



**PORTILLO'S**  
— MENU —

# NUTRITION AND ALLERGEN INFORMATION

The nutritional and allergen information contained in our restaurants and on our website ([www.portillos.com](http://www.portillos.com)) were prepared by Nutritional Information Services (NIS). To create this information, we compiled ingredient lists, allergen listings, and nutritional data from our suppliers and distributors. We also conducted food tests using a nutrition analysis software program. The information contained here is intended to serve as a guide for personal use – it is not a guarantee. This is our best effort to inform our valued customers about the contents of our food.

**About Our Nutritional Information:** Our nutritional information is meant to provide an estimate of the nutritional values associated with our menu items. Actual nutritional values for any given menu item may vary from the values listed here due to variations in product preparation, serving sizes, the fact that our menu items may be customized, the season of the year, sources of supply, and/or ingredient substitutions by our suppliers and distributors. Therefore, we cannot guarantee that the nutritional information provided here or at our restaurant locations is completely accurate as it relates to every menu item. Please note that customization of your order may affect the accuracy and/or completeness of the nutritional information provided.

Portillo's assumes no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions of the suppliers, distributors and purveyors of the ingredients and products used.

**About Our Allergen Information:** It is important to note that many allergens are present in our restaurants, including milk, egg, fish, peanut, tree nut, shellfish, soy, sesame and wheat.

At Portillo's, we empathize with the challenges facing the families of people who have food allergies and who need to manage dietary sensitivities in their lives. When placing your order, please alert our order taker and manager to your food allergies or dietary restrictions.

Because we do not have separate kitchen equipment dedicated for the preparation of allergen-based food requests, foods may come into contact with one another during preparation, which is not reflected on the nutritional chart. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items. If you have questions about the nutrition and allergen information, please reach out to Guest Services at [guestservices@Portillos.com](mailto:guestservices@Portillos.com).



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We understand that some of our guests have food sensitivities and allergies. We want to provide you with the information you need to enjoy Portillo's wonderful food. Please note that our suppliers may change the formulation or substitute ingredients without notice. In addition, our products may come in contact with food allergens. Please visit [portillos.com/nutrition](http://portillos.com/nutrition) for our most recent updates.

Portillo's does not assume any liability for reactions to food consumed. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items.

**Fish and Seafood:** Our fried fish, fried chicken and hash brown bite products share a fryer. Because of this, we cannot guarantee that these products have not come into contact with fish. Please take this into consideration when ordering fried chicken if you have a seafood allergy.

## **Gluten:**

**Fries:** Our French fries are gluten-free and are cooked in their own designated fryer. However, the equipment used to filter the oil in the French fry fryer is shared with the fryers responsible for frying items that do contain gluten. Please take this into consideration when ordering French fries if you are sensitive to gluten.

**Shakes:** Our cake contains gluten and is mixed to create cake shakes with the same equipment we use for all shake flavors. We do not have a designated shake machine for cake shakes. Please take this into consideration when ordering shakes if you are sensitive to gluten.

**Oil:** Our French fries and onion rings are cooked in a blend of vegetable oil and beef tallow.

**Pork:** The following menu items contain pork: Italian Sausage, Polish Sausage, Maxwell St Polish Sausage, Combo Sandwich, Combo Bowl, Italiano Bowl, Meatball Sandwich, Meatball with Sauce & Cheese, Side of Meatballs, Bacon, Barnelli's Italian Sausage, Barnelli's Meatball, Penne Ala Vodka, Ribs, Chopped Salad.

MENU ITEMS	NUTRITION															ALLERGENS												
	(KCAL) TOTAL CALORIES	(KCAL) FAT CALORIES	TOTAL FAT (G) (MG)	SATURATED FAT	TRANS FAT (MG) (MG)	CHOLESTEROL	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	SESAME SEEDS	
<b>BEEF &amp; SAUSAGE SANDWICHES</b>																												
Beef N Cheddar Croissant	675	370	661	4	1	0	9	928	4	1	6	3	412	0	27	3			•	•	•						•	
Char-Grilled Italian Sausage	301			1	9	0	1	2014	4	0	5	1	5	0	3	2				•	•						•	
Italian Beef Sandwich				3	1		8		6			2			14													
Regular Sandwich	693	308		3	2	0	81	123	8	0	2	8	1	0	25	2				•	•						•	
Big Beef Sandwich	1040	461		4	4	0	122	7	9	0	3	3	7	0	3	4				•	•						•	
Italian Beef and Sausage Combo Sandwich				5	2			185	8			5	2		23													
Regular Sandwich	858	445		4	1	0	12	827	8	0	5	8	5	0	85	3				•	•						•	
Big Beef and Sausage Sandwich	1360	704		9	9	0	0	2	3	0	6	8	4	0	8	5				•	•						•	
				7	3		19	300	9			6	2		25													

