

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 flyer) | |
|--|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-------|------|-------|---------|----------------------|------|-----------|---------------------|--------|---------------------------|---|
| 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 | 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 | | | | | | | | | | | |
| Tropical Trio and Chicken and Ribs Platters (add ¼ grilled chicken, choice of sides & roll) | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | |
| Soups, Salads, Sandwiches & Wraps (Combos add choice of reg side or cup of soup and reg drink) | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Caesar Salad | 10.8 | 510 | 340 | 38 | 8 | 0 | 120 | 1030 | 18 | 3 | 3 | 36 | • | • | • | | • | • | | | | • | |
| Pollo Bites Caesar Salad | 12.5 | 690 | 430 | 48 | 8 | 0 | 110 | 1340 | 28 | 3 | 2 | 40 | • | • | • | | • | • | | | | • | |
| Chicken Quesadilla Salad | 16.9 | 790 | 450 | 50 | 12 | 0 | 125 | 1700 | 51 | 8 | 8 | 45 | • | • | • | | | | | | | • | |
| Pollo Bites Quesadilla Salad | 18.6 | 980 | 530 | 59 | 12 | 1 | 115 | 2010 | 62 | 8 | 8 | 49 | • | • | • | | • | | | | | • | |
| Chicken Quesadilla Salad w/o Dressing | 16.7 | 520 | 190 | 21 | 8 | 0 | 115 | 1300 | 46 | 8 | 4 | 45 | • | • | • | | | | | | | • | |
| Chicken Mango Salad | 13.8 | 400 | 170 | 19 | 5 | 0 | 100 | 1870 | 35 | 5 | 20 | 37 | • | • | • | | | | | | | • | |
| Pollo Bites Mango Salad | 15.5 | 590 | 260 | 28 | 5 | 0 | 90 | 2180 | 46 | 6 | 20 | 40 | • | • | • | | • | | | | | • | |
| Mango Chicken Salad w/o Dressing | 13.6 | 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 | | | | | | | | | | | |
| Caribbean Chicken Soup - 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 | | • | • | | • | | | | | • | |
| Chipotle Chicken Sandwich | 7.9 | 430 | 170 | 19 | 3 | 0 | 90 | 900 | 40 | 1 | 8 | 35 | • | • | • | | • | | | | | • | |
| 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 | 9.0 | 740 | 410 | 46 | 8 | 0 | 75 | 1410 | 54 | 4 | 5 | 33 | • | • | • | | • | • | | | | • | |
| Pollo Bites™ Quesadilla Wrap | 8.9 | 720 | 360 | 40 | 14 | 0 | 100 | 1360 | 53 | 4 | 6 | 43 | • | • | • | | • | | | | | • | |
| BUILD YOUR TropicHop® BOWL | | | | | | | | | | | | | | | | | | | | | | | |
| BYB Rice and Veggies | | | | | | | | | | | | | | | | | | | | | | | |
| White Rice | Small | 7.5 | 330 | 50 | 5 | 1 | 0 | 700 | 67 | 2 | 0 | 6 | | | | | | | | | | | V |
| | Regular | 10.0 | 440 | 60 | 7 | 2 | 0 | 930 | 89 | 2 | 0 | 8 | | | | | | | | | | | V |
| Yellow Rice with Veg | Small | 8.0 | 320 | 45 | 5 | 0 | 0 | 1030 | 61 | 3 | 3 | 6 | | | | | | | | | | | V |
| | Regular | 10.0 | 400 | 50 | 6 | 1 | 0 | 1290 | 76 | 4 | 3 | 8 | | | | | | | | | | | V |
| Brown Rice | Small | 7.7 | 290 | 70 | 8 | 2 | 0 | 640 | 49 | 2 | 1 | 5 | | | | | | | | | | | V |
