



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 GA@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 Dec 2023

NUTRITIONAL GUIDE

CHICKEN

Traditional - Breast	1	216	392	135	15	23	4	20	0	186	62	1174	49	12	4	3	12	0	51
Traditional - Drumstick	1	70	167	90	10	15	3	15	0	77	26	484	20	2	1	1	4	0	17
Traditional - Thigh	1	126	265	81	9	14	3	16	0	170	57	880	37	17	6	1	4	0	27
Traditional - Whole Wing	1	52	158	90	10	15	3	15	0	78	26	399	17	3	1	1	4	0	13
Citrus Grilled- Breast	1	123	212	73	8	12	2	12	0	113	38	515	21	3	1	1	4	0	32
Citrus Grilled- Drumstick	1	41	102	58	6	10	2	10	0	54	18	193	8	0	0	1	4	0	11
Citrus Grilled- Thigh	1	76	172	104	12	18	4	18	0	89	30	333	14	1	0	1	4	0	16
Citrus Grilled- Whole Wing	1	28	54	26	3	4	1	4	0	36	12	120	5	0	0	1	4	0	7

CAMPERO NUGGETS

Campero Nuggets	3	81	165	63	7	11	2	10	0	36	12	528	22	8	3	1	4	0	17
Campero Nuggets	6	162	330	126	14	22	4	20	0	72	24	1056	44	17	6	3	12	0	35
Campero Nuggets	9	244	495	189	21	32	6	30	0	109	36	1586	66	25	8	4	16	0	52
Campero Nuggets	30	810	1650	630	70	108	20	100	0	362	121	5284	220	83	28	14	56	0	172

EMPANADA

Campero Chicken Empanada	1	62	166	63	7	11	3	15	0	18	6	328	14	19	6	2	8	1	7
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SANDWICHES

Campero Spicy Sandwich Fried Filet	1	243	544	270	30	46	5	25	0	105	35	1582	66	53	18	3	13	8	25
Campero Sandwich Fried Filet	1	213	484	144	16	25	4	20	0	95	32	1442	60	51	17	3	13	6	35
Breakfast Sandwich (Select Markets Only)	1	254	546	324	36	30	10	50	0	233	78	1887	79	53	18	3	12	11	43

SALADS

Campero Salad With Fried Filet (No Dressing)	1	521	416	135	15	23	5	25	0	100	33	1297	54	33	11	6	24	1	32
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BOWLS

Campero Chicken Bowl- Fried Filet	1	745	638	216	24	37	9	45	0	79	26	2461	103	33	11	4	16	6	35
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SIDE DISHES

Corn Tortillas (2ea)	1	57	120	18	2	3	0	0	0	0	0	10	0	24	8	2	8	1	3
Dinner Roll	1	25	90	9	1	2	0	0	0	0	0	160	7	18	6	0	0	3	3
Flour Tortillas (2ea)	1	105	220	162	18	28	4	20	0	15	5	200	8	15	5	0	0	10	1
French Fries -Individual	1	113	317	126	14	22	3	15	0	4	1	815	34	46	15	5	20	0	3
French Fries -Family	1	226	635	243	27	42	6	30	0	7	2	1630	68	91	30	11	44	0	7
Mac & Cheese- Individual	1	207	308	126	14	22	8	40	0	30	10	1060	44	32	11	2	10	4	10
Mac & Cheese- Family	1	403	612	249	28	43	17	85	0	60	20	2117	88	63	21	4	16	8	19
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	1	425	383	97	11	17	2	11	0	8	3	1830	76	47	16	13	51	3	21
Campero Coleslaw -Individual	1	185	414	324	36	55	6	30	0	60	20	886	37	26	9	3	10	25	2
Campero Coleslaw -Family	1	384	874	684	76	117	13	65	0	126	42	1878	78	55	18	6	24	53	4
Sweet Plantains -Individual -(5ea)	1	156	305	45	5	11	3	12	0	0	0	8	1	63	17	7	28	19	2
Sweet Plantains -Family -(12ea)	1	376	732	104	12	27	6	30	0	0	0	18	3	152	44	18	72	47	5
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	1	425	617	62	7	11	2	8	0	0	0	2554	106	125	42	5	18	3	14
Yuca Fries -Individual -8	1	134	320	97	10	46	3	30	0	0	0	304	12	62	148	11	44	0	1
Yuca Fries -Family -16	1	257	660	189	21	92	6	60	0	0	0	608	24	116	293	22	88	0	1
Hashbrown (Select Markets Only)	1	64	120	185	6	29	1	93	31	0	0	270	90	15	60	1	37	0	1

