



December 29, 2016

## New Year, New Under 500 Calories Menu Items at El Pollo Loco

### Fire-Grilled Chicken Chain Introduces New Limited Time Only Items to Under 500 Calories Menu to Help Guests Stick to Healthy-eating Resolutions

COSTA MESA, Calif., Dec. 29, 2016 (GLOBE NEWSWIRE) -- [El Pollo Loco](#) (Nasdaq:LOCO), the nation's leading fire-grilled chicken chain, today announced the launch of new items to its Under 500 Calories menu. The limited time only items, now available at participating El Pollo Loco locations, boast delicious, fresh and nutrient-packed ingredients, making perfect meals for guests who have made New Year's resolutions to eat healthier.

"We are thrilled to offer the authentic, delicious flavor our guests and fans have come to expect from El Pollo Loco with new lighter, more calorie-friendly dishes," said Ed Valle, Chief Marketing Officer at El Pollo Loco. "To start the New Year, we wanted to take our commitment to being a healthier alternative to typical fast food one step further by introducing more under 500 calorie menu options made with fresh, high quality ingredients like ripe avocados and our famous citrus-marinated, fire-grilled chicken."

The new Under 500 Calories menu includes the following:

- | **Double Chicken Avocado Salad** - double chicken, avocado, cotija, corn, pico, sour cream, cilantro
- | **Lettuce Tacos Plate** - two lettuce cup tacos with chicken, avocado, poblano salsa, cotija, cilantro, pico, plus a small side of black beans
- | **Skinny Quesadilla** - chicken, fajita vegetables, poblano salsa, cheese, wheat tortilla
- | **Open-Face Tostadas** - two traditional tostadas with chicken, guacamole, pico, cotija

El Pollo Loco is passionate about creating Mexican-inspired entrees that are made with fresh ingredients and provide a healthier alternative to typical fast food. The brand's signature citrus-marinated chicken is prepared daily on an open flame grill by El Pollo Loco Grill Masters. El Pollo Loco's menu items bring the authentic flavors of the brand's Mexican roots and are hand crafted and prepared fresh in all of its restaurants every day. The new limited time only Under 500 Calories menu items are available now through February 3 at participating restaurants.

#### About El Pollo Loco:

El Pollo Loco (Nasdaq:LOCO) is the nation's leading fire-grilled chicken restaurant chain renowned for its masterfully citrus-marinated, fire-grilled chicken and handcrafted entrees using fresh ingredients inspired by Mexican recipes. With more than 450 company-owned and franchised restaurants in Arizona, California, Nevada, Texas and Utah, El Pollo Loco is expanding its presence in key markets through a combination of company and existing and new franchisee development. Visit us on our website at [EIPolloLoco.com](#).

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Media Contact:

Kellie Duffy, ICR

LOCO@icrinc.com

203-682-8244