## LIMITED TIME OFFERS

### QUESO FRESCO TOSTADAS

<table>
<thead>
<tr>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Avocado</td>
<td>19.2</td>
<td>940</td>
<td>450</td>
<td>50</td>
<td>14</td>
<td>0</td>
<td>105</td>
<td>82</td>
<td>10</td>
<td>5</td>
<td>42</td>
</tr>
<tr>
<td>Street Corn</td>
<td>22.0</td>
<td>1060</td>
<td>480</td>
<td>54</td>
<td>14</td>
<td>0</td>
<td>105</td>
<td>2030</td>
<td>98</td>
<td>14</td>
<td>13</td>
</tr>
</tbody>
</table>
# El Pollo Loco Menu

## Fire-Grilled Chicken

<table>
<thead>
<tr>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Leg</td>
<td>1.6</td>
<td>80</td>
<td>35</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>70</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Chicken Wing</td>
<td>1.3</td>
<td>90</td>
<td>45</td>
<td>5</td>
<td>1.5</td>
<td>0</td>
<td>60</td>
<td>300</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Chicken Thigh</td>
<td>3.1</td>
<td>210</td>
<td>130</td>
<td>15</td>
<td>4.5</td>
<td>0</td>
<td>180</td>
<td>320</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Chicken Breast</td>
<td>4.3</td>
<td>220</td>
<td>80</td>
<td>9</td>
<td>2.5</td>
<td>0</td>
<td>140</td>
<td>620</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

## Sides (small)

<table>
<thead>
<tr>
<th></th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinto Beans</td>
<td>6.0</td>
<td>150</td>
<td>20</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>310</td>
<td>24</td>
<td>8</td>
<td>0</td>
<td>7</td>
</tr>
<tr>
<td>Charro Beans (Texas restaurants only)</td>
<td>6.0</td>
<td>170</td>
<td>40</td>
<td>4</td>
<td>3.5</td>
<td>0</td>
<td>10</td>
<td>560</td>
<td>22</td>
<td>7</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>Rice</td>
<td>4.5</td>
<td>160</td>
<td>15</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>570</td>
<td>32</td>
<td>0</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>5.0</td>
<td>100</td>
<td>10</td>
<td>1</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>350</td>
<td>20</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Gravy</td>
<td>1.0</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>70</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>6.0</td>
<td>310</td>
<td>170</td>
<td>19</td>
<td>10</td>
<td>0</td>
<td>25</td>
<td>870</td>
<td>24</td>
<td>1</td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>Loco Side Salad</td>
<td>4.2</td>
<td>170</td>
<td>130</td>
<td>15</td>
<td>3</td>
<td>0</td>
<td>10</td>
<td>200</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Black Beans</td>
<td>6.0</td>
<td>140</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>250</td>
<td>24</td>
<td>11</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>Cole Slaw</td>
<td>4.0</td>
<td>130</td>
<td>90</td>
<td>10</td>
<td>1.5</td>
<td>0</td>
<td>5</td>
<td>210</td>
<td>9</td>
<td>2</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>Cut Corn (with red peppers)</td>
<td>5.0</td>
<td>160</td>
<td>45</td>
<td>5</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>420</td>
<td>23</td>
<td>6</td>
<td>12</td>
<td>4</td>
</tr>
<tr>
<td>Broccoli</td>
<td>3.0</td>
<td>30</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>30</td>
<td>6</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
## EL POLLO LOCO MENU

