

# pollo loco vegan options

**pollo loco vegan options** have become an increasingly popular topic as more consumers seek plant-based meals at fast-casual restaurants. Pollo Loco, known for its flame-grilled chicken and Mexican-inspired menu, has expanded its offerings to accommodate vegan and vegetarian diets. This article explores the vegan-friendly selections available at Pollo Loco, including customizable meals and ingredient modifications. It also provides insights into navigating the menu for those avoiding animal products, ensuring a satisfying dining experience. Additionally, this guide covers nutritional information and tips for maximizing vegan choices at Pollo Loco. By understanding the available options and how to order them, vegan diners can enjoy flavorful, wholesome meals without compromise.

- Overview of Pollo Loco's Vegan Menu Options
- Customizing Your Meal for Vegan Preferences
- Key Ingredients and Potential Cross-Contamination
- Nutritional Considerations for Vegan Dishes
- Tips for Ordering Vegan at Pollo Loco

## Overview of Pollo Loco's Vegan Menu Options

Pollo Loco offers several menu items that can be adapted to fit a vegan diet, although the restaurant primarily focuses on chicken dishes. Understanding which items are inherently vegan or easily modified is crucial for plant-based diners. The chain features fresh ingredients and customizable meals, which allows for flexibility in vegan dining. Common vegan bases include rice, beans, vegetables, and tortillas, which can be combined to create a satisfying meal without animal products.

## Vegan-Friendly Base Ingredients

At Pollo Loco, several base ingredients are naturally vegan and serve as excellent building blocks for plant-based meals. These include:

- Mexican rice, seasoned without animal products
- Black beans or pinto beans, prepared without lard
- Freshly made corn or flour tortillas
- Grilled vegetables such as bell peppers and onions
- Fresh salsa and guacamole, free of dairy or animal additives

## Vegan Entrée Options

While Pollo Loco's signature flame-grilled chicken is not vegan, several menu items can be customized to exclude meat and animal-derived ingredients. Examples include:

- Veggie bowls with rice, beans, vegetables, and guacamole
- Bean burritos without cheese or sour cream
- Salads with vegan dressings and no meat or cheese
- Tacos made with beans and vegetables instead of chicken

## Customizing Your Meal for Vegan Preferences

Customization is key when ordering vegan meals at Pollo Loco. Most dishes can be modified by omitting animal-based ingredients and substituting vegan-friendly alternatives. Pollo Loco's ordering system allows customers to select components, making it easier to avoid non-vegan items.

## Omitting Animal Products

To ensure a meal is vegan, certain ingredients must be left out. These typically include:

- Flame-grilled chicken and other meat options
- Cheese and other dairy products
- Sour cream and creamy dressings
- Any mayo-based sauces or dressings containing eggs

## Adding Vegan Enhancements

To enhance vegan meals, customers can add flavorful and nutritious plant-based components. Popular additions include extra guacamole, fresh salsa, and grilled vegetables. Pollo Loco's fresh ingredients allow for a variety of combinations that maintain taste and texture without animal products.

## Key Ingredients and Potential Cross-Contamination

Understanding ingredient sourcing and preparation methods is important for vegans concerned about cross-contamination or hidden animal products. Pollo Loco uses fresh produce and prepares many items on-site, but some shared equipment may pose risks.

## Ingredients to Watch

Some ingredients may contain animal derivatives or be prepared in a way that compromises vegan standards. These include:

- Seasonings or marinades that may contain chicken broth or animal fats
- Beans cooked with lard or other animal fats (though Pollo Loco typically uses vegetable oil)
- Sauces containing dairy, egg, or meat extracts
- Tortillas prepared with lard (usually corn tortillas are safe)

## Cross-Contamination Concerns

Shared kitchen equipment and cooking surfaces can result in cross-contact with animal products. While Pollo Loco strives to maintain cleanliness, vegans should inquire about preparation methods if strict avoidance is necessary. For example, grilled vegetables might be cooked on the same grill as chicken, which may be a consideration for some customers.