| | Regular | 10.0 | 370 | 90 | 11 | 2 | 0 | 830 | 63 | 3 | 1 | 7 | | | | | | | | | | | V |
| Romaine Lettuce | Small | 2.3 | 10 | 0 | 0 | 0 | 0 | 5 | 2 | 1 | 1 | 1 | | | | | | | | | | | V |
| | Regular | 3.8 | 20 | 5 | 0 | 0 | 0 | 10 | 4 | 2 | 1 | 1 | | | | | | | | | | | V |
| Romaine Lettuce/White Rice | Small | 5.3 | 190 | 30 | 3 | 1 | 0 | 400 | 39 | 1 | 0 | 4 | | | | | | | | | | | V |
| | Regular | 9.0 | 330 | 45 | 5 | 1 | 0 | 670 | 66 | 3 | 1 | 7 | | | | | | | | | | | V |
| Romaine/Yellow Rice w/ Veg | Small | 5.8 | 190 | 25 | 3 | 0 | 0 | 610 | 37 | 2 | 2 | 4 | | | | | | | | | | | V |
| | Regular | 9.6 | 320 | 45 | 5 | 1 | 0 | 1010 | 61 | 4 | 3 | 7 | | | | | | | | | | | V |
| Romaine Lettuce/Brown Rice | Small | 5.3 | 160 | 40 | 5 | 1 | 0 | 350 | 28 | 2 | 1 | 3 | | | | | | | | | | | V |
| | Regular | 9.0 | 280 | 70 | 8 | 2 | 0 | 600 | 47 | 3 | 1 | 6 | | | | | | | | | | | V |
| 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 | 380 | 25 | 10 | 1 | 9 | | | | | | | | | | | V |
| | Regular | 8.0 | 280 | 70 | 8 | 1 | 0 | 610 | 41 | 15 | 2 | 14 | | | | | | | | | | | V |
| Red Beans | Small | 5.0 | 150 | 40 | 5 | 0 | 0 | 720 | 23 | 5 | 2 | 7 | • | | | | | | | | | | V |
| | Regular | 8.0 | 250 | 60 | 7 | 1 | 0 | 1160 | 37 | 7 | 3 | 11 | | | | | | | | | | | V |
| BYB Rice and Veggies | | | | | | | | | | | | | | | | | | | | | | | |
| Boneless Chicken Breast | Small | 3.5 | 120 | 30 | 3 | 1 | 0 | 85 | 430 | 5 | 0 | 29 | | | | | | | | | | | |
| | Regular | 7.0 | 250 | 60 | 6 | 2 | 0 | 175 | 870 | 10 | 0 | 60 | | | | | | | | | | | |
| Pollo Bites™ | Small | 4.4 | 260 | 90 | 10 | 1 | 0 | 65 | 620 | 13 | 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 | 280 | 0 | 0 | 19 | | | | | | | | | | | |
| | Regular | 6.0 | 330 | 180 | 20 | 7 | 0 | 115 | 520 | 0 | 0 | 39 | | | | | | | | | | | |
| BYB 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 chocolate chip cookie, choice of 1 platter side & regular drink or apple juice) | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | • | • | | • | | | | | • | |
| Family Meals | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | • | • | • | | • | | | | | • | |
| Family 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 | | | | | | | | | | | | | | | | |

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 flyer) | |
|----------------------------------|------------------------|-------------------|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-------|------|-------|---------|----------------------|------|-----------|---------------------|--------|---------------------------|---|
| 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 | 13.8 | 610 | 90 | 10 | 2 | 0 | 0 | 1280 | 122 | 3 | 1 | 11 | | | | | | | | | | | |
| | Family | 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 | 25 | 3 | 0 | 0 | 0 | 640 | 38 | 2 | 2 | 4 | | | | | | | | | | | V |
| | Platter-1 side/Regular | 8.3 | 330 | 45 | 5 | 1 | 0 | 0 | 1060 | 63 | 3 | 3 | 6 | | | | | | | | | | | |
