



El Pollo Loco Packs an Extra Punch with the Launch of its New Double Protein Avocado Bowls

May 1, 2018

Company Unveils Four Flavorful, Protein-Packed Options Guaranteed To Satisfy Health-Seekers and Serious IndulgERS Alike

COSTA MESA, Calif., May 01, 2018 (GLOBE NEWSWIRE) -- [El Pollo Loco](#) (Nasdaq:LOCO), the nation's leading fire-grilled chicken chain, today announced the launch of four new Double Protein Avocado Bowls, available for a limited time at participating restaurants.

Both casual and serious health-seekers are invited to indulge in four new delectable bowls, where superfoods like avocados, spinach, carrots and cabbage meet the delicious and craveable tastes El Pollo Loco's guests know and love. From its signature fire-grilled chicken to baja shrimp marinated in chipotle chiles and garlic, El Pollo Loco's four new Double Protein Avocado Bowls feature flavorful, protein-packed combinations that are sure to inspire a new, bold, healthy way of eating.

"We are constantly innovating our menu with an aim to provide our guests with high quality, great tasting, good-for-you meals at a price they can afford. Our handcrafted Double Protein Avocado Bowls are low in calories but also rich in protein and other key nutrients," said Heather Gardea, Executive Chef at El Pollo Loco. "These new mouthwatering menu items feature the same authentic, Mexican-inspired flavors our fans adore, but will leave guests feeling great and guilt-free – and excited to come back for more!"

The new line of Double Protein Avocado Bowls includes the following:

- **Double Chicken Power (520 cal.)** – Double chicken, avocado, spinach, corn, black beans, cotija cheese, citrus sauce, and pico de gallo
- **Double Shrimp Mango (400 cal.)** – Double shrimp, avocado, spinach, carrots, brown rice, mango salsa, and cabbage
- **Double Chicken Superfood (550 cal.)** – Double chicken, avocado, spinach, onions, brown rice, black beans, pico de gallo, cilantro, and citrus sauce
- **Double Chicken Fresh (630 cal.)** – Double chicken, avocado, spinach, brown rice, jack cheese, carrots, cabbage, citrus sauce, cilantro, and pico de gallo

El Pollo Loco is passionate about creating Mexican entrees that are made with fresh ingredients and provide a healthier alternative to typical fast food. The brand's menu features its signature citrus-marinated, fire-grilled chicken and authentic, handcrafted items inspired by the culinary and cultural traditions of its hometown Los Angeles.

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 475 company-owned and franchised restaurants in Arizona, California, Nevada, Texas, Utah, and Louisiana, 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 www.elpolloloco.com.

Like: www.facebook.com/ElPolloLoco

Follow on Twitter: [@ElPolloLoco](https://twitter.com/ElPolloLoco)

Follow on Instagram: [@ElPolloLoco](https://www.instagram.com/ElPolloLoco)

Subscribe: www.youtube.com/OfficialElPolloLoco

Join Loco Rewards: www.elpolloloco.com/rewards

MEDIA CONTACT:

Kate Kohlbrenner

ICR

646-277-1250

LOCO@icrinc.com



Source: El Pollo Loco Holdings, Inc.