



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.

APPETIZERS								
Listed as served unless indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Wings w/ Bleu Cheese	As Served	1060	81	14	44	38	2	3330
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
Classic Nachos - Beef (12)	As Served	1600	106	50	66	98	9	3590
Classic Nachos - Beef (8)	As Served	1090	73	34	46	66	6	2450
Classic Nachos - Chicken (12)	As Served	1530	98	46	62	108	10	2630
Classic Nachos - Chicken (8)	As Served	1050	67	32	43	72	7	1810
Fire-Grilled Corn Guacamole w/ Chips	As Served	1390	84	15	150	16	27	2320
Fried Cheese w/ Marinara Sauce	As Served	730	39	17	60	36	2	2270
Hot Spinach & Artichoke Dip w/ Chips	As Served	1130	90	39	41	31	3	2460
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	1410	103	48	60	64	6	3630
Texas Cheese Fries -1/2 order w/ Chili & Jalapeno Ranch	As Served	1510	109	49	65	70	7	3970
Texas Cheese Fries w/ Jalapeno Ranch	As Served	1920	134	61	98	84	11	5450
Texas Cheese Fries w/ Chili & Jalapeno Ranch	As Served	2070	144	64	105	94	12	5950
Triple Dipper™ Big Mouth® Bites w/ Jalapeno Ranch	As Served	790	51	14	49	31	1	1780
Triple Dipper™ Boneless Buffalo Wings w/ Bleu Cheese	As Served	750	60	11	27	24	1	1990
Triple Dipper™ Chicken Crispers® No Dressing	As Served	320	14	4	19	28	1	1040
Triple Dipper™ Crispy Onion String & Jalapeno Stack	As Served	410	37	6	16	3	2	790
Triple Dipper™ Fried Cheese w/ Marinara Sauce	As Served	430	23	10	36	21	1	1380
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	800	69	15	4	34	1	1860
Wings Over Buffalo® w/ Bleu Cheese	As Served	1320	110	25	4	67	1	2240
A FRESH TAKE ON SALADS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Dressing included unless indicated								
Asian Salad w/ Grilled Chicken	As Served	850	44	10	41	76	6	2700
Asian Salad w/ Steak	As Served	720	41	9	45	46	8	2570
Boneless Buffalo Chicken Salad	As Served	1110	79	17	49	46	6	4150
Caribbean Salad w/ Grilled Chicken	As Served	620	25	4	66	36	9	530
Caribbean Salad w/ Grilled Shrimp	As Served	620	31	6	66	20	7	1000
Chicken Caesar Salad	As Served	710	42	8	25	58	6	1010
GG Asian Salad	As Served	410	21	3	22	40	8	890
GG Caribbean Salad	As Served	550	22	3	54	35	9	630
Grilled BBQ Chicken Salad	As Served	1050	63	19	50	75	10	2160
House Salad No Dressing	As Served	180	10	5	15	10	2	300
Quesadilla Explosion Salad	As Served	1410	89	26	90	66	11	2370

SOUPS & CHILI w/o Crackers								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Loaded Baked Potato Soup	1 Bowl	400	30	18	21	15	1	1150
Loaded Baked Potato Soup	1 Cup	200	15	9	11	8	1	570
Broccoli Cheese	1 Bowl	240	15	7	17	10	2	1270
Broccoli Cheese	1 Cup	120	8	4	8	5	1	640
Chicken & Green Chile	1 Bowl	250	6	1	33	16	3	1060
Chicken & Green Chile	1 Cup	120	3	0	17	8	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
Sweet Corn	1 Bowl	450	36	20	31	4	1	960
Sweet Corn	1 Cup	230	18	10	16	2	1	480
CREATE YOUR OWN COMBO w/o Sides								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Classic Sirloin	As Served	400	19	9	7	49	0	1490
Fried Shrimp w/ Tequila Lime Sauce	As Served	400	28	5	18	19	8	1130
Grilled Salmon w/ Garlic & Herbs	As Served	320	16	5	1	44	1	600
Half Rack of Baby Back Ribs	As Served	480	30	12	15	39	2	1820
Margarita Grilled Chicken	As Served	260	6	2	14	39	4	370
Monterey Chicken®	As Served	470	25	13	13	50	2	1140
Spicy Garlic & Lime Grilled Shrimp	As Served	150	8	3	3	15	0	630
RIBS, SLOW-SMOKED IN-HOUSE w/o Sides								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Memphis Dry Rub Ribs	As Served	890	56	21	29	75	2	3470
Memphis Dry Rub Ribs (1/2 rack)	As Served	480	28	11	22	38	2	2180
Original Ribs	As Served	970	60	24	31	78	4	3640
Original Ribs (1/2 rack)	As Served	480	30	12	15	39	2	1820
Shiner Bock® BBQ Ribs	As Served	1240	81	27	65	58	1	3750
Shiner Bock® BBQ Ribs (1/2 rack)	As Served	620	41	13	32	29	1	1870

