



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. If you wish further information or have special sensitivities or concerns regarding specific ingredients in specific menu items please e-mail us at QA@campero.com. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials.

modified January 2020
NUTRITIONAL GUIDE

	Portion	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Values **	Saturated Fat (gms)	% Daily Value**	Trans Fat (gms)	Cholesterol (mg)	% Daily Values**	Sodium (mg)	% Daily Value**	Carbohydrates (gms)	% Daily Value**	Dietary Fiber (gms)	% Daily Value**	Sugars (gms)	Protein (gms)
CHICKEN																			
Traditional - Breast	1	126	239	99	11 17	3 14	0 109	36 725	30 30	2 1	1 2	0 32							
Traditional - Drumstick	1	51	113	57	6 10	2 8	0 62	21 275	11 2	1 0	2 0	13							
Traditional - Thigh	1	85	196	107	12 18	3 16	0 100	33 526	22 4	1 1	3 0	18							
Traditional - Whole Wing	1	42	126	66	7 11	2 9	0 61	20 272	11 3	1 0	1 0	12							
Citrus Grilled- Breast	1	123	212	73	8 12	2 12	0 113	38 515	21 3	1 0	0 0	32							
Citrus Grilled- Drumstick	1	41	102	58	6 10	2 10	0 54	18 193	8 0	0 0	0 0	11							
Citrus Grilled- Thigh	1	76	172	104	12 18	4 18	0 89	30 333	14 1	0 0	0 0	16							
Citrus Grilled- Whole Wing	1	28	54	26	3 4	1 4	0 36	12 120	5 0	0 0	0 0	7							
CAMPERITOS (EXTRA CRUNCHY)																			
Camperitos	6	139	340	137	15 23	4 20	0 83	28 819	34 20	7 1	4 4	31							
Camperitos	9	209	509	206	23 35	6 30	0 125	42 1228	51 30	10 2	7 0	46							
Camperitos	30	696	1698	687	76 117	20 99	0 417	139 4093	171 99	33 6	22 0	153							
SAUCED CAMPERITOS																			
Barbecue Camperitos	6	224	485	148	16 25	4 20	0 83	28 1912	80 49	16 1	4 24	31							
Barbecue Camperitos	9	294	655	217	24 37	6 30	0 125	42 2321	97 59	20 2	7 24	46							
Barbecue Camperitos	30	951	2136	720	80 123	20 99	0 417	139 7374	307 187	62 6	22 73	153							
Buffalo Camperitos	6	224	368	137	15 23	4 20	0 83	28 3200	133 25	8 1	4 0	36							
Buffalo Camperitos	9	294	538	206	23 35	6 30	0 125	42 3609	150 36	12 2	7 0	52							
Buffalo Camperitos	30	951	1783	687	76 117	20 99	0 417	139 ###	468 116	39 6	22 0	170							
Garlic Parmesan Camperitos	6	236	849	587	65 100	14 70	0 89	30 2176	91 33	11 1	4 3	36							
Garlic Parmesan Camperitos	9	306	1019	656	73 112	16 80	0 131	44 2586	108 43	14 2	7 3	51							
Garlic Parmesan Camperitos	30	980	3198	2019	224 345	49 245	0 429	143 8039	335 137	46 6	22 9	166							
Lemon Pepper Camperitos	6	150	340	137	15 23	4 20	0 83	28 1890	79 20	7 1	4 0	31							
Lemon Pepper Camperitos	9	220	509	206	23 35	6 30	0 125	42 2300	96 30	10 2	7 0	46							
Lemon Pepper Camperitos	30	716	1698	687	76 117	20 99	0 417	139 6236	260 99	33 6	22 0	153							
EMSPANADAS																			
Chicken Chipotle Empanada	1	83	182	6	1 1	0 1	0 31	10 476	20 33	11 6	26 1	11							
SANDWICHES																			
Campero Sandwich Extra Crunchy Filet	1	276	595	238	26 41	8 38	0 77	26 1506	63 54	18 2	7 12	36							
Campero Sandwich Grilled Filet	1	251	484	168	19 29	4 21	0 99	33 1365	57 45	15 2	7 12	35							
