

**Pollo Tropical Nutritional Information**

|  | Serving Size (oz) | Calories | Fat Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Dairy | Eggs | Wheat | Peanuts | Soy (* soy lecithin) | Fish | Shellfish | Tree Nuts (*coconut) | Gluten | Vegetarian (*common Injey) |
|--|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-------|------|-------|---------|----------------------|------|-----------|----------------------|--------|----------------------------|
| <b>A la Carte Meat / Platters (add choice of sides &amp; roll)</b>   |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (¼ white)  | 6.0               | 360      | 180          | 20            | 6                 | 0             | 185              | 730         | 0                 | 0                 | 0          | 43          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (¼ dark)   | 4.0               | 290      | 190          | 22            | 6                 | 0             | 135              | 430         | 0                 | 0                 | 0          | 24          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (¼ white) without Skin   | 4.8               | 220      | 70           | 8             | 3                 | 0             | 130              | 670         | 0                 | 0                 | 0          | 37          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (¼ dark) without Skin  | 3.1               | 170      | 80           | 9             | 3                 | 0             | 110              | 300         | 0                 | 0                 | 0          | 21          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (½)  | 9.9               | 650      | 380          | 42            | 12                | 0             | 320              | 1160        | 0                 | 0                 | 0          | 67          |       |      |       |         |                      |      |           |                      |        |                            |
| Grilled Chicken Breast (2)   | 7.0               | 240      | 60           | 6             | 2                 | 0             | 170              | 860         | 10                | 0                 | 1          | 58          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™ (5)   | 4.4               | 260      | 90           | 10            | 1                 | 0             | 65               | 620         | 13                | 0                 | 0          | 28          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™ (8)   | 7.0               | 410      | 150          | 17            | 1                 | 0             | 100              | 990         | 21                | 1                 | 0          | 44          |       |      |       |         |                      |      |           |                      |        |                            |
| Mojo Roast Pork with Sauteed Onions  | 7.5               | 370      | 200          | 22            | 8                 | 0             | 115              | 620         | 2                 | 1                 | 1          | 39          |       |      |       |         |                      |      |           |                      |        |                            |
| Caribbean Ribs (½ rack) with Guava BBQ Sauce   | 12.5              | 920      | 470          | 52            | 23                | 0             | 215              | 1960        | 38                | 1                 | 32         | 75          |       |      |       |         |                      |      |           |                      |        |                            |
| <b>Tropical Trio and Chicken and Ribs Platters (add ¼ grilled chicken, choice of sides &amp; roll)</b>                   |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Mojo Roast Pork with Sauteed Onions  | 4.5               | 200      | 110          | 12            | 4                 | 0             | 60               | 360         | 2                 | 1                 | 1          | 20          |       |      |       |         |                      |      |           |                      |        |                            |
| Caribbean Ribs (1/6 rack) with Guava BBQ Sauce   | 4.5               | 330      | 160          | 17            | 8                 | 0             | 70               | 710         | 17                | 0                 | 15         | 25          |       |      |       |         |                      |      |           |                      |        |                            |
| <b>Soups, Salads, Sandwiches &amp; Wraps (Combos add choice of req side or cup of soup and req drink)</b>                |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Caesar Salad   | 10.8              | 510      | 340          | 38            | 8                 | 0             | 120              | 1030        | 18                | 3                 | 3          | 36          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites Caesar Salad   | 12.7              | 690      | 430          | 48            | 8                 | 0             | 110              | 1340        | 28                | 3                 | 2          | 40          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Quesadilla Salad   | 18.8              | 1060     | 700          | 78            | 17                | 1             | 135              | 2100        | 56                | 8                 | 11         | 46          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites Quesadilla Salad   | 20.6              | 1250     | 790          | 87            | 17                | 1             | 125              | 2410        | 67                | 8                 | 11         | 50          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Quesadilla Salad w/o Dressing  | 16.9              | 520      | 190          | 21            | 8                 | 0             | 115              | 1300        | 46                | 8                 | 4          | 45          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Mango Salad  | 15.5              | 480      | 210          | 24            | 5                 | 0             | 100              | 2350        | 46                | 5                 | 29         | 37          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites Mango Salad  | 17.3              | 670      | 300          | 33            | 5                 | 0             | 90               | 2660        | 57                | 6                 | 29         | 40          |       |      |       |         |                      |      |           |                      |        |                            |
