Nutritional Guide

Pollo Tropical®

Not all items listed are available in all markets.

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. 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.

		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	Gluten	Vegetarian
ALA CARTE MEAT / PLATTERS (add choice of sides & roll)																							
Chicken (1/4 white)		6.0	360	180	20	6	0	185	730	0	0	0	43										
Chicken (1/4 dark)		4.0	290	190	22	6	0	135	430	0	0	0	24										
Chicken (1/4 white) without Skin		4.8	220	70	8	3	0	130	670	0	0	0	37										
Chicken (1/4 dark) without Skin		3.1	170	80	9	3	0	110	300	0	0	0	21										
Chicken (1/2)		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 with Sautéed Onions		7.5	370	200	22	8	0	115	620	2	1	1	39										
Caribbean Ribs (1/2 rack) with Guava BBQ Sauce		12.5	920	470	52	23	0	215	1960	38	1	32	75										
TROPICAL TRIO PLATTERS (add 1/4 grilled chicken and choice of sides & roll)																							
Mojo Roast Pork with Sautéed Onions		4.5	200	110	12	4	0	60	360	2	1	1	20										
Caribbean Ribs (1/4 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	•	•	•		•	•			•	
Chicken Quesadilla Salad		16.9	790	450	50	12	0	125	1700	51	8	8	45	•	•	•						•	
Chicken Quesadilla Salad w/o Dressing		15.1	520	190	21	8	0	115	1300	46	8	4	45	•		•						•	
Mango Chicken Salad		13.8	400	170	19	5	0	100	1870	35	5	20	37	•		•					•	•	
Mango Chicken Salad w/o Dressing		12.0	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		17.0	300	50	5	1	0	45	1730	41	3	3	22										
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	•	•	•		•				•	
Guava BBQ Pork Sandwich		6.0	400	110	12	4	0	60	690	47	0	19	25			•		•				•	
Chicken Caesar Wrap		5.2	330	160	17	3	0	60	690	29	2	3	24	•	•	•		•	•			•	
Chicken Quesadilla Wrap		5.7	360	170	18	6	0	80	730	29	2	3	30	•	•	•		•				•	
CREATE YOUR OWN TROPICHOP® BOWL																							
CYO Rice & Veggies																							
White Rice	Small	7.5	330	50	5	1	0	0	700	67	2	0	6										V
	Regular	10.0	440	60	7	2	0	0	930	89	2	0	8										
Yellow Rice with Vegetables	Small	8.0	320	45	5	0	0	0	1030	61	3	3	6										V
	Regular	10.0	400	50	6	1	0	0	1290	76	4	3	8										
Brown Rice	Small	7.7	290	70	8	2	0	0	640	49	2	1	5										V
	Regular	10.0	370	90	11	2	0	0	830	63	3	1	7										
Romaine Lettuce	Small	2.3	10	0	0	0	0	0	5	2	1	1	1										V
	Regular	3.8	20	5	0	0	0	0	10	4	2	1	1										
Romaine Lettuce/White Rice	Small	5.3	190	30	3	1	0	0	400	39	1	0	4										V
	Regular	9.0	330	45	5	1	0	0	670	66	3	1	7										
Romaine/Yellow Rice w/ Veggies	Small	5.8	190	25	3	0	0	0	610	37	2	2	4										V
	Regular	9.6	320	45	5	1	0	0	1010	61	4	3	7										
Romaine Lettuce/Brown Rice	Small	5.3	160	40	5	1	0	0	350	28	2	1	3										V
	Regular	9.0	280	70	8	2	0	0	600	47	3	1	6										
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	0	380	25	10	1	9										V
	Regular	8.0	280	70	8	1	0	0	610	41	15	2	14										
Red Beans	Small	5.0	150	40	5	0	0	0	720	23	5	2	7	•									
	Regular	8.0	250	60	7	1	0	0	1160	37	7	3	11										
CYO Meats																							
Boneless Chicken Breast	Small	3.5	120	30	3	1	0	85	430	5	0	0	29										
	Regular	7.0	250	60	6	2	0	175	870	10	0	1	60										
Mojo Roast Pork	Small	3.0	170	90	10	4	0	60	260	0	0	0	19										
	Regular	6.0	330	180	20	7	0	115	520	0	0	0	39										

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		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	Gluten	Vegetarian
CREATE YOUR OWN TROPICHOP® BOWL (continued)																							
CYO 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										
Chicken Bites		3.9	310	130	15	3	0	35	580	28	1	0	19			•						•	
SIDES																							
White Rice	Platter - 2 sides/Kid's	4.5	200	30	3	1	0	0	420	40	1	0	4										v
	Platter - 1 side/Regular	7.5	330	50	5	1	0	0	700	67	2	0	6										
	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										
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										
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										
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/ Vegetables & 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/ Vegetables & 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										
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										
	Large	16.0	370	250	27	2	0	0	2720	30	5	20	4										

