



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>								
<b>Listed as served unless indicated</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Wings w/ Bleu Cheese	As Served	1170	72	13	71	57	2	3890
Bottomless Tostada Chips w/ Salsa	As Served	1020	51	10	125	12	11	1210
Crispy Onion String & Jalapeno Stack w/ Ranch	As Served	1030	90	16	50	8	6	1770
Classic Nachos - Beef (12)	As Served	1640	103	51	86	97	12	3560
Classic Nachos - Beef (8)	As Served	1120	70	35	59	65	8	2430
Classic Nachos - Chicken (12)	As Served	1590	96	47	82	107	13	2760
Classic Nachos - Chicken (8)	As Served	1080	66	33	56	72	9	1900
Fire-Grilled Corn Guacamole w/ Chips	As Served	1400	84	15	151	17	25	2250
Fried Cheese w/ Marinara Sauce	As Served	730	39	17	60	36	2	2270
Hot Spinach & Artichoke Dip w/ Chips	As Served	1640	102	43	138	37	11	1630
Skillet Queso w/ Chips	As Served	1500	88	36	147	40	15	3340
Southwestern Eggrolls w/ Avocado Ranch	As Served	810	42	11	85	25	7	1890
Texas Cheese Fries -1/2 order w/ Ranch	As Served	1450	104	48	67	64	7	3640
Texas Cheese Fries -1/2 order w/ Chili & Ranch	As Served	1540	109	50	72	72	9	3960
Texas Cheese Fries w/ Ranch	As Served	1940	133	61	108	84	12	5410
Texas Cheese Fries w/ Chili & Ranch	As Served	2100	141	64	116	96	14	5960
Triple Dipper™ Big Mouth® Bites w/ Ranch	As Served	820	54	15	49	31	1	1770
Triple Dipper™ Boneless Buffalo Wings w/ Bleu Cheese	As Served	820	54	10	44	36	1	2340
Triple Dipper™ Chicken Crispers® No Dressing	As Served	320	14	4	19	28	1	1040
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	1310	77	26	128	23	10	870
Triple Dipper™ Southwestern Eggrolls w/ Avocado Ranch	As Served	580	32	8	57	17	5	1350
Triple Dipper™ Wings Over Buffalo® w/ Bleu Cheese	As Served	780	58	13	8	57	1	2230
Wings Over Buffalo® w/ Bleu Cheese	As Served	1290	89	20	12	112	2	2980
<b>A FRESH TAKE ON SALADS</b>								
<b>Dressing included unless indicated</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	As Served	1010	68	15	49	48	9	4330
Caribbean Salad w/ Grilled Chicken	As Served	610	25	4	64	35	7	500
Caribbean Salad w/ Grilled Shrimp	As Served	610	31	6	64	19	5	1060
Chicken Caesar Salad	As Served	710	42	8	25	58	6	980
Grilled BBQ Chicken Salad	As Served	970	62	19	48	58	9	2170
House Salad No Dressing	As Served	180	10	5	15	10	2	300
Cobb Salad	As Served	710	50	14	21	47	11	1000
Quesadilla Explosion Salad	As Served	1400	88	26	88	65	10	2320

<b>SOUPS &amp; CHILI w/o Crackers</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Loaded Baked Potato Soup	1 Bowl	410	30	18	22	15	1	1160
Loaded Baked Potato Soup	1 Cup	210	15	9	11	8	1	590
Broccoli Cheese	1 Bowl	230	14	6	16	10	1	1210
Broccoli Cheese	1 Cup	110	7	3	8	5	1	610
Chicken & Green Chile	1 Bowl	200	7	3	21	16	3	1240
Chicken & Green Chile	1 Cup	100	4	1	11	8	1	620
Chicken Enchilada	1 Bowl	400	26	9	22	21	3	1640
Chicken Enchilada	1 Cup	200	13	5	11	11	1	820
Chili's Terlingua Chili w/ Toppings	1 Bowl	360	20	9	17	29	5	1170
Chili's Terlingua Chili w/ Toppings	1 Cup	180	10	5	9	14	3	590
Sweet Corn	1 Bowl	450	36	20	31	4	1	960
Sweet Corn	1 Cup	230	18	10	16	2	1	480
<b>CUSTOM COMBINATIONS w/o Sides</b>								
	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	1500
Fried Shrimp w/ Tequila Lime Sauce	As Served	400	28	5	18	19	8	1130
Grilled Salmon w/ Garlic & Herbs	As Served	300	15	5	1	41	1	590
Half Rack of Baby Back Ribs	As Served	480	30	12	13	39	2	1760
Margarita Grilled Chicken	As Served	260	6	2	14	39	4	330
Monterey Chicken®	As Served	500	25	13	12	57	2	1060
Spicy Garlic & Lime Grilled Shrimp	As Served	150	8	3	4	15	0	700
<b>RIBS, SLOW-SMOKED IN-HOUSE</b>								
<b>Listed as served</b>								
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Memphis Dry Rub Ribs	As Served	1550	81	26	132	79	17	4810
Memphis Dry Rub Ribs (1/2 rack)	As Served	860	42	13	80	42	8	3390
Original Ribs	As Served	1610	84	29	135	83	19	4860
Original Ribs (1/2 rack)	As Served	860	43	15	74	43	8	2970
Shiner Bock® BBQ Ribs	As Served	1750	84	29	167	84	18	4690
Shiner Bock® BBQ Ribs (1/2 rack)	As Served	930	43	15	90	44	8	2890

