



Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Along with many favorite indulgences on the Chili's menu, our great tasting, quality food can be part of a well - balanced diet. This comprehensive nutrition guide will provide you with the "411" on what you crave while satisfying your need for healthy meal options. Try one of Chili's long-standing "Guiltless Grill" favorites for a meal that is low in fat and calories, but high in fiber and flavor. We also offer a variety of health conscious side items, including seasonal veggies, corn on the cob and black beans. Finding healthier meals for the kids on family night out is as easy as "A-B-C" with Chili's Pepper Pals kids menu that offers our younger diners grilled entree selections with veggies and milk or juice to accompany their meal. Chili's always serves up a good time with exciting and flavorful menu items, including endless way to spice things up to meet your dietary lifestyle needs.

<b>APPETIZERS</b>								
Listed as served unless indicated								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Baby Back Rib Snackers	As Served	570	31	7	50	19	2	1250
Boneless Buffalo Wings w/ Bleu Cheese	As Served	1200	81	14	44	38	12	3380
Bottomless Tostada Chips w/ Salsa	As Served	480	39	5	26	4	5	2050
Crispy Onion String & Jalapeno Stack w/ Jalapeno Ranch	As Served	1020	86	13	49	8	6	1780
Hot Spinach & Artichoke Dip w/ Chips	As Served	1130	90	39	41	31	3	2460
Loaded Nachos - Beef (12)	As Served	1690	122	56	60	91	8	4620
Loaded Nachos - Beef (8)	As Served	1150	82	38	42	61	5	3340
Loaded Nachos - Chicken (12)	As Served	1570	97	47	64	122	7	3630
Loaded Nachos - Chicken (8)	As Served	1060	66	32	44	82	5	2680
Skillet Queso w/ Chips	As Served	920	73	30	46	30	9	4040
Southwestern Eggrolls w/ Avocado Ranch	As Served	910	57	14	72	27	7	1980
Texas Cheese Fries -1/2 order w/ Jalapeno Ranch	As Served	1420	104	48	60	65	6	3670
Texas Cheese Fries w/ Jalapeno Ranch	As Served	1930	135	62	97	86	11	5530
Triple Dipper™ Big Mouth® Bites w/ Jalapeno Ranch	As Served	740	48	13	46	30	1	1760
Triple Dipper™ Boneless Buffalo Wings w/ Bleu Cheese	As Served	740	60	11	27	24	1	1990
Triple Dipper™ Chicken Crispers® No Dressing	As Served	570	39	5	29	27	1	1610
Triple Dipper™ Crispy Onion String & Jalapeno Stack	As Served	410	37	6	16	3	2	790
Triple Dipper™ Hot Spinach & Artichoke Dip w/ Chips	As Served	570	45	20	20	16	2	1230
Triple Dipper™ Southwestern Eggrolls w/ Avocado Ranch	As Served	640	42	10	48	18	5	1400
Triple Dipper™ Wings Over Buffalo® w/ Bleu Cheese	As Served	790	69	15	4	34	1	1860
Wings Over Buffalo® w/ Bleu Cheese	As Served	1320	110	25	4	67	1	2240

<b>A FRESH TAKE ON SALADS</b>								
Dressing included unless indicated								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Salad w/ Grilled Chicken	Large	930	50	8	71	59	14	3590
Asian Salad w/ Grilled Chicken	Small	540	33	5	40	29	8	2110
Asian Salad w/ Salmon	Large	1120	69	15	71	61	13	3970
Asian Salad w/ Salmon	Small	650	42	9	40	32	8	2310
Asian Salad w/ Steak	Large	1050	63	11	74	63	13	4860
Asian Salad w/ Steak	Small	610	39	7	41	33	8	2760
Boneless Buffalo Chicken Salad	As Served	1150	84	17	52	45	7	4410
Caribbean Salad w/ Grilled Chicken	Large	800	36	6	112	45	12	750
Caribbean Salad w/ Grilled Chicken	Small	490	24	4	64	24	7	470
Carribbean Salad w/ Grilled Shrimp	Large	920	44	9	112	20	10	1330
Carribbean Salad w/ Grilled Shrimp	Small	550	28	5	64	11	6	760
Chicken Caesar Salad	As Served	710	42	8	25	58	6	1010
GG Asian Salad	As Served	360	22	3	22	26	7	930