| | Large/Family | 14.5 | 570 | 80 | 9 | 1 | 0 | 0 | 1870 | 110 | 6 | 5 | 11 | | | | | | | | | | | |
| | Family | 20.0 | 890 | 130 | 14 | 3 | 0 | 0 | 1860 | 177 | 4 | 1 | 16 | | | | | | | | | | | |
| Brown Rice | Platter-2 sides/Kid's | 4.5 | 170 | 40 | 5 | 1 | 0 | 0 | 370 | 28 | 1 | 0 | 3 | | | | | | | | | | | V |
| | Platter-1 side/Regular | 7.7 | 290 | 70 | 8 | 2 | 0 | 0 | 640 | 49 | 2 | 1 | 5 | | | | | | | | | | | |
| | Large | 13.8 | 510 | 130 | 15 | 3 | 0 | 0 | 1140 | 87 | 4 | 1 | 10 | | | | | | | | | | | |
| | Family | 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 | | | | | | | | | | | V |
| | Regular | 8.8 | 310 | 70 | 8 | 1 | 0 | 0 | 660 | 44 | 16 | 2 | 15 | | | | | | | | | | | |
| | Large/Family | 17.8 | 630 | 150 | 17 | 2 | 0 | 0 | 1350 | 90 | 33 | 4 | 30 | | | | | | | | | | | |
| | Family | 20.0 | 750 | 180 | 21 | 4 | 0 | 0 | 1650 | 127 | 5 | 2 | 14 | | | | | | | | | | | |
| 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/Family | 18.5 | 570 | 150 | 16 | 2 | 0 | 0 | 2670 | 86 | 17 | 6 | 25 | | | | | | | | | | | |
| | Family | 20.0 | 750 | 180 | 21 | 4 | 0 | 0 | 1650 | 127 | 5 | 2 | 14 | | | | | | | | | | | |
| White Rice and Black Beans | Platter-2 sides/Kid's | 9.8 | 380 | 70 | 8 | 1 | 0 | 0 | 820 | 67 | 11 | 1 | 13 | | | | | | | | | | | V |
| | Platter-1 side/Regular | 12.8 | 520 | 90 | 10 | 2 | 0 | 0 | 1100 | 93 | 11 | 1 | 15 | | | | | | | | | | | |
| | Large | 22.5 | 920 | 160 | 18 | 3 | 0 | 0 | 1940 | 166 | 19 | 2 | 26 | | | | | | | | | | | |
| | Family | 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 | 340 | 70 | 8 | 1 | 0 | 0 | 810 | 59 | 12 | 2 | 12 | | | | | | | | | | | V |
| | Platter-1 side/Regular | 13.5 | 450 | 80 | 9 | 1 | 0 | 0 | 1080 | 80 | 13 | 2 | 15 | | | | | | | | | | | |
| | Large | 23.3 | 770 | 140 | 16 | 2 | 0 | 0 | 1870 | 137 | 22 | 3 | 25 | | | | | | | | | | | |
| | Family | 32.3 | 1090 | 220 | 25 | 3 | 0 | 0 | 2550 | 183 | 38 | 5 | 41 | | | | | | | | | | | |
| Brown Rice and Black Beans | Platter-2 sides/Kid's | 9.8 | 350 | 90 | 10 | 2 | 0 | 0 | 770 | 55 | 11 | 2 | 12 | | | | | | | | | | | V |
| | Platter-1 side/Regular | 12.8 | 460 | 110 | 13 | 2 | 0 | 0 | 1020 | 74 | 12 | 2 | 14 | | | | | | | | | | | |
| | Large | 22.5 | 820 | 200 | 23 | 4 | 0 | 0 | 1800 | 131 | 20 | 3 | 25 | | | | | | | | | | | |
| | Family | 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 | 22.9 | 890 | 160 | 18 | 3 | 0 | 0 | 2600 | 164 | 11 | 4 | 24 | | | | | | | | | | | |
| | Family | 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 | 330 | 70 | 8 | 1 | 0 | 0 | 1210 | 58 | 7 | 2 | 11 | | | | | | | | | | | |
| | Platter-1 side/Regular | 13.8 | 430 | 80 | 9 | 1 | 0 | 0 | 1480 | 78 | 8 | 3 | 13 | | | | | | | | | | | |
| | Large | 23.7 | 740 | 140 | 16 | 2 | 0 | 0 | 2530 | 135 | 14 | 5 | 23 | | | | | | | | | | | |
| | Family | 32.8 | 1030 | 220 | 24 | 3 | 0 | 0 | 3850 | 178 | 22 | 8 | 35 | | | | | | | | | | | |