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

<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	54	14	149	41	11	3320
Buffalo Chicken Ranch Sandwich	As Served	1520	82	15	138	51	8	3790
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	70	16	121	41	12	2580
Smoked Turkey Sandwich	As Served	1240	66	17	110	44	8	3060
Smoked Turkey Combo - w/o Soup or Salad	As Served	830	43	11	83	26	7	2180
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)
Chicken Club Tacos	As Served	1280	57	17	130	59	11	4120
Crispy Chicken Tacos	As Served	1650	76	21	181	64	13	4080
Crispy Shrimp Tacos	As Served	1600	69	19	186	59	22	4380
<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	1930	117	31	145	65	7	4400
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	3330
Jalapeno Smokehouse Burger w/ Jalapeno Ranch	As Served	2140	139	44	125	94	10	6710
Mushroom-Swiss Burger	As Served	1500	85	25	116	61	10	3750
Oldtimer®	As Served	1260	62	16	118	53	10	3140
Shiner Bock® BBQ Burger	As Served	1510	78	22	138	59	9	3570
Southern Smokehouse Burger w/ Ancho Chile BBQ	As Served	2090	127	42	139	93	10	6310
<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	340	7	1	58	10	6	1040
Flour Tortillas	3 Each	380	10	3	62	10	3	1000
Beef Fajitas - w/o Tortillas and Condiments	As Served	430	17	6	29	40	8	2260
Buffalo Chicken Fajitas - w/o Tortillas and Condiments	As Served	1000	71	18	41	47	5	4570
Chicken Fajitas - w/o Tortillas and Condiments	As Served	370	11	2	25	44	8	1560
Fajita Trio - w/o Tortillas and Condiments	As Served	530	22	7	31	55	8	2540
Cajun Pasta w/ Grilled Chicken	As Served	1360	68	38	110	75	6	2910
Cajun Pasta w/ Grilled Shrimp	As Served	1350	73	40	111	59	6	3200
Chili's Classic Sirloin - w/o Sides	As Served	540	27	11	22	51	1	1780
Flame-Grilled Ribeye - w/o Sides	As Served	950	73	33	21	53	1	1800
GG Classic Sirloin	As Served	340	9	4	15	53	4	1970
GG Salmon w/ Garlic & Herbs	As Served	540	17	4	47	52	5	1430
Grilled Salmon w/ Garlic & Herbs	As Served	640	28	9	49	51	5	1490

<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	600	13	3	72	49	10	1400
Monterey Chicken®	As Served	870	47	20	52	64	9	2970
Quesadilla - Bacon Ranch Chicken w/ Salsa Ranch	As Served	1520	93	36	93	79	6	3180
Quesadilla - Jalapeno Steak w/ Ancho Chile Ranch	As Served	1560	102	39	100	67	7	1480
<b>HAND-BATTERED 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	1290	67	13	120	56	10	3740
Country-Fried Steak	As Served	1430	85	18	118	49	11	3550
Crispy Chicken Crispers® - w/o Sauce	As Served	1210	59	11	119	52	12	2670
Crispy Honey-Chipotle Chicken Crispers® w/ Ranch	As Served	1650	77	14	190	53	12	4060
Fried Shrimp w/ Tequila Lime Sauce	As Served	1050	63	11	88	31	19	3430
<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® Crispy Chicken Crispers	As Served	380	22	4	19	26	2	630
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	180	4	0	17	19	1	180
Pepper Pals® Little Chicken Crispers	As Served	320	14	4	19	28	1	1040
Pepper Pals® Little Mouth Burger	As Served	310	17	5	17	22	1	570
Pepper Pals® Little Mouth Cheeseburger	As Served	380	23	9	18	25	1	890
Pepper Pals® Macaroni & Cheese Kraft	As Served	500	18	6	69	16	3	930
Pepper Pals® Side Celery Sticks w/ Ranch	As Served	50	3	0	5	2	0	460
Pepper Pals® Side Cinnamon Apples	As Served	200	8	2	35	0	7	95
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 Mashed Potatoes - w/o Gravy	As Served	120	7	2	14	2	1	430
Pepper Pals® Side Pineapple	As Served	35	0	0	9	0	1	0
Pepper Pals® Side Rice	As Served	240	6	1	41	4	1	410
Pepper Pals® Side Salad w/ Low Fat Ranch	As Served	100	6	2	9	4	1	540
Pepper Pals® Side Steamed Broccoli	As Served	30	0	0	6	3	3	30

<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

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	130	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	340	7	1	58	10	6	1040
Add Spicy Garlic & Lime Shrimp to any Entrée	3 Each	70	4	2	2	8	0	320
Add Spicy Garlic & Lime Shrimp to any Entrée	6 Each	150	8	3	3	15	0	630
Applewood Smoked Bacon	3 Strips	100	8	3	0	6	0	430
Avocado Slices	As Served	80	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 Patty Only	As Served	200	2	0	25	21	7	800
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	2	35	0	7	95
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 Guiltless Grill	As Served	190	19	3	5	0	0	430
Dressing, Citrus Balsamic Vinaigrette	As Served	250	25	4	6	0	0	220
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 Non-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	30	2	0	4	0	1	350
Guacamole	As Served	45	4	0	3	1	2	140
Homestyle Fries	As Served	380	16	3	55	4	6	1210
Honey Chipotle Sauce	As Served	130	0	0	34	0	0	520

NOT "JUST" SIDES	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Loaded Mashed Potatoes	As Served	380	25	9	28	12	3	1140
Mashed Potatoes w/ Black Pepper Gravy	As Served	280	15	4	31	4	3	1300
Ranch Only as served w/ Chips	As Served	460	48	9	5	3	0	910
Rice	As Served	240	6	1	41	4	1	410
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	15	3	9	2	3	810
Sweet Corn on the Cob w/ Butter	As Served	200	7	1	32	5	3	420
Wheat Bun, Plain	As Served	360	9	4	62	9	3	350
STUPENDOUSLY SWEET ENDINGS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Brownie Sundae	As Served	1290	61	30	195	14	8	930
Cheesecake	As Served	710	42	26	68	12	0	460
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	28	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	14	0	450

<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.Q1F11 Act2 07192010