<table>
<thead>
<tr>
<th>STARTERS</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handmade Chicken Taquito (1)</td>
<td>2.3</td>
<td>120</td>
<td>30</td>
<td>3.5</td>
<td>0.5</td>
<td>0</td>
<td>20</td>
<td>95</td>
<td>17</td>
<td>1</td>
<td>0</td>
<td>6</td>
</tr>
<tr>
<td>Handmade Chicken Taquitos (3)</td>
<td>9.7</td>
<td>510</td>
<td>220</td>
<td>24</td>
<td>4.5</td>
<td>0</td>
<td>70</td>
<td>590</td>
<td>54</td>
<td>6</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>w/guacamole, creamy cilantro and pico</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Tortilla Soup w/o tortilla strips (small)</td>
<td>10.2</td>
<td>130</td>
<td>40</td>
<td>4.5</td>
<td>1.5</td>
<td>0</td>
<td>55</td>
<td>770</td>
<td>9</td>
<td>2</td>
<td>2</td>
<td>14</td>
</tr>
<tr>
<td>Chicken Tortilla Soup w/o tortilla strips (large)</td>
<td>22.4</td>
<td>280</td>
<td>90</td>
<td>10</td>
<td>3</td>
<td>0</td>
<td>125</td>
<td>1690</td>
<td>20</td>
<td>4</td>
<td>5</td>
<td>30</td>
</tr>
<tr>
<td>Chicken Tortilla Soup w/ tortilla strips (small)</td>
<td>10.7</td>
<td>210</td>
<td>80</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>55</td>
<td>780</td>
<td>17</td>
<td>3</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>Chicken Tortilla Soup w/ tortilla strips (large)</td>
<td>23.4</td>
<td>440</td>
<td>170</td>
<td>19</td>
<td>4.5</td>
<td>0</td>
<td>125</td>
<td>1710</td>
<td>36</td>
<td>6</td>
<td>6</td>
<td>32</td>
</tr>
<tr>
<td>Guacamole (side)</td>
<td>3.4</td>
<td>130</td>
<td>100</td>
<td>11</td>
<td>1.5</td>
<td>0</td>
<td>0</td>
<td>290</td>
<td>8</td>
<td>5</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Queso (side) (Texas restaurants only)</td>
<td>3.2</td>
<td>160</td>
<td>130</td>
<td>14</td>
<td>8</td>
<td>0</td>
<td>40</td>
<td>590</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Tortilla Chips (side)</td>
<td>1.3</td>
<td>200</td>
<td>100</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>160</td>
<td>22</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Chips &amp; Guac (small)</td>
<td>5.9</td>
<td>510</td>
<td>300</td>
<td>33</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>590</td>
<td>49</td>
<td>9</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Chips &amp; Guac (regular)</td>
<td>11.8</td>
<td>1010</td>
<td>600</td>
<td>66</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>1180</td>
<td>98</td>
<td>18</td>
<td>5</td>
<td>12</td>
</tr>
<tr>
<td>Chips &amp; Queso (small) (Texas restaurants only)</td>
<td>5.7</td>
<td>540</td>
<td>320</td>
<td>36</td>
<td>12</td>
<td>0</td>
<td>40</td>
<td>890</td>
<td>45</td>
<td>4</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>Chips &amp; Queso (regular) (Texas restaurants only)</td>
<td>11.4</td>
<td>1090</td>
<td>650</td>
<td>72</td>
<td>24</td>
<td>0.5</td>
<td>80</td>
<td>1780</td>
<td>90</td>
<td>8</td>
<td>5</td>
<td>22</td>
</tr>
</tbody>
</table>

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

©2019 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. Shrimp menu items available in Houston and Lafayette area restaurants only. March 2019
# El Pollo Loco Menu

## Under 500 Calories

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Avocado Salad – Chicken*</td>
<td>14.6</td>
<td>370</td>
<td>130</td>
<td>14</td>
<td>5</td>
<td>0</td>
<td>160</td>
<td>900</td>
<td>14</td>
<td>6</td>
<td>6</td>
<td>48</td>
</tr>
<tr>
<td>Double Avocado Salad – Shrimp*</td>
<td>13.6</td>
<td>380</td>
<td>240</td>
<td>27</td>
<td>6</td>
<td>0</td>
<td>150</td>
<td>930</td>
<td>16</td>
<td>6</td>
<td>6</td>
<td>19</td>
</tr>
<tr>
<td>Avocado Tortilla Wrap – Chicken</td>
<td>11.9</td>
<td>480</td>
<td>170</td>
<td>19</td>
<td>7</td>
<td>0</td>
<td>90</td>
<td>1140</td>
<td>46</td>
<td>9</td>
<td>4</td>
<td>34</td>
</tr>
<tr>
<td>Avocado Tortilla Wrap – Shrimp</td>
<td>11.8</td>
<td>500</td>
<td>240</td>
<td>27</td>
<td>7</td>
<td>0</td>
<td>95</td>
<td>1230</td>
<td>47</td>
<td>9</td>
<td>4</td>
<td>22</td>
</tr>
<tr>
<td>Black Bean Bowl – Chicken</td>
<td>18.7</td>
<td>460</td>
<td>100</td>
<td>11</td>
<td>2.5</td>
<td>0</td>
<td>75</td>
<td>1180</td>
<td>57</td>
<td>19</td>
<td>6</td>
<td>37</td>
</tr>
<tr>
<td>Black Bean Bowl – Shrimp</td>
<td>18.6</td>
<td>490</td>
<td>170</td>
<td>19</td>
<td>3</td>
<td>0</td>
<td>80</td>
<td>1270</td>
<td>58</td>
<td>19</td>
<td>6</td>
<td>24</td>
</tr>
</tbody>
</table>