Egg/Cheese Sandwich (w/ Extra Crunchy Filet) (Pilot Stores ONLY)	1	271	634	252	28 43	12 60	0 205	68 1381	58 50	17 1	4 9	44							
Egg/Cheese Sandwich (w/o Extra Crunchy Filet) (Pilot Stores ONLY)	1	149	380	144	16 25	7 35	0 155	52 645	27 41	14 1	4 9	17							
SALADS																			
Campero Salad Extra Crunchy Filet	1	306	419	172	19 29	7 35	0 61	20 1057	44 28	9 4	16 4	34							
Campero Salad Grilled Filet	1	281	308	102	11 17	3 17	0 83	28 915	38 19	6 4	16 4	33							
Side Garden Salad, Individual (No Dressing)	1	57	55	36	4 6	1 5	0 2	1 89	4 3	1 1	4 1	3							
Side Garden Salad, Family (No Dressing)	1	170	164	99	11 17	4 20	0 6	2 268	11 9	3 4	16 3	12							
SIDE DISHES																			
Corn Tortillas -2	2	57	120	18	2 3	0 0	0 0	0 10	0 24	8 2	8 1	3							
Dinner Roll	1	25	80	9	1 2	0 0	0 0	0 140	6 14	5 0	0 1	2							
Flour Tortillas -2	2	105	220	160	18 27	4 20	0 15	4 200	8 15	5 0	0 10	1							
French Fries -Regular	1	90	258	112	12 19	3 15	0 0	0 450	19 34	11 3	12 0	3							
French Fries -Family	4	240	690	299	33 50	7 35	0 0	0 1200	50 92	31 7	26 0	7							
Hash Brown (Pilot Stores ONLY)	1	64	120	54	6 9	1 5	0 0	0 270	11 15	5 1	4 0	1							
Mashed Potatoes - Individual	1	150	134	38	4 7	1 5	0 2	1 413	17 21	7 2	10 1	2							
Mashed Potatoes - Family	3	451	403	115	13 20	3 14	0 7	2 1240	52 64	21 7	29 2	7							
Campero Beans/ Pinto Beans -Individual	1	142	128	32	4 6	1 4	0 3	1 610	25 16	5 4	17 1	7							
Campero Beans/ Pinto Beans -Family	3	425	383	97	11 17	2 11	0 8	3 1830	76 47	16 13	51 3	21							
Campero Traditional Coleslaw -Individual	1	142	259	229	25 39	4 22	0 17	6 507	21 7	2 3	10 4	2							
Campero Traditional Coleslaw -Family	3	439	802	708	79 121	14 69	0 52	17 1570	65 21	7 8	31 11	6							
Sweet Plantains -Individual -4	4	119	239	54	5 9	2 10	0 0	0 22	1 44	14 2	8 28	0							
Sweet Plantains -Family -12	12	357	718	162	15 27	6 30	0 0	0 66	3 132	44 6	24 84	0							
Black Beans -Individual (FL Only)	1	142	152	32	4 5	2 12	0 0	0 533	22 7	2 3	10 4	2							
Black Beans -Family (FL Only)	3	439	471	68	8 12	8 38	0 0	0 1651	69 21	7 8	31 11	6							
White Rice -Individual (FL Only)	1	150	102	53	6 9	1 5	0 0	0 753	31 11	3 0	0 0	1							
White Rice -Family (FL Only)	3	450	307	159	18 27	2 10	0 0	0 2258	94 32	10 1	4 0	4							
Black Beans & White Rice -Individual (FL Only)	1	170	121	43	5 8	1 5	0 0	0 750	31 17	6 3	12 1	4							
Black Bean & White Rice -Family (FL Only)	1	283	204	65	8 12	1 5	0 0	0 1213	51 30	10 6	24 1	8							
Campero Rice / Rice with Corn -Individual	1	142	206	21	2 4	1 3	0 0	0 851	35 42	14 2	6 1	5							
Campero Rice / Rice with Corn -Family	3	425	617	62	7 11	2 8	0 0	0 2554	106 125	42 5	18 3	14							
Yuca Fries -Individual -4	1	108	315	135	15 23	3 15	0 0	0 144	6 44	73 2	8 0	1							
Yuca Fries -Family -12	3	324	945	405	45 69	9 45	0 0	0 432	18 132	220 6	24 0	3							
Corn Salad - Individual	1	113	298	183	20 31	5 25	0 6	2 374	16 21	7 5	19 8	9							
Corn Salad - Family	3	338	895	548	61 94	15 75	0 17	6 1123	47 63	21 14	57 24	27							