<b>A FRESH TAKE ON SALADS</b>								
Dressing included unless indicated								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
GG Caribbean Salad	As Served	450	24	4	52	23	7	630
GG House Salad w/ Lo Fat Ranch	As Served	140	6	0	22	5	3	570
Grilled BBQ Smoked Chicken Salad	As Served	1060	63	19	50	76	12	2190
House Salad No Dressing	As Served	100	3	0	17	4	3	135
Quesadilla Explosion Salad	As Served	1400	88	26	90	66	12	2360

  

<b>SOUPS &amp; CHILI w/o Crackers</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potatoe Soup	1 Bowl	280	15	9	28	11	2	1160
Baked Potatoe Soup	1 Cup	140	7	5	14	6	1	580
Blackbean	1 Bowl	290	8	4	40	16	11	1480
Blackbean	1 Cup	150	4	2	20	8	5	740
Broccoli Cheese	1 Bowl	250	15	7	17	10	2	1270
Broccoli Cheese	1 Cup	120	8	4	8	5	1	640
Chicken & Green Chili	1 Bowl	190	5	1	21	15	2	1060
Chicken & Green Chili	1 Cup	100	3	0	11	7	1	530
Chicken Enchilada	1 Bowl	430	26	10	22	28	2	1350
Chicken Enchilada	1 Cup	220	13	5	11	14	1	670
Chili's Terlingua Chili w/ Toppings	1 Bowl	460	30	12	24	24	4	2190
Chili's Terlingua Chili w/ Toppings	1 Cup	230	15	6	12	12	2	1090
Southwestern Vegetable	1 Bowl	210	10	6	21	8	5	1200
Southwestern Vegetable	1 Cup	100	5	3	11	4	2	600
Sweet Corn	1 Bowl	450	36	20	31	4	1	960
Sweet Corn	1 Cup	230	18	10	16	2	1	480

<b>CREATE YOUR OWN COMBO w/o Sides</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Classic Sirloin	As Served	310	19	9	4	31	1	1440
Fried Shrimp w/ Tequila Lime Sauce	As Served	400	28	5	18	19	8	1130
Grilled Salmon w/ Garlic & Herbs	As Served	370	23	8	1	41	0	560
Half Rack of Baby Back Ribs	As Served	560	41	13	17	28	1	2050
Margarita Grilled Chicken	As Served	110	6	2	14	39	4	370
Monterey Chicken®	As Served	470	25	13	13	50	2	1140
Spicy Garlic & Lime Grilled Shrimp	As Served	120	8	3	3	10	0	590

<b>RIBS, SLOW-SMOKED IN-HOUSE w/o Sides</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Memphis Dry Rub Ribs	As Served	1180	87	28	34	58	4	4740
Memphis Dry Rub Ribs (1/2 rack)	As Served	620	44	14	24	29	3	2820
Original Ribs	As Served	1110	81	27	33	57	2	4100
Original Ribs (1/2 rack)	As Served	560	41	13	17	28	1	2050
Shiner Bock® BBQ Ribs	As Served	1230	81	27	58	58	1	3880
Shiner Bock® BBQ Ribs (1/2 rack)	As Served	610	41	14	29	29	0	1940

