



# NUTRITIONAL INFORMATION

## POLLO A LA BRASA

	Calories	Calories from fat	Total Fat	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
1/4 Chicken - dark meat	120	60	6	2	0	95	250	0	0	0	16
1/4 Chicken - white meat	120	50	5	1.5	0	80	290	0	0	0	18
1/2 Chicken - dark meat	240	110	13	4	0	190	490	0	0	0	32
1/2 Chicken - white meat	240	100	11	3.5	0	160	580	0	0	0	36
1/2 Chicken - dark/white	240	100	12	3.5	0	175	540	0	0	0	34
Whole Chicken	480	210	23	7	0	345	1070	1	0	1	68

## SALADS

Quinoa Stuffed Avocado	530	400	44	5	0	5	520	31	12	5	7
Viva Salad	230	130	14	6	0	35	380	20	9	8	11
Balsamic Dressing	200	180	20	1.5	0	0	40	4	0	3	0
Limena Chopped	1040	320	36	12	0	65	1520	148	33	13	37
Aji Ranch Dressing	160	150	17	2.5	0	10	130	1	0	1	1
Andina Power	680	390	43	4.5	0	0	660	60	25	13	22
Lime PF vinaigrette	180	130	15	1	0	0	65	12	0	11	0
<b>Add Protein to any salad</b>											
Add Pulled Chicken	180	60	6	2	0.5	140	350	0	0	0	30
Add Pulled Chicken -white meat	120	50	5	1.5	0	80	290	0	0	0	18
Add Steak	220	110	13	3.5	0	65	390	1	0	0	24

## SANDWICHES & WRAPS

The Great	540	230	25	4.5	0.5	180	830	33	2	4	43
Wow Lomito	580	290	33	6	0	85	880	34	3	3	35
Inca Wrap	740	270	30	5	0	0	1260	110	23	2	19
Naked Peruvian	770	390	44	14	0	55	1810	82	10	7	22
<b>Add Protein to Inca Wrap or Naked Peruvian</b>											
Add Pulled Chicken	180	60	6	2	0.5	140	350	0	0	0	30
Add Pulled Chicken -white meat	120	50	5	1.5	0	80	290	0	0	0	18
Add Steak	220	110	13	3.5	0	65	390	1	0	0	24

## IN THE MIX

Sopa de Pollo	460	110	12	3	0.5	150	1450	44	1	8	42
Yummy Yuca	570	220	24	6	0	0	990	86	8	5	4
Huancaina Sauce (1 - 2 oz ramekin)	180	170	19	2.5	0	20	90	2	0	2	2
Classic Saltado	1450	550	62	11	0	85	2010	172	11	23	54
Tacu Bowl (with Cilantro Rice)	710	240	26	3.5	0	0	1180	108	22	2	16
Tacu Bowl (with Jasmine Rice)	720	230	26	3.5	0	0	1210	111	21	2	16
Arroz Chaufa	860	100	11	1	0	0	1800	169	7	5	23
<b>Add Protein to Tacu Bowl or Arroz Chaufa</b>											
Add Pulled Chicken	180	60	6	2	0.5	140	350	0	0	0	30
Add Pulled Chicken -white meat	120	50	5	1.5	0	80	290	0	0	0	18
Add Steak	220	110	13	3.5	0	65	390	1	0	0	24

## SIDES (SINGLE PORTION)

Arroz Chaufa (side portion)	200	25	2.5	0	0	0	430	40	1	1	5
Solterito	210	90	10	1	0	0	450	22	4	4	7
Green Beans	190	120	14	1	0	0	1160	14	4	5	5
Canary Beans	150	5	0.5	0	0	0	530	27	15	1	9
Quinoa	110	35	4	0	0	0	480	17	2	1	4
Sweet Potato Fries	380	130	15	2	0	0	200	57	0	20	2
French Fries	550	260	29	4.5	0	0	1100	64	0	0	7
Cilantro Infused Rice	310	35	4	0	0	0	640	64	0	0	6
Jasmine Rice	240	30	3	0	0	0	500	50	0	0	4
Plantains	240	35	4	0.5	0	0	0	48	0	34	2
Yuca	280	110	12	3	0	0	490	41	0	2	1
Chicken Soup	190	40	4	1	0	40	550	27	1	4	13
Fruit	90	0	0	0	0	0	0	23	4	17	1
House Salad	70	35	4	3	0	15	180	4	1	2	3
Balsamic Dressing (2 oz ramekin)	200	180	20	1.5	0	0	40	4	0	3	0

