



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
# 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	611	945	518	63	24	0	293	387	12	3	6	80	No	No	No	No	No	No	No	No
# 2 Regio Platter Barbacoa	555	1076	498	58	22	0	197	3219	81	11	9	65	No	No	No	No	No	No	No	No
# 2 Regio Platter Carne Asada	517	757	407	50	19	0	229	479	13	3	6	63	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	1090	1675	579	90	36	0	266	1465	136	13	12	89	No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Barbacoa	1056	1754	566	88	35	0	209	3164	177	18	13	80	No	No	Yes	No	No	Yes	No	No
# 3 Loaded Potato Carne Asada	1033	1562	512	83	33	0	228	1520	136	13	12	79	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	398	988	481	67	21	0	113	325	64	13	7	31	No	No	Yes	No	No	Yes	No	Yes
# 5 Regio Salad Grilled Chicken Breast	431	657	336	48	16	0	123	1323	20	8	4	39	No	No	Yes	No	No	No	No	No
# 5 Regio Salad Crispy Chicken	474	785	412	57	16	0	109	1493	36	9	5	37	No	No	Yes	No	No	No	No	Yes
# 5 Regio Salad Grilled Chicken	489	725	318	46	16	0	162	1461	20	8	4	61	No	No	Yes	No	No	No	No	No
# 5 Regio Salad Pastor	549	948	512	68	26	0	186	1739	26	10	5	62	No	No	Yes	No	No	No	No	No
# 5 Regio Salad Bistec	625	1020	573	76	27	0	230	1084	20	8	4	65	No	No	Yes	No	No	No	No	No

# 5 Regio Salad Barbacoa	591	1099	561	73	25	0	173	2784	61	13	5	56	No	No	Yes	No	No	No	No	No
# 5 Regio Salad Carne Asada	568	908	506	68	24	0	191	1139	20	8	4	55	No	No	Yes	No	No	No	No	No
# 5 Regio Salad No meat(s)	362	505	268	41	13	0	54	863	20	8	4	18	No	No	Yes	No	No	No	No	No
# 6 Tostada Siberia	669	1201	436	60	23	0	355	642	64	11	5	96	No	No	Yes	No	No	No	No	No
# 7 Mexican Burger Double Patty	385	965	230	53	16	1	126	2924	71	4	12	46	Yes	No	Yes	No	No	Yes	No	Yes
# 7 Mexican Burger Single Patty	330	834	154	44	12	0	92	2116	70	4	11	35	Yes	No	Yes	No	No	Yes	No	Yes
# 8 Tacos Corn Beans	630	1079	413	48	14	0	39	729	135	24	5	32	No	No	No	No	No	No	No	No
# 8 Tacos Corn Pastor	642	1561	712	82	35	0	248	1493	122	15	4	91	No	No	No	No	No	No	No	No
# 8 Tacos Corn Grilled Chicken	542	1190	389	46	18	0	208	1030	112	12	3	89	No	No	No	No	No	No	No	No
# 8 Tacos Corn Bistec	768	1681	814	95	36	0	322	401	112	12	3	96	No	No	No	No	No	No	No	No
# 8 Tacos Corn Barbacoa	712	1813	794	90	34	0	226	3234	181	20	5	81	No	No	No	No	No	No	No	No
# 8 Tacos Corn Carne Asada	674	1494	703	82	31	0	258	493	112	12	3	79	No	No	No	No	No	No	No	No
# 8 Tacos Flour Beans	516	694	254	27	9	0	10	1762	93	18	5	23	No	No	No	No	No	No	No	Yes
# 8 Tacos Flour Pastor	528	1175	554	61	30	0	220	2526	79	9	4	83	No	No	No	No	No	No	No	Yes
# 8 Tacos Flour Grilled Chicken	429	804	231	25	13	0	179	2063	69	5	3	81	No	No	No	No	No	No	No	Yes
# 8 Tacos Flour Bistec	654	1296	656	74	31	0	293	1434	69	5	3	88	No	No	No	No	No	No	No	Yes
# 8 Tacos Flour Barbacoa	599	1427	635	70	29	0	197	4267	138	14	5	73	No	No	No	No	No	No	No	Yes
# 8 Tacos Flour Carne Asada	561	1108	544	61	25	0	229	1526	70	5	3	71	No	No	No	No	No	No	No	Yes
# 9 Regio Bowl Pastor	816	1302	483	70	28	0	213	3719	95	11	5	70	No	No	Yes	No	No	Yes	No	No
# 9 Regio Bowl Grilled Chicken	756	1079	289	49	18	0	188	3442	89	9	4	69	No	No	Yes	No	No	Yes	No	No
# 9 Regio Bowl Bistec	891	1374	544	78	28	0	257	3064	89	9	4	73	No	No	Yes	No	No	Yes	No	No
# 9 Regio Bowl Barbacoa	858	1453	532	75	27	0	199	4764	130	14	6	64	No	No	Yes	No	No	Yes	No	No
# 9 Regio Bowl Carne Asada	835	1261	477	71	25	0	218	3120	89	9	4	63	No	No	Yes	No	No	Yes	No	No
# 9 Regio Bowl No Meat	628	858	239	43	14	0	81	2843	89	9	4	26	No	No	Yes	No	No	Yes	No	No
# 10 Torta Pastor	708	1521	307	95	23	0	194	2407	101	15	11	67	Yes	No	Yes	No	No	No	No	Yes
# 10 Torta Grilled Chicken	649	1299	113	73	13	0	170	2129	95	12	11	66	Yes	No	Yes	No	No	No	No	Yes
# 10 Torta Bistec	784	1594	368	103	24	0	238	1752	95	12	11	70	Yes	No	Yes	No	No	No	No	Yes
# 10 Torta Barbacoa	751	1672	356	100	23	0	180	3452	136	18	12	61	Yes	No	Yes	No	No	No	No	Yes
# 10 Torta Carne Asada	728	1481	301	95	21	0	199	1807	95	12	11	60	Yes	No	Yes	No	No	No	No	Yes
# 11 Quesadilla Pastor	439	1193	244	62	33	0	212	2316	20	2	1	96	No	No	Yes	No	No	No	No	Yes
# 11 Quesadilla Grilled Chicken	380	971	50	41	23	0	188	2038	14	0	0	95	No	No	Yes	No	No	No	No	Yes

