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

Fire-Grilled Chicken Chain Expands Menu With 4 New Under 500 Calorie Offerings Made With Freshest Ingredients for a Healthy Start to 2015

COSTA MESA, Calif., Jan. 5, 2015 (GLOBE NEWSWIRE) -- El Pollo Loco (Nasdaq:LOCO), the nation's leading fire-grilled chicken chain, today announced an extension of its popular Under 500 line with four new menu items, each under 500 calories. The new offerings include the Chicken & Shrimp Grilled Tostada, Double Chicken Wet Burrito, Grilled Chicken & Kale Salad, and Skinny Chicken Quesadilla.

A photo accompanying this release is available at <http://www.globenewswire.com/newsroom/prs/?pkgid=29816>

"Our under 500 menu resonates very well with guests and we are pleased to expand this line with five new offerings," said Ed Valle, Chief Marketing Officer of El Pollo Loco. "Our new low calorie entrees give consumers everyday access to authentic, healthier, more flavorful options that come directly from our grills. It's great to be able to offer consumers a destination where they do not have to sacrifice flavor to eat right every day."

The new under 500 calorie menu items include the following:

- Chicken & Shrimp Grilled Tostada: Grilled whole wheat tortilla layered with seasoned black beans, crisp lettuce blend, chopped chicken breast, shrimp, fresh pico de gallo, and topped with crumbled cotija cheese
- Double Chicken Wet Burrito: Whole wheat tortilla folded with chopped chicken breast, fresh pico de gallo, smothered with a rich enchilada sauce and topped with crumbled cotija
- Grilled Chicken & Kale Salad: Baby kale and spring mix blend with carrots and cabbage, roasted & salted pepitas, dried cranberries, fresh hand-sliced avocados, crumbled cotija and hand-chopped chicken breast
- Skinny Chicken Quesadilla: Grilled whole wheat tortilla filled with chopped chicken breast, shredded jack cheese, fresh pico de gallo, cabbage, onions, crumbled cotija, poblano salsa, and cilantro

El Pollo Loco's Mexican-inspired entrees are made with fresh ingredients including its signature citrus marinated fire-grilled chicken. The Grill Masters artfully prepare whole chickens in a 4-stage grilling process that creates mouth-watering chicken that is then cut or shredded for a wide variety of dishes. Menu items are designed with taste and texture in mind that always retain the brand's heritage.

About El Pollo Loco

[El Pollo Loco](http://www.ElPolloLoco.com) (Nasdaq:LOCO) is the nation's leading fire-grilled chicken restaurant chain renowned for its masterfully citrus-marinated and fire-grilled chicken and handcrafted entrees using fresh ingredients inspired by authentic Mexican recipes. With more than 400 company-owned and franchised restaurants in Arizona, California, Nevada, Texas and Utah, El Pollo Loco will expand its presence in key markets 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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