



Pollo Regio attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test formulations or regional items have not been included. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Nutritional Facts data for entrees do not include calories from sides, add-ons, salsas or others. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. No products are certified as vegetarian; all products may contain trace amounts of ingredients derived from animals. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials.**Values based off of a 2,000 calorie diet, but calorie needs vary. Additional info available on request.

The allergen information displayed on this site is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and / or product production at the restaurant. Some Menu items may not be available at all restaurants. Limited time offers, test products, or regional items have not been included.

Nutritional Information													Allergens								
NUTRITIONAL GUIDE	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat
# 1 Grilled Chicken 4 PC	372	720	312	35	17	0	316	2115	5	1	2	98		No	No	No	No	No	No	No	No
# 1 Grilled Chicken 4 PC - BBQ	480	900	312	35	17	0	316	3285	53	1	41	98		No	No	No	No	No	Yes	No	No
# 1 Grilled Chicken 4 PC - Buffalo	468	750	312	35	17	0	316	4515	5	1	2	98		No	No	No	No	No	No	No	No
# 1 Grilled Chicken 4 PC - Carnitas Style	375	744	312	37	17	0	316	2115	5	1	2	98		No	No	No	No	No	No	No	No
# 2 Regio Platter Pastor	484	824	417	49	23	0	220	1478	22	7	8	75		No	No	No	No	No	No	No	No
# 2 Regio Platter Bistec	527	940	581	67	29	0	222	224	12	3	6	65		No	No	No	No	No	No	No	No
# 2 Regio Platter Barbacoa	556	1127	549	63	25	0	193	3205	81	11	9	65		No	No	No	No	No	No	No	No
# 2 Regio Platter Carne Asada	490	846	517	60	26	0	197	399	13	3	6	58		No	No	No	No	No	No	No	No
# 3 Loaded Potato Pastor	1014	1603	518	82	36	0	222	2119	142	15	12	86		No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Grilled Chicken	954	1380	324	61	26	0	198	1842	136	13	12	85		No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Bistec	1040	1672	616	93	39	0	223	1367	136	13	12	80		No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Barbacoa	1057	1785	597	91	37	0	206	3155	177	18	13	80		No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Carne Asada	1017	1616	578	89	37	0	209	1472	136	13	12	76		No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato No Meat	827	1159	274	55	22	0	90	1243	136	13	12	42		No	No	Yes	No	No	Yes	No	No
# 4 Chicken Flautas	422	1075	481	67	21	0	113	325	82	14	7	33		No	No	Yes	No	No	Yes	No	Yes
# 5 Regio Salad Grilled Chicken	432	658	336	48	16	0	123	1512	20	8	4	39		No	No	Yes	No	No	No	No	No
# 5 Regio Salad Crispy Chicken	533	866	388	55	15	0	114	2912	54	10	4	40		No	No	Yes	No	No	No	No	Yes
# 5 Regio Salad No meat(s)	363	506	268	41	13	0	54	1052	20	8	4	18		No	No	Yes	No	No	No	No	No
# 6 Tostada Siberia	407	769	331	48	17	0	101	438	64	11	5	14		No	No	Yes	No	No	No	No	No
# 7 Mexican Burger Double Patty	369	892	210	50	16	1	126	1230	61	3	7	45		Yes	No	Yes	No	No	Yes	No	Yes

