DRESSINGS for options.

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El Pollo Loco Menu

FLAME-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
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
Cole Slaw	4.0	130	90	10	1.5	0	5	210	9	2	7	1
Cut Corn (with red peppers)	5.0	160	45	5	0.5	0	0	420	23	6	12	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 tortilla strips (small)	10.2	130	40	4.5	1.5	0	55	770	9	2	2	14
Chicken Tortilla Soup w/o tortilla strips (large)	22.4	280	90	10	3	0	125	1690	20	4	5	30
Chicken Tortilla Soup w/ tortilla strips (small)	10.7	210	80	9	2	0	55	780	17	3	3	15
Chicken Tortilla Soup w/ tortilla strips (large)	23.4	440	170	19	4.5	0	125	1710	36	6	6	32
Guacamole (side)	3.4	130	100	11	1.5	0	0	290	8	5	1	2
Guacamole (individual)	6.8	250	200	23	3.5	0	0	580	15	11	2	3
Queso (Small) (Texas restaurants only)	3.2	160	130	14	8	0	40	590	3	0	1	7
Tortilla Chips (small)	1.3	200	100	11	2	0	0	150	22	2	1	2
Chips & Queso (small) (Texas restaurants only)	4.5	360	230	25	10	0	40	740	25	2	2	9
Chips & Queso (large) (Texas restaurants only)	11.4	1090	650	72	24	0.5	80	1770	90	8	5	22
Chips & Guac (individual)	11.8	1010	580	65	10	0	0	1170	101	18	3	11
Chips & Guac (family)	18.6	1260	790	87	13	0	0	1750	116	29	5	15

SALADS*

Classic Chicken Salad	10.2	240	70	8	2	0	75	560	18	4	6	26
Mexican Cobb Salad	14.3	520	240	26	11	0	105	900	36	10	6	37

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UNDER 500 CALORIES

Double Chicken Avocado Salad*	14.6	370	130	14	5	0	160	900	14	6	6	48
Chicken Avocado Tortilla Wrap	11.9	480	170	19	7	0	90	1140	46	9	4	34
Chicken Black Bean Bowl	18.7	460	100	11	2.5	0	75	1180	57	19	6	37

TOSTADAS*

Classic Chicken Tostada Salad	17.3	830	370	41	11	0	100	1390	75	7	5	39
Classic Chicken Tostada Salad w/o shell	14.7	400	100	12	6	0	100	1100	40	5	5	32
Double Chicken Tostada Salad	21.6	1000	440	49	12	0	170	1730	79	9	6	61
Double Chicken Tostada Salad w/o shell	19.0	570	180	19	7	0	170	1430	44	8	5	54

BOWLS

Original Pollo Bowl®	18.1	530	60	7	1.5	0	70	1680	80	10	3	36
Double Chicken Bowl	25.3	890	270	30	12	0	200	2210	86	13	5	66
Grande Chicken Avocado Bowl	22.6	780	240	26	10	0	115	1930	89	14	6	45
Mexican Caesar Bowl	10.7	440	180	20	4	0	85	990	37	2	3	27

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El Pollo Loco Menu

BURRITOS

	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 Avocado Burrito	18.0	890	430	48	14	0.5	155	1990	71	10	5	46
Chipotle Chicken Avocado Burrito	18.9	890	360	40	15	0.5	160	2310	86	9	4	47
Chicken Fajita Burrito	17.1	850	330	37	14	0.5	160	2330	83	7	5	46
Ranchero Chicken Burrito	17.3	860	360	40	13	0.5	145	1880	83	7	4	43
Classic Chicken Burrito	10.4	500	130	15	6	0	70	1250	64	5	1	26
BRC Burrito	7.6	410	100	11	5	0	15	1000	61	4	1	14

STUFFED QUESADILLAS

Chicken Avocado Quesadilla	13.9	940	530	59	23	0.5	175	1820	60	6	3	48
Chicken Fajita Guacamole Quesadilla	16.1	970	530	59	23	0.5	165	2330	67	8	5	49

TACOS

Chicken Taco al Carbón	3.2	160	50	6	1.5	0	40	260	17	1	0	10
Crunchy Chicken Taco	4.6	230	100	11	4	0	55	380	19	2	1	14

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
Mini Pollo Bowl	9.6	310	35	4	1	0	40	950	47	5	1	19
Cheese Quesadilla	4.5	430	210	23	12	0	60	850	38	1	0	20



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DESSERT

Cinnamon Churros (2)

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)
2.5	320	200	22	5	0	0	400	30	1	7	3

DRESSINGS

Creamy Cilantro Dressing

3.0	320	320	35	6	0	30	420	2	0	1	1
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Lite Creamy Cilantro Dressing (packet)

1.5	60	45	5	1	0	20	320	3	0	1	1
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Ranch Dressing (packet)

1.5	220	220	24	4	0	10	420	2	0	2	1
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Citrus Vinaigrette (packet)

1.5	70	35	4	0.5	0	0	210	9	0	7	0
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SALSAS & MORE

House Salsa (Mild)

1.5	10	0	0	0	0	0	150	2	1	1	0
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Pico de Gallo (Medium)

1.5	10	0	0	0	0	0	140	2	1	1	0
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Avocado Salsa (Hot)

1.5	25	15	2	0	0	0	170	2	1	0	0
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Salsa Roja (Fiery)

1.5	10	0	0	0	0	0	260	2	0	1	0
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Sour Cream

1.3	80	60	6	4.5	0	25	20	1	0	1	1
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Jalapeño Hot Sauce (packet)

0.3	5	0	0	0	0	0	110	1	0	0	0
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TORTILLAS

6" Flour Tortillas (2)

2.2	190	50	6	2	0	0	540	29	1	0	5
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6" Corn Tortillas (2)

1.8	110	10	1	0	0	0	20	24	3	1	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®	Small	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®	Small	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
Coke Zero®	Small	13.4	0	0	0	0	0	0	5	0	0	0	0
	Large	21.4	0	0	0	0	0	0	10	0	0	0	0
Diet Coke®	Small	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®	Small	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
Fanta® Orange	Small	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	Small	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	Small	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	Small	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®	Small	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	Small	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	Small	13.4	160	0	0	0	0	0	70	42	0	42	0
	Large	21.4	260	0	0	0	0	0	110	67	0	67	0
Sprite®	Small	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	Small	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
VitaminWater Zero	Small	13.4	3	0	0	0	0	0	0	0	0	0	0
	Large	21.4	5	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 September 2018, unless stated otherwise. For nutritional updates, changes and additional information, visit www.elpolloco.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.