



VEGETARIAN OPTIONS

www.elpolloloco.com

El Pollo Loco strives to satisfy all guests and can prepare vegetarian meat-free options upon request to support individuals seeking to eliminate meat from their diet. Vegetarian defined as lacto-ovo (allows the consumption of dairy and eggs). Dairy ingredients are noted for individuals following lacto-vegetarian or vegan diets.

MENU ITEM	CURRENT INGREDIENT	SUBSTITUTE FOR	DAIRY INGREDIENTS
Taco al Carbon	Chicken	Avocado	Dairy Free
Grande Avocado Taco	Chicken	Avocado	Jack Cheese
Pollo Bowl	Chicken	Avocado	Dairy Free
Grande Avocado Bowl	Chicken	Avocado	Jack Cheese, Sour Cream
Mexican Caesar Bowl	Chicken	Avocado	Cotija Cheese, Creamy Cilantro Dressing
Ranchero Bowl	Shredded Chicken	Avocado	Jack Cheese
Ultimate Double Bowl	Chicken	Avocado	Jack Cheese, Sour Cream
Avocado Burrito	Chicken	Avocado	Jack Cheese
Classic Chicken Burrito	Shredded Chicken	Avocado	Jack Cheese
Poblano Avocado Burrito	Chicken	Avocado	Jack Cheese
Ranchero Burrito	Shredded Chicken	Avocado	Jack Cheese
Spicy Chipotle Burrito	Chicken	Avocado	Jack Cheese
BRC Burrito	Meat Free		Jack Cheese
Loco Side Salad	Meat Free		Cotija Cheese
Classic Salad	Chicken	Avocado	Cotija Cheese
Mexican Cobb Salad	Chicken, Bacon	Avocado, Omit Bacon	Jack Cheese
Tostada Salad	Chicken	Avocado	Jack Cheese, Sour Cream
Avocado Bacon Tostada Salad	Chicken, Bacon	Avocado, Omit Bacon	Dairy Free
Ultimate Double Tostada Salad	Chicken	Avocado	Jack Cheese
Under 500 Enchiladas	Chicken	Avocado	Jack Cheese
Under 500 Double Avocado Salad	Chicken	Avocado	Cotija Cheese, Sour Cream
Under 500 Whole Wheat Avocado Tortilla Wrap	Chicken	Avocado	Sour Cream
Under 500 Grilled Tostada	Chicken, Shrimp	Avocado	Jack Cheese
Under 500 Black Bean Bowl	Chicken	Avocado	Cotija Cheese
Cheese Quesadilla	Meat Free		Jack Cheese
Avocado Quesadilla	Chicken	Avocado	Jack Cheese
Tortilla Roll	Chicken	Avocado	Jack Cheese