Pollo Tropical Nutritional Information

September 20, 2020

	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 (*Vegan)
Ala Carte Meat / Platters *(add choice of sides & roll)*																						
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	59										
Mojo Roast Pork with Sauteed Onions	7.5	370	200	22	8	0	115	620	2	1	1	39										
Soups, Salads, Sandwiches & Wraps *(Combos add choice of reg side or cup of soup and reg drink)*																						
Caesar Salad - add protein choice	7.4	380	320	35	7	0	35	600	12	3	2	7	•	•	•		•	•			•	
Quesadilla Salad - add protein choice	14.9	950	650	73	20	1	70	1420	51	7	11	22	•	•	•						•	V
Caesar Salad w/o Dressing - add protein choice	5.5	90	35	4	1	0	5	130	11	3	2	4	•		•						•	V
Quesadilla Salad w/o Dressing - add protein choice	11.9	400	170	19	7	0	25	820	41	8	4	15	•		•						•	V
Grilled Chicken for Salad	3.5	120	30	3	1	0	85	430	5	0	0	29										
Caribbean Chicken Soup — *Cup*	8.4	150	25	3	0	0	20	850	20	2	2	11										
Caribbean Chicken Soup — *Bowl*	16.8	300	50	5	1	0	45	1730	41	3	3	22										
Classic Chicken Sandwich	10.4	930	560	62	19	1	145	1400	55	2	2	47	•	•	•		•*				•	
Cuban Sandwich	15.9	1040	590	66	22	1	215	2590	37	2	5	67	•	•	•		•*				•	
Grilled Chicken Cuban Sandwich	13.4	960	510	57	19	1	185	251	57	2	5	59	•	•	•		•*				•	
Crispy Chicken Cuban Sandwich	15.1	1090	560	63	19	1	175	2670	53	2	4	61	•	•	•		•				•	
Mojo Roast Pork Sandwich	9.4	620	310	34	10	0	115	950	31	2	2	45			•		•*				•	
Grilled Chicken Caesar Wrap	9.2	680	400	45	11	0	125	1340	42	3	1	39	•	•	•		•	•			•	
Grilled Chicken Quesadilla Wrap	9.1	660	350	39	16	0	145	1300	41	2	2	48	•	•	•						•	
Vegan Wrap	9.2	620	160	18	4	0	0	950	97	7	16	16			•						•	V*
Build Your Tropichop® Bowl																						
Tropichop® Rice and Veggies																						
White Rice — *Regular*	7.5	330	50	5	1	0	0	700	67	2	0	6										V*
White Rice — *Large*	10.0	440	60	7	2	0	0	930	89	2	0	8										
Yellow Rice with Veg — *Regular*	8.0	320	45	5	0	0	0	1360	60	3	3	7										
Yellow Rice with Veg — *Large*	10.0	400	60	6	1	0	0	1700	75	4	4	9										
Brown Rice — *Regular*	7.7	290	70	8	2	0	0	640	49	2	1	5										V*
Brown Rice — *Large*	10.0	370	90	11	2	0	0	830	63	3	1	7										
Romaine Lettuce — *Regular*	2.3	10	0	0	0	0	0	5	2	1	1	1										V*
Romaine Lettuce — *Large*	3.8	20	5	0	0	0	0	10	4	2	1	1										
Romaine Lettuce/White Rice — *Regular*	5.3	190	30	3	1	0	0	400	39	1	0	4										V*
Romaine Lettuce/White Rice — *Large*	9.0	330	45	5	1	0	0	670	66	3	1	7										
Romaine/Yellow Rice w/ Veg — *Regular*	5.8	190	30	3	0	0	0	810	37	3	2	4										
Romaine/Yellow Rice w/ Veg — *Large*	9.6	320	45	5	1	0	0	1330	61	4	4	7										
Romaine Lettuce/Brown Rice — *Regular*	5.3	160	40	5	1	0	0	350	28	2	1	3										V*
Romaine Lettuce/Brown Rice — *Large*	9.0	280	70	8	2	0	0	600	47	3	1	6										
Mac & Cheese — *Regular*	8.4	410	230	25	15	0	70	860	29	1	2	16	•	•	•						•	V
Mac & Cheese — *Large*	12.6	620	340	38	22	0	105	1290	44	2	3	24										