Grilled Chicken 8 PC	744	1441	624	69	35	0	633	4229	10	2	5	195		No	No	No	No	No	No	No
Grilled Chicken 8 PC - BBQ	961	1801	624	69	35	0	633	6569	106	2	83	195		No	No	No	No	No	Yes	No
Grilled Chicken 8 PC - Buffalo	935	1501	624	69	35	0	633	9029	10	2	5	195		No	No	No	No	No	No	No
Grilled Chicken 8 PC - Carnitas Style	749	1487	624	75	35	0	633	4229	10	2	5	195		No	No	No	No	No	No	No
Grilled Chicken 12 PC	1116	2161	936	104	52	0	949	6344	15	3	7	293		No	No	No	No	No	No	No
Grilled Chicken 12 PC - BBQ	1441	2701	936	104	52	0	949	9854	159	3	124	293		No	No	No	No	No	Yes	No
Grilled Chicken 12 PC - Buffalo	1403	2251	936	104	52	0	949	13544	15	3	7	293		No	No	No	No	No	No	No
Grilled Chicken 12 PC - Carnitas Style	1124	2231	936	112	52	0	949	6344	15	3	7	293		No	No	No	No	No	No	No
Grilled Chicken 16 PC	1488	2882	1249	139	69	0	1266	8458	21	4	9	390		No	No	No	No	No	No	No
Grilled Chicken 16 PC - BBQ	1922	3602	1249	139	69	0	1266	13138	213	4	165	390		No	No	No	No	No	Yes	No
Grilled Chicken 16 PC - Buffalo	1871	3002	1249	139	69	0	1266	18058	21	4	9	390		No	No	No	No	No	No	No
Grilled Chicken 16 PC - Carnitas Style	1499	2975	1249	150	70	0	1266	8458	21	4	9	390		No	No	No	No	No	No	No
Loaded Nachos Pastor	945	1431	452	72	25	0	194	4140	128	27	18	66		No	No	Yes	No	No	Yes	No
Loaded Nachos Grilled Chicken	885	1208	259	50	15	0	169	3862	122	25	18	65		No	No	Yes	No	No	Yes	No
Loaded Nachos Bistec	970	1500	551	83	28	0	195	3388	122	25	18	61		No	No	Yes	No	No	Yes	No
Loaded Nachos Barbacoa	987	1613	532	80	26	0	177	5176	163	30	19	61		No	No	Yes	No	No	Yes	No
Loaded Nachos Carne Asada	948	1444	513	78	27	0	180	3493	122	25	18	56		No	No	Yes	No	No	Yes	No
Loaded Nachos No Meat	757	987	209	45	11	0	62	3264	122	25	18	23		No	No	Yes	No	No	Yes	No
Loaded Fries Pastor	997	1897	586	124	42	0	221	5336	130	11	14	66		No	No	Yes	No	No	Yes	No
Loaded Fries Grilled Chicken	937	1675	393	103	32	0	197	5058	124	9	13	65		No	No	Yes	No	No	Yes	No
Loaded Fries Bistec	1023	1967	685	135	45	0	222	4584	124	9	13	61		No	No	Yes	No	No	Yes	No
Loaded Fries Barbacoa	1040	2079	666	132	43	0	205	6372	165	14	14	61		No	No	Yes	No	No	Yes	No
Loaded Fries Carne Asada	1001	1911	647	131	44	0	208	4688	124	9	13	56		No	No	Yes	No	No	Yes	No
Loaded Fries No Meat	810	1454	343	97	28	0	89	4460	124	9	13	23		No	No	Yes	No	No	Yes	No
Chips and Guacamole	590	766	68	31	0	0	0	1921	117	27	11	10		No	No	No	No	No	No	No
3 Chicken Tender(s)	255	540	180	21	3	0	90	2790	51	3	0	33		No	No	No	No	No	No	Yes
4 Chicken Tender(s)	340	720	240	28	4	0	120	3720	68	4	0	44		No	No	No	No	No	No	Yes
5 Chicken Tender(s)	425	900	300	35	5	0	150	4650	85	5	0	55		No	No	No	No	No	No	Yes
Kid Quesadilla	108	320	57	16	9	0	40	620	29	1	0	17		No	No	Yes	No	No	No	Yes

Cajeta Churro(s)	98	338	0	17	3	0	15	460	38	1	14	6		Yes	No	Yes	No	No	Yes	No	Yes
Cream Churro(s)	97	298	0	0	3	0	10	460	32	1	7	5		Yes	No	Yes	No	No	Yes	No	Yes
Coca Cola 1/2 Lt	500	84	0	0	0	0	0	20	21	0	21	0		No	No	No	No	No	No	No	
Bottle Watter 20 Oz	591	0	0	0	0	0	0	0	0	0	0	0		No	No	No	No	No	No	No	
Horchata Agua Fresca Small	591	267	0	60	60	0	0	600	640	0	580	0		No	No	Yes	No	No	Yes	No	No
Pineapple Agua Fresca Small	591	267	0	0	0	0	0	200	820	0	800	0		No	No	No	No	No	No	No	
Jamaica Agua Fresca Small	591	217	0	0	0	0	0	100	680	0	660	0		No	No	No	No	No	No	No	
Horchata Agua Fresca Large	946	427	0	96	96	0	0	960	1024	0	928	0		No	No	Yes	No	No	Yes	No	No
Pineapple Agua Fresca Large	946	427	0	0	0	0	0	320	1312	0	1280	0		No	No	No	No	No	No	No	
Jamaica Agua Fresca Large	946	347	0	0	0	0	0	160	1088	0	1056	0		No	No	No	No	No	No	No	
Big Red Fountain Small	591	190	0	0	0	0	0	38	48	0	48	0		No	No	No	No	No	No	No	
Pepsi Zero Fountain Small	591	290	0	0	0	0	0	110	77	0	75	0		No	No	No	No	No	No	No	
Orange Crush Fountain Small	591	270	0	0	0	0	0	120	72	0	71	0		No	No	No	No	No	No	No	
Manzanita Sol Fountain Small	591	267	0	0	0	0	0	57	73	0	71	0		No	No	No	No	No	No	No	
Tropicana Fruit Punch Fountain Small	360	70	0	0	0	0	0	60	18	0	18	0		No	No	No	No	No	No	No	
Starry Fountain Small	591	240	0	0	0	0	0	55	65	0	65	0		No	No	No	No	No	No	No	
Diet Pepsi Fountain Small	591	0	0	0	0	0	0	60	0	0	0	0		No	No	No	No	No	No	No	
Pepsi Fountain Small	591	250	0	0	0	0	0	55	69	0	69	0		No	No	No	No	No	No	No	
Sweet Iced Tea Fountain Small	600	117	0	0	0	0	0	92	30	0	30	0		No	No	No	No	No	No	No	
Unsweet Iced Tea Fountain Small	600	0	0	0	0	0	0	83	0	0	0	0		No	No	No	No	No	No	No	
Dr Pepper Fountain Small	360	70	0	0	0	0	0	40	18	0	18	0		No	No	No	No	No	No	No	
Tropicana Lemonade Fountain Small	360	150	0	0	0	0	0	150	40	0	40	0		No	No	No	No	No	No	No	
Big Red Fountain Large	946	304	0	0	0	0	0	60	76	0	76	0		No	No	No	No	No	No	No	
Orange Crush Fountain Large	946	432	0	0	0	0	0	192	115	0	114	0		No	No	No	No	No	No	No	
Manzanita Sol Fountain Large	946	427	0	0	0	0	0	91	116	0	113	0		No	No	No	No	No	No	No	
Tropicana Fruit Punch Fountain Large	576	112	0	0	0	0	0	96	29	0	29	0		No	No	No	No	No	No	No	
Starry Fountain Fountain Large	946	384	0	0	0	0	0	88	104	0	104	0		No	No	No	No	No	No	No	