| 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 | 22.9 | 800 | 200 | 23 | 3 | 0 | 0 | 2460 | 130 | 12 | 5 | 22 | | | | | | | | | | | |
| | Family | 38.3 | 1310 | 330 | 37 | 5 | 0 | 0 | 4300 | 212 | 22 | 9 | 39 | | | | | | | | | | | |
| Kernel Corn | Platter | 4.0 | 120 | 30 | 4 | 2 | 0 | 5 | 170 | 19 | 3 | 12 | 4 | | | | | | | | | | | V |
| | Regular | 7.8 | 240 | 60 | 7 | 3 | 0 | 10 | 330 | 38 | 5 | 23 | 8 | | | | | | | | | | | |
| | Large | 15.5 | 480 | 120 | 14 | 5 | 0 | 25 | 660 | 75 | 10 | 45 | 15 | | | | | | | | | | | |
| | Family | 23.3 | 770 | 140 | 16 | 2 | 0 | 0 | 1870 | 137 | 22 | 3 | 25 | | | | | | | | | | | |
| Caesar Salad | Platter | 2.5 | 130 | 110 | 12 | 2 | 0 | 0 | 10 | 200 | 4 | 1 | 1 | | | | | | | | | | | |
| | 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 | | | | | | | | | | | |
| | Family | 10.8 | 550 | 480 | 52 | 8 | 0 | 45 | 960 | 13 | 4 | 3 | 9 | | | | | | | | | | | |
| Balsamic Tomatoes | Platter | 5.2 | 120 | 80 | 9 | 1 | 0 | 0 | 870 | 10 | 2 | 7 | 1 | | | | | | | | | | | V |
| | Regular | 8.0 | 190 | 120 | 14 | 1 | 0 | 0 | 1360 | 15 | 3 | 10 | 2 | | | | | | | | | | | |
| | Large | 16.0 | 370 | 250 | 27 | 2 | 0 | 0 | 2720 | 30 | 5 | 20 | 4 | | | | | | | | | | | |
| | Family | 23.3 | 770 | 140 | 16 | 2 | 0 | 0 | 1870 | 137 | 22 | 3 | 25 | | | | | | | | | | | |
| Boiled Yuca with Garlic Sauce | Platter | 10.8 | 370 | 90 | 10 | 2 | 0 | 0 | 540 | 70 | 4 | 1 | 1 | | | | | | | | | | | V |
| | Regular | 19.1 | 670 | 170 | 20 | 3 | 0 | 0 | 990 | 123 | 8 | 1 | 2 | | | | | | | | | | | |
| | Large | 38.3 | 1450 | 360 | 40 | 6 | 0 | 0 | 1980 | 246 | 16 | 2 | 4 | | | | | | | | | | | |
| | Family | 57.4 | 2230 | 540 | 60 | 9 | 0 | 0 | 2970 | 369 | 24 | 3 | 6 | | | | | | | | | | | |
| Fried Potatoes | Platter/Regular | 3.8 | 250 | 100 | 11 | 2 | 0 | 0 | 350 | 32 | 3 | 0 | 3 | | | | | | | | | | | V |
| | Large | 6.0 | 390 | 170 | 18 | 4 | 0 | 0 | 570 | 52 | 5 | 1 | 5 | | | | | | | | | | | |
| | Platter | 4.0 | 90 | 50 | 6 | 1 | 0 | 0 | 95 | 8 | 3 | 2 | 2 | | | | | | | | | | | V |
| | Regular | 8.0 | 180 | 100 | 11 | 1 | 0 | 0 | 190 | 15 | 5 | 5 | 3 | | | | | | | | | | | |
| Mac & Cheese | Platter | 4.2 | 210 | 120 | 13 | 7 | 0 | 35 | 430 | 15 | 1 | 1 | 8 | | | | | | | | | | | V |
| | Regular | 8.4 | 410 | 240 | 26 | 15 | 0 | 70 | 860 | 29 | 1 | 2 | 16 | | | | | | | | | | | |
| | Large | 16.0 | 780 | 450 | 50 | 28 | 0 | 135 | 1640 | 56 | 2 | 3 | 30 | | | | | | | | | | | |
| | Family | 23.3 | 1170 | 670 | 75 | 39 | 0 | 202 | 2510 | 85 | 3 | 4 | 45 | | | | | | | | | | | |
| Mashed Sweet Potatoes | Platter | 4.0 | 110 | 20 | 3 | 2 | 0 | 5 | 180 | 21 | 3 | 9 | 2 | | | | | | | | | | | V |
| | Regular | 8.0 | 220 | 40 | 5 | 3 | 0 | 10 | 360 | 43 | 6 | 19 | 4 | | | | | | | | | | | |
| | Large | 16.0 | 450 | 80 | 9 | 6 | 0 | 20 | 710 | 86 | 11 | | | | | | | | | | | | | |