<b>SANDWICHES Served on a White Bun w/ Fries, unless otherwise indicated</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
BBQ Pulled Pork Sandwich	As Served	1250	53	14	147	41	10	3300
Buffalo Chicken Ranch Sandwich	As Served	1560	86	14	140	49	9	4010
Chili's Cheesesteak Sandwich	As Served	1240	55	21	116	50	10	2920
GG Grilled Chicken Sandwich w/ Veggies	As Served	610	12	5	78	44	8	1310
GG Santa Fe Chicken Wrap w/ Veggies	As Served	610	22	4	75	34	9	1740
Grilled Chicken Sandwich	As Served	1240	62	14	114	56	9	2510
Santa Fe Chicken Wrap w/ Ancho-Chile Ranch	As Served	1270	69	16	121	40	11	2580
Smoked Turkey on Chile-Pepper Roll	As Served	1230	58	12	118	39	7	3230
Smoked Turkey on Chile-Pepper Roll Combo - w/o Soup or Salad	As Served	810	37	7	90	22	6	2220
Steakhouse Sandwich	As Served	1080	51	20	115	38	11	3780

<b>TACOS WRAPPED IN FLAVOR Listed as served</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Crispy Chicken Tacos w/ Corn Tortillas	As Served	1360	69	14	125	64	12	3250
Crispy Chicken Tacos w/ Flour Tortillas	As Served	1480	74	16	140	68	12	3890
Crispy Shrimp Tacos w/ Corn Tortillas	As Served	830	28	5	111	34	21	2620
Crispy Shrimp Tacos w/ Flour Tortillas	As Served	950	33	7	126	37	21	3260
Pulled Pork Tacos w/ Corn Tortillas	As Served	800	22	8	99	52	12	2870
Pulled Pork Tacos w/ Flour Tortillas	As Served	920	27	9	114	55	12	3500
Seasoned Ground Beef Tacos w/ Corn Tortillas	As Served	1000	46	22	90	54	11	3160
Seasoned Ground Beef Tacos w/ Flour Tortillas	As Served	1120	51	23	104	58	11	3790
Smoked Chicken Tacos w/ Corn Tortillas	As Served	700	15	6	98	45	12	3060
Smoked Chicken Tacos w/ Flour Tortillas	As Served	820	20	8	113	49	12	3700

<b>BURGERS Served on a White Bun w/ Fries, unless otherwise indicated</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth® Bites w/ Jalapeno Ranch	As Served	1810	110	28	140	64	6	4360
Classic Bacon Burger	As Served	1520	88	26	115	64	9	3630
Ground Peppercorn Burger w/ Bleu Cheese	As Served	1520	88	21	120	55	12	3340
Jalapeno Smokehouse Burger w/ Jalapeno Ranch	As Served	2130	139	43	127	92	10	6460
Mushroom-Swiss Burger	As Served	1460	84	24	116	59	9	3570
Oldtimer®	As Served	1260	62	16	118	53	10	3140
Shiner Bock® BBQ Burger	As Served	1510	78	22	136	59	9	3620
Southern Smokehouse Burger w/ Ancho Chile BBQ	As Served	2080	127	41	141	91	10	6060

<b>EVERYTHING'S BETTER ON THE GRILL w/ Sides unless otherwise indicated</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Fajita Condiments	1 Each	230	19	10	7	10	2	490
Flour Tortillas	3 Each	380	10	3	62	10	3	1000
Beef Fajitas - w/o Tortillas and Condiments	As Served	480	25	5	26	47	5	2810
Buffalo Chicken Fajitas - w/o Tortillas and Condiments	As Served	1030	76	17	43	45	5	4800
Chicken Fajitas - w/o Tortillas and Condiments	As Served	360	12	2	23	43	6	1540
Fajita TRIO - w/o Tortillas and Condiments	As Served	530	26	7	28	53	6	2760
Cajun Pasta w/ Grilled Chicken	As Served	1350	70	37	104	71	7	3100
Cajun Pasta w/ Grilled Shrimp	As Served	1310	75	40	105	50	6	3350
Chili's Classic Sirloin - w/o Sides	As Served	450	26	11	19	34	2	1730
Flame-Grilled Ribeye - w/o Sides	As Served	900	68	32	18	50	2	1980
GG Classic Sirloin	As Served	240	8	4	9	35	5	1820
GG Salmon w/ Garlic & Herbs	As Served	530	19	6	43	48	5	1640
Grilled Salmon w/ Garlic & Herbs	As Served	620	29	11	44	48	5	1700

