



Nutrition Guide

www.elpolloloco.com

Limited Time Offers

OVERSTUFFED QUESADILLAS

	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 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
Fajita Guacamole	16.1	970	530	59	23	0.5	165	2330	67	8	5	49

LOCO KICKIN' CHICKEN SAUCES

Chile Lime Sauce												
1-4 pc	3.5	360	290	33	2.5	0	0	1080	17	1	10	2
Chipotle BBQ												
1-4 pc	3.5	160	5	0	0	0	0	920	39	1	45	1
Tropical Habanero												
1-4 pc	3.5	170	5	1	0	0	0	470	39	0	46	0

FAMILY MEAL OFFER

\$20 Family Choice Dinner												
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.

©2018 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. July 2018



Nutrition Guide

www.elpolloloco.com

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



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

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 Salad – Chicken	10.2	240	70	8	2	0	75	560	18	4	6	26
Classic Salad – Shrimp	10.1	270	140	16	3	0	80	650	19	4	6	13
Mexican Cobb Salad – Chicken	14.3	520	240	26	11	0	105	900	36	10	6	37
Mexican Cobb Salad – Shrimp	14.2	540	310	34	11	0	110	990	37	10	6	24

*Dressing not included. See DRESSINGS for options.

Shrimp available in Texas and Lafayette, LA locations only.

©2018 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. July 2018



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

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	12.9	480	170	19	7	0	90	1240	47	9	5	35
Avocado Tortilla Wrap – Shrimp	12.8	510	240	27	7	0	95	1320	48	9	5	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

*Dressing not included. See DRESSINGS for options.

Shrimp available in Texas and Lafayette, LA locations only.

©2018 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. July 2018



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

BOWLS

	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)
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
Mexican Caesar Bowl – Chicken	10.7	440	180	20	4	0	85	990	37	2	3	27
Mexican Caesar Bowl – Shrimp	10.6	460	250	28	5	0	90	1070	38	2	3	14

BURRITOS

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
Fajita Burrito – Chicken	17.1	850	330	37	14	0.5	160	2330	83	7	5	46
Fajita Burrito – Shrimp	16.2	820	360	40	13	0.5	150	2140	82	7	5	32
Ranchero Burrito – Chicken	17.3	860	360	40	13	0.5	145	1880	83	7	4	43
Ranchero Burrito – Shrimp	15.9	860	410	46	13	0.5	145	1990	80	6	3	32
Classic Burrito – Chicken	10.4	500	130	15	6	0	70	1250	64	5	1	26
Classic Burrito – Shrimp	10.3	530	180	21	6	0	95	1420	63	4	1	22
BRC Burrito	7.6	410	100	11	5	0	15	1000	61	4	1	14

*Dressing not included. See DRESSINGS for options.

Shrimp available in Texas and Lafayette, LA locations only.

©2018 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. July 2018



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

STUFFED QUESADILLAS

	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 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
Fajita Guacamole Quesadilla – Chicken	16.1	970	530	59	23	0.5	165	2330	67	8	5	49
Fajita Guacamole Quesadilla – Shrimp	15.8	960	560	62	22	0.5	170	2240	66	8	5	40

TACOS

Taco al Carbón – Chicken	3.2	160	50	6	1.5	0	40	260	17	1	0	10
Taco al Carbón – Shrimp	3.0	160	70	7	1	0	40	220	17	1	0	6
Crunchy Chicken Taco	4.6	230	100	11	4	0	55	380	19	2	1	14
Grande Taco – Chicken	5.9	300	140	16	5	0	70	820	18	2	1	20
Grande Taco – Shrimp	5.7	290	160	18	5	0	70	770	18	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

Shrimp available in Texas and Lafayette, LA locations only.

©2018 El Pollo Loco, Inc. At participating restaurants. Menu items and associated nutritional values subject to change. July 2018



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

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
-----	-----	-----	----	---	---	----	-----	---	---	---	---

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
-----	-----	----	---	---	---	---	----	----	---	---	---



Nutrition Guide

www.elpolloloco.com

El Pollo Loco Menu

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



Nutrition Guide

www.elpolloco.com

El Pollo Loco Menu

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 July 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.