## Nutritional Considerations for Vegan Dishes

Pollo Loco's vegan options can be nutritious and balanced when composed thoughtfully. Key nutrients to focus on include protein, fiber, vitamins, and minerals. Beans and rice provide plant-based protein and carbohydrates, while fresh vegetables contribute fiber and antioxidants.

## Protein Sources

Since Pollo Loco's main protein source is chicken, vegans need to rely on plant proteins such as beans and guacamole. Beans are an excellent source of protein and fiber, complementing other ingredients in the meal.

## Caloric and Nutrient Balance

Many vegan options at Pollo Loco are moderate in calories, but adding guacamole or extra beans can increase nutritional content. Customers seeking weight management or higher energy meals can adjust ingredient portions accordingly.

## Tips for Ordering Vegan at Pollo Loco

To maximize satisfaction with pollo loco vegan options, consider the following ordering tips. These strategies help ensure that meals meet vegan standards and provide enjoyable flavors.

## **Communicate Clearly with Staff**

Informing staff members about vegan dietary restrictions helps prevent misunderstandings. Asking specific questions about ingredients and preparation methods can clarify whether items meet vegan criteria.

## **Customize Your Order**

Utilize Pollo Loco's customizable menu to build a vegan-friendly meal. Selecting rice, beans, vegetables, and vegan sauces while removing meat, cheese, and dairy ensures compliance with a vegan diet.

## **Explore Seasonal or Limited-Time Vegan Options**

Pollo Loco occasionally introduces new menu items that may cater to vegan customers. Staying informed about these offerings can expand available choices and provide variety.

## **Consider Nutritional Needs**

Balancing macronutrients and micronutrients in vegan meals is essential. Complementing Pollo Loco's vegan options with additional protein or fiber-rich sides may enhance overall nutrition.

## **Frequently Asked Questions**

### **Does Pollo Loco offer vegan options on their menu?**

Yes, Pollo Loco has introduced several vegan options, including plant-based protein bowls and sides that cater to vegan diets.

### **What are the best vegan dishes to order at Pollo Loco?**

Some of the best vegan dishes at Pollo Loco include the vegan black bean bowl, grilled vegetable sides, and their customizable salads without cheese or dairy-based dressings.

### **Can I customize my Pollo Loco order to make it vegan?**

Yes, you can customize many Pollo Loco items by removing meat, cheese, and dairy, and substituting with vegan-friendly ingredients like beans, rice, and vegetables.

### **Are Pollo Loco's plant-based proteins truly vegan?**

Pollo Loco's plant-based proteins are designed to be vegan-friendly, but it's always a good idea to check for any cross-contamination or added non-vegan ingredients when ordering.

## **Does Pollo Loco use any vegan sauces or dressings?**

Pollo Loco offers some vegan sauces and dressings, such as salsa and certain vinaigrettes, but it's best to ask staff to confirm which options are vegan.

## **Is Pollo Loco's vegan menu gluten-free as well?**

Some vegan options at Pollo Loco may be gluten-free, but not all. Customers with gluten sensitivities should verify ingredients and preparation methods with the restaurant.

## **Are Pollo Loco vegan options available nationwide?**

Availability of vegan options at Pollo Loco can vary by location, so it's recommended to check with your local restaurant or their website for specific menu items.

## **How does Pollo Loco ensure their vegan options are prepared safely?**

Pollo Loco typically prepares vegan options separately to minimize cross-contamination, but practices can vary by location, so informing staff of dietary needs is important.

## **Additional Resources**

### *1. Pollo Loco Veganized: Flavorful Plant-Based Recipes Inspired by the Classic*

This cookbook offers a creative twist on the beloved Pollo Loco dishes, transforming traditional chicken recipes into delicious vegan alternatives. Using ingredients like jackfruit, tofu, and seitan, it captures the smoky, citrusy flavors that define Pollo Loco. Perfect for those looking to enjoy a healthier, cruelty-free version of their favorite meals without compromising on taste.