BEVERAGES

Horchata 20oz	1	600	225	22	0	0	0	0	0	0	0	0	72	3	55	17	0	0	52	0
Horchata 30oz	1	900	337	33	0	0	0	0	0	0	0	0	108	5	82	26	0	0	78	0
Horchata del Morro 20 oz	1	600	225	22	0	0	0	0	0	0	0	0	72	3	55	17	0	0	52	0
Horchata del Morro 30 oz	1	900	340	34	0	0	0	10	0	0	0	0	108	5	82	26	0	0	79	0
Jamaica 20 oz	1	600	200	0	0	0	0	0	0	0	0	0	70	3	52	17	0	0	55	0
Jamaica 30 oz	1	900	300	0	0	0	0	0	0	0	0	0	105	3	78	26	0	0	82	0
Lemonade 20 oz	1	600	364	0	0	0	0	0	0	0	0	0	14	1	90	30	0	0	80	2
Lemonade 30 oz	1	900	544	0	0	0	0	0	0	0	0	0	21	1	135	45	0	0	120	3
Mango 20 oz	1	600	342	0	0	0	0	0	0	0	0	0	67	3	55	17	0	0	55	0
Mango 30 oz	1	900	510	0	0	0	0	0	0	0	0	0	101	5	82	27	0	0	82	0
Bottled Water	1	Any	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	0	25	1	30	10	0	0	30	0
Pepsi 20oz	1	566	220	0	0	0	0	0	0	0	0	0	45	2	60	0	0	0	60	0
Pepsi 30oz	1	850	330	0	0	0	0	0	0	0	0	0	70	3	91	30	0	0	90	0
Diet Pepsi 10oz	1	283	0	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	0	80	4	0	0	0	0	0	0
Diet Pepsi 30oz	1	850	0	0	0	0	0	0	0	0	0	0	125	7	0	0	0	0	0	0
Wild Cherry Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	0	25	1	31	10	0	0	31	0
Wild Cherry Pepsi 20oz	1	566	230	0	0	0	0	0	0	0	0	0	45	2	62	20	0	0	61	0
Wild Cherry Pepsi 30oz	1	850	340	0	0	0	0	0	0	0	0	0	70	3	92	30	0	0	92	0
Dr Pepper 10oz	1	283	125	0	0	0	0	0	0	0	0	0	50	2	33	11	0	0	32	0
Dr Pepper 20oz	1	566	250	0	0	0	0	0	0	0	0	0	100	4	66	22	0	0	64	0
Dr Pepper 30oz	1	850	375	0	0	0	0	0	0	0	0	0	150	6	99	33	0	0	96	0
Sierra Mist 10oz	1	283	110	0	0	0	0	0	0	0	0	0	25	1	30	10	0	0	30	0
Sierra Mist 20oz	1	566	220	0	0	0	0	0	0	0	0	0	50	2	59	20	0	0	0	0
Sierra Mist 30oz	1	850	330	0	0	0	0	0	0	0	0	0	70	3	89	30	0	0	0	0
Mtn Dew 10oz	1	283	120	0	0	0	0	0	0	0	0	0	35	1	32	11	0	0	32	0
Mtn Dew 20oz	1	566	240	0	0	0	0	0	0	0	0	0	75	2	64	22	0	0	64	0
Mtn Dew 30oz	1	850	360	0	0	0	0	0	0	0	0	0	110	3	96	33	0	0	96	0
Manzanita Sol 10oz	1	283	120	0	0	0	0	0	0	0	0	0	25	1	32	11	0	0	31	0
Manzanita Sol 20oz	1	566	230	0	0	0	0	0	0	0	0	0	50	2	63	22	0	0	62	0
Manzanita Sol 30oz	1	850	350	0	0	0	0	0	0	0	0	0	75	3	95	33	0	0	93	0
Mirinda, Strawberry 10 oz	11	283	137	0	0	0	0	0	0	0	0	0	62	3	36	12	0	0	36	0
Mirinda, Strawberry 20 oz	1	566	274	0	0	0	0	0	0	0	0	0	125	5	72	24	0	0	72	0
Mirinda, Strawberry 30 oz	1	850	412	0	0	0	0	0	0	0	0	0	187	8	109	36	0	0	109	0
Coffee, 12 oz (Pilot Stores ONLY)	1	340	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Creamer, Half & Half (Pilot Stores ONLY)	1	11	10	9	1	0	0	0	0	0	5	0	5	0	0	0	0	0	0	0
Sugar, Packet	1	3	11	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	0	0
Splenda, Packet	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

