



modified April 2021

NUTRITIONAL GUIDE

Table with 20 columns: 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). Rows include categories like CHICKEN, CAMPERITOS, SAUCED CAMPERITOS, EMPANADAS, SANDWICHES, SALADS, SIDE DISHES, and BEVERAGES.

Manzanita Sol 20oz	1	566	230	0	0	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	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	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	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	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	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	0	0
Sugar, Packet	1	3	11	0	0	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	0	0
<b>DESSERTS</b>																						
Traditional Baked Flan	1	112	210	80	9	14	5	25	0	90	30	130	5	26	9	0	0	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	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	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	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	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	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	4	20	3	3	
Chocolate Chip Cookie	1	57	260	117	13	20	5	23	0	15	5	115	5	35	12	1	4	4	19	3	3	
<b>DRESSINGS, SAUCES &amp; SALSAS</b>																						
Avocado Ranch	1	30	130	130	13	20	1	5	0	5	2	180	7.5	1	0.333	0	0	0	1	0	0	
Beef Gravy	1	28	23	15	2	3	1	4	0	0	0	196	8	2	1	0	0	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	0	1	1	1	
White Balsamic Vinaigrette	1	43	165	143	16	24	3	13	0	0	0	242	10	6	2	0	1	5	0	0	0	
Buffalo Sauce	1	30	10	0	0	0	0	0	0	0	0	840	35	2	1	0	0	0	0	0	0	
Ranch Sauce	1	30	130	117	13	20	2	10	0	10	3	240	10	3	1	0	0	0	1	1	1	
Honey Mustard Sauce	1	30	130	117	13	20	2	10	0	10	3	220	9	4	1	0	0	0	4	0	0	
Barbecue Sauce	1	34	50	0	0	0	0	0	0	0	0	310	13	12	4	0	0	0	10	0	0	
Sweet Chili Sauce	1	30	70	0	0	0	0	0	0	0	0	460	19	17	6	0	0	0	14	0	0	
Campero Signature Sauce	1	28	114	97	11	17	2	9	0	7	2	226	9	4	1	0	1	4	4	0	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.  
Some Menu items may not be available at all restaurants, limited time offers, test products, or regional items have not been included.

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## ALLERGENS & SENSITIVITIES

	Peanut**	Tree Nuts**	Eggs	Milk	Wheat	Fish	Soy Products	Shellfish	Gluten	Monosodium	Glutamate
	ALLERGENS								SENSITIVITIES		
<b>BONE IN CHICKEN</b>											
Traditional Chicken					●				X		X
Citrus Grilled				●							X
<b>BONELESS CHICKEN</b>											
Camperitos					●				X		X
<b>SAUCED CAMPERITOS</b>											
Barbecue Camperitos					●		●		X		X
Buffalo Camperitos					●				X		X
Garlic Parmesan Camperitos				●	●				X		X
Sweet Chili Camperitos					●				X		X
<b>EMPANADAS</b>											
Chicken Empanada			●	●	●		●		X		X
<b>SANDWICHES</b>											
Campero Traditional Fried Sandwich			—	●	●		●		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		
<b>SALADS</b>											
Campero Salad Extra Crunchy Filet					●		●		X		X
Campero Salad Grilled Filet				●							X
Side Salad, Family (No Dressing)	●	●	●	●	●				X		
<b>SIDE DISHES</b>											
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		

