



TOSTADA & SALADS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Classic Tostada	830	80g	41g	39g
Double Chicken Tostada	1000	82g	65g	46g
Baja Shrimp Tostada	820	81g	28g	43g
Double Baja Shrimp Tostada	990	85g	40g	54g
Chicken and Baja Shrimp Tostada	990	84g	52g	50g
Double Chicken Avocado Salad	350	13g	51g	12g



FIRE-GRILLED CHICKEN

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Chicken Leg	110	0g	11g	7g
Chicken Thigh	200	2g	21g	12g
Chicken Breast	200	0g	34g	8g
Chicken Wing	70	0g	10g	3g



SIDES

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Pinto Beans (Small)	140	25g	9g	0.5g
Charro Beans (Small)	190	23g	11g	6g
Rice (Small)	160	33g	3g	1.5g
Mashed Potatoes with Gravy (S)	100	20g	3g	1.5g
Macaroni & Cheese (Small)	310	24g	9g	19g
Loco Side Salad	160	8g	3g	14g
Coleslaw	130	9g	1g	10g
Corn	140	27g	3g	4.5g
Broccoli	30	6g	2g	0g



BOWLS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Original Pollo Bowl®	580	83g	41g	10g
Street Corn Chicken Pollo Bowl®	600	84g	42g	11g
Shredded Chicken & Cheese Pollo Bowl®	590	83g	34g	14g
Double Chicken Bowl	940	87g	74g	33g
Grande Avocado Chicken Bowl	790	90g	49g	26g



TACOS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Chicken Avocado Taco	340	18g	24g	19g
Taco al Carbón	170	17g	15g	5g
Baja Shrimp Avocado Taco	320	20g	15g	20g
Shredded Chicken Crunchy Taco	210	22g	14g	8g



BURRITOS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Guacamole Chicken Burrito	920	67g	59g	47g
Chipotle Guacamole Chicken Burrito	1020	82g	61g	51g
Queso Guacamole Chicken Burrito	790	90g	40g	31g



LOCO FAVORITES

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Chicken Avocado Stuffed Quesadilla	960	56g	54g	58g
Shredded Chicken Nachos	1090	94g	34g	65g



SNACKS & ADD-ONS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Chips & Guacamole (Small)	490	49g	6g	32g
Chips & Guacamole (Regular)	980	98g	11g	63g
Chips & Queso Blanco (Small)	540	45g	11g	36g
Chips & Queso Blanco (Regular)	1080	90g	22g	71g
Chicken Tortilla Soup (Small)	240	19g	23g	9g
Original BRC Burrito®	410	63g	13g	11g
Cinnamon Churros (2)	300	31g	3g	18g



FIRE-GRILLED COMBOS (Entrée Only)

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Original Pollo Bowl®	580	83g	41g	10g
Tacos al Carbón (3)	510	50g	46g	15g
Chicken Classic Burrito	480	66g	25g	13g

KIDS MEALS (Entrée Only)

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Original BRC Burrito®	410	63g	13g	11g
Chicken Legs (2)	220	0g	22g	15g



EXTRAS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Queso Blanco	160	3g	7g	14g
Guacamole (Small)	110	7g	2g	10g
Guacamole (Regular)	220	15g	3g	19g
Sour Cream	80	1g	1g	7g



SALSAS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Salsa Fresca	5	2g	0g	0g
Avocado Salsa	20	1g	0g	1.5g
Salsa Roja	15	2g	0g	0g
Jalapeno Hot Sauce (packet)	5	1g	0g	0g



DRINKS

Menu Item	Calories	Carbs (g)	Protein (g)	Fat (g)
Coca-Cola® Regular (Regular)	180	48g	0g	0g
Coca-Cola® Regular (Large)	270	73g	0g	0g
Dr Pepper® (Regular)	160	47g	0g	0g
Dr Pepper® (Large)	250	72g	0g	0g
Sprite® (Regular)	160	41g	0g	0g
Sprite® (Large)	250	63g	0g	0g
Minute Maid® Lemonade (Regular)	170	44g	0g	0g
Minute Maid® Lemonade (Large)	270	68g	0g	0g
FUZE® Sweetened Raspberry Iced Tea (Regular)	110	29g	0g	0g
FUZE® Sweetened Raspberry Iced Tea (Large)	170	45g	0g	0g
Gold Peak® Unsweetened Iced Tea (Regular)	0	0g	0g	0g
Gold Peak® Unsweetened Iced Tea (Large)	0	0g	0g	0g
Gold Peak® Sweetened Iced Tea (Regular)	130	33g	0g	0g
Gold Peak® Sweetened Iced Tea (Large)	210	51g	0g	0g
Hi-C® Flashin' Fruit Punch (Regular)	170	45g	0g	0g
Hi-C® Flashin' Fruit Punch (Large)	250	69g	0g	0g
Horchata (Regular)	170	28g	0g	0g
Horchata (Large)	260	44g	0g	0g

Minute Maid® Aguas Frescas Mango Lime (Regul:	100	27g	0g	0g
Minute Maid® Aguas Frescas Mango Lime (Large	150	42g	0g	0g
Minute Maid® Aguas Frescas Strawberry Hibiscu	90	23g	0g	0g
Minute Maid® Aguas Frescas Strawberry Hibiscu	140	36g	0g	0g
Minute Maid® Strawberry Lemonade (Regular)	170	44g	0g	0g
Minute Maid® Strawberry Lemonade (Large)	260	67g	0g	0g
VitaminWater® XXX (Regular)	50	13g	0g	0g
VitaminWater® XXX (Large)	80	20g	0g	0g
Bottled Water	0	0g	0g	0g

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