Mashed Potato & Gravy — *Regular*	7.8	280	130	15	9	0	40	870	33	4	2	4	•		•		•*				•	
Mashed Potato & Gravy — *Large*	12.1	430	200	22	14	1	60	1370	50	6	2	7										
Black Beans — *Regular*	5.0	180	45	5	0	0	0	380	25	9	1	9										V*
Black Beans — *Large*	8.0	280	70	8	1	0	0	610	41	15	2	14										
Red Beans — *Regular*	5.0	150	40	5	0	0	0	720	23	5	2	7	•									
Red Beans — *Large*	8.0	250	60	7	1	0	0	1160	37	7	3	11										
Tropichop® Meats																						
Boneless Chicken Breast — *Regular*	3.5	120	30	3	1	0	85	430	5	0	0	29										
Boneless Chicken Breast — *Large*	7.0	250	60	6	2	0	175	870	10	0	1	60										
Mojo Roast Pork — *Regular*	3.0	170	90	10	4	0	60	260	0	0	0	19										
Mojo Roast Pork — *Large*	6.0	330	180	20	7	0	115	520	0	0	0	39										
Tropichop® Toppings																						
Diced Tomatoes	1.0	5	0	0	0	0	0	0	1	0	1	0										V*
Kernel Corn	1.0	30	10	1	0	0	0	45	5	1	3	1	•									V
Sauteed Onions	1.0	20	15	2	0	0	0	70	2	1	1	0										V*
Sauteed Pepper Topping	1.0	15	5	1	0	0	0	70	2	1	1	0										V*
Kids Meals *(entrée only - add Brookie, choice of 1 platter side & apple juice)*																						
Chicken (¼ Dark)	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										
Kids Bowls *(entrée only - add Brookie & apple juice)*																						
Chicken Breast, Mashed potato & gravy, Corn	14.0	490	190	21	12	1	135	1540	49	5	5	36	•		•		•*				•	
Chicken Breast, Black beans, White rice	13.5	530	100	11	3	0	85	1290	79	9	1	41										
Chicken Breast, Mac & Cheese	11.9	530	250	28	16	0	155	1290	34	1	2	45	•	•	•						•	
Family Meals																						
Chicken and Rolls (add choice of large sides)	23.5	1570	790	88	24	0	640	2750	56	0	13	142			•		•				•	
Family Meat Add Ons																						
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	58										
Condiments / Salsa Bar / Other																						
Fresh Salsa, 1 oz	1.0	5	0	0	0	0	0	115	2	1	1	0										V*
Garlic Sauce (Mojo), 1 foz	0.8	80	80	9	1	0	0	180	2	0	0	0										V*
BBQ Sauce, 1 oz	1.0	50	0	0	0	0	0	300	12	0	11	0										V*
Guava BBQ Sauce, 1 oz	1.0	60	0	0	0	0	0	170	15	0	13	0										V*
Chipotle Mayo, 1 oz	1.0	160	150	17	3	0	10	270	2	0	1	0	•	•								V
Curry Mustard, 1 oz	1.0	150	150	17	0	0	0	15	0	0	0	0		•								V
Caesar Dressing (1.75 foz/salad)	1.8	290	280	31	6	0	30	470	1	0	1	3	•	•	•		•	•			•	
Chipotle Ranch Dressing (1.75 foz/salad)	1.8	260	240	27	4	0	10	380	5	0	3	0	•	•								V
Cilantro Garlic Sauce, 1 oz	1.0	160	150	17	3	0	15	170	2	0	0	0		•								V
Spicy Poyo-Poyo, 1 oz	1.0	100	70	7	2	0	0	320	2	1	0	0										V*
Ketchup, 1 oz	1.0	35	0	0	0	0	0	320	8	0	6	0										V*
Pineapple Rum Sauce	1.0	60	0	0	0	0	0	90	14	0	13	0			•		•				•	V*
Jalapeno Slices, 1 oz	1.0	5	0	0	0	0	0	300	1	1	0	0										V*

[1] soy lecithin
[2] wine
[3] sesame seed

		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 (*Vegan)
Diced Onions, 1 oz		1.0	10	0	0	0	0	0	0	3	0	1	0										V*
Dinner Roll		0.9	70	10	1	0	0	0	110	14	0	3	2			•		•				•	V*