### *2. The Ultimate Guide to Vegan Pollo Loco at Home*

Discover the secrets to making authentic Pollo Loco flavors using entirely plant-based ingredients. This guide covers marinades, spices, and cooking techniques to replicate the iconic taste and texture. It's ideal for home cooks eager to bring the vibrant experience of Pollo Loco to their vegan kitchen.

### *3. Vegan Pollo Loco: Spicy and Savory Recipes for Every Occasion*

Filled with spicy, smoky, and tangy vegan dishes inspired by Pollo Loco, this book offers a range of recipes from quick weeknight meals to festive gatherings. The author emphasizes fresh, wholesome ingredients and creative substitutes to maintain the bold flavors. A must-have for anyone craving a fiery, plant-based feast.

### *4. Plant-Powered Pollo Loco: Vegan Recipes for Bold Flavor Lovers*

This book celebrates the rich and vibrant flavors of Pollo Loco through plant-based cooking. It includes recipes for grilled "chicken," sides, and sauces that keep the zest alive. Readers will find tips on ingredient swaps and seasoning blends to enjoy a satisfying vegan meal that doesn't skimp on heat or taste.

#### 5. *Easy Vegan Pollo Loco: Quick and Delicious Meat-Free Meals*

Designed for busy individuals, this cookbook offers simple and fast vegan Pollo Loco recipes that don't sacrifice flavor. Using accessible ingredients and straightforward methods, it makes plant-based cooking approachable for all skill levels. Enjoy flavorful meals ready in under 30 minutes.

#### 6. *Vegan Pollo Loco Fiesta: Recipes for Festive Gatherings*

Bring the party with this collection of vibrant vegan Pollo Loco recipes perfect for celebrations and family dinners. The book features appetizers, mains, and sides that capture the fun and zest of Pollo Loco while being entirely plant-based. It's an excellent resource for hosting inclusive, flavorful feasts.

#### 7. *Smoke and Spice: Vegan Pollo Loco Recipes from Scratch*

Master the art of smoky, spicy vegan Pollo Loco dishes with this detailed cookbook focusing on homemade sauces and marinades. The recipes emphasize natural ingredients and cooking from scratch to maximize flavor and authenticity. Ideal for cooks who love to experiment and perfect their vegan barbecue techniques.

#### 8. *The Pollo Loco Vegan Cookbook: A Journey Through Citrus and Smoke*

Take a culinary journey with this cookbook that explores the signature citrus and smoky flavors of Pollo Loco through vegan recipes. It includes detailed instructions for creating tender, flavorful plant-based proteins and complementary sides. A great resource for those wanting to explore vegan Mexican-inspired cuisine.

#### 9. *Vegan Pollo Loco Street Food: Bold and Authentic Flavors*

Explore the vibrant world of vegan street food with recipes inspired by Pollo Loco's bold flavors. This book offers handheld meals, wraps, and bowls that are perfect for on-the-go dining without meat. It's a flavorful collection designed for fans of spicy, smoky, and fresh plant-based eats.

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**pollo loco vegan options:** *The 30-Day Vegan Meal Plan for Beginners* Eddie Garza, Lauren Pitts, 2021-02-09 A delicious, doable vegan meal plan with dietician-approved recipes Make it simple to serve up flavorful foods you can feel good about. The 30-Day Vegan Meal Plan for Beginners is the ultimate starter guide, offering 100 recipes and a monthlong plan for adopting a vegan diet. Empower yourself with this vegan cookbook featuring a professionally curated menu that's healthier for you and the world around you. This top choice among vegan cookbooks includes: Hearty, varied meals—Discover recipes packed with wholesome ingredients like vegetables, beans, tofu, nuts, and whole grains sure to leave you satisfied. Vegan basics—Get a crash course in exactly what veganism means as well as how it can help you, animals, and the planet. Easy shopping—Weekly grocery lists and handy tips for shopping vegan ensure you always have the right ingredients on hand. Go beyond other vegan cookbooks with recipes and a meal plan that make it easy and delicious to eat

plant-based.