<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

<b>SANDWICHES</b> w/ Fries, unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
BBQ Pulled Pork Sandwich on White Bun	As Served	1580	80	15	163	52	13	4020
Buffalo Chicken Ranch Sandwich on White Bun	As Served	1430	69	13	144	54	12	4000
California Club Sandwich	As Served	1480	75	20	146	46	15	3850
Classic Turkey Sandwich	As Served	1340	63	18	137	41	11	3140
GG Grilled Chicken Sandwich w/ Veggies	As Served	610	12	5	78	44	8	1270
GG Santa Fe Chicken Wrap w/ Veggies	As Served	630	23	6	72	39	8	2210
Grilled Chicken Sandwich on White Bun	As Served	1270	62	15	120	58	9	2480
Grilled Ham & Swiss Sandwich	As Served	1360	70	20	135	45	9	3870
Santa Fe Chicken Wrap w/ Ancho-Chile Ranch	As Served	1310	71	19	125	47	11	3110
Steakhouse Sandwich	As Served	1020	43	18	116	41	11	3470
<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	1300	58	17	130	61	11	4110
Crispy Chicken Tacos	As Served	1670	76	21	182	64	13	4110
Crispy Shrimp Tacos	As Served	1610	70	19	186	60	22	4420
<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)
Avocado Burger on Wheat Bun	As Served	1520	84	26	133	57	14	3010
Big Mouth® Bites w/ Ranch	As Served	1890	116	31	139	65	6	4200
Classic Bacon Burger	As Served	1520	85	25	121	64	9	3580
Jalapeno Smokehouse Burger w/ Ranch	As Served	2160	138	43	132	95	11	6450
Mushroom-Swiss Burger	As Served	1470	81	24	120	61	10	3450
Oldtimer®	As Served	1270	60	16	124	54	10	3150
Shiner Bock® BBQ Burger	As Served	1550	76	22	153	60	10	3740
Southern Smokehouse Burger w/ Ancho Chile BBQ	As Served	2140	128	41	148	95	11	6170
<b>EVERYTHING'S BETTER ON THE GRILL</b> Listed as served unless otherwise indicated	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	3	490
Flour Tortillas	3 Each	390	10	3	63	10	3	1040
Beef Fajitas - w/o Tortillas and Condiments	As Served	400	15	5	27	38	7	1990
Buffalo Chicken Fajitas - w/o Tortillas and Condiments	As Served	950	59	16	51	52	11	5120
Chicken Fajitas - w/o Tortillas and Condiments	As Served	330	8	2	24	42	8	1250
Fajita Trio - w/o Tortillas and Condiments	As Served	510	19	7	30	53	8	2310
Cajun Pasta w/ Grilled Chicken	As Served	1360	67	38	111	74	7	2840
Cajun Pasta w/ Grilled Shrimp	As Served	1350	73	40	112	58	6	3250
Classic Sirloin	As Served	1010	58	23	57	67	7	3440
Flame-Grilled Ribeye	As Served	1420	104	45	54	69	7	3460
GG Classic Sirloin	As Served	370	9	4	20	53	6	3680
GG Salmon w/ Garlic & Herbs	As Served	520	16	4	47	49	5	1410
Grilled Salmon w/ Garlic & Herbs	As Served	620	27	9	49	48	5	1480