| Mango Chicken Salad w/o Dressing   | 13.8              | 310      | 130          | 14            | 5                 | 0             | 100              | 1380        | 24                | 5                 | 12         | 36          |       |      |       |         |                      |      |           |                      |        |                            |
| Caribbean Chicken Soup   | Cup               | 8.4      | 150          | 25            | 3                 | 0             | 0                | 20          | 850               | 20                | 2          | 2           | 11    |      |       |         |                      |      |           |                      |        |                            |
|  | Bowl              | 16.8     | 300          | 50            | 5                 | 1             | 0                | 45          | 1730              | 41                | 3          | 3           | 22    |      |       |         |                      |      |           |                      |        |                            |
| Classic Chicken Sandwich w/ Peppadew Sauce   | 7.6               | 430      | 170          | 19            | 3                 | 0             | 95               | 770         | 41                | 0                 | 9          | 35          |       |      |       |         |                      |      |           |                      |        |                            |
| Crispy Classic Chicken Sandwich w/ Peppadew Sauce  | 9.3               | 560      | 220          | 25            | 3                 | 0             | 85               | 920         | 47                | 1                 | 9          | 36          |       |      |       |         |                      |      |           |                      |        |                            |
| Chipotle Chicken Sandwich  | 7.9               | 430      | 170          | 19            | 3                 | 0             | 90               | 900         | 40                | 1                 | 8          | 35          |       |      |       |         |                      |      |           |                      |        |                            |
| Crispy Chipotle Chicken Sandwich   | 7.9               | 560      | 220          | 25            | 3                 | 0             | 80               | 1060        | 46                | 1                 | 8          | 36          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken BLT Sandwich   | 8.8               | 570      | 260          | 29            | 9                 | 0             | 125              | 1170        | 41                | 0                 | 9          | 44          |       |      |       |         |                      |      |           |                      |        |                            |
| Crispy Chicken BLT Sandwich  | 10.5              | 700      | 320          | 36            | 9                 | 0             | 115              | 1350        | 47                | 1                 | 8          | 46          |       |      |       |         |                      |      |           |                      |        |                            |
| Guava BBQ Pork Sandwich  | 6.0               | 400      | 110          | 12            | 4                 | 0             | 60               | 690         | 47                | 0                 | 19         | 25          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Caesar Wrap  | 9.9               | 700      | 380          | 42            | 8                 | 0             | 125              | 1470        | 51                | 4                 | 5          | 46          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Quesadilla Wrap  | 9.8               | 690      | 330          | 36            | 14                | 0             | 145              | 1410        | 50                | 3                 | 6          | 56          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™ Caesar Wrap   | 9.9               | 790      | 430          | 48            | 8                 | 0             | 90               | 1540        | 57                | 4                 | 5          | 39          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™ Quesadilla Wrap   | 9.8               | 770      | 380          | 42            | 14                | 0             | 110              | 1480        | 55                | 4                 | 6          | 48          |       |      |       |         |                      |      |           |                      |        |                            |
| <b>BUILD YOUR Tropicop® BOWL</b>   |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| <b>BYB Rice and Veggies</b>  |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| White Rice   | Small             | 7.5      | 330          | 50            | 5                 | 1             | 0                | 0           | 700               | 67                | 2          | 0           | 6     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 10.0     | 440          | 60            | 7                 | 2             | 0                | 0           | 930               | 89                | 2          | 0           | 8     |      |       |         |                      |      |           |                      |        |                            |