## Tostadas*

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classic Tostada Salad – Chicken</td>
<td>17.3</td>
<td>830</td>
<td>370</td>
<td>41</td>
<td>11</td>
<td>0</td>
<td>100</td>
<td>1390</td>
<td>75</td>
<td>7</td>
<td>5</td>
<td>39</td>
</tr>
<tr>
<td>Classic Tostada Salad – Shrimp</td>
<td>17.3</td>
<td>860</td>
<td>440</td>
<td>49</td>
<td>12</td>
<td>0</td>
<td>110</td>
<td>1480</td>
<td>76</td>
<td>7</td>
<td>5</td>
<td>27</td>
</tr>
<tr>
<td>Classic Tostada Salad w/o shell – Chicken</td>
<td>14.7</td>
<td>400</td>
<td>100</td>
<td>12</td>
<td>6</td>
<td>0</td>
<td>100</td>
<td>1100</td>
<td>40</td>
<td>5</td>
<td>5</td>
<td>32</td>
</tr>
<tr>
<td>Classic Tostada Salad w/o shell – Shrimp</td>
<td>14.7</td>
<td>430</td>
<td>170</td>
<td>20</td>
<td>6</td>
<td>0</td>
<td>105</td>
<td>1190</td>
<td>42</td>
<td>5</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>Double Tostada Salad – Chicken</td>
<td>21.6</td>
<td>1000</td>
<td>440</td>
<td>49</td>
<td>12</td>
<td>0</td>
<td>170</td>
<td>1730</td>
<td>79</td>
<td>9</td>
<td>6</td>
<td>61</td>
</tr>
<tr>
<td>Double Tostada Salad – Shrimp</td>
<td>20.6</td>
<td>1010</td>
<td>550</td>
<td>62</td>
<td>13</td>
<td>0.5</td>
<td>160</td>
<td>1770</td>
<td>81</td>
<td>9</td>
<td>6</td>
<td>33</td>
</tr>
<tr>
<td>Double Tostada Salad w/o shell – Chicken</td>
<td>19.0</td>
<td>570</td>
<td>180</td>
<td>19</td>
<td>7</td>
<td>0</td>
<td>170</td>
<td>1430</td>
<td>44</td>
<td>8</td>
<td>5</td>
<td>54</td>
</tr>
<tr>
<td>Double Tostada Salad w/o shell – Shrimp</td>
<td>18.0</td>
<td>580</td>
<td>290</td>
<td>32</td>
<td>8</td>
<td>0</td>
<td>160</td>
<td>1470</td>
<td>46</td>
<td>8</td>
<td>5</td>
<td>26</td>
</tr>
</tbody>
</table>

