

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.

MENU ITEM	portion	serving size (gms)	calories	calories from fat	total fat (gms)	saturated fat (gms)	trans fat (gms)	cholesterol (mgs)	sodium(mgs)	carbohydrates (gms)	dietary fiber (gms)	sugars (gms)	protein (gms)
CHICKEN													
Traditional - Whole Wing (add to my meal)	1	56	171	95	10	3	0	88	337	2	0	0	17
Traditional - Breast (add to my meal)	1	173	375	161	17	5	0	166	810	7	0	0	47
Traditional - Drumstick (add to my meal)	1	67	164	83	9	3	0	101	304	2	0	0	19
Traditional - Thigh (add to my meal)	1	138	397	241	26	7	0	176	790	8	0	0	31
Grilled Chicken (Breast & Wings) (add to my meal)	1	172	340	155	17	5	0	57	1025	0	0	0	46
Grilled Chicken (Thigh & Drumstick) (add to my meal)	1	132	340	212	24	7	0	50	940	2	1	0	30
Whole Grilled Chicken (add to my meal)	4	608	1358	734	82	25	0	217	3933	4	2	0	152
Chicken Strips (1) (add to my meal)	1	61	162	76	8	2	0	28	553	10	0	0	11
Chicken Strips (3) (add to my meal)	3	184	486	227	25	6	0	83	1661	31	1	0	34
Chicken Strips (5) (add to my meal)	5	307	810	379	42	10	0	138	2769	51	2	0	57
Chicken Strips (10) (add to my meal)	10	613	1619	757	84	20	0	276	5538	102	3	0	113
Grilled Chicken Fillet (add to my meal)	1	120	114	30	3	1	0	68	754	0	0	0	21
Camperitos (5) (add to my meal)	5	111	281	118	13	3	0	43	1000	17	1	0	24
Camperitos (30) (add to my meal)	30	669	1685	707	79	17	0	259	5999	104	7	0	141
EMPANADAS													
Spicy Chicken Empanada (add to my meal)	1	71	181	78	9	3	0	38	363	14	1	0	12
Citrus Chicken Empanada (add to my meal)	1	77	206	76	8	3	0	27	302	22	1	7	11
Black Bean Empanada (add to my meal)	1	73	171	64	7	2	0	3	361	22	3	2	5
SOUPS													
Chipotle Rustica Soup (Cup) (add to my meal)	1	150	99	54	6	1	0	4	439	9	2	2	3
Chipotle Rustica Soup (Bowl) (add to my meal)	1	420	236	128	14	3	0	8	1265	23	4	5	7
Chipotle Rustica Soup w/Chicken (Cup) (add to my meal)	1	175	140	69	8	2	0	28	729	8	2	2	3
Chipotle Rustica Soup w/Chicken (Bowl) (add to my meal)	1	513	367	179	20	5	0	69	2054	23	1	2	11
SALADS													
Campero Grilled Chicken Salad (add to my meal)	1	492	587	315	35	7	0	84	1825	40	9	10	28
Campero Salad (add to my meal)	1	372	473	285	32	6	0	16	1071	40	9	10	7
CHICKEN BOWLS													
New- Peruvian Shredded Chicken Bowl (add to my meal)	1	428	603	270	30	7	0	45	2469	62	8	5	21
New- Crispy Chicken Bowl (add to my meal)	1	448	655	270	30	8	0	40	2652	74	8	5	22
SIDE DISHES													
Corn Tortillas 2 (add to my meal)	2	57	120	18	2	0	0	0	10	24	2	1	3
Dinner Roll (add to my meal)	1	25	80	9	1	0	0	0	140	14	0	1	2
Flour Tortillas 2 (add to my meal)	2	105	220	160	18	4	0	15	200	15	0	10	1
Campero Side Salad (add to my meal)	1	185	238	143	16	3	0	8	536	20	4	5	4