<b>EVERYTHING'S BETTER ON THE GRILL w/ Sides unless otherwise indicated</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Margarita Grilled Chicken	As Served	380	8	2	67	48	11	1640
Monterey Chicken®	As Served	870	47	18	53	65	10	2720
Quesadilla - Bacon Ranch Chicken w/ Salsa Ranch	As Served	1550	94	36	93	86	6	3220
Quesadilla - Jalapeno Steak w/ Ancho Chile Ranch	As Served	1520	102	37	99	63	7	5070

<b>HAND-BATTERED WINS EVERYTIME w/ Sides</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chicken Crispers® w/ Honey Mustard	As Served	1710	109	16	136	54	10	4690
Country-Fried Steak	As Served	1440	83	15	123	52	10	3220
Crispy Chicken Crispers® - w/o Sauce	As Served	1510	86	13	132	58	11	3210
Crispy Honey-Chipotle Chicken Crispers® w/ Ranch	As Served	1950	104	16	202	59	11	4600
Fried Shrimp w/ Tequila Lime Sauce	As Served	1050	60	11	94	31	19	3100

<b>KID'S MENU w/o Sides</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Pepper Pals® Cheese Pizza	As Served	570	24	9	67	23	3	1120
Pepper Pals® Cheese Quesadilla	As Served	460	24	12	42	20	2	1000
Pepper Pals® Chocolate Shake	As Served	490	24	14	67	6	0	140
Pepper Pals® Corn Dog	As Served	280	17	4	25	5	2	650
Pepper Pals® Country Fried Chicken Crispers	As Served	560	38	5	27	29	1	950
Pepper Pals® Grilled Cheese Sandwich	As Served	520	41	12	28	10	0	860
Pepper Pals® Grilled Chicken Platter	As Served	150	3	1	1	31	1	140
Pepper Pals® Grilled Chicken Sandwich	As Served	220	4	1	25	21	1	270
Pepper Pals® Little Chicken Crispers	As Served	570	39	5	29	27	1	1610
Pepper Pals® Little Mouth Burger	As Served	350	17	6	24	24	1	660
Pepper Pals® Little Mouth Cheeseburger	As Served	420	23	10	25	27	1	980
Pepper Pals® Macaroni & Cheese	As Served	400	10	6	68	14	3	1160
Pepper Pals® Side Black Beans	As Served	90	1	0	17	5	5	580
Pepper Pals® Side Cinnamon Apples	As Served	200	8	3	36	0	4	70
Pepper Pals® Side Corn Cob w/o Butter	As Served	150	2	0	32	5	3	5
Pepper Pals® Side Homestyle Fries	As Served	250	10	2	36	3	4	790
Pepper Pals® Side Kernel Corn	As Served	130	2	0	23	4	6	0
Pepper Pals® Side Mandarin Oranges	As Served	70	0	0	17	0	0	10
Pepper Pals® Side Rice	As Served	170	1	0	36	4	1	650
Pepper Pals® Side Seasonal Veggies	As Served	35	0	0	6	3	3	30

<b>STUPENDOUSLY SWEET ENDINGS</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Brownie Sundae	As Served	1340	68	30	188	16	7	320
Cheesecake	As Served	710	42	26	68	12	0	460
Chocolate Chip Cookie Molten Cake	As Served	1140	56	26	150	14	3	690
Chocolate Chip Paradise Pie	As Served	1290	68	33	163	16	5	680
Frosty Chocolate Shake	As Served	740	35	21	100	8	0	210
Molten Chocolate Cake	As Served	1070	51	27	143	11	5	820
Sweet Shot Key Lime Pie	As Served	240	12	8	30	4	0	75
Sweet Shot Red Velvet Cake	As Served	250	9	5	39	3	1	200
Sweet Shot Warm Cinnamon Roll	As Served	280	13	8	38	3	1	95
Sweet Shot Warm Double Chocolate Fudge Brownie	As Served	420	24	14	51	1	1	25
White Chocolate Molten Cake	As Served	1250	65	24	150	15	0	460