Flour Tortilla		1.1	90	20	2	1	0	0	220	16	1	0	3			•						•	V*
Sides																							
White Rice	*Platter-2 sides/Kid's*	4.5	200	30	3	1	0	0	420	40	1	0	4										
	Platter-1 side/Regular	7.5	330	50	5	1	0	0	700	67	2	0	6										V*
	Large	20.0	890	130	14	3	0	0	1860	177	4	1	16										
Yellow Rice with Vegetables	*Platter-2 sides/Kid's*	5.0	200	30	3	0	0	0	850	38	2	2	4										
	Platter-1 side/Regular	8.3	330	50	5	1	0	0	1400	62	3	3	7										
	Large	18.6	740	110	12	2	0	5	3170	140	7	7	16										
Brown Rice	*Platter-2 sides/Kid's*	4.5	170	40	5	1	0	0	370	28	1	0	3										
	Platter-1 side/Regular	7.7	290	70	8	2	0	0	640	49	2	1	5										V*
	Large	20.0	750	180	21	4	0	0	1650	127	5	2	14										
Black Beans	*Platter*	5.3	180	45	5	0	0	0	400	27	10	1	9										
	Regular	8.8	310	70	8	1	0	0	660	44	16	2	15										V*
	Large	17.8	630	150	17	2	0	0	1350	90	33	4	30										
Red Beans	*Platter*	5.5	170	45	5	0	0	0	790	26	5	2	8										
	Regular	9.0	280	70	8	1	0	0	1300	42	8	3	12	•									
	Large	18.5	570	150	16	2	0	0	2670	86	17	6	25										
White Rice and Black Beans	*Platter-2 sides/Kid's*	9.8	380	70	8	1	0	0	820	67	11	1	13										
	Platter-1 side/Regular	12.8	520	90	10	2	0	0	1100	93	11	1	15										V*
	Large	37.8	1510	280	31	5	0	0	3210	268	37	5	47										
Yellow Rice w/ Veg & Black Beans	*Platter-2 sides/Kid's*	10.3	380	70	8	1	0	0	1250	64	12	3	13										
	Platter-1 side/Regular	13.5	510	90	10	1	0	0	1800	89	13	4	16										
	Large	36.4	1370	260	29	3	0	5	4510	230	14	11	46										
Brown Rice and Black Beans	*Platter-2 sides/Kid's*	9.8	350	90	10	2	0	0	770	55	11	2	12										
	Platter-1 side/Regular	12.8	460	110	13	2	0	0	1020	74	12	2	14										V*
	Large	37.8	1370	340	38	5	0	0	3000	217	39	6	44										
White Rice and Red Beans	*Platter-2 sides/Kid's*	10.0	370	70	8	1	0	0	1210	65	6	2	11										
	Platter-1 side/Regular	13.0	500	90	10	2	0	0	1490	92	7	2	14	•									
	Large	38.3	1450	270	30	5	0	0	4500	262	21	7	42										
Yellow Rice w/ Veg & Red Beans	*Platter-2 sides/Kid's*	10.5	370	70	8	1	0	0	1650	63	7	4	12										
	Platter-1 side/Regular	13.8	500	90	10	1	0	0	2200	88	8	5	15	•									
	Large	36.9	1310	250	28	3	0	5	5810	225	24	13	41										
Brown Rice and Red Beans	*Platter-2 sides/Kid's*	10.0	340	90	10	1	0	0	1170	54	6	2	11										
	Platter-1 side/Regular	13.0	450	110	13	2	0	0	1410	73	7	3	13	•									
	Large	38.3	1310	330	37	5	0	0	430	212	22	9	39										
Kernel Corn	*Platter*	4.0	120	30	4	2	0	5	170	19	3	12	4										
	Regular	7.8	240	60	7	3	0	10	330	38	5	23	8	•									V
	Large	15.5	480	120	14	5	0	25	660	75	10	45	15										
Caesar Salad	*Platter*	2.5	130	110	12	2	0	10	200	4	1	1	2										
	Regular	4.0	210	180	20	4	0	15	320	6	2	1	4	•	•	•		•	•			•	
	Large	7.2	370	320	36	6	0	30	570	9	3	2	6										
Balsamic Tomatoes	*Platter*	5.2	120	80	9	1	0	0	870	10	2	7	1										
	Regular	8.0	190	120	14	1	0	0	1360	15	3	10	2										V*
	Large	16.0	370	250	27	2	0	0	2720	30	5	20	4										
