Pollo Campero 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. 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 nees vary. Additonal info available on request.

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	Portion	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Values *	Saturated Fat (gms)	% Daily Value*	Trans Fat (gms)	Cholesterol (mgs)	% Daily Values*	Sodium (mgs)	% Daily Value*	Carbohydrates (gms)	% Daily Value*	Dietary Fiber (gms)	% Daily Value*	Sugars (gms)	Protein (gms)
CHICKEN																			
Traditional - Breast	1	216	392	135	15	23	4	20	0	186	62	1174	49	12	4	3	12	0	51
Traditional - Drumstick	1	70	167	90	10	15	3	15	0	77	26	484	20	2	1	1	4	0	17
Traditional - Thigh	1	126	265	81	9	14	3	16	0	170	57	880	37	17	6	1	4	0	27
Traditional - Whole Wing	1	52	158	90	10	15	3	15	0	78	26	399	17	3	1	1	4	0	13
Roasted- Breast	1	123	212	73	8	12	2	12	0	113	38	515	21	3	1	1	4	0	32
Roasted- Drumstick	1	41	102	58	6	10	2	10	0	54	18	193	8	0	0	1	4	0	11
Roasted- Thigh	1	76	172	104	12	18	4	18	0	89	30	333	14	1	0	1	4	0	16
Roasted- Whole Wing	1	28	54	26	3	4	1	4	0	36	12	120	5	0	0	1	4	0	7
CAMPERO NUGGETS																			
Campero Nuggets	3	81	165	63	7	11	2	10	0	36	12	528	22	8	3	1	4	0	17
Campero Nuggets	6	162	330	126	14	22	4	20	0	72	24	1056	44	17	6	3	12	0	35
Campero Nuggets	9	244	495	189	21	32	6	30	0	109	36	1586	66	25	8	4	16	0	52
Campero Nuggets	30	810	1650	630	70	108	20	100	0	362	121	5284	220	83	28	14	56	0	172
EMPANADA																			
Campero Chicken Empanada	1	62	166	63	7	11	3	15	0	18	6	328	14	19	6	2	8	1	7
SANDWICHES																			
Campero Spicy Sandwich	1	243	564	270	30	46	5	25	0	105	35	1582	66	53	18	3	13	8	25
Campero Sandwich	1	213	484	144	16	25	4	20	0	95	32	1442	60	51	17	3	13	6	35
Queso Bacon Chicken Sandwich-- Limited Time Offering	1	279	669	261	29	45	9	45	0	123	41	2337	97	55	18	3	13	8	44
Breakfast Sandwich (Select Markets Only)	1	254	546	324	36	30	10	50	0	233	78	1887	79	53	18	3	12	11	43
BOWLS																			
Campero Chicken Bowl- Fried Filet	1	745	638	216	24	37	9	45	0	79	26	2461	103	33	11	4	16	6	35
SIDE DISHES																			
Corn Tortillas (2ea)	1	57	120	18	2	3	0	0	0	0	0	10	0	24	8	2	8	1	3
Dinner Roll	1	25	90	9	1	2	0	0	0	0	0	160	7	18	6	0	0	3	3
Flour Tortillas (2ea)	1	105	220	162	18	28	4	20	0	15	5	200	8	15	5	0	0	10	1
French Fries -Individual	1	113	317	126	14	22	3	15	0	4	1	815	34	46	15	5	20	0	3
French Fries -Family	1	226	635	243	27	42	6	30	0	7	2	1630	68	91	30	11	44	0	7
Campero Beans-Individual	1	140	114	0	0	0	0	0	0	0	0	560	23	23	8	3	12	2	7
Campero Beans-Family	1	425	340	0	0	0	0	0	0	0	0	1572	70	68	23	13	36	8	20
Campero Coleslaw -Individual	1	123	276	216	24	37	4	20	0	40	13	591	25	17	6	2	8	25	2
Campero Coleslaw -Family	1	384	874	684	76	117	13	65	0	126	42	1878	78	55	18	6	24	53	4
Sweet Plantains -Individual	1	125	244	36	4	11	2	12	0	0	0	8	1	42	17	5	20	16	2
Sweet Plantains -Family	1	376	732	104	12	27	6	30	0	0	0	18	3	152	44	18	72	47	5
Campero Rice -Individual	1	104	173	45	5	8	1	3	0	0	0	380	16	27	9	1	4	0	1
Campero Rice -Family	1	311	519	135	15	23	2	8	0	0	0	1140	48	81	27	3	12	3	3
