

LOW CAL MEAL SUGGESTIONS

- Regular Chicken TropiChop® with Yellow Rice (330 Calories)
- Regular Roast Pork TropiChop® with Yellow Rice (490 Calories)
- Large Caribbean Chicken Soup (250 Calories)

LOW FAT MEAL OPTIONS

- 1/4 Chicken white meat w/o skin with White Rice and Black Beans w/roll (16g total fat)
- 2 Boneless Chicken Breasts with Balsamic Tomatoes w/roll (17 g total fat)
- Regular Chicken TropiChop® with Yellow Rice (5g total fat)
- Large Caribbean Chicken Soup (3.5 total fat)

At Pollo Tropical® our chicken is always fresh – never frozen and hormone free. It comes from U.S. suppliers who are held to the highest federal quality assurance and safety standards.

FOOD ALLERGENS

We understand that some customers may suffer from food allergies. To help our customers enjoy a unique, Caribbean-food experience, we have listed our products that contain ingredients which may trigger some of the most common allergies. Some of the most common food allergens are dairy, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.

MAIN ENTREES

WINGS	Wheat products
CARIBBEAN CHICKEN SOUP	Dairy and wheat products

SIDES

SWEET PLANTAINS	Soy product
COLESLAW	Egg products
CORN	Soy products
DINNER ROLLS	Wheat products
CURLY FRIES	Wheat products
MACARONI AND CHEESE	Dairy, egg, wheat and soy products
RED BEANS	Dairy and soy products
MASHED POTATOES	Dairy and soy products
CHICKEN GRAVY	Wheat and soy products

DESSERTS

TRES LECHES	Dairy, egg and wheat products
FLAN	Dairy and egg products
KEY LIME Pie	Dairy and wheat products
GUAVA CHEESECAKE	Dairy, egg and wheat products
TROPICILLER® SMOOTHIE	Dairy products

SAUCES

MOJO	Soy products
CAESAR DRESSING	Dairy, egg, wheat, soy and fish products
SPICY AMAZON	Dairy and soy products
CHIPOTLE MAYO	Dairy, egg and wheat products
CILANTRO GARLIC	Egg products
CURRY MUSTARD	Egg products
PEPPADEW SPREAD	Egg products

OTHER

SAUTEED ONIONS	Soy products
SHREDDED CHEESE	Dairy products
SOUR CREAM	Dairy products
CROUTONS	Wheat products
SANDWICH ROLL	Wheat and soy products
WRAP BREAD	Wheat, soy and tree nut products
FLOUR TORTILLA	Wheat products

**OUR FOOD HAS NO ADDED MSG
NOR TRANS FATS**

Pollo Tropical® is a registered trademark of Pollo Operations, Inc. NUTRITION-07/10

NUTRITIONAL ANALYSIS

The nutritional information and data provided in this publication is based on a nutritional analysis provided by Covance Lab, Hazelton Laboratories, ABC Research Corp., the United States Department of Agriculture, and from our product suppliers. The nutritional and ingredient information is based on standard formulations. Variations can be expected due to factors such as local suppliers, regional variations, seasons of the year, slight differences in product assembly at individual restaurants, substitutions, and recipe revisions, among other factors.

Some menu items may not be available at all restaurants. In addition, test products, test formulations, items in test markets, and items that are promotional in nature have not been included in this publication. Updated versions of this publication will be published to include new products or product changes.

Neither Pollo Tropical®, its employees nor franchisees assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants. No products are certified as vegetarian and all products may contain trace amounts of ingredients from animals. For further information or if you have special sensitivities or dietary concerns, please contact or visit:

www.pollotropical.com
to view our Food Sensitivity Guide.

Pollo Tropical® is a member of the
**Food Allergy & Anaphylaxis Network
(FAAN)**

Pollo Tropical Operations, Inc.
7300 N. Kendall Drive · Miami, Florida 33156
305-670-7696