## Bowls

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Pollo Bowl® – Chicken</td>
<td>18.1</td>
<td>530</td>
<td>60</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>70</td>
<td>1680</td>
<td>80</td>
<td>10</td>
<td>3</td>
<td>36</td>
</tr>
<tr>
<td>Original Pollo Bowl® – Shrimp</td>
<td>18.1</td>
<td>560</td>
<td>130</td>
<td>15</td>
<td>2</td>
<td>0</td>
<td>80</td>
<td>1770</td>
<td>81</td>
<td>10</td>
<td>3</td>
<td>23</td>
</tr>
<tr>
<td>Double Bowl – Chicken</td>
<td>25.3</td>
<td>890</td>
<td>270</td>
<td>30</td>
<td>12</td>
<td>0</td>
<td>200</td>
<td>2210</td>
<td>86</td>
<td>13</td>
<td>5</td>
<td>66</td>
</tr>
<tr>
<td>Double Bowl – Shrimp</td>
<td>24.4</td>
<td>900</td>
<td>380</td>
<td>43</td>
<td>13</td>
<td>0</td>
<td>185</td>
<td>2250</td>
<td>88</td>
<td>13</td>
<td>5</td>
<td>38</td>
</tr>
<tr>
<td>Grande Avocado Bowl – Chicken</td>
<td>22.6</td>
<td>780</td>
<td>240</td>
<td>26</td>
<td>10</td>
<td>0</td>
<td>115</td>
<td>1930</td>
<td>89</td>
<td>14</td>
<td>6</td>
<td>45</td>
</tr>
<tr>
<td>Grande Avocado Bowl – Shrimp</td>
<td>22.6</td>
<td>800</td>
<td>310</td>
<td>34</td>
<td>10</td>
<td>0</td>
<td>120</td>
<td>2020</td>
<td>90</td>
<td>14</td>
<td>6</td>
<td>32</td>
</tr>
</tbody>
</table>

* *Dressing not included. See DRESSINGS for options. Shrimp menu items available in Houston and Lafayette area restaurants only. ©2019 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. April 2019*
## EL POLLO LOCO MENU

### BURRITOS

<table>
<thead>
<tr>
<th>Burrito</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Burrito – Chicken</td>
<td>18.0</td>
<td>890</td>
<td>430</td>
<td>48</td>
<td>14</td>
<td>0.5</td>
<td>155</td>
<td>1990</td>
<td>71</td>
<td>10</td>
<td>5</td>
<td>46</td>
</tr>
<tr>
<td>Avocado Burrito – Shrimp</td>
<td>17.1</td>
<td>860</td>
<td>460</td>
<td>51</td>
<td>14</td>
<td>0.5</td>
<td>145</td>
<td>1790</td>
<td>70</td>
<td>10</td>
<td>5</td>
<td>32</td>
</tr>
<tr>
<td>Chipotle Avocado Burrito – Chicken</td>
<td>18.9</td>
<td>890</td>
<td>360</td>
<td>40</td>
<td>15</td>
<td>0.5</td>
<td>160</td>
<td>2310</td>
<td>86</td>
<td>9</td>
<td>4</td>
<td>47</td>
</tr>
<tr>
<td>Chipotle Avocado Burrito – Shrimp</td>
<td>18.0</td>
<td>870</td>
<td>390</td>
<td>44</td>
<td>14</td>
<td>0.5</td>
<td>150</td>
<td>2110</td>
<td>85</td>
<td>9</td>
<td>4</td>
<td>33</td>
</tr>
<tr>
<td>Classic Burrito – Chicken</td>
<td>10.4</td>
<td>500</td>
<td>130</td>
<td>15</td>
<td>6</td>
<td>0</td>
<td>70</td>
<td>1370</td>
<td>64</td>
<td>5</td>
<td>1</td>
<td>26</td>
</tr>
<tr>
<td>Classic Burrito – Shrimp (Houston/LAF only)</td>
<td>10.3</td>
<td>530</td>
<td>180</td>
<td>21</td>
<td>6</td>
<td>0</td>
<td>95</td>
<td>1420</td>
<td>63</td>
<td>4</td>
<td>1</td>
<td>22</td>
</tr>
<tr>
<td>Ranchero Burrito – Chicken</td>
<td>17.3</td>
<td>860</td>
<td>360</td>
<td>40</td>
<td>13</td>
<td>0.5</td>
<td>145</td>
<td>2090</td>
<td>83</td>
<td>7</td>
<td>4</td>
<td>43</td>
</tr>
<tr>
<td>Ranchero Burrito – Shrimp (Houston/LAF only)</td>
<td>15.9</td>
<td>860</td>
<td>410</td>
<td>46</td>
<td>13</td>
<td>0.5</td>
<td>145</td>
<td>1990</td>
<td>80</td>
<td>6</td>
<td>3</td>
<td>32</td>
</tr>
<tr>
<td>BRC Burrito</td>
<td>7.6</td>
<td>410</td>
<td>100</td>
<td>11</td>
<td>5</td>
<td>0</td>
<td>15</td>
<td>1000</td>
<td>61</td>
<td>4</td>
<td>1</td>
<td>14</td>
</tr>
</tbody>
</table>