Sweet Plantains-4 (add to my meal)	1	114	232	54	6	2	0	0	22	44	2	28	0
Sweet Plantains-12 (add to my meal)	3	342	696	162	18	6	0	0	66	132	6	84	0
New- Campero Beans - Individual (add to my meal)	1	142	166	32	4	1	0	3	610	25	9	1	8
New- Campero Beans - Family (add to my meal)	4	439	513	101	11	3	0	8	1891	78	29	3	25
Campero Rice -Individual (add to my meal)	1	150	222	37	4	0	0	0	531	42	1	1	5
Campero Rice -Family (add to my meal)	3	450	666	110	12	1	0	0	1593	126	5	3	14
New- Campero Rice - Individual (add to my meal)	1	142	131	24	3	1	0	0	914	24	1	1	2
New- Campero Rice -Family (add to my meal)	3	439	406	75	8	2	0	0	2833	74	2	3	7
Mashed Potatoes-Individual (add to my meal)	1	140	182	72	7	1	0	0	535	15	1	1	1
Black Beans -Individual (add to my meal)	1	150	117	7	1	0	0	0	476	23	8	2	8
Mashed Potatoes-Family (add to my meal)	3	420	546	216	21	3	0	0	1605	45	3	3	3
Mashed Potatoes with Beef Gray-Individual (add to my meal)	1	144	188	72	7	1	0	0	535	15	1	1	1
Mashed Potatoes with Beef Gray-Family (add to my meal)	3	432	564	216	21	3	0	0	1605	45	3	3	3
Sweet Campero Cole Slaw - Individual (add to my meal)	1	140	202	133	15	3	0	13	297	17	3	4	1
Sweet Campero Cole Slaw - Family (add to my meal)	3	425	607	401	44	8	0	40	891	52	8	12	4
White Rice -Individual (add to my meal)	1	150	102	53	6	1	0	0	753	11	0	0	1
White Rice-Family (add to my meal)	3	450	307	159	18	2	0	0	2258	32	1	0	4
Black Beans -Family (add to my meal)	4	450	351	21	2	0	0	0	1429	70	23	5	23
New- Black Beans -Individual (add to my meal)	1	142	152	22	2	2	0	0	538	7	3	4	2
New- Black Beans -Family (add to my meal)	4	439	471	68	8	8	0	0	1651	21	8	11	6
New- Campero Traditional Coleslaw -Individual (add to my meal)	1	142	259	229	25	4	0	17	507	7	3	4	2
New- Campero Traditional Coleslaw -Family (add to my meal)	3	439	802	708	79	14	0	52	1570	21	8	11	6
French Fries-Individual (add to my meal)	1	65	187	81	9	2	0	0	325	25	2	0	2
French Fries-Regular (add to my meal)	1	90	258	112	12	3	0	0	450	34	3	0	3
French Fries-Large (add to my meal)	1	120	345	149	17	4	0	0	600	46	4	0	4
French Fries-Family (add to my meal)	4	240	690	299	33	7	0	0	1200	92	7	0	7
Yuca Fries-Individual (add to my meal)	1	108	315	135	15	3	0	0	144	220	2	0	1
Yuca Fries-Family (add to my meal)	3	324	945	405	45	9	0	0	432	660	6	0	3
Tortilla Chips (add to my meal)	12	50	266	133	15	3	0	0	22	30	4	1	3
Tortilla Chips -Medium (add to my meal)	36	54	798	399	45	9	0	0	66	90	12	2	9
Tortilla Chips -Family (add to my meal)	5	150	117	58	7	1	0	0	10	13	2	0	1
BEVERAGES													
Lemonade 20 oz (add to my meal)	1	600	364	0	0	0	0	0	14	90	0	80	2
Lemonade 30 oz (add to my meal)	1	900	544	0	0	0	0	0	21	135	0	120	3
Horchata 20oz (add to my meal)	1	600	352	33	0	0	0	3	72	0	47	0	0