**pollo loco vegan options:** *How To Go Vegan* Veganuary Trading Limited, 2017-12-28 \*\*A new edition of How to Go Vegan -- updated for Veganuary 2022\*\* GOING VEGAN IS EASY! Whether you're already a full-time vegan, considering making the switch to help fight climate change or know someone who is, this book will give you all the tools you need to make the change towards a healthier, happier and more ethical lifestyle. How to Go Vegan includes... Why try vegan? Animal welfare, the environment and global warming, health benefits, spirituality, religion and your personal adventure. Vegan at home Surprisingly vegan foods, reading labels, vegan ingredient essentials, easy replacements, how to be the only vegan in the family, vegan kids and what to do about cheese! Vegan out in the world Eating out, eating at friends' houses, answering questions from loved ones, travelling vegan. Living the vegan lifestyle Meal plans, tips and tricks, what to do if you're struggling, how to celebrate being a vegan, sports, fitness and allergies. How to go vegan. It's easier than you think.

**pollo loco vegan options:** *The VegNews Guide to Being a Fabulous Vegan* Jasmin Singer, VegNews Magazine, 2020-12-15 Go vegan the fabulous way with this helpful guide from an editor of VegNews, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at VegNews bust all the myths and give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

**pollo loco vegan options:** *Eating Expectantly* Bridget Swinney, Tracey Anderson, 1996 Reviews nearly every aspect of nutrition, from pre-pregnancy planning to the postnatal period. Combines information on proper nutrition with over 100 practical recipes and 200 complete menus. Details dietary information for each trimester, with tips on shopping and cooking, including how to cook and store foods so as to preserve the natural vitamins; how to make meal planning easier; what to do about eating during high-risk pregnancies; how to add variety and nutrition to snacks; how to lose weight after the baby is born; etc.

**pollo loco vegan options:** *Cal Poly Pomona 2012* Kyleena Harper, 2011-03-15

**pollo loco vegan options:** *Los Angeles Magazine* , 1996-01 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

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**pollo loco vegan options:** **The Little Black Book of Walt Disney World, 2012 Edition** Rona Gindin, 2011-11-15 2012 Edition. Here's your guidebook to all the magic! the Little Black Book of Walt Disney World is just what you need to navigate the Magic Kingdom, Epcot, Disney's Hollywood Studios, Animal Kingdom, Downtown Disney, accommodations, and Disney World's recreation venues! Author Rona Gindin is a writer, editor, and TV personality based in Orlando. The author of two travel guides, she also hosts a popular television show celebrating local restaurants. \* Numbered entries in the text are keyed to area maps in each chapter \* "Top Picks" direct you to not-to-be-missed attractions \* Spot illustrations throughout liven the text \* 7 easy-to-use Disney World maps \* 248 pages

**pollo loco vegan options:** [Awesomely Delicious El Pollo Loco Copycat Recipes](#) Jasper Whitethorne, 2023-12-03 How would you like a tasty good Mexican meal for lunch? No need to sweat a drive or restaurant cost. Make yourself tasty options right at home. From El Pollo Loco's famous citrus-marinated chicken to condiments, tostada salads, and sides, you can make your restaurant platter right at home. Give them your twist, increase the quantity, and enjoy to your comfort. Can't have enough salsa or guacamole for your tacos, make yourself a good batch and enjoy them heartily.

**pollo loco vegan options:** **Vegan Tacos** Jason Wyrick, 2014-09-02 Plant-based homemade tacos (and more) from the New York Times–bestselling author of *Vegan Mexico*, with plenty of pro tips and photos. Celebrated chef Jason Wyrick showcases exciting Mexican flavors and textures with recipes for traditional and creative tacos—including your own homemade tortillas, salsas, and condiments. You'll make tacos de asador, tacos cazuela, tacos dorados, and many more based on recipes gathered from across Mexico—and learn how to make them using plant-based ingredients. The long-time publisher of the Vegan Culinary Experience (now [TheVeganTaste.com](#)) points the way to making your own taco components from scratch, while also providing quick options with store-bought ingredients. In your own home taquería, make such tantalizing recipes as: Tacos Mole with Seared Zucchini, Wilted Chard, and Pepitas Tacos with Pintos Borrachos and Vegan Queso Fresco Tacos Dorados with Plantains, Black Beans, and Roasted Garlic Baja Tacos with Lobster Mushrooms Breakfast Tacos with Rajas, Mojo Scramble, and Pintos Cinnamon Tortilla Tacos with Spicy Cajeta Apples, Pecans, and Agave Crema Also featured are sections on taco culture and history; essential ingredients; helpful shortcuts; beverage recipes such as Mango Lime Agua Fresca, Sweet Tamarind Tea, and Desert Sage Spritzer; desserts and sides; and how to host a taquiza (taco party).