| Yellow Rice with Veg   | Small             | 8.0      | 320          | 45            | 5                 | 0             | 0                | 0           | 1030              | 61                | 3          | 3           | 6     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 10.0     | 400          | 50            | 6                 | 1             | 0                | 0           | 1290              | 76                | 4          | 3           | 8     |      |       |         |                      |      |           |                      |        |                            |
| Brown Rice   | Small             | 7.7      | 290          | 70            | 8                 | 2             | 0                | 0           | 640               | 49                | 2          | 1           | 5     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 10.0     | 370          | 90            | 11                | 2             | 0                | 0           | 830               | 63                | 3          | 1           | 7     |      |       |         |                      |      |           |                      |        |                            |
| Romaine Lettuce  | Small             | 2.3      | 10           | 0             | 0                 | 0             | 0                | 0           | 5                 | 2                 | 1          | 1           | 1     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 3.8      | 20           | 5             | 0                 | 0             | 0                | 0           | 10                | 4                 | 2          | 1           | 1     |      |       |         |                      |      |           |                      |        |                            |
| Romaine Lettuce/White Rice   | Small             | 5.3      | 190          | 30            | 3                 | 1             | 0                | 0           | 400               | 39                | 1          | 0           | 4     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 9.0      | 330          | 45            | 5                 | 1             | 0                | 0           | 670               | 66                | 3          | 1           | 7     |      |       |         |                      |      |           |                      |        |                            |
| Romaine/Yellow Rice w/ Veg   | Small             | 5.8      | 190          | 25            | 3                 | 0             | 0                | 0           | 610               | 37                | 2          | 2           | 4     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 9.6      | 320          | 45            | 5                 | 1             | 0                | 0           | 1010              | 61                | 4          | 3           | 7     |      |       |         |                      |      |           |                      |        |                            |
| Romaine Lettuce/Brown Rice   | Small             | 5.3      | 160          | 40            | 5                 | 1             | 0                | 0           | 350               | 28                | 2          | 1           | 3     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 9.0      | 280          | 70            | 8                 | 2             | 0                | 0           | 600               | 47                | 3          | 1           | 6     |      |       |         |                      |      |           |                      |        |                            |
| Mashed Potato & Gravy  | Small             | 7.8      | 280          | 130           | 15                | 9             | 0                | 40          | 870               | 33                | 4          | 2           | 4     |      |       |         | *                    |      |           |                      |        |                            |
|  | Regular           | 12.0     | 430          | 200           | 22                | 14            | 1                | 60          | 1360              | 49                | 6          | 2           | 7     |      |       |         |                      |      |           |                      |        |                            |
| Black Beans  | Small             | 5.0      | 180          | 45            | 5                 | 0             | 0                | 0           | 380               | 25                | 10         | 1           | 9     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 8.0      | 280          | 70            | 8                 | 1             | 0                | 0           | 610               | 41                | 15         | 2           | 14    |      |       |         |                      |      |           |                      |        |                            |
| Red Beans  | Small             | 5.0      | 150          | 40            | 5                 | 0             | 0                | 0           | 720               | 23                | 5          | 2           | 7     |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 8.0      | 250          | 60            | 7                 | 1             | 0                | 0           | 1160              | 37                | 7          | 3           | 11    |      |       |         |                      |      |           |                      |        |                            |
| <b>BYB Rice and Veggies</b>  |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Boneless Chicken Breast  | Small             | 3.5      | 120          | 30            | 3                 | 1             | 0                | 85          | 430               | 5                 | 0          | 0           | 29    |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 7.0      | 250          | 60            | 6                 | 2             | 0                | 175         | 870               | 10                | 0          | 1           | 60    |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™   | Small             | 4.4      | 260          | 90            | 10                | 1             | 0                | 65          | 620               | 13                | 0          | 0           | 28    |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 7.0      | 410          | 150           | 17                | 1             | 0                | 100         | 990               | 21                | 1          | 0           | 44    |      |       |         |                      |      |           |                      |        |                            |