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<b>PORTILLO'S BOWLS</b>																													
Chicago Combo Bowl	755	527	435	5	2	0	17	1380	4	0	3	5	5	0	64	4				•									
Classic Beef Bowl	284	593	399	9	3	0	8	230	0	0	0	1	5	0	44	3				•									
Italiano Bowl				3	1	0	10	1060	9	2	2	3	228	1	130	3	•		•	•							•		
				2	3		3					5																	

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<b>HOT DOGS</b>																														
Chili Cheese Dog																														
Regular	51	27		3	1	0	7	164	3	2	5	2	95	1	38	3				•	•						•	•		
Jumbo	1	5		1	4	0	3	9	6	2	6	2	6	1	9	3				•	•						•	•		
Hot Dog with Everything	62	36		4	1		9	213	3			2	95		38															
Regular	35	14		1	8	0	80	257	3	2	13	8	8	2	9	3				•	•						•	•		
Jumbo	2	3		6	9	0	55	2	9	2	14	3	8	2	3	3				•	•						•	•		
Maxwell Street Polish Sandwich (Plain)	46	23		2	13	0	88	206	4	2	7	1	8	3	98	4				•	•						•	•		
Polish Sausage Sandwich with Everything	2	3		6	13	0	88	2	0	3	7	9	8	2	11	4				•	•						•	•		
Plant-Based Garden Dog*	58	36		4	1	0	0	193	3	3	13	2	1	3	1	3				•	•						•	•		
*Contains pea protein	5	3		0				4	2			6	8	2	12															
	57	35		3				226	3			2	8		0															
	3	0		9				9	4			6			11															
	33	11		1				141	4			1			0															
	2	6		3				2				1																		

2,000caloriesaday is used for general nutrition advice,but calorie needvary.

















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	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G) (MG)	SATURATED FAT	TRANS FAT (MG) (MG)	CHOLESTEROL	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	SESAME SEEDS	
DRINKS continued																												
Sprite (Small)	14	0	0	0	0	0	33	39	0	39	0	0	0	0	0													
Sprite (Large)	6	0	0	0	0	0	53	62	0	62	0	0	0	0	0													
Stawberry Shake (Small)	23	76	8	6	0	35	37	96	1	82	13	32	1	52	0			•										
Stawberry Shake (Large)	3	122	14	9	0	56	9	156	2	132	20	5	1	9	1			•										
Stawberry Hibiscus Agua Fresca (Small)	58	0	0	0	0	0	63	17	0	17	0	50	20	80	0													
Stawberry Hibiscus Agua Fresca (Large)	60	0	0	0	0	0	132	26	0	26	0	10	00	70	0													
Sweet Tea (Small)	83	0	0	0	0	0	38	32	0	32	0	0	0	0	0													
Sweet Tea (Large)	12	0	0	0	0	0	60	50	0	50	0	0	0	0	0													
Vanilla Shake (Small)	0	76	8	6	0	35	37	91	1	77	13	32	5	52	0			•										
Vanilla Shake (Large)	19	122	14	9	0	56	9	146	1	124	20	5	8	6	0			•										
Add Malt (Small)	2	82	9	6	0	35	60	114	1	97	14	52	5	84	0			•		•						•		
Add Malt (Large)	49	131	15	9	0	56	6	186	1	158	22	1	8	2	1			•		•						•		
	7						44					32		55														
	79						2					5		1														
	5						71					52		87														
	59						2					1		9														
	8																											
	96																											
	9																											



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Explore tasty options and pick the perfect meal for any craving.