**pollo loco vegan options:** *Vegan Tacos Cookbook* Carla Hutson, 2023-04-10 *Vegan Tacos Cookbook: Make Meals with Vegan Tacos Ideas Delicious Recipes to Try* The Vegan Tacos Cookbook is a must-have guide for anyone who loves the bold and spicy flavors of Mexican cuisine but wants to follow a vegan diet. This cookbook features over 30 easy-to-follow recipes that are both healthy and delicious. With step-by-step instructions, this cookbook is perfect for both beginners and experienced cooks. It includes a variety of dishes, from classic Mexican tacos like carne asada and al pastor to unique vegan options like sweet potato and black bean tacos and cauliflower ceviche tostadas. Whether you're looking to add some vegan tacos to your weekly meal plan or want to host a Mexican-themed dinner party, The Vegan Tacos Cookbook has everything you need to create



delicious and nutritious vegan Mexican dishes in your own kitchen.

**pollo loco vegan options: Leon Fast Vegan** Rebecca Seal, Chantal Symons, John Vincent, 2018-12-24 From the home of healthy fast food, Leon Fast Vegan is all about delicious food, which just happens to be vegan. Leon Fast Vegan contains more than 150 recipes. Divided into three sections, it kicks off with The Main Event, with easy recipes for everything from breakfast and brunch to sharing plates, via quick suppers and slow-cooked one-pot dishes. Part two, On the Side, features sauces, dressings, nourishing side dishes and scrumptious breads, and part three, Sweet, gives vegan options for desserts and cakes. As ever, healthy fast food chain LEON takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese pancakes and American burgers. The emphasis throughout is on great flavour and keeping things simple. Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone.

**pollo loco vegan options: The Fast Food Vegan: Mexican Cuisine** Dawn Grey, 2011-09-09 This book is designed for those who are short on time but do not want to frequent the fast food chains or purchase pricy frozen meals. The Fast Food Vegan shows you easy to make recipes that you can make in minutes without any fancy equipment or ingredients. Using readily available ingredients from your local grocery, anyone can whip up tasty Mexican from enchiladas to sopapillas, that are vegetarian, vegan, gluten-free and/or lower in sugar. This is a great book for those transitioning to a more plant-based diet who are not yet ready to eat exclusively whole foods.

**pollo loco vegan options: Black Rican Vegan** Lyana Blount, 2023-07-25 The Best Latin & Soul Food Made Entirely Vegan Growing up in a Puerto Rican and Black household, Lyana Blount knew from a young age that food was a love language, and it was one she intended to master. After going vegan, she set out to capture the flavor, vibrancy and love in her family's recipes with lighter plant-based ingredients. And with that, her NYC pop-up Black Rican Vegan was born! In this personal collection of recipes, Lyana shares the secrets behind the vegan, Latin soul food she's famous for, so you can make her incredible meals right in your own kitchen and enjoy healthier versions of beloved classics. These 60 dishes combine crowd-pleasing favorites from the Black Rican Vegan menu, OG meals from the five boroughs and passed down family recipes. Make Puerto Rican fare like Holiday Vernil, Chicharron sin Carne, Mofonguitos con Vegan Camarones and Sopa de Salchicon. Celebrate the diverse NYC food scene with recipes like Moxtails, NYC Bacun Eggins, Cheeze, Succulent Birria Tacos, Titi's Lasagna for Dad and Bronx Fried Oyster Mushrooms. Lyana's ingenious plant-based swaps will have you wowing your friends and family with ridiculously good meals no one will believe are vegan. Because after all, food is love, and nothing helps you share that more than the incredible plant-based recipes in Black Rican Vegan.