| Mojo Roast Pork  | Small             | 3.0      | 170          | 90            | 10                | 4             | 0                | 60          | 260               | 0                 | 0          | 0           | 19    |      |       |         |                      |      |           |                      |        |                            |
|  | Regular           | 6.0      | 330          | 180           | 20                | 7             | 0                | 115         | 520               | 0                 | 0          | 0           | 39    |      |       |         |                      |      |           |                      |        |                            |
| <b>BYB Toppings</b>  |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Diced Tomatoes   | 1.0               | 5        | 0            | 0             | 0                 | 0             | 0                | 0           | 1                 | 0                 | 1          | 0           |       |      |       |         |                      |      |           |                      |        |                            |
| Kernel Corn  | 1.0               | 30       | 10           | 1             | 0                 | 0             | 0                | 45          | 5                 | 1                 | 3          | 1           |       |      |       |         |                      |      |           |                      |        |                            |
| Sauteed Onions   | 1.0               | 20       | 15           | 2             | 0                 | 0             | 0                | 70          | 2                 | 1                 | 1          | 0           |       |      |       |         |                      |      |           |                      |        |                            |
| Sauteed Pepper Topping   | 1.0               | 15       | 5            | 1             | 0                 | 0             | 0                | 70          | 2                 | 1                 | 1          | 0           |       |      |       |         |                      |      |           |                      |        |                            |
| <b>Kids Meals (entrée only - add chocolate chip cookie, choice of 1 platter side &amp; regular drink or apple juice)</b> |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (Dark) Meal  | 4.0               | 290      | 190          | 22            | 6                 | 0             | 135              | 430         | 0                 | 0                 | 0          | 24          |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken Breast Strips  | 3.5               | 120      | 30           | 3             | 1                 | 0             | 85               | 430         | 5                 | 0                 | 0          | 29          |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™   | 2.6               | 160      | 60           | 6             | 0                 | 0             | 40               | 370         | 8                 | 0                 | 0          | 17          |       |      |       |         |                      |      |           |                      |        |                            |
| <b>Family Meals</b>  |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken, Corn, Rolls - add lg yellow or fam brown/white rice   | 39                | 2140     | 930          | 104           | 31                | 1             | 675              | 3510        | 146               | 14                | 67         | 159         |       |      |       |         |                      |      |           |                      |        |                            |
| Whole Chicken, Sweet Plantains, Rolls  | 31                | 2110     | 910          | 101           | 27                | 0             | 655              | 2850        | 156               | 10                | 68         | 147         |       |      |       |         |                      |      |           |                      |        |                            |
| Pollo Bites™ Meal - includes 20 bites & 4 rolls - add lg side  | 21                | 1320     | 410          | 46            | 3                 | 0             | 255              | 2910        | 109               | 1                 | 13         | 118         |       |      |       |         |                      |      |           |                      |        |                            |
| <b>Family Add Ons</b>  |                   |          |              |               |                   |               |                  |             |                   |                   |            |             |       |      |       |         |                      |      |           |                      |        |                            |
| Chicken (½)  | 9.9               | 650      | 380          | 42            | 12                | 0             | 320              | 1160        | 0                 | 0                 | 0          | 67          |       |      |       |         |                      |      |           |                      |        |                            |
| Grilled Chicken Breast (2)   | 7.0               | 240      | 60           | 6             | 2                 | 0             | 170              | 860         | 10                | 0                 | 1          | 58          |       |      |       |         |                      |      |           |                      |        |                            |
| Mojo Roast Pork w/ sauteed onions  | 11                | 550      | 300          | 33            | 12                | 0             | 175              | 910         | 3                 | 1                 | 2          |             |       |      |       |         |                      |      |           |                      |        |                            |