Boiled Yuca with Garlic Sauce	*Platter*	8.6	310	80	10	2	0	0	460	55	3	1	1										
	Regular	10.8	370	90	10	2	0	0	540	70	4	1	1										V*
	Large	19.1	670	170	20	3	0	0	990	123	8	1	2										
Waffle Fries	*Platter/Regular*	3.8	490	300	34	3	0	5	930	43	4	1	4	•		•		•				•	V*
	Large	6.0	780	480	53	5	0	10	1460	67	6	1	7										
Mac & Cheese	*Platter*	4.2	210	110	13	7	0	35	430	15	1	1	8										
	Regular	8.4	410	230	25	15	0	70	860	29	1	2	16	•	•	•						•	V
	Large	16.0	790	430	48	28	0	135	1640	56	2	3	30										
Mashed Potatoes	*Platter*	4.0	160	80	9	5	0	25	440	19	2	1	3										
	Regular	8.0	330	150	17	11	1	50	880	37	4	2	5	•									V
	Large	15.5	630	300	33	21	1	95	1700	72	8	3	10										
Chicken Gravy	*Platter*	0.9	10	0	0	0	0	0	120	1	0	0	0										
	Regular	1.8	15	5	0	0	0	0	240	3	0	0	0			•		•*				•	
	Large	2.7	25	5	1	0	0	0	350	4	0	0	0										
Mashed Potatoes and Gravy - add potato and gravy values above														•		•		•*				•	
Corn Casserole	*Platter*	3.8	210	90	11	2	0	0	370	28	2	11	3										
	Regular	7.5	420	190	21	4	0	5	740	57	5	21	5	•				•*					V
	Large	15.0	840	380	42	7	1	5	1470	114	9	42	10										
Tropical Favorites																							
Sweet Plantains	*Platter (Orl)*	0.0	230	50	5	1	0	0	0	43	3	23	2										
	Regular	0.0	450	100	11	2	0	0	0	85	6	46	3										V*
	Large	0.0	840	180	20	3	0	0	0	159	12	85	6										
Fried Yuca	*Regular*	4.7	320	130	14	7	0	0	430	46	2	2	1										
	Large	9.4	640	260	29	13	0	0	870	92	4	5	3										V*
Limited Time Offers																							
Fried Tostones	*Regular*	3.8	370	200	22	4	0	0	10	41	2	0	1										
	Large	6.4	610	330	37	6	0	0	20	68	3	0	2										V*
Topped Tostones	*Shrimp Creole*	8.7	480	220	25	4	0	90	940	45	3	2	13	•				•		•			
	Shredded Pork	8.8	710	450	50	10	0	70	500	44	3	1	21		•								
Cheesy Yuca Bites	*Regular*	4.7						awaiting new nutrition															
	Large	9.4																					V
Desserts																							
Flan		4.0	210	80	9	5	0	90	550	26	0	26	8	•	•								V
Brookie		2.0	260	100	11	6	0	38	72	37	2	22	3	•	•	•		•				•	V
Key Lime Pie Slice		4.8	430	120	13	8	0	90	140	70	7	40	7	•	•	•						•	V
Quatro Leches		6.0	430	170	19	11	0	110	250	56	0	49	12	•	•	•						•	V
Drinks																							
Apple Juice (box)		6.8	100	0	0	0	0	0	15	24	0	24	0										V*
Tropical Rhythms Island Mango® (8 oz bottle)		8	130	0	0	0	0	0	40	33	0	27	0										V*
Tropical Rhythms Reggae Medley® (8 oz bottle)		8	130	0	0	0	0	0	10	32	0	31	0										V*
Drinks *(full cup without ice)*																							
Tea, Unsweet	*Regular*	20	10	0	0	0	0	0	0	2	0	0	0										V*
	Large	32	15	0	0	0	0	0	0	4	0	0	0										

		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 (*Vegan)
Tea, Sweet	*Regular*	20	220	0	0	0	0	0	0	56	0	53	0										V*
	Large	32	350	0	0	0	0	0	0	89	0	85	0										
Mango Tea	*Regular*	20	10	0	0	0	0	0	10	2	0	0	1										V*
	Large	32	20	0	0	0	0	0	20	4	0	0	1										
Mango Sweet Tea	*Regular*	20	220	0	0	0	0	0	10	56	0	53	1										V*
	Large	32	350	0	0	0	0	0	20	89	0	85	1										