NOT "JUST" SIDES	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Add Fried Shrimp to any Entrée	3 Each	120	7	2	8	9	4	410
Add Fried Shrimp to any Entrée	6 Each	270	15	3	16	18	8	820
Add Rice and Black Beans	As Served	270	2	0	53	10	6	1280
Add Spicy Garlic & Lime Shrimp to any Entrée	3 Each	60	4	2	2	5	0	300
Add Spicy Garlic & Lime Shrimp to any Entrée	6 Each	130	8	3	3	10	0	590
Applewood Smoked Bacon	3 Strips	100	8	3	0	6	0	430
Avocado Slices	As Served	70	7	1	4	1	3	0
BBQ Sauce (Original)	As Served	60	0	0	14	1	1	560
Black Beans	As Served	100	1	0	17	6	5	620
Black Bean Pattie Only	As Served	200	2	0	25	21	7	810
Cheese, American	As Served	70	6	4	1	3	0	320
Cheese, Cheddar	As Served	80	7	4	0	5	0	135
Cheese, Provolone	As Served	80	6	4	0	5	0	190
Cheese, Swiss	As Served	50	4	3	0	4	0	35
Cinnamon Apples	As Served	200	8	3	36	0	4	70
Dressing, Ancho Chile Ranch	As Served	170	17	4	3	1	0	390
Dressing, Asian Vinaigrette	As Served	150	15	2	5	1	0	690
Dressing, Avocado Ranch	As Served	110	11	2	2	1	1	230
Dressing, Bleu Cheese	As Served	240	25	5	1	1	0	310
Dressing, Caribbean	As Served	190	19	3	5	0	0	430
Dressing, Citrus Balsamic Vinaigrette	As Served	250	25	4	6	0	0	220

NOT "JUST" SIDES	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Dressing, Honey Lime	As Served	200	17	3	13	0	0	250
Dressing, Honey Mustard	As Served	180	21	3	1	0	0	380
Dressing, Honey Mustard No Fat	As Served	70	0	0	10	0	0	510
Dressing, Jalapeno Ranch	As Served	140	15	3	2	1	0	360
Dressing, Low Fat Ranch	As Served	45	3	0	4	1	0	440
Dressing, Ranch	As Served	170	18	4	2	1	0	340
Gravy, Black Pepper	As Served	35	2	0	4	1	0	350
Guacamole	As Served	40	4	0	2	1	2	135
Homestyle Fries	As Served	380	16	3	55	4	6	1210
Honey Chipotle Sauce	As Served	130	0	0	34	0	0	520
Loaded Mashed Potatoes	As Served	390	25	8	29	14	5	910
Mashed Potatoes w/ Black Pepper Gravy	As Served	280	15	2	33	5	5	1050
Ranch Only as served w/ Chips	As Served	460	48	9	5	3	0	910
Rice	As Served	170	1	0	36	4	1	650
Salsa Only as served w/ Chips	As Served	30	0	0	6	1	2	1120
Salsa Ranch Only as served w/ Chips	As Served	250	24	5	5	2	1	1010
Seasonal Veggies	As Served	80	6	3	7	3	3	490
Sour Cream	As Served	60	6	4	2	1	0	55
Spicy Cole Slaw	As Served	180	12	2	16	2	2	490
Sweet Corn on the Cob w/ Butter	As Served	200	7	1	32	5	3	420
Wheat Bun	As Served	360	3	4	62	9	3	350

<b>Cal.....</b> Calories	<b>Carb.....</b> Carbohydrates	<b>Sod.....</b> Sodium
<b>Sat Fat....</b> Saturated Fat	<b>Fiber.....</b> Total Fiber	<b>(mg).....</b> milligrams <b>(g).....</b> grams

The nutritional analysis is comprised of data from an independent testing facility commissioned by Chili's, combined with nutrient data from Chili's suppliers, the United States Agriculture and nutrient database analysis of Chili's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Chili's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Chili's products.02232010Q3P2