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Start the New Year Right With El Pollo Loco's New Under 500 Calorie Items

Company Announces Five Flavorful Options Each Less Than 500 Calories

COSTA MESA, Calif., Dec. 28, 2015 (GLOBE NEWSWIRE) -- [El Pollo Loco](#) (Nasdaq:LOCO), the nation's leading fire-grilled chicken chain, today announced the launch of five menu items with less than 500 calories each. The limited time items, now available at all El Pollo Loco locations will help customers stick to their New Year's resolutions focusing on health and nutrition as the entrees are not only calorie friendly but are packed with delicious ingredients for a satisfying meal.

A photo accompanying this announcement is available at

<http://www.globenewswire.com/NewsRoom/AttachmentNg/010b4708-3fb0-442e-b1c8-190d570c96cd>

"Our Under 500 Calorie menu items are a fan favorite and we are thrilled to offer guests these tempting new items that are easy on the calories but deliver on great flavor," said Ed Valle, Chief Marketing Officer. "Each dish starts with fresh, high quality ingredients like ripe avocados and our signature fire-grilled chicken for a perfect blend of textures and tastes. We invite all guests to celebrate the start of 2016 with these new items available for a limited time only."

The new Under 500 Calorie menu items include:

- 1 **Double Chicken Avocado Salad** — Double chicken breast, avocado, mixed greens, cotija cheese, corn, pico de gallo, sour cream, cilantro
- 1 **Chicken Black Bean Bowl** — Chicken breast, avocado, rice, cotija cheese, pico de gallo, black beans, broccoli
- 1 **Chicken Avocado Tortilla Wrap** — Chicken breast, avocado, corn, jack cheese, cotija cheese, cilantro, pico de gallo, whole wheat tortilla served with side salad
- 1 **Chicken & Shrimp Grilled Tostada** — Chicken breast, shrimp, mango salsa, black beans, cotija cheese, lettuce, grilled whole wheat tortilla
- 1 **Chicken Enchiladas** — Shredded chicken, broccoli, enchilada sauce, cotija cheese, cilantro, rice

El Pollo Loco is dedicated to making delicious, authentic food that starts with fresh ingredients. The Grill Masters prepare its signature citrus-marinated, fire-grilled chicken on real grills for a flavor that is unique to the concept.

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 420 company-owned and franchised restaurants in Arizona, California, Nevada, Texas and Utah, El Pollo Loco is expanding its presence in key markets like Houston and Dallas through a combination of company and existing and new franchisee development. Some say the lengths we go to create fresh, delicious food are crazy. We say it's Crazy You Can Taste. Visit us on our website at ElPolloLoco.com.

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