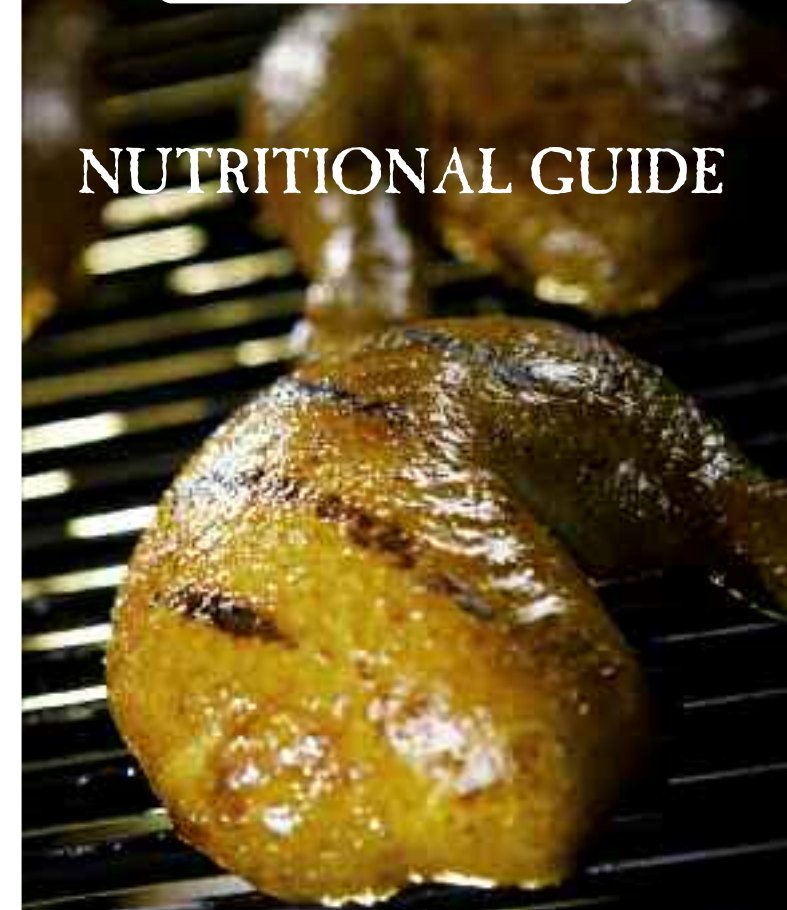


Certified Fiber
Sourcing
www.sfipprogram.org

Pollo Tropical®

CHICKEN ON THE GRILL

NUTRITIONAL GUIDE



Sign up for
POLLO REWARDS™
receive FREE coupons
and other offers!
www.pollotropical.com
or TEXT POLLO TO 30241



NUTRITIONAL ANALYSIS OF POLLO TROPICAL® INDIVIDUAL MENU ITEMS

IT'S NO WONDER POLLO TROPICAL® IS SO WHOLESOME AND TASTES SO GOOD!

ENTRÉES ONLY

	Serving (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1/4 Chicken white meat	6	350	17	5	0	185	770	0	0	0	47
1/4 Chicken dark meat	4	270	17	5	0	145	470	0	0	0	30
1/4 Chicken white meat w/o skin	5	230	7	2	0	135	510	0	0	0	41
1/4 Chicken dark meat w/o skin	3	180	9	3	0	105	250	0	0	0	24
Grilled Tropical Wings (each)	1	50	4	1	0	25	115	0	0	0	5
Boneless Chicken Breasts (2)	6	230	4	1	0	160	330	0	0	0	51
Roast Pork	6	400	22	10	0	145	320	1	0	0	48
1/4 rack Ribs	2	200	15	7	0	50	340	1	0	1	14
1/2 rack Ribs	4	400	31	13	0	100	680	2	0	2	29

FAJITAS

Chicken (Includes White Rice, Beans, Fajita, Toppings and Tortillas)	29	1130	34	13	0	155	2590	149	15	7	66
--	----	------	----	----	---	-----	------	-----	----	---	----

TROPICAL TRIOS (Includes Bread Roll)

Chicken (White) Wings, Ribs	11	780	44	16	0	320	1540	17	1	4	78
Chicken (Dark) Wings, Ribs	9	710	44	15	0	280	1250	17	1	4	60
Chicken (White) Wings, Mojo Pork	16	980	52	19	0	400	1600	19	2	5	108
Chicken (Dark) Wings, Mojo Pork	14	910	51	19	0	360	1300	19	2	5	91
Chicken (White) Mojo Pork, Ribs	16	1030	58	23	0	375	1590	19	2	6	108
Chicken (Dark) Mojo Pork, Ribs	14	960	57	23	0	335	1300	19	2	6	91

TROPICHOPS®

Regular Chicken TropiChop® w/White Rice & Black Beans	17	530	10	2	0	55	1460	90	10	1	31
Large Chicken TropiChop® w/White Rice & Black Beans	30	1090	27	6	0	200	2540	142	16	2	84
Regular Chicken TropiChop® w/Yellow Rice & Vegetables	10	330	5	1	0	55	780	51	3	1	23
Large Chicken TropiChop® w/Yellow Rice & Vegetables	23	840	22	5	0	200	1740	93	6	2	72
Regular Pork TropiChop® w/White Rice & Black Beans	18	680	22	8	0	70	1530	92	11	2	39
Large Pork TropiChop® w/White Rice & Black Beans	31	1260	49	16	0	155	2610	146	17	4	73
Regular Pork TropiChop® w/Yellow Rice & Vegetables	13	490	18	6	0	70	930	54	4	2	30
Large Pork TropiChop® w/Yellow Rice & Vegetables	24	1000	43	14	0	155	1810	97	8	4	62
Regular Vegetarian TropiChop®	19	580	12	3	0	0	1200	110	16	5	18
Large Vegetarian TropiChop®	31	950	21	4	0	0	1830	178	26	9	28