### STUFFED QUESADILLAS

<table>
<thead>
<tr>
<th>Quesadilla</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado Quesadilla – Chicken</td>
<td>13.9</td>
<td>940</td>
<td>530</td>
<td>59</td>
<td>23</td>
<td>0.5</td>
<td>175</td>
<td>1820</td>
<td>60</td>
<td>6</td>
<td>3</td>
<td>48</td>
</tr>
<tr>
<td>Avocado Quesadilla – Shrimp</td>
<td>13.6</td>
<td>940</td>
<td>560</td>
<td>62</td>
<td>22</td>
<td>0.5</td>
<td>175</td>
<td>1740</td>
<td>59</td>
<td>6</td>
<td>3</td>
<td>39</td>
</tr>
</tbody>
</table>

### TACOS

<table>
<thead>
<tr>
<th>Taco</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taco al Carbón – Chicken</td>
<td>3.2</td>
<td>160</td>
<td>50</td>
<td>6</td>
<td>1.5</td>
<td>0</td>
<td>40</td>
<td>260</td>
<td>17</td>
<td>1</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>Taco al Carbón – Shrimp</td>
<td>5.4</td>
<td>270</td>
<td>150</td>
<td>17</td>
<td>3</td>
<td>0</td>
<td>55</td>
<td>670</td>
<td>19</td>
<td>2</td>
<td>2</td>
<td>9</td>
</tr>
</tbody>
</table>

Shrimp menu items available in Houston and Lafayette area restaurants only.

©2019 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. April 2019
## EL POLLO LOCO MENU

### KIDS’ COMBOS (Nutrition information for entrée only)

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRC Burrito</td>
<td>7.6</td>
<td>410</td>
<td>100</td>
<td>11</td>
<td>5</td>
<td>0</td>
<td>15</td>
<td>1000</td>
<td>61</td>
<td>4</td>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>Chicken Legs (2)</td>
<td>3.1</td>
<td>170</td>
<td>70</td>
<td>8</td>
<td>2.5</td>
<td>0</td>
<td>145</td>
<td>340</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
</tr>
<tr>
<td>Mini Pollo Bowl</td>
<td>9.6</td>
<td>310</td>
<td>35</td>
<td>4</td>
<td>1</td>
<td>0</td>
<td>40</td>
<td>950</td>
<td>47</td>
<td>5</td>
<td>1</td>
<td>19</td>
</tr>
</tbody>
</table>

### DESSERT

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Churros (2)</td>
<td>2.5</td>
<td>320</td>
<td>200</td>
<td>22</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>400</td>
<td>30</td>
<td>1</td>
<td>7</td>
<td>3</td>
</tr>
</tbody>
</table>

### DRESSINGS

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamy Cilantro Dressing</td>
<td>3.0</td>
<td>320</td>
<td>320</td>
<td>35</td>
<td>6</td>
<td>0</td>
<td>30</td>
<td>420</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Lite Creamy Cilantro Dressing (packet)</td>
<td>1.5</td>
<td>60</td>
<td>45</td>
<td>5</td>
<td>1</td>
<td>0</td>
<td>20</td>
<td>320</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Ranch Dressing (packet)</td>
<td>1.5</td>
<td>220</td>
<td>220</td>
<td>24</td>
<td>4</td>
<td>0</td>
<td>10</td>
<td>420</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Citrus Vinaigrette (packet)</td>
<td>1.5</td>
<td>70</td>
<td>35</td>
<td>4</td>
<td>0.5</td>
<td>0</td>
<td>0</td>
<td>210</td>
<td>9</td>
<td>0</td>
<td>7</td>
<td>0</td>
</tr>
</tbody>
</table>