# 11 Quesadilla Bistec	515	1266	305	70	33	0	256	1661	14	0	0	100	No	No	Yes	No	No	No	No	Yes
# 11 Quesadilla Barbacoa	482	1345	292	67	32	0	198	3361	55	5	1	91	No	No	Yes	No	No	No	No	Yes
# 11 Quesadilla Carne Asada	459	1153	238	62	30	0	217	1716	14	0	0	89	No	No	Yes	No	No	No	No	Yes
# 11 Quesadilla No Meat	252	750	0	35	19	0	80	1440	14	0	0	53	No	No	Yes	No	No	No	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	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	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	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	No
Grilled Chicken 12 PC	1116	2161	936	104	52	0	949	6344	15	3	7	293	No	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	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	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	No
Grilled Chicken 16 PC	1488	2882	1249	139	69	0	1266	8458	21	4	9	390	No	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	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	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	No
Loaded Nachos Pastor	947	1434	453	72	25	0	194	4550	129	27	19	66	No	No	Yes	No	No	Yes	No	No
Loaded Nachos Grilled Chicken	887	1212	259	50	15	0	169	4273	123	25	18	65	No	No	Yes	No	No	Yes	No	No
Loaded Nachos Bistec	1023	1507	514	80	25	0	238	3896	123	25	18	70	No	No	Yes	No	No	Yes	No	No
Loaded Nachos Barbacoa	989	1586	502	77	24	0	180	5595	164	30	19	61	No	No	Yes	No	No	Yes	No	No
Loaded Nachos Carne Asada	966	1394	447	72	22	0	199	3951	123	25	18	59	No	No	Yes	No	No	Yes	No	No
Loaded Nachos No Meat	760	991	209	45	11	0	62	3674	123	25	18	23	No	No	Yes	No	No	Yes	No	No
Chips and Guacamole	592	770	68	31	0	0	0	2413	118	27	12	10	No	No	No	No	No	No	No	No
2 Chicken Tenders	115	303	144	19	3	0	55	630	16	1	1	19	No	No	No	No	No	No	No	Yes
3 Chicken Tenders	171	443	216	27	5	0	83	945	24	2	2	29	No	No	No	No	No	No	No	Yes
4 Chicken Tenders	227	583	288	35	6	0	110	1260	32	2	2	38	No	No	No	No	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