Horchata 30oz (add to my meal)	1	900	480	49	0	0	0	0	5	107	0	71	0
Tamarindo 20oz (add to my meal)	1	600	269	0	0	0	0	1	67	0	51	0	0
Tamarindo 30oz (add to my meal)	1	900	405	0	0	0	0	2	101	0	76	0	0
Horchata del Morro 20 oz (add to my meal)	1	600	275	25	3	1	0	13	38	60	0	53	0
Horchata del Morro 30 oz (add to my meal)	1	900	413	38	4	2	0	19	56	90	0	79	0
Mango 20 oz (add to my meal)	1	600	342	0	0	0	0	4	85	2	56	0	0
Mango 30 oz (add to my meal)	1	900	510	0	0	0	0	7	128	3	85	0	0
Passion Fruit/Guava 20oz (add to my meal)	1	600	250	0	0	0	0	0	7	63	0	47	0
Passion Fruit/Guava 30oz (add to my meal)	1	900	375	0	0	0	0	0	11	94	0	71	0
Jamaica 20 oz (add to my meal)	1	600	320	0	0	0	0	2	65	0	44	0	0
Jamaica 30 oz (add to my meal)	1	900	480	0	0	0	0	4	98	0	65	0	0
Maranon 20 oz (add to my meal)	1	600	169	0	0	0	0	42	0	0	0	0	0
Maranon 30 oz (add to my meal)	1	900	254	0	0	0	0	67	0	0	0	0	0
Bottled water (add to my meal)	1	0	0	0	0	0	0	0	0	0	0	0	0
Diet Coke 12 oz (add to my meal)	1	360	0	0	0	0	0	0	15	0	0	0	0
Diet Coke 20 oz (add to my meal)	1	600	0	0	0	0	0	0	25	0	0	0	0
Diet Coke 30 oz (add to my meal)	1	900	0	0	0	0	0	0	38	0	0	0	0
Sprite 12 oz (add to my meal)	1	360	145	0	0	0	0	0	33	39	0	39	0
Sprite 20 oz (add to my meal)	1	600	243	0	0	0	0	0	55	65	0	65	0
Sprite 30 oz (add to my meal)	1	900	364	0	0	0	0	83	98	0	98	0	0
Coke 12 oz (add to my meal)	1	360	149	0	0	0	0	9	41	0	41	0	0
Coke 20 oz (add to my meal)	1	600	248	0	0	0	0	15	68	0	68	0	0
Coke 30 oz (add to my meal)	1	900	371	0	0	0	0	23	101	0	101	0	0
Powerade Mountain Blast 12 oz (add to my meal)	1	360	30	0	0	0	0	0	20	6	0	6	0
Powerade Mountain Blast 20 oz (add to my meal)	1	600	60	0	0	0	0	0	50	15	0	15	0
Powerade Mountain Blast 30 oz (add to my meal)	1	900	90	0	0	0	0	0	75	23	0	23	0
Cherry Coke 12 oz (add to my meal)	1	360	150	0	0	0	0	0	35	42	0	42	0
Cherry Coke 20 oz (add to my meal)	1	600	250	0	0	0	0	0	58	70	0	70	0
Cherry Coke 30 oz (add to my meal)	1	900	375	0	0	0	0	0	88	105	0	105	0
Fanta Grape 12 oz (add to my meal)	1	360	180	0	0	0	0	0	35	48	0	48	0
Fanta Grape 20 oz (add to my meal)	1	600	300	0	0	0	0	0	58	80	0	80	0
Fanta Grape 30 oz (add to my meal)	1	900	450	0	0	0	0	0	88	120	0	120	0
Fanta Orange 12 oz (add to my meal)	1	360	160	0	0	0	0	0	55	44	0	44	0
Fanta Orange 20 oz (add to my meal)	1	600	267	0	0	0	0	0	92	73	0	73	0
Fanta Orange 30 oz (add to my meal)	1	900	400	0	0	0	0	0	138	110	0	110	0
Nestea Unsweetened 12 oz (add to my meal)	1	360	2	0	0	0	0	0	21	0	0	0	0
Nestea Unsweetened 20 oz (add to my meal)	1	600	3	0	0	0	0	0	35	0	0	0	0
Nestea Unsweetened 30 oz (add to my meal)	1	900	4	0	0	0	0	0	53	0	0	0	0
Nestea 12 oz (add to my meal)	1	360	93	0	0	0	0	0	21	33	0	33	0
Nestea 20oz (add to my meal)	1	600	155	0	0	0	0	0	35	83	0	83	0
Nestea 30oz													