Yuca Fries -Individual	1	134	320	97	10	15	3	30	0	0	0	304	12	62	148	11	44	0	1
Yuca Fries -Family	1	257	660	189	21	32	6	60	0	0	0	608	203	116	464	22	88	0	1
Queso Bacon French Fries	1	399	819	369	41	37	21	80	0	74	20	3111	1037	68	272	3	12	4	27
Queso Bacon Yuca	1	385	880	423	47	72	22	110	0	74	25	2451	817	83	332	6	24	5	25
Hashbrown (Select Markets Only)	1	64	120	52	6	9	1	93	31	0	0	270	90	15	60	1	37	0	1
BREAKFAST																			
Bacon Breakfast Empanada (Select Markets Only)	1	73	234	128	16	21	6	27	0	70	24	565	18	23	8	1	6	0	11
Campero Nuggets & Mini Waffles (Select Markets Only)	1	252	690	315	35	54	4	20	0	162	54	1296	54	65	22	3	12	24	41
Sausage & Mini Waffles (Select Markets Only)	1	146	419	396	44	68	8	40	0	130	5	530	22	49	16	0	0	24	12
Bacon, Egg, Cheese Sandwich (Select Markets Only)	1	134	376	162	18	28	8	40	0	154	6	961	40	33	11	1	4	5	17
Sausage, Egg, Cheese Sandwich (Select Markets Only)	1	142	550	342	38	58	14	70	0	180	8	1125	47	34	11	1	4	5	19
BEVERAGES																			
Horchata del Morro 20 oz	1	600	225	0	0	0	0	0	0	0	0	72	3	55	17	0	0	79	0
Horchata del Morro 30 oz	1	900	340	0	0	0	0	10	0	0	0	108	5	82	26	0	0	55	0
Jamaica 20 oz	1	600	200	0	0	0	0	0	0	0	0	70	3	52	17	0	0	82	0
Jamaica 30 oz	1	900	300	0	0	0	0	0	0	0	0	105	3	78	26	0	0	80	2
Lemonade 20 oz	1	600	364	0	0	0	0	0	0	0	0	14	1	90	30	0	0	120	3
Lemonade 30 oz	1	900	544	0	0	0	0	0	0	0	0	21	1	135	45	0	0	55	0
Mango 20 oz	1	600	342	0	0	0	0	0	0	0	0	67	3	55	17	0	0	82	0
Mango 30 oz	1	900	510	0	0	0	0	0	0	0	0	101	5	82	27	0	0	0	0
Bottled Water	1	Any	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	0
Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	60	0
Pepsi 20oz	1	566	220	0	0	0	0	0	0	0	0	45	2	60	0	0	0	90	0
Pepsi 30oz	1	850	330	0	0	0	0	0	0	0	0	70	3	91	30	0	0	0	0
Diet Pepsi 10oz	1	283	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0
Diet Pepsi 20oz	1	566	0	0	0	0	0	0	0	0	0	80	4	0	0	0	0	0	0
Diet Pepsi 30oz	1	850	0	0	0	0	0	0	0	0	0	125	7	0	0	0	0	31	0
Wild Cherry Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	31	10	0	0	61	0
Wild Cherry Pepsi 20oz	1	566	230	0	0	0	0	0	0	0	0	45	2	62	20	0	0	92	0
Wild Cherry Pepsi 30oz	1	850	340	0	0	0	0	0	0	0	0	70	3	92	30	0	0	32	0
Dr Pepper 10oz	1	283	125	0	0	0	0	0	0	0	0	50	2	33	11	0	0	64	0
Dr Pepper 20oz	1	566	250	0	0	0	0	0	0	0	0	100	4	66	22	0	0	96	0
Dr Pepper 30oz	1	850	375	0	0	0	0	0	0	0	0	150	6	99	33	0	0	30	0
Starry 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	0	0
Starry 20oz	1	566	220	0	0	0	0	0	0	0	0	50	2	59	20	0	0	0	0
Starry 30oz	1	850	330	0	0	0	0	0	0	0	0	70	3	89	30	0	0	32	0
Mtn Dew 10oz	1	283	120	0	0	0	0	0	0	0	0	35	1	32	11	0	0	64	0
Mtn Dew 20oz	1	566	240	0	0	0	0	0	0	0	0	75	2	64	22	0	0	96	0
Mtn Dew 30oz	1	850	360	0	0	0	0	0	0	0	0	110	3	96	33	0	0	31	0
Sugar, Packet	1	3	11	0	0	0	0	0	0	0	0	0	0	3	0	0	0	3	0
Splenda, Packet	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
DESSERTS																			
Churro (Select Markets Only)	1	82	263	117	13	20	5	25	0	0	0	225	9	35	12	0	0	11	2
Traditional Baked Flan	1	112	210	81	9	14	5	25	0	90	30	130	5	26	9	0	0	26	8