**pollo loco vegan options: The Bodyguard Travel Companion Cookbook** Dave Paco, 2017-03 Vegan cookbook and food guide built for travelers visiting Mexico and Central America. Prepare delicious, nutritious plant-based meals away from home! Includes dietary and nutritional information, recipes, translations, personal stories, travel tips, illustrations, and more...

**pollo loco vegan options: Vegan Fast Food** Brian Watson, 2022-09-27 Whether you're a brand-new vegan missing fried chicken sandwiches or a longtime vegan tired of the limited options when eating out for driving through!). Brian Watson, aka Thee Burger Dude, has been there. After painstakingly researching and veganizing all of his favorite recipes, he's ready to share everything he's learned so you can upgrade your next party, potluck, or Saturday night. After in-depth tutorials on the basics, the chapters shre hit after hit from all the major chains, including burgers and sandwiches, nuggets, pizzas, burrito bowls, and much more. With additional chapters for breakfast and dessert, you're sure to satisfy any craving. Book jacket.

**pollo loco vegan options: Vegan Fire & Spice** Robin Robertson, 2008-01-01 Spice up your life! - Take a trip around the world with delicious, mouth-watering, meatless, dairy-free, and egg-free recipes ranging from mildly spiced to nearly incendiary. Explore the spicy vegan cuisines of the U.S., South America, Mexico, the Caribbean, Europe, Africa, the Middle East, India, and Asia with: Red-Hot White Bean Chili Vindaloo Vegetables Moroccan Tagine Spicy Szechuan Noodles Jambalaya

Thai Coconut Soup Penne Arrabbiata Satays with Ginger Peanut Sauce Organized by global region, this book offers inventive and delicious spicy vegan recipes of traditional dishes using readily available ingredients. Best of all, the recipes are designed so you can adjust your own heat tolerance allowing you to enjoy it hot - or not. With the bold and scintillating recipes of Vegan Fire & Spice, you can travel the globe without ever leaving home - while still enjoying meals that are healthy and 100% vegan.

**pollo loco vegan options: Viva Vegan! [NOOK edition]: 200 Authentic and Fabulous Recipes for Latin Food Lovers**, 2010 The U.S. men's soccer team was a huge disappointment at the World Cup in 2006, but a newly constituted team exceeded all expectations in June 2009 with their inspired play at the Confederations Cup in South Africa--where they upset the number one team in the world, Spain, and lost late in the championship game to a supremely talented Brazilian squad. Their impressive showing gave fans, including the ever-loyal Sam's Army, a renewed sense of hope that when the team plays up to its capabilities, the Americans can compete with anyone in the world. In *Chasing the Game*, Filip Bondy describes the U.S. team's path to qualifying for this year's World Cup--to be held on the African continent for the first time ever, in South Africa in June 2010. Bondy also reveals the back-and-forth saga that resulted in the hiring of Bob Bradley as the American coach, and serves up engaging profiles of several core players, including the U.S. national team's all-time leader in scoring and assists, Landon Donovan, acrobatic goalie Tim Howard, hip-hop devotee and opportunistic goal-scorer Clint Deuce Dempsey, up-and-comer Jozy Altidore, and the coach's son, the reticent yet dependable Michael Bradley. *Chasing the Game* also recounts the glorious highlights of past World Cup matches, like the U.S. men's team's stunning 1-0 victory over England in 1950 and the 2002 team's advance to the quarterfinals, as well as heartbreaks like the fiasco in 2006, when the U.S. mustered only four shots on goal in three games. Finally, Bondy also traces the origin of soccer and the evolution of the game in the U.S., chronicling how soccer academies like the one in Bradenton, Florida, have impacted the game at both the youth and national levels. It's all here for the first time in one book--the complete story of American soccer on the global stage.

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