



# NUTRITION GUIDE

www.elpolloloco.com

## LIMITED TIME OFFERS

### CHICKEN TAMALES

	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 Tamale and 2pc Leg & Thigh Bowl	21.7	930	390	43	15	0	310	2140	75	12	2	57
Chicken Tamale and 2pc Breast & Wing Bowl	22.7	940	340	38	14	0	260	2560	76	12	2	71
Chicken Tamale and Chopped Chicken Bowl	22.8	820	300	33	12	0	130	2210	82	15	3	46
Two Chicken Tamales Bowl	22.6	860	340	38	15	0	100	2330	95	14	3	32
Chicken Tamale (1)	4.0	210	110	12	4.5	0	40	460	16	2	0	8

### CHICKEN POZOLE

Chicken Pozole, Regular	10.9	140	45	5	1	0	55	1060	11	1	4	13
Chicken Pozole, Large	23.4	310	100	11	2.5	0	115	2340	23	3	8	28

### MEXICAN HOT CHOCOLATE

Mexican Hot Chocolate	12.2	240	80	9	8	0	15	240	35	2	30	5
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### \$5 FIRE-GRILLED COMBOS

Chicken Nachos	13.3	850	450	50	15	0	120	1570	69	10	4	32
Original Pollo Bowl® – Chicken	18.1	530	60	7	1.5	0	70	1680	80	10	3	36
Chicken Tacos al Carbon (3)	9.4	440	120	13	3.5	0	115	770	51	4	1	31
Classic Burrito – Chicken	10.4	500	130	15	6	0	70	1370	64	5	1	26

\*Dressing not included. See DRESSINGS for options.

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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	150	20	2.5	0	0	0	310	24	8	0	7
Charro Beans (Texas restaurants only)	6.0	170	40	4	3.5	0	10	560	22	7	1	11
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
Coleslaw	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
Queso (side)	3.2	160	130	14	8	0	40	590	3	0	1	7
Tortilla Chips (side)	1.3	200	100	11	2	0	0	160	22	2	1	2
Chips & Guac (small)	5.9	510	300	33	5	0	0	590	49	9	3	6
Chips & Guac (regular)	11.8	1010	600	66	10	0	0	1180	98	18	5	12
Chips & Queso (small)	5.7	540	320	36	12	0	40	890	45	4	3	11
Chips & Queso (regular)	11.4	1090	650	72	24	0.5	80	1780	90	8	5	22

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



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### UNDER 500 CALORIES

	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 Avocado Salad – Chicken*	14.6	370	130	14	5	0	160	900	14	6	6	48
Double Avocado Salad – Shrimp*	13.6	380	240	27	6	0	150	930	16	6	6	19
Avocado Tortilla Wrap – Chicken	11.9	480	170	19	7	0	90	1140	46	9	4	34
Avocado Tortilla Wrap – Shrimp	11.8	500	240	27	7	0	95	1230	47	9	4	22
Black Bean Bowl – Chicken	18.7	460	100	11	2.5	0	75	1180	57	19	6	37
Black Bean Bowl – Shrimp	18.6	490	170	19	3	0	80	1270	58	19	6	24

### TOSTADAS\*

Classic Tostada Salad – Chicken	17.3	830	370	41	11	0	100	1390	75	7	5	39
Classic Tostada Salad – Shrimp	17.3	860	440	49	12	0	110	1480	76	7	5	27
Classic Tostada Salad w/o shell – Chicken	14.7	400	100	12	6	0	100	1100	40	5	5	32
Classic Tostada Salad w/o shell – Shrimp	14.7	430	170	20	6	0	105	1190	42	5	5	20
Double Tostada Salad – Chicken	21.6	1000	440	49	12	0	170	1730	79	9	6	61
Double Tostada Salad – Shrimp	20.6	1010	550	62	13	0.5	160	1770	81	9	6	33
Double Tostada Salad w/o shell – Chicken	19.0	570	180	19	7	0	170	1430	44	8	5	54
Double Tostada Salad w/o shell – Shrimp	18.0	580	290	32	8	0	160	1470	46	8	5	26

### BOWLS

Original Pollo Bowl® – Chicken	18.1	530	60	7	1.5	0	70	1680	80	10	3	36
Original Pollo Bowl® – Shrimp	18.1	560	130	15	2	0	80	1770	81	10	3	23
Double Bowl – Chicken	25.3	890	270	30	12	0	200	2210	86	13	5	66
Double Bowl – Shrimp	24.4	900	380	43	13	0	185	2250	88	13	5	38
Grande Avocado Bowl – Chicken	22.6	780	240	26	10	0	115	1930	89	14	6	45
Grande Avocado Bowl – Shrimp	22.6	800	310	34	10	0	120	2020	90	14	6	32

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

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### 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)
Avocado Burrito – Chicken	18.0	890	430	48	14	0.5	155	1990	71	10	5	46
Avocado Burrito – Shrimp	17.1	860	460	51	14	0.5	145	1790	70	10	5	32
Chipotle Avocado Burrito – Chicken	18.9	890	360	40	15	0.5	160	2310	86	9	4	47
Chipotle Avocado Burrito – Shrimp	18.0	870	390	44	14	0.5	150	2110	85	9	4	33
Classic Burrito – Chicken	10.4	500	130	15	6	0	70	1370	64	5	1	26
Classic Burrito – Shrimp (Houston/LAF only)	10.3	530	180	21	6	0	95	1420	63	4	1	22
Ranchero Burrito – Chicken	17.3	860	360	40	13	0.5	145	2090	83	7	4	43
Ranchero Burrito – Shrimp (Houston/LAF only)	15.9	860	410	46	13	0.5	145	1990	80	6	3	32
BRC Burrito	7.6	410	100	11	5	0	15	1000	61	4	1	14

### STUFFED QUESADILLAS

Avocado Quesadilla – Chicken	13.9	940	530	59	23	0.5	175	1820	60	6	3	48
Avocado Quesadilla – Shrimp	13.6	940	560	62	22	0.5	175	1740	59	6	3	39

### TACOS

Taco al Carbón – Chicken	3.1	150	40	4.5	1	0	40	260	17	1	0	10
Taco al Carbón – Shrimp	3.0	150	50	6	1	0	40	220	17	1	0	6

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

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### KIDS' 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)
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
Mac & Cheese Chicken Taco	4.6	260	110	12	5	0	45	810	23	1	1	14

### DESSERT

Cinnamon Churros (2)	2.5	320	200	22	5	0	0	400	30	1	7	3
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### DRESSINGS

Creamy Cilantro Dressing	3.0	320	320	35	6	0	30	420	2	0	1	1
Lite Creamy Cilantro Dressing (packet)	1.5	60	45	5	1	0	20	320	3	0	1	1
Ranch Dressing (packet)	1.5	220	220	24	4	0	10	420	2	0	2	1
Citrus Vinaigrette (packet)	1.5	70	35	4	0.5	0	0	210	9	0	7	0

### SALSAS & MORE

House Salsa (Mild)	1.5	10	0	0	0	0	0	150	2	1	1	0
Pico de Gallo (Medium)	1.5	10	0	0	0	0	0	140	2	1	1	0
Avocado Salsa (Hot)	1.5	25	15	2	0	0	0	170	2	1	0	0
Salsa Roja (Fiery)	1.5	10	0	0	0	0	0	260	2	0	1	0
Sour Cream	1.3	80	60	6	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	6	2	0	0	540	29	1	0	5
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®	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
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



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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®	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® 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

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 November 2019, unless stated otherwise. For nutritional updates, changes and additional information, visit [www.elpolloco.com](http://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](http://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.