DRESSINGS, SAUCES																			
Queso	1	119	318	216	24	37	16	80	0	60	20	1428	60	8	3	0	0	4	16
Sour Cream (Select Markets Only)	1	30	60	45	5	8	4	18	0	20	7	15	1	1	0	0	0	2	0
Balsamic Vinaigrette	1	42	140	135	15	23	3	13	0	0	0	410	17	3	1	0	1	0	0
Buffalo Sauce	1	30	10	0	0	0	0	0	0	0	0	840	35	2	1	0	0	1	1
Ranch Sauce	1	30	130	117	13	20	2	10	0	10	3	240	10	3	1	0	0	10	0
Barbecue Sauce	1	34	50	0	0	0	0	0	0	0	0	310	13	12	4	0	0	4	0
Campero Signature Sauce	1	28	114	97	11	17	2	9	0	7	2	226	9	4	1	0	1	5	1
Guacamole salsa	1	34	66	45	5	8	1	5	0	0	0	263	11	2	1	0	0	1	0
Avocado Ranch	1	57	144	135	15	23	2	10	0	14	5	249	10	1	0	0	0	1	1
Hot Green Sauce	1	5	0	0	0	0	0	0	0	0	0	110	5	1	0	0	0	0	0
Maple Syrup	1	43	130	0	0	0	0	0	0	0	0	40	2	31	10	0	0	22	0

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ALLERGENS & SENSITIVITIES

	Peanut	Tree Nuts	Eggs	Milk	Wheat	Fish	Sesame	Soy Products	Shellfish	Gluten	Monosodium Glutamate
	ALLERGENS									SENSITIVITIES	
BONE IN CHICKEN											
Traditional Chicken					●			●		X	X
Roasted Chicken				●							X
BONELESS CHICKEN											
Campero Nuggets			●	●	●			●		X	X
EMPANADAS											
Campero Chicken Empanada			●	●	●			●		X	X
SANDWICHES											
Breakfast Sandwich (Select Markets Only)			●	●	●			●		X	X
Campero Spicy Sandwich Fried Filet			●	●	●			●		X	X
Campero Sandwich Fried Filet			●	●	●			●		X	X
Queso Bacon Chicken Sandwich			●	●	●			●		X	X
Campero Chicken Bowl (Select Markets Only)			●	●	●			●		X	X
SIDE DISHES											
Corn Tortillas	No Allergens										
Dinner Roll					●					X	
Flour Tortillas					●					X	
French Fries			●	●	●			●		X	
Campero Beans	No Allergens										
Campero Coleslaw			●	●							
Sweet Plantains			●	●	●			●		X	
Queso Bacon Yuca			●	●	●			●		X	
White Rice	No Allergens										
Campero Rice								●			
Yuca Fries			●	●	●			●		X	
Hashbrown (Select Markets Only)			●	●	●			●		X	
Queso Bacon French Fries			●	●	●			●		X	
BREAKFAST (Select Markets Only)											
Mini Waffles and Sausage			●	●	●					X	
Bacon Breakfast Empanada			●	●	●			●		X	
Campero Nuggets & Mini Waffles			●	●	●			●		X	X
Sausage, Egg, Cheese Sandwich			●	●	●		●	●		X	
Bacon, Egg, Cheese Sandwich			●	●	●		●	●		X	
BEVERAGES											
Pepsi Products	No Allergens										
Horchata del Morro	●			●				●			
Jamaica	No Allergens										
Lemonade	No Allergens										
Mango	No Allergens										
Sugar	No Allergens										
Splenda	No Allergens										
DESSERTS											
Churro			●	●	●			●		X	
Traditional Baked Flan			●	●							
DRESSINGS, SAUCES & SALSAS											
Queso Blanco				●							
Sour Cream (Select Markets Only)				●							
Balsamic Vinaigrette	No Allergens										
Buffalo Sauce				●				●			
Ranch Sauce			●	●							
Barbecue Sauce	No Allergens									X	
Campero Signature Sauce			●								
Mild Guacamole Salsa (Select Markets Only)	No Allergens										
Maple Syrup (Select Markets Only)	No Allergens										
Hot Jalapeno Green Sauce					●					X	X
Avocado Ranch			●	●							
Cholula Hot Sauce	No Allergens										