Diet Pepsi Fountain Large	946	0	0	0	0	0	0	96	0	0	0	0		No	No	No	No	No	No	No	
Pepsi Fountain Large	946	400	0	0	0	0	0	88	110	0	110	0		No	No	No	No	No	No	No	
Sweet Iced Tea Fountain Large	960	187	0	0	0	0	0	147	48	0	48	0		No	No	No	No	No	No	No	
Unsweet Iced Tea Fountain Large	960	0	0	0	0	0	0	133	0	0	0	0		No	No	No	No	No	No	No	
Tropicana Lemonade Fountain Large	576	240	0	0	0	0	0	240	64	0	64	0		No	No	No	No	No	No	No	
Pepsi Zero Fountain Fountain Large	946	464	0	0	0	0	0	176	123	0	120	0		No	No	No	No	No	No	No	
Dr Pepper Fountain Fountain Large	576	112	0	0	0	0	0	64	29	0	29	0		No	No	No	No	No	No	No	
Horchata Agua Fresca Party	3785	1707	0	384	384	0	0	3840	4096	0	3712	0		No	No	Yes	No	No	Yes	No	No
Pineapple Agua Fresca Party	3785	1707	0	0	0	0	0	1280	5248	0	5120	0		No	No	No	No	No	No	No	No
Jamaica Agua Fresca Party	3785	1387	0	0	0	0	0	640	4352	0	4224	0		No	No	No	No	No	No	No	No
Tropicana Fruit Punch Fountain Party	2304	448	0	0	0	0	0	384	115	0	115	0		No	No	No	No	No	No	No	No
Sweet Iced Tea Fountain Party	3840	747	0	0	0	0	0	587	192	0	192	0		No	No	No	No	No	No	No	No
Unsweet Iced Tea Fountain Party	3840	0	0	0	0	0	0	533	0	0	0	0		No	No	No	No	No	No	No	No
Tropicana Lemonade Fountain Party	2304	960	0	0	0	0	0	960	256	0	256	0		No	No	No	No	No	No	No	No
Rice Medium	150	224	65	8	1	0	0	1179	35	1	0	3		No	No	No	No	No	Yes	No	No
Rice Large	300	447	129	15	1	0	0	2359	70	2	0	6		No	No	No	No	No	Yes	No	No
Rice Jumbo	1803	2684	776	91	6	0	0	14153	423	11	0	39		No	No	No	No	No	Yes	No	No
Charro Beans Medium	240	206	85	9	1	0	8	557	19	10	1	11		No	No	No	No	No	No	No	No
Charro Beans Large	480	412	171	19	3	0	15	1114	38	20	3	22		No	No	No	No	No	No	No	No
Charro Beans Jumbo	2879	2472	1025	114	18	0	92	6681	226	122	18	131		No	No	No	No	No	No	No	No
Refried Beans Medium	240	206	85	9	1	0	8	557	19	10	1	11		No	No	No	No	No	No	No	No
Refried Beans Large	480	412	171	19	3	0	15	1114	38	20	3	22		No	No	No	No	No	No	No	No
Refried Beans Jumbo	2879	2472	1025	114	18	0	92	6681	226	122	18	131		No	No	No	No	No	No	No	No
Coleslaw Medium	169	247	0	19	3	0	34	466	19	3	16	1		Yes	No	No	No	No	No	No	No
Coleslaw Large	338	494	0	37	7	0	67	932	38	6	32	3		Yes	No	No	No	No	No	No	No
Coleslaw Jumbo	2028	2962	0	222	40	0	404	5589	225	33	192	17		Yes	No	No	No	No	No	No	No
Salad Medium	65	69	0	4	2	0	15	90	3	1	1	6		No	No	Yes	No	No	No	No	No
Salad Large	129	138	1	8	5	0	30	181	7	1	2	11		No	No	Yes	No	No	No	No	No
Salad Jumbo	776	826	6	46	27	0	180	1084	40	9	11	78		No	No	Yes	No	No	No	No	No
French Fries Medium	122	254	0	13	3	0	0	819	33	2	2	3		No	No	No	No	No	No	No	Yes