SALADS/SOUPS/WRAPS/SANDWICHES

Chicken Caesar Salad	15	650	40	8	0	195	860	15	4	2	59
Caribbean Chicken Cobb Salad	24	1190	55	17	0	240	2140	72	7	35	77
Caesar Salad (regular)	3	130	12	3	0	15	220	4	1	1	3
Small Caribbean Chicken Soup	8	120	2	0	0	15	650	21	3	2	9
Large Caribbean Chicken Soup	17	250	4	1	0	30	1310	43	6	5	18
Chicken Caesar Wrap	5	370	17	3	0	60	690	30	3	3	24
Cuban Wrap	6	400	21	7	0	60	1120	29	3	3	26
Classic Chicken Sandwich	7	480	18	3	0	85	620	46	3	11	33
Chicken Chipotle Sandwich	7	480	19	3	0	90	690	44	3	8	33
Guava Pork BBQ Sandwich	6	460	14	5	0	70	550	52	3	12	32

KIDS MEALS*

1/4 Chicken dark meat w/o skin	13	560	16	4	0	105	1200	75	9	3	37
Chicken Breast	13	500	8	2	0	80	1120	75	9	3	38
Cheese Quesadilla (2)	13	730	25	11	0	40	1680	107	10	4	27

*These include white rice, black beans, roll (no roll on quesadilla)

SIDE DISHES (REGULAR)

	Serving (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
White Rice											
Regular Side	8	330	5	1	0	0	700	67	2	0	6
Black Beans											
Regular Side	9	200	6	1	0	0	860	40	15	1	14
Red Beans											
Regular Side	9	240	4	1	0	0	1080	39	12	5	13
Yellow Rice w/ Vegetables											
Regular Side	8	240	4	1	0	0	620	48	3	1	5
Boiled Yuca w/ Mojo											
Regular Side	11	340	9	1	0	0	820	68	4	0	1
Mashed Potatoes											
Regular Side	8	240	9	5	0	20	790	35	4	0	5
Chicken Gravy											
Regular Side	2	35	3	1	0	0	210	3	0	0	1
Curly Fries											
Regular Side	3	290	16	2	0	0	690	33	5	0	4
Macaroni & Cheese											
Regular Side	9	410	23	8	0	25	1020	36	3	6	14
Kernel Corn											
Regular Side	8	240	7	2	0	0	40	37	10	5	6
Balsamic Tomatoes											
Regular Side	8	170	13	2	0	0	1240	13	3	9	2
Caesar Salad w/Dressing, Croutons & Cheese											
Regular Side	4	210	19	4	0	25	350	7	2	1	5
Coleslaw											
Regular Side	8	510	44	7	0	5	670	31	4	26	2
Bread Roll											
Regular Side	1	90	1	0	0	0	150	17	1	3	3
Flour Tortilla (1)											
Regular Side	1	90	2	1	0	0	220	16	1	0	3

TROPICAL FAVORITES

Sweet Plantains (5 pieces)	7	430	11	2	0	0	10	88	8	26	4
Fried Yuca (6 pieces)	4	340	16	3	0	5	500	49	5	2	1

DESSERTS/FROZEN BEVERAGES

Flan	4	210	9	5	0	90	550	26	0	26	8
Guava Cheesecake	5	310	17	10	0	50	230	36	1	28	5
Tres Leches	5	380	9	5	0	70	210	76	0	68	9
Key Lime Pie	4	320	13	7	0	110	200	59	1	54	9
Mango TropiChiller®	16	290	0	0	0	0	30	72	0	60	0
Piña Colada TropiChiller®	16	310	4	4	0	0	30	76	3	63	1
Strawberry TropiChiller®	16	290	0	0	0	0	30	72	0	60	1
Mango TropiChiller® Cream Smoothie	17	330	8	5	0	20	80	63	0	54	2
Piña Colada TropiChiller® Cream Smoothie	17	330	9	7	0	20	80	65	1	55	3
Strawberry TropiChiller® Cream Smoothie	17	330	8	5	0	20	80	63	0	54	3

CONDIMENTS

Fresh Salsa	1	5	0	0	0	0	90	1	0	0	0
Mojo	1	80	9	1	0	0	180	1	0	0	0
BBQ	1	45	0	0	0	0	310	12	0	11	0
Guava BBQ	1	50	0	0	0	0	170	13	0	11	0
Curry Mustard	1	150	17	0	0	0	15	0	0	0	0
Caesar Dressing	2	280	30	6	0	35	330	2	0	0	2
Salsa	1	5	0	0	0	0	135	1	0	1	0
Cilantro Garlic	1	160	17	3	0	15	150	1	0	0	0
Pineapple Rum	1	60	0	0	0	0	50	15	0	10	0
Spicy Amazon	1	60	2	2	0	0	190	11	0	11	0
Spicy Sweet & Sour Sauce	1	35	0	0	0	0	80	8	0	7	0
PT Salsa Picante Hot Sauce	1	3	0	0	0	0	50	0	0	0	0
Guacamole	1	45	5	0	0	0	120	2	1	1	0
Shredded Cheese	1	60	5	3	0	15	95	1	0	0	3
Sour Cream	1	60	5	3	0	20	30	2	0	1	1

*Not all items listed are available in all markets

*Not all items listed are available in all markets