



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 ways to spice things up to meet your dietary lifestyle needs.

APPETIZERS								
Listed as served unless otherwise 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	1040	67	11	60	51	5	3630
Bottomless Tostada Chips w/ Salsa	As Served	910	45	6	112	13	9	1590
Crispy Onion String & Jalapeno Stack w/ Ranch	As Served	1060	84	14	67	11	7	1550
Classic Nachos (12)	As Served	1210	85	44	56	56	8	2370
Classic Nachos (8)	As Served	830	59	31	39	38	6	1630
Classic Nachos - Beef (12)	As Served	1420	91	46	61	90	8	3010
Classic Nachos - Beef (8)	As Served	970	63	32	42	61	6	2050
Classic Nachos - Chicken (12)	As Served	1440	91	46	58	100	9	3150
Classic Nachos - Chicken (8)	As Served	980	63	32	40	67	6	2140
Fire-Grilled Corn Guacamole w/ Chips	As Served	1180	68	9	131	16	20	2290
Fried Cheese w/ Marinara Sauce	As Served	660	35	16	54	32	2	2050
Hot Spinach & Artichoke Dip w/ Chips	As Served	1520	99	38	124	36	12	2060
Loaded Potato Skins	As Served	1080	85	36	37	43	3	1560
Skillet Queso w/ Chips	As Served	1580	96	34	135	44	11	3880
Southwestern Eggrolls w/ Avocado Ranch	As Served	770	40	11	81	24	7	1770
Texas Cheese Fries -1/2 order w/ Ranch	As Served	1230	84	36	69	49	5	3290
Texas Cheese Fries -1/2 order w/ Chili & Ranch	As Served	1350	93	38	73	56	5	3650
Texas Cheese Fries w/ Ranch	As Served	1980	132	59	113	84	9	5590
Texas Cheese Fries w/ Chili & Ranch	As Served	2150	144	62	120	94	9	6080
Triple Dipper™ Big Mouth® Bites w/ Ranch	As Served	780	53	16	47	30	2	1690
Triple Dipper™ Boneless Buffalo Wings w/ Bleu Cheese	As Served	660	46	8	28	24	2	1880
Triple Dipper™ Chicken Crispers® No Dressing	As Served	340	15	4	21	30	1	1130
Triple Dipper™ Fried Cheese w/ Marinara Sauce	As Served	390	21	9	33	19	1	1250
Triple Dipper™ Loaded Potato Skins	As Served	670	53	23	23	26	2	920
Triple Dipper™ Hot Spinach & Artichoke Dip w/ Chips	As Served	590	39	15	48	13	5	890
Triple Dipper™ Southwestern Eggrolls w/ Avocado Ranch	As Served	560	31	8	54	16	5	1260
Triple Dipper™ Wings Over Buffalo® w/ Bleu Cheese	As Served	560	47	9	4	31	1	1730
Wings Over Buffalo® w/ Bleu Cheese	As Served	910	68	15	6	69	1	2920
SALADS								
Dressing included unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	As Served	920	63	14	52	40	7	4220
Caribbean Salad w/ Grilled Chicken	As Served	640	25	4	73	34	7	780
Caribbean Salad w/ Grilled Shrimp	As Served	620	28	5	74	19	7	1390
Chicken Caesar Salad	As Served	640	42	7	30	38	5	1410
House Salad No Dressing	As Served	150	6	3	18	7	3	220
Quesadilla Explosion Salad	As Served	1360	88	29	87	62	10	3000
Santa Fe Chicken Salad	As Served	690	51	9	34	30	9	1960
LIGHTER CHOICES Listed as served								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Classic Sirloin	As Served	250	7	3	12	38	5	1520
Grilled Chicken Salad	As Served	430	22	6	23	38	5	1010
Grilled Chicken Sandwich w/ Steamed Broccoli	As Served	470	10	3.5	55	39	7	1500
Grilled Salmon w/ Garlic & Herbs	As Served	490	17	4.5	39	48	6	1510
Margarita Grilled Chicken	As Served	590	16	4	68	47	8	2090
Santa Fe Chicken Wrap w/ Steamed Broccoli	As Served	670	23	6	82	38	10	2400

SOUPS & CHILI w/o Crackers								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Chicken Enchilada	1 Bowl	400	26	9	26	20	3	1650
Chicken Enchilada	1 Cup	200	13	5	13	10	1	830
Chili's Terlingua Chili w/ Toppings	1 Bowl	400	28	8	14	23	0	1050
Chili's Terlingua Chili w/ Toppings	1 Cup	200	14	4	7	11	0	530
Loaded Baked Potato Soup	1 Bowl	510	35	21	26	18	2	1770
Loaded Baked Potato Soup	1 Cup	250	17	10	13	9	1	870
Southwest Chicken & Sausage	1 Bowl	330	20	8	28	13	4	1660
Southwest Chicken & Sausage	1 Cup	160	10	4	14	6	2	830
CUSTOM COMBINATIONS w/o Sides								
Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)	
Classic Sirloin	As Served	220	9	4	1	34	0	760
Fried Shrimp w/ Cocktail Sauce	As Served	260	13	3	23	13	1	1470
Grilled Salmon w/ Garlic & Herbs	As Served	280	12	3	1	42	1	520
Half Rack of Baby Back Ribs	As Served	760	49	20	15	64	2	2590
Lighter Choice Classic Sirloin	As Served	200	6	3	2	34	1	1020
Margarita Grilled Chicken	As Served	160	2.5	1	5	29	1	510
Monterey Chicken®	As Served	460	25	12	12