		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	Gluten	Vegetarian
SIDES (continued)																							
Boiled Yuca with Garlic Sauce	Platter	8.6	310	80	10	2	0	0	460	55	3	1	1										v
	Regular	10.8	370	90	10	2	0	0	540	70	4	1	1										
	Large	19.1	670	170	20	3	0	0	990	123	8	1	2										
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										
Green Beans	Platter/Regular	4.0	90	50	6	1	0	0	95	8	3	2	2										v
	Large	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										
Coleslaw	Platter	4.0	260	200	22	4	0	15	380	17	2	14	1										v
	Regular	7.0	460	340	38	6	1	30	660	30	3	24	2		•								
	Large	15.0	980	730	82	13	1	60	1420	64	7	52	4										
Mashed Potatoes	Platter	4.0	160	80	9	5	0	25	440	19	2	1	3										v
	Regular	8.0	330	150	17	11	1	50	880	37	4	2	5	•									
	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										v
	Regular	7.5	420	190	21	4	0	5	740	57	5	21	5	•				•*					
	Large	15.0	840	380	42	7	1	5	1470	114	9	42	10										
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
TROPICAL FAVORITES																							
Sweet Plantain	Regular (Atl/Orl)	3.6	230	50	5	1	0	0	0	43	3	23	2										v
	Regular	7.2	450	100	11	2	0	0	0	85	6	46	3										
	Large	13.4	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										v
	Large	9.4	640	260	29	13	0	0	870	92	4	5	3										
CONDIMENTS / SALSA BAR																							
Fresh Salsa		1.0	5	0	0	0	0	0	115	2	1	1	0										v
Garlic Sauce (Mojo)		0.8	80	80	9	1	0	0	180	2	0	0	0										v
BBQ Sauce		1.0	50	0	0	0	0	0	300	12	0	11	0										v
Guava BBQ Sauce		1.0	60	0	0	0	0	0	170	15	0	13	0										v
Chipotle Mayo		1.0	160	150	17	3	0	10	270	2	0	1	0	•	•								v
Curry Mustard		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		1.0	160	150	17	3	0	15	170	2	0	0	0		•								v
Peppadew Spread		1.0	150	140	16	3	0	10	90	3	0	3	0		•								v
Jalapeno Slices		1.0	5	0	0	0	0	0	300	1	1	0	0										v
Diced Onions		1.0	10	0	0	0	0	0	0	3	0	1	0										v
Spicy Poyo-Poyo™		1.0	100	70	7	2	0	0	320	2	1	0	0										v
Ketchup		1.0	35	0	0	0	0	0	320	8	0	6	0										v
DESSERTS																							
Flan		4.0	210	80	9	5	0	90	550	26	0	26	8	•	•								v
NY Cheesecake Slice		5.3	560	290	32	16	0	125	440	59	1	41	8	•	•	•		•*				•	v
Key Lime Pie Slice		5.3	480	190	21	8	0	275	260	64	3	52	11	•	•	•		•*				•	v
Cuatro Leches		6.0	430	170	19	11	0	110	250	56	0	49	12	•	•	•						•	v
Chocolate Chip Cookie		2.0	250	110	12	5	0	10	200	35	1	20	2		•	•		•*			•	•	v
DRINKS																							
Apple Juice		6.8	100	0	0	0	0	0	15	24	0	24	0										v
Mexican Coca-Cola® (12 oz bottle)		13	150	0	0	0	0	0	85	39	0	39	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

		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	Gluten	Vegetarian
SELF SERVE DRINKS (full cup without ice) (continued)																							
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										
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										
Minute Maid® Lemonade	Regular	20	220	0	0	0	0	0	90	57	0	57	0										v
	Large	32	350	0	0	0	0	0	150	91	0	91	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										
Minute Maid® Limeade	Regular	20	250	0	0	0	0	0	25	68	0	68	0										v
	Large	32	400	0	0	0	0	0	35	109	0	109	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										
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										
Minute Maid® Lemonade	Regular	13	140	0	0	0	0	0	60	37	0	37	0										v
	Large	21	240	0	0	0	0	0	95	60	0	60	0										
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										
Fuze® Raspberry Tea	Regular	13	90	0	0	0	0	0	15	23	0	22	0										v
	Large	21	140	0	0	0	0	0	25	38	0	37	0										
Minute Maid® Limeade	Regular	13	160	0	0	0	0	0	15	44	0	44	0										v
	Large	21	270	0	0	0	0	0	25	72	0	72	0										