DESSERTS

Traditional Baked Flan	1	112	210	80	9	14	5	25	0	90	30	130	5	26	9	0	0	26	8
Soft Serve Cone, Vanilla	1	94	144	25	3	4	2	12	0	0	0	95	4	30	10	0	0	16	0
Soft Serve Chocolate Sundae	1	189	288	75	8	13	1	7	0	0	0	212	9	54	18	0	0	44	1
Soft Serve Strawberry Sundae	1	189	225	47	5	8	4	22	0	0	0	151	6	46	15	0	0	37	0
Soft Serve Caramel Sundae	1	189	296	51	6	9	4	22	0	0	0	210	9	61	20	0	0	45	0
Soft Serve Cone, Chocolate (Norcross, GA ONLY)	1	94	144	20	2	3	2	12	0	0	0	90	4	25	8	0	0	17	0
Oatmeal Cookie (Pilot Stores ONLY)	1	57	230	81	9	14	3	15	0	15	5	160	7	37	12	1	4	20	3
Chocolate Chip Cookie (Pilot Stores ONLY)	1	57	260	117	13	20	5	23	0	15	5	115	5	35	12	1	4	19	3

DRESSINGS, SAUCES & SALSAS

Beef Gravy	1	28	23	15	2	3	1	4	0	0	0	196	8	2	1	0	0	0	0
Sour Cream (Select Markets ONLY)	1	30	60	45	5	8	4	18	0	20	7	15	1	1	1	0	0	1	1
White Balsamic Vinaigrette	1	43	165	143	16	24	3	13	0	0	0	242	10	6	2	0	1	5	0
Buffalo Sauce	1	30	10	0	0	0	0	0	0	0	0	840	35	2	1	0	0	0	0
Ranch Sauce	1	30	130	117	13	20	2	10	0	10	3	240	10	3	1	0	0	1	1
Honey Mustard Sauce	1	30	130	117	13	20	2	10	0	10	3	220	9	4	1	0	0	4	0
Barbecue Sauce	1	34	50	0	0	0	0	0	0	0	0	310	13	12	4	0	0	10	0
Campero Signature Sauce	1	28	114	97	11	17	2	9	0	7	2	226	9	4	1	0	1	4	0



The allergen information displayed on this site is based on standard product formulations and is current as January 2020. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and / or product production at the restaurant.
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modified January 2020 ALLERGENS & SENSITIVITIES	ALLERGENS									SENSITIVITIES	
	Peanut**	Tree Nuts**	Eggs	Milk	Wheat	Fish	Tomatoes	Soy Products	Shellfish	Gluten	Monosodium Glutamate
BONE IN CHICKEN											
Traditional Chicken					•					X	X
Citrus Grilled				•			•				X
BONELESS CHICKEN											
Camperitos (Extra Crunchy)				•	•					X	X
SAUCED CAMPERITOS											
Barbecue Camperitos				•	•		•	•		X	X
Buffalo Camperitos				•	•					X	X
Garlic Parmesan Camperitos				•	•					X	X
Lemon Pepper Camperitos				•	•					X	X
EMPANADAS											
Chicken Chipotle Empanada			•	•	•		•	•		X	X
SANDWICHES											
Campero Sandwich Extra Crunchy Filet				•	•		•	•		X	X
Campero Sandwich Grilled Filet				•	•		•	•		X	X
AM Breakfast Sandwich (w/ Extra Crunchy Fillet)			•	•	•					X	X
AM Breakfast Sandwich (w/o Extra Crunchy Fillet)			•	•	•					X	
SALADS											
Campero Salad Extra Crunchy Filet				•	•		•	•		X	X
Campero Salad Grilled Filet				•			•				X
Side Salad, Family (No Dressing)	•	•	•	•	•		•			X	
SIDE DISHES											
Corn Tortillas	No Allergens										
Dinner Roll					•					X	
Flour Tortillas					•					X	
French Fries										X	
Hash Brown (Pilot Stores ONLY)								•		X	
Mashed Potatoes				•				•		X	
Mashed Potatoes with Beef Gravy				•	•			•		X	
Campero Beans / Pinto Beans							•	•		X	
Campero Traditional Coleslaw (Since 1973)				•				•			
Sweet Plantains	No Allergens										
Tortilla Chips	No Allergens										
Black Beans								•		X	
White Rice	No Allergens										
Campero Rice / Rice with Corn								•			
Yuca Fries										X	
Corn Salad	•	•	•	•	•			•		X	