French Fries Large	243	508	1	25	6	0	0	1639	66	3	4	6		No	No	No	No	No	No	Yes
French Fries Jumbo	1167	2440	3	121	28	0	0	7867	317	15	17	28		No	No	No	No	No	No	Yes
Loaded Potato Medium	221	366	128	21	8	0	35	498	34	3	3	13		No	No	Yes	No	No	Yes	No
Loaded Potato Large	443	733	257	41	15	0	69	995	68	6	5	27		No	No	Yes	No	No	Yes	No
Loaded Potato Jumbo	2658	4396	1540	246	90	0	414	5973	410	38	31	159		No	No	Yes	No	No	Yes	No
Plantains Medium	156	305	45	5	14	3	0	10	53	6	20	3		No	No	No	No	No	No	No
Plantains Large	313	610	90	10	28	5	0	20	105	13	40	5		No	No	No	No	No	No	No
Plantains Jumbo	1875	3660	540	60	165	30	0	120	630	75	240	30		No	No	No	No	No	No	No
5 pack Corn tortillas	118	250	34	4	0	0	0	25	50	8	5	5		No	No	No	No	No	No	No
5 pack Flour tortillas	130	400	142	15	7	0	0	1050	62	4	0	9		No	No	No	No	No	No	Yes
2 Pack Rolls	70	200	0	2	0	0	0	360	38	2	6	6		Yes	No	Yes	No	No	Yes	Yes
Salsa Verde Small	38	189	185	22	2	0	0	154	1	0	1	0		No	No	No	No	No	No	No
Salsa Verde Medium	204	1011	988	115	8	0	0	820	6	2	3	1		No	No	No	No	No	No	No
Salsa Verde Large	408	2021	1977	231	17	0	0	1639	11	5	7	2		No	No	No	No	No	No	No
Salsa Roja Small	38	8	0	0	0	0	0	185	1	0	1	0		No	No	No	No	No	No	No
Salsa Roja Medium	204	45	0	0	0	0	0	986	7	2	5	2		No	No	No	No	No	No	No
Salsa Roja Large	408	89	0	0	0	0	0	1973	15	4	10	3		No	No	No	No	No	No	No
Habanero And Onions Small	17	6	0	0	0	0	0	109	1	0	1	0		No	No	No	No	No	No	No
Habanero And Onions Medium	91	34	1	0	0	0	0	581	8	1	3	1		No	No	No	No	No	No	No
Habanero And Onions Large	181	67	1	0	0	0	0	1161	15	3	7	2		No	No	No	No	No	No	No
Salsa Habanero Small	40	82	72	8	1	0	0	55	2	1	1	0		No	No	No	No	No	No	No
Salsa Habanero Medium	215	435	384	45	3	0	0	294	11	3	6	2		No	No	No	No	No	No	No
Salsa Habanero Large	431	870	769	90	6	0	0	588	22	7	12	5		No	No	No	No	No	No	No
Salsa Chile De Arbol Small	40	37	25	3	0	0	0	223	3	1	2	0		No	No	No	No	No	Yes	No
Salsa Chile De Arbol Medium	215	198	136	16	1	0	0	1190	15	5	8	2		No	No	No	No	No	Yes	No
Salsa Chile De Arbol Large	431	396	271	31	3	0	0	2379	29	10	17	5		No	No	No	No	No	Yes	No
Cheese Sauce Regular	51	69	0	5	1	0	6	391	5	0	1	1		No	No	Yes	No	No	Yes	No
Cheese Sauce Medium	202	276	0	21	5	0	23	1563	18	0	5	5		No	No	Yes	No	No	Yes	No
Cheese Sauce Large	404	552	0	41	9	0	46	3125	37	0	9	9		No	No	Yes	No	No	Yes	No
Pico De Gallo Regular	49	14	1	0	0	0	0	3	3	1	2	1		No	No	No	No	No	No	No

[illegible]