<b>EVERYTHING'S BETTER ON THE GRILL</b> Listed as served	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	1310
Monterey Chicken®	As Served	860	46	19	51	64	8	2860
Southwestern Quesadilla - Bacon Ranch Chicken	As Served	1620	103	37	94	80	6	3260
Southwestern Quesadilla - Jalapeno Steak	As Served	1590	104	39	101	67	7	4280
<b>HAND-BATTERED Listed as served</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chicken Crispers® w/ Honey Mustard	As Served	1300	66	13	126	56	11	3770
Country-Fried Steak	As Served	1420	80	16	128	48	9	4000
Crispy Honey-Chipotle Chicken Crispers® w/ Ranch	As Served	1660	75	14	196	53	13	4060
Fried Shrimp w/ Tequila Lime Sauce	As Served	1150	68	12	102	33	20	3240
<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	1030
Pepper Pals® Chocolate Shake	As Served	460	22	14	61	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	42	12	26	10	0	840
Pepper Pals® Grilled Chicken Platter	As Served	150	3	1	1	31	1	120
Pepper Pals® Grilled Chicken Sandwich	As Served	200	5	0	21	19	1	180
Pepper Pals® Little Chicken Crispers	As Served	320	14	4	19	28	1	1040
Pepper Pals® Little Mouth Burger	As Served	330	17	5	21	22	1	590
Pepper Pals® Little Mouth Cheeseburger	As Served	400	23	9	22	25	1	910
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	280	11	2	48	0	9	130
Pepper Pals® Side Corn Cob w/o Butter	As Served	150	2	0	32	5	3	5
Pepper Pals® Side Homestyle Fries	As Served	190	7	2	30	2	3	600
Pepper Pals® Side Kernel Corn	As Served	130	2	0	23	4	6	0
Pepper Pals® Side Mandarin Oranges	As Served	25	0	0	6	0	0	0
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

<b>LUNCH BREAK BUILD YOUR OWN COMBO</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Lunch House Salad No Dressing	As Served	90	5	3	7	5	1	150
Chili's Terlingua Chili w/ Toppings	1 Bowl	360	20	9	17	29	5	1170
Chicken Enchilada	1 Bowl	400	26	9	22	21	3	1640
Sweet Corn	1 Bowl	450	36	20	31	4	1	960
Chicken & Green Chile	1 Bowl	200	7	3	21	16	3	1240

<b>LUNCH BREAK</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Bacon Ranch Chicken Quesadilla w/ Fries	As Served	1060	65	20	77	42	6	2420
Big Mouth Burger Bites w/ Fries	As Served	940	55	15	77	32	4	2030
California Club Sandwich w/ Fries	As Served	740	37	10	73	23	7	1930
Cajun Pasta w/ Grilled Chicken	As Served	790	38	20	63	46	4	1640
Classic Turkey Sandwich w/ Fries	As Served	690	33	10	68	22	5	1620
Fajita Chicken Sandwich w/ Fries	As Served	770	42	9	71	27	7	2230
Grilled Ham & Swiss Sandwich w/ Fries	As Served	680	35	10	68	22	5	1930
Over-The-Top Cobb Salad w/ Avocado Ranch	As Served	420	32	8	12	24	6	640
Southwestern BLT Sandwich w/ Fries	As Served	630	32	9	67	11	5	1350

<b>NOT "JUST" SIDES</b>	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	1020
Add Spicy Garlic & Lime Shrimp to any Entrée	3 Each	80	4	2	2	8	0	350
Add Spicy Garlic & Lime Shrimp to any Entrée	6 Each	150	8	3	4	15	0	700
Applewood Smoked Bacon	3 Strips	90	7	3	0	7	0	370
Avocado Slices	As Served	80	7	1	4	1	3	0
BBQ Sauce (Original)	As Served	50	0	0	12	1	1	500
Black Beans	As Served	100	1	0	18	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	80	6	4	0	6	0	55
Cinnamon Apples	As Served	280	11	2	48	0	9	130
Cole Slaw	As Served	240	20	4	15	1	2	490

<b>NOT "JUST" SIDES</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Dressing, Ancho Chile Ranch	As Served	180	19	4	3	1	0	420
Dressing, Avocado Ranch	As Served	130	13	3	2	1	1	280
Dressing, Bleu Cheese	As Served	240	25	5	1	1	0	310
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	190	22	3	1	0	0	400
Dressing, Honey Mustard Non-Fat	As Served	70	0	0	10	0	0	510
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	13	3	61	4	6	1210
Honey Chipotle Sauce	As Served	130	0	0	34	0	0	520
Loaded Mashed Potatoes	As Served	390	25	9	28	13	3	1170
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	50	0	0	8	2	0	1090
Seasonal Veggies	As Served	80	6	3	7	3	3	490
Sour Cream	As Served	60	6	4	2	1	0	55
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

<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	1290	61	30	195	14	8	930
Cheesecake	As Served	710	42	26	68	12	0	460
Chocolate Chip Paradise Pie	As Served	1250	64	33	163	15	4	660
Frosty Chocolate Shake	As Served	690	33	21	92	8	0	210
Molten Chocolate Cake	As Served	1020	46	27	144	11	5	710

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

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.Q3F11 1/10/2011