### SALSA & MORE

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Salsa (Mild)</td>
<td>1.5</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>150</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Pico de Gallo (Medium)</td>
<td>1.5</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>140</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Avocado Salsa (Hot)</td>
<td>1.5</td>
<td>25</td>
<td>15</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>170</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Salsa Roja (Fiery)</td>
<td>1.5</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>260</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Sour Cream</td>
<td>1.3</td>
<td>80</td>
<td>60</td>
<td>6</td>
<td>4.5</td>
<td>0</td>
<td>25</td>
<td>20</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Jalapeño Hot Sauce (packet)</td>
<td>0.3</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>110</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

### TORTILLAS

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size (oz.)</th>
<th>Total Calories (cal.)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6&quot; Flour Tortillas (2)</td>
<td>2.2</td>
<td>190</td>
<td>50</td>
<td>6</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>540</td>
<td>29</td>
<td>1</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>6&quot; Corn Tortillas (2)</td>
<td>1.8</td>
<td>110</td>
<td>10</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>24</td>
<td>3</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
# EL POLLO LOCO MENU

## BEVERAGES

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherry Coke®</td>
<td>Small</td>
<td>13.4</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>47</td>
<td>0</td>
<td>47</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>270</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>75</td>
<td>0</td>
<td>75</td>
<td>0</td>
</tr>
<tr>
<td>Coca-Cola®</td>
<td>Small</td>
<td>13.4</td>
<td>160</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>71</td>
<td>0</td>
<td>71</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>260</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>71</td>
<td>0</td>
<td>71</td>
<td>0</td>
</tr>
<tr>
<td>Diet Coke®</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dr Pepper®</td>
<td>Small</td>
<td>13.4</td>
<td>170</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>43</td>
<td>0</td>
<td>41</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>270</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>65</td>
<td>68</td>
<td>0</td>
<td>65</td>
<td>0</td>
</tr>
<tr>
<td>Diet Dr Pepper®</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>85</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>135</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Barq’s Root Beer®</td>
<td>Small</td>
<td>13.4</td>
<td>180</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>40</td>
<td>50</td>
<td>0</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>290</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60</td>
<td>79</td>
<td>0</td>
<td>79</td>
<td>0</td>
</tr>
<tr>
<td>Fanta® Orange</td>
<td>Small</td>
<td>13.4</td>
<td>180</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>47</td>
<td>0</td>
<td>0</td>
<td>43</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>280</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>76</td>
<td>0</td>
<td>0</td>
<td>75</td>
<td>0</td>
</tr>
<tr>
<td>FUZE® Sweetened Raspberry Iced Tea</td>
<td>Small</td>
<td>13.4</td>
<td>100</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>27</td>
<td>0</td>
<td>27</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>160</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>43</td>
<td>0</td>
<td>43</td>
<td>0</td>
</tr>
<tr>
<td>Gold Peak® Fresh-Brewed Mango Passion Fruit Tea</td>
<td>Small</td>
<td>10.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>16.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Gold Peak® Fresh-Brewed Unsweetened Iced Tea</td>
<td>Small</td>
<td>10.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>16.0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
# EL POLLO LOCO MENU

## Beverages, Continued

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Serving Size</th>
<th>Calories (cal)</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbohydrates (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hi-C® Flashin’ Fruit Punch®</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>46</td>
<td>0</td>
<td>46</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>46</td>
<td>0</td>
<td>46</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Horchata</td>
<td>Small</td>
<td>10.5</td>
<td>50</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>73</td>
<td>0</td>
<td>73</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>16.6</td>
<td>80</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>25</td>
<td>27</td>
<td>0</td>
<td>21</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Minute Maid® Strawberry Lemonade</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>15</td>
<td>43</td>
<td>0</td>
<td>43</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>20</td>
<td>68</td>
<td>0</td>
<td>68</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sprite®</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>35</td>
<td>43</td>
<td>0</td>
<td>41</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>60</td>
<td>69</td>
<td>0</td>
<td>69</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>VitaminWater XXX</td>
<td>Small</td>
<td>13.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>21.4</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>5</td>
<td>30</td>
<td>0</td>
<td>30</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>