



modified August 2021

NUTRITIONAL GUIDE

	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)
CHICKEN																			
Traditional - Breast	1	126	239	99	11	17	3	14	0	109	36	725	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																			
Camperitos	6	124	260	115	13	20	3	17	0	66	22	819	34	8	3	1	3	0	28
Camperitos	9	185	390	173	19	30	5	26	0	99	33	1228	51	12	4	1	5	0	42
Camperitos	30	618	1298	576	64	98	17	85	0	330	110	4093	171	40	13	4	15	0	141
SAUCED CAMPERITOS																			
Barbecue Camperitos	6	209	405	126	14	22	3	17	0	66	22	1912	80	37	12	1	3	24	28
Barbecue Camperitos	9	271	535	184	20	31	5	26	0	99	33	2321	97	41	14	1	5	24	42
Barbecue Camperitos	30	873	1736	609	68	104	17	85	0	330	110	7373	307	128	43	4	15	73	141
Buffalo Camperitos	6	209	288	115	13	20	3	17	0	66	22	3200	133	14	5	1	3	0	34
Buffalo Camperitos	9	271	418	173	19	30	5	26	0	99	33	3609	150	18	6	1	5	0	48
Buffalo Camperitos	30	873	1383	576	64	98	17	85	0	330	110	11237	468	57	19	4	15	0	158
Garlic Parmesan Camperitos	6	221	769	565	63	97	14	68	0	72	24	2176	91	21	7	1	3	3	33
Garlic Parmesan Camperitos	9	283	899	623	69	106	15	76	0	105	35	2586	108	25	8	1	5	3	47
Garlic Parmesan Camperitos	30	902	2798	1907	212	326	46	231	0	342	114	8039	335	78	26	4	15	9	154
Sweet Chili Camperitos	6	232	470	115	13	20	3	17	0	66	22	2199	92	59	20	1	3	42	28
Sweet Chili Camperitos	9	275	600	173	19	30	5	26	0	99	33	2608	109	63	21	1	5	42	42
Sweet Chili Camperitos	30	888	1928	576	64	98	17	85	0	330	110	8233	343	193	64	4	15	126	141
EMPANADAS																			
Chicken Empanada	1	83	182	6	1	1	0	1	0	31	10	476	20	33	11	6	26	1	11
SANDWICHES																			
Campero Traditional Fried Sandwich	1	246	570	204	23	35	6	29	0	67	22	1767	74	55	18	3	13	11	37
Campero Sandwich Grilled Filet	1	199	354	79	9	13	2	10	0	75	25	1083	45	36	12	2	8	11	33
Egg/Cheese Sandwich (w/ Extra Crunchy Fillet) (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 Fillet) (Pilot Stores ONLY)	1	149	380	144	16	25	7	35	0	155	52	645	27	41	14	1	4	9	17
BOWLS																			
Campero Bowl Fried Filet	1	745	698	202	27	42	9	45	0	79	26	2351	98	34	11	5	20	7	35
Campero Bowl Grilled Filet	1	698	580	74	13	20	6	30	0	88	29	1712	71	33	11	4	16	7	31
SALADS																			
Campero Salad with Fried Fillet	1	342	546	245	27	42	8	39	0	77	26	1505	63	37	12	6	25	4	38
Campero Salad Grilled Filet	1	295	330	120	13	21	4	19	0	86	29	821	34	19	6	5	20	4	34
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 -8	1	108	315	135	15	23	3	15	0	0	0	144	6	44	73	2	8	0	1
Yuca Fries -Family -16	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	72	3	55	17	0	0	52	0
Horchata 30oz	1	900	337	33	0	0	0	0	0	0	0	108	5	82	26	0	0	78	0
Horchata del Marro 20 oz	1	600	225	22	0	0	0	0	0	0	0	72	3	55	17	0	0	52	0
Horchata del Marro 30 oz	1	900	340	34	0	0	0	10	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	70	3	52	17	0	0	55	0
Jamaica 30 oz	1	900	300	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	14	1	90	30	0	0	80	2
Lemonade 30 oz	1	900	544	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	67	3	55	17	0	0	55	0
Mango 30 oz	1	900	510	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
Pepsi 10oz	1	283	110	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	45	2	60	0	0	0	60	0
Pepsi 30oz	1	850	330	0	0	0	0	0	0	0	0	70	3	91	30	0	0	90	0
Dief Pepsi 10oz	1	283	0	0	0	0	0	0	0	0	0	40	2	0	0	0	0	0	0
Dief Pepsi 20oz	1	566	0	0	0	0	0	0	0	0	0	80	4	0	0	0	0	0	0
Dief Pepsi 30oz	1	850	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	25	1	31	10	0	0	31	0
Wild Cherry Pepsi 20oz	1	566	230	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	70	3	92	30	0	0	92	0
Dr Pepper 10oz	1	283	125	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	100	4	66	22	0	0	64	0
Dr Pepper 30oz	1	850	375	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	25	1	30	10	0	0	30	0
Sierra Mist 20oz	1	566	220	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	70	3	89	30	0	0	0	0
Mtn Dew 10oz	1	283	120	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	75	2	64	22	0	0	64	0
Mtn Dew 30oz	1	850	360	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	25	1	32	11	0	0	31	0
Manzanita Sol 20oz	1	566	230	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	75	3	95	33	0	0	93	0
Mirinda, Strawberry 10 oz	11	283	137	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	125	5	72	24	0	0	72	0
Mirinda, Strawberry 30 oz	1	850	412	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
Creamer, Half & Half (Pilot Stores ONLY)	1	11	10	9	1	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	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

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	1	57	260	117	13	20	5	23	0	15	5	115	5	35	12	1	4	19	3

DRESSINGS, SAUCES & SALSAS

Avocado Ranch	1	30	130	130	13	20	1	5	0	5	2	180	7.5	1	0.333	0	0	1	0
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
Sweet Chili Sauce	1	30	70	0	0	0	0	0	0	0	0	460	19	17	6	0	0	14	0
Campero Signature Sauce	1	28	114	97	11	17	2	9	0	7	2	226	9	4	1	0	1	4	0