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	960	417	0	0	0	0	0	118	142	0	142	0	No	No	No	No	No	No	No	
Tropicana Fruit Punch Fountain Large	946	297	0	0	0	0	0	68	81	0	81	0	No	No	No	No	No	No	No	
Starry Fountain Fountain Large	946	384	0	0	0	0	0	95	105	0	105	0	No	No	No	No	No	No	No	
Diet Pepsi Fountain Large	946	0	0	0	0	0	0	149	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	279	0	0	0	0	0	169	91	0	91	0	No	No	No	No	No	No	No	
Unsweet Iced Tea Fountain Large	960	0	0	0	0	0	0	297	0	0	0	0	No	No	No	No	No	No	No	
Tropicana Lemonade Fountain Large	946	405	0	0	0	0	0	405	108	0	108	0	No	No	No	No	No	No	No	
Pepsi Zero Fountain Fountain Large	960	0	0	0	0	0	0	176	0	0	0	0	No	No	No	No	No	No	No	
Dr Pepper Fountain Fountain Large	946	383	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	3785	1188	0	0	0	0	0	270	324	0	324	0	No	No	No	No	No	No	No	No
Sweet Iced Tea Fountain Party	3840	1115	0	0	0	0	0	675	365	0	365	0	No	No	No	No	No	No	No	No
Unsweet Iced Tea Fountain Party	3840	0	0	0	0	0	0	1188	0	0	0	0	No	No	No	No	No	No	No	No
Tropicana Lemonade Fountain Party	3785	1620	0	0	0	0	0	1620	432	0	432	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

French Fries Medium	122	254	0	13	3	0	0	819	33	2	2	3	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
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	80	220	18	2	0	0	0	360	42	2	6	8	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
Onions And Habanero Small	17	6	0	0	0	0	0	109	1	0	1	0	No	No	No	No	No	No	No
Onions And Habanero Medium	91	34	1	0	0	0	0	581	8	1	3	1	No	No	No	No	No	No	No
Onions And Habanero 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
Pico De Gallo Medium	196	55	4	0	0	0	0	14	12	3	7	2	No	No	No	No	No	No	No

Pico De Gallo Large	392	111	9	1	0	0	0	27	25	6	13	4	No	No	No	No	No	No	No
Ranch Dressing Regular	14	80	77	9	2	0	8	85	1	0	1	11	Yes	No	Yes	No	No	No	No
Ranch Dressing Medium	56	320	306	34	6	0	30	340	2	0	2	43	Yes	No	Yes	No	No	No	No
Ranch Dressing Large	112	640	612	68	12	0	60	680	4	0	4	86	Yes	No	Yes	No	No	No	No
Guacamole Regular	88	65	0	6	0	0	0	99	4	3	0	0	No	No	No	No	No	No	No
Guacamole Medium	351	260	0	23	0	0	0	395	17	12	0	0	No	No	No	No	No	No	No
Guacamole Large	702	520	1	47	0	0	0	790	33	24	0	0	No	No	No	No	No	No	No
Bbq Sauce Regular	72	120	0	0	0	0	0	780	32	0	26	0	No	No	No	No	No	Yes	No
Bbq Sauce Medium	289	480	0	0	0	0	0	3120	128	0	104	0	No	No	No	No	No	Yes	No
Bbq Sauce Large	578	960	0	0	0	0	0	6240	256	0	208	0	No	No	No	No	No	Yes	No
Buffalo Sauce Regular	64	20	0	0	0	0	0	1600	0	0	0	0	No	No	No	No	No	No	No
Buffalo Sauce Medium	255	80	0	0	0	0	0	6400	0	0	0	0	No	No	No	No	No	No	No
Buffalo Sauce Large	510	160	0	0	0	0	0	12800	0	0	0	0	No	No	No	No	No	No	No
Meats per pound Pastor	272	471	107	12	7	0	230	1276	0	0	0	91	No	No	No	No	No	No	No
Meats per pound Bistec	781	1532	905	104	42	0	522	657	0	0	0	139	No	No	No	No	No	No	No
Meats per pound Barbacoa	306	793	390	43	17	0	158	2561	55	7	2	51	No	No	No	No	No	No	No
Meats per pound Carne Asada	715	1395	823	95	38	0	475	956	0	0	0	127	No	No	No	No	No	No	No