## KIDS

Kids Chaufa	780	240	26	5	0.5	385	1450	90	3	1	46
Pulled Chicken	180	60	6	2	0.5	140	350	0	0	0	30
Rotisserie Chicken	120	60	6	2	0	95	250	0	0	0	16

## SWEET THINGS

Alfajores	340	150	16	10	0	80	100	43	0	33	2
Churro	240	90	10	1.5	0	0	260	33	0	10	4
Tres Leches	450	180	20	12	0	110	170	59	0	52	11
Brownie	350	170	19	10	0	65	140	41	3	28	5

## SAUCES (2 oz)

Aji Amarillo (Mild)	260	250	29	2	0	5	125	2	0	0	0
Huacatay (Medium)	210	190	22	1.5	0	0	190	4	0	0	1
Rocoto (Hot)	250	240	28	2	0	5	120	2	0	1	0
Rocoto Mayo	180	180	20	3	0	10	170	0	0	0	0

## BEVERAGES

Maracuya	160	0	0	0	0	0	10	37	0	35	2
Herbal Limeade	100	0	0	0	0	0	10	26	0	24	0
Chicha Morada	180	5	0.5	0	0	0	5	42	2	33	1
Inca Kola	144	0	0	0	0	0	0	39	0	39	0



## ALLERGENS

	Wheat / Gluten	Dairy	Tree Nuts	Soy	Egg
<b>POLLO A LA BRASA</b>					
1/4 Chicken - dark meat				●	
1/4 Chicken - white meat				●	
1/2 Chicken - dark meat				●	
1/2 Chicken - white meat				●	
1/2 Chicken - dark/white				●	
Whole Chicken				●	
<b>SALADS</b>					
Quinoa Stuffed Avocado				● (Mayo)	● (Mayo)
Viva Salad		● (Feta)			
Balsamic Dressing					
Limena Chopped		● (Feta)		● (Edamame)	
Aji Ranch Dressing		●		●	●
Andina Power			● (Almonds)		
Lime PF vinaigrette					
Add Pulled Chicken		●		●	
Add Steak					
<b>SANDWICHES &amp; WRAPS</b>					
Inca Wrap	● (Wrap)				● (Salsa Criolla)
Naked Peruvian	● (Wrap)	● (Feta)		● (Mayo)	● (Mayo)
The Great	● (Ciabatta)			● (Mayo)	● (Mayo)
Wow Lomito	● (Ciabatta)			● (Mayo)	● (Mayo)
Add Chicken				●	
Add Steak					
<b>IN THE MIX</b>					
Sopa de Pollo		●		●	
Yummy Yuca	●				
Huancaína Sauce		●			●
Classic Saltado	● (Fries)	●		● (Soy Sauce)	
Tacu Bowl					● (Salsa Criolla)
Arroz Chaufa				● (Soy Sauce)	●
Add Chicken				●	
Add Steak					
<b>SIDES (SINGLE PORTION)</b>					
Solterito		● (Feta)		● (Edamame)	
Green Beans				●	
Canary Beans					
Quinoa					
Sweet Potato Fries	●			●	
French Fries	●			●	
Cilantro Infused Rice / Jasmine Rice					
Plantains	●			●	
Yuca	●			●	
Chicken Soup		●		●	
Fruit					
House Salad		● (Feta)		●	
Salsa Criolla					●
<b>KIDS</b>					
Kids Chaufa		●		●	●
Pulled Chicken		●		●	
Rotisserie Chicken				●	
<b>SWEET THINGS</b>					
Alfajores	●	●			●
Churro	●	●		●	●
Tres Leches	●	●	●		●
Brownie	●	●	●	●	●
<b>SAUCES (2 OZ)</b>					
Aji Amarillo (Mild)					●
Huacatay (Medium)					
Rocoto (Hot)					●
Rocoto Mayo				●	●
<b>BEVERAGES</b>					
Maracuya					
Herbal Limeade					
Chicha Morada					
Inca Kola					

\* If menu item can be requested without the ingredient, the ingredient is listed.

\*None of our menu items contain seafood, fish or msg.

Although efforts are made to avoid cross-contact of allergens, Viva Chicken does not guarantee that cross-contact with allergens will not occur. Many of our products contain or may come into contact with common allergens, including wheat, soy, tree nuts, milk, and eggs.