Coca-Cola®	*Regular*	20	230	0	0	0	0	0	5	62	0	62	0										V*
	Large	32	360	0	0	0	0	0	10	100	0	100	0										
Diet Coke®	*Regular*	20	0	0	0	0	0	0	25	0	0	0	0										V*
	Large	32	0	0	0	0	0	0	35	0	0	0	0										
Coke Zero®	*Regular*	20	0	0	0	0	0	0	10	0	0	0	0										V*
	Large	32	5	0	0	0	0	0	20	0	0	0	0										
Hi-C® Fruit Punch	*Regular*	20	240	0	0	0	0	0	25	62	0	62	0										V*
	Large	32	380	0	0	0	0	0	35	100	0	100	0										
Fanta® Orange	*Regular*	20	250	0	0	0	0	0	35	68	0	68	0										V*
	Large	32	400	0	0	0	0	0	55	109	0	109	0										
Vitaminwater® XXX	*Regular*	20	120	0	0	0	0	0	0	33	0	31	0										V*
	Large	32	190	0	0	0	0	0	0	53	0	49	0										
Sprite®	*Regular*	20	220	0	0	0	0	0	50	57	0	57	0										V*
	Large	32	350	0	0	0	0	0	80	91	0	91	0										
Dr Pepper®	*Regular*	20	230	0	0	0	0	0	80	62	0	62	0										V*
	Large	32	370	0	0	0	0	0	130	100	0	100	0										
Powerade® Mountain Blast	*Regular*	20	130	0	0	0	0	0	120	34	0	34	0										V*
	Large	32	210	0	0	0	0	0	190	54	0	54	0										
Fuze® Raspberry Tea	*Regular*	20	150	0	0	0	0	0	20	40	0	40	0										V*
	Large	32	210	0	0	0	0	0	35	57	0	55	0										
Hi-C® Orange Lavaburst	*Regular*	20	280	0	0	0	0	0	65	69	0	69	0										V*
	Large	32	450	0	0	0	0	0	105	111	0	111	0										
Drinks *(with ice)*																							
Tea, Unsweet	*Regular*	10	5	0	0	0	0	0	0	1	0	0	0										V*
	Large	16	10	0	0	0	0	0	0	2	0	0	0										
Tea, Sweet	*Regular*	10	100	0	0	0	0	0	0	27	0	26	0										V*
	Large	16	170	0	0	0	0	0	0	45	0	43	0										
Mango Tea	*Regular*	10	5	0	0	0	0	0	5	1	0	0	0										V*
	Large	16	10	0	0	0	0	0	10	2	0	0	0										
Mango Sweet Tea	*Regular*	10	110	0	0	0	0	0	5	27	0	26	0										V*
	Large	16	170	0	0	0	0	0	10	45	0	43	0										
Coca-Cola®	*Regular*	13	150	0	0	0	0	0	0	41	0	41	0										V*
	Large	21	240	0	0	0	0	0	5	67	0	67	0										
Diet Coke®	*Regular*	13	0	0	0	0	0	0	15	0	0	0	0										V*
	Large	21	0	0	0	0	0	0	25	0	0	0	0										
Coke Zero®	*Regular*	13	0	0	0	0	0	0	5	0	0	0	0										V*
	Large	21	0	0	0	0	0	0	10	0	0	0	0										
Hi-C® Fruit Punch	*Regular*	13	150	0	0	0	0	0	15	41	0	41	0										V*
	Large	21	250	0	0	0	0	0	25	66	0	66	0										
Lemonade, Natalie's	*Regular*	13	150	0	0	0	0	0	0	40	0	34	0										V*
	Large	21	240	0	0	0	0	0	0	65	1	56	1										
Sprite®	*Regular*	13	140	0	0	0	0	0	35	37	0	37	0										V*
	Large	21	240	0	0	0	0	0	55	60	0	60	0										
Dr Pepper®	*Regular*	13	150	0	0	0	0	0	50	40	0	40	0										V*
	Large	21	250	0	0	0	0	0	85	66	0	66	0										
Powerade® Mountain Blast	*Regular*	13	80	0	0	0	0	0	75	22	0	22	0										V*
	Large	21	140	0	0	0	0	0	125	36	0	36	0										
Fanta® Orange	*Regular*	13	160	0	0	0	0	0	20	44	0	44	0										V*
	Large	21	270	0	0	0	0	0	35	72	0	72	0										
Vitaminwater® XXX	*Regular*	13	80	0	0	0	0	0	0	21	0	20	0										V*
	Large	21	120	0	0	0	0	0	0	35	0	32	0										
Hi-C® Orange Lavaburst	*Regular*	13	180	0	0	0	0	0	45	45	0	45	0										V*
	Large	21	300	0	0	0	0	0	70	74	0	74	0										