BEVERAGES

Horchata del Morro 20 oz	1	600	225	0	0	0	0	0	0	0	0	72	3	55	17	0	0	79	0
Horchata del Morro 30 oz	1	900	340	0	0	0	0	10	0	0	0	108	5	82	26	0	0	55	0
Jamaica 20 oz	1	600	200	0	0	0	0	0	0	0	0	70	3	52	17	0	0	82	0
Jamaica 30 oz	1	900	300	0	0	0	0	0	0	0	0	105	3	78	26	0	0	80	2
Lemonade 20 oz	1	600	344	0	0	0	0	0	0	0	0	14	1	90	30	0	0	120	3
Lemonade 30 oz	1	900	544	0	0	0	0	0	0	0	0	21	1	135	45	0	0	55	0
Mango 20 oz	1	600	342	0	0	0	0	0	0	0	0	67	3	55	17	0	0	82	0
Mango 30 oz	1	900	510	0	0	0	0	0	0	0	0	101	5	82	27	0	0	0	0
Bottled Water	1	Any	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	0
Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	60	0
Pepsi 20oz	1	566	220	0	0	0	0	0	0	0	0	45	2	60	0	0	0	90	0
Pepsi 30oz	1	850	330	0	0	0	0	0	0	0	0	70	3	91	30	0	0	0	0
Diet Pepsi 10oz	1	283	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	80	4	0	0	0	0	0	0
Diet Pepsi 30oz	1	850	0	0	0	0	0	0	0	0	0	125	7	0	0	0	0	31	0
Wild Cherry Pepsi 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	31	10	0	0	61	0
Wild Cherry Pepsi 20oz	1	566	230	0	0	0	0	0	0	0	0	45	2	62	20	0	0	92	0
Wild Cherry Pepsi 30oz	1	850	340	0	0	0	0	0	0	0	0	70	3	92	30	0	0	32	0
Dr Pepper 10oz	1	283	125	0	0	0	0	0	0	0	0	50	2	33	11	0	0	64	0
Dr Pepper 20oz	1	566	250	0	0	0	0	0	0	0	0	100	4	66	22	0	0	96	0
Dr Pepper 30oz	1	850	375	0	0	0	0	0	0	0	0	150	6	99	33	0	0	30	0
Sierra Mist 10oz	1	283	110	0	0	0	0	0	0	0	0	25	1	30	10	0	0	0	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	32	0
Mtn Dew 10oz	1	283	120	0	0	0	0	0	0	0	0	35	1	32	11	0	0	64	0
Mtn Dew 20oz	1	566	240	0	0	0	0	0	0	0	0	75	2	64	22	0	0	96	0
Mtn Dew 30oz	1	850	360	0	0	0	0	0	0	0	0	110	3	96	33	0	0	31	0
Manzanita Sol 10oz	1	283	120	0	0	0	0	0	0	0	0	25	1	32	11	0	0	62	0
Manzanita Sol 20oz	1	566	230	0	0	0	0	0	0	0	0	50	2	63	22	0	0	93	0
Manzanita Sol 30oz	1	850	350	0	0	0	0	0	0	0	0	75	3	95	33	0	0	36	0
Mirinda, Strawberry 10 oz	1	283	137	0	0	0	0	0	0	0	0	62	3	36	12	0	0	72	0
Mirinda, Strawberry 20 oz	1	566	274	0	0	0	0	0	0	0	0	125	5	72	24	0	0	109	0
Mirinda, Strawberry 30 oz	1	850	412	0	0	0	0	0	0	0	0	187	8	109	36	0	0	145	0
Sugar, Packet	1	3	11	0	0	0	0	0	0	0	0	0	0	3	0	0	0	3	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
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

Beef Gravy	1	28	23	15	2	3	1	4	0	0	0	196	8	2	1	0	0	1	1
Sour Cream (Select Markets Only)	1	30	60	45	5	8	4	18	0	20	7	15	1	1	1	0	0	2	0
Balsamic Vinaigrette	1	42	140	135	15	23	3	13	0	0	0	410	17	3	1	0	1	0	0
Buffalo Sauce	1	30	10	0	0	0	0	0	0	0	0	840	35	2	1	0	0	1	1
Campero Signature Sauce	1	28	114	97	11	17	2	9	0	7	2	226	9	4	1	0	1	5	1
Ranch Sauce	1	30	130	117	13	20	2	10	0	10	3	240	10	3	1	0	0	10	0
Barbecue Sauce	1	34	50	0	0	0	0	0	0	0	0	310	13	12	4	0	0	4	0



The allergen information displayed on this site is based on standard product formulations and is current as September 2023. 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.

modified Dec 2023 ALLERGENS & SENSITIVITIES	ALLERGENS										SENSITIVITIES	
	Peanut**	Tree Nuts**	Eggs	Milk	Wheat	Fish	Sesame	Soy Products	Shellfish	Gluten	Monosodium Glutamate	
BONE IN CHICKEN												
Traditional Chicken				•	•					X	X	
Citrus Grilled				•							X	
BONELESS CHICKEN												
Campero Nuggets				•	•					X	X	
EMPANADAS												
Campero Chicken Empanada			•	•	•			•		X	X	
SANDWICHES												
Breakfast Sandwich (Select Markets Only)			•	•	•		•	•		X	X	
Campero Spicy Sandwich Fried Filet			•	•	•		•	•		X	X	
Campero Sandwich Fried Filet				•	•		•	•		X	X	
SALADS												
Campero Salad Fried Filet				•	•			•		X	X	
Campero Chicken Bowl				•	•			•		X	X	
SIDE DISHES												
Corn Tortillas	No Allergens											
Dinner Roll					•		•			X		
Flour Tortillas					•					X		
French Fries										X		
Mashed Potatoes				•				•		X		
Mashed Potatoes with Beef Gravy				•	•			•		X		
Campero Beans / Pinto Beans								•		X		
Campero Coleslaw			•	•								
Sweet Plantains	No Allergens											
Black Beans (Select Markets Only)				•						X		
White Rice	No Allergens											
Campero Rice / Rice with Corn								•				
Yuca Fries										X		
Hashbrown (Select Markets Only)					•							
Mac & Cheese				•	•			•		X		
Yuca Fries										X		
BEVERAGES												
Pepsi Products	No Allergens											
Horchata del Morro	•			•				•				
Jamaica	No Allergens											
Lemonade	No Allergens											
Mango	No Allergens											
Sugar	No Allergens											
Splenda	No Allergens											
DESSERTS												
Traditional Baked Flan			•	•								
Chocolate Chip Cookie			•	•	•			•		X		
DRESSINGS, SAUCES & SALSAS												
Beef Gravy				•	•			•		X		
Sour Cream (Select Markets ONLY)				•								
Balsamic Vinaigrette	No Allergens											
Buffalo Sauce				•				•				
Ranch Sauce			•	•								
Barbecue Sauce					•			•		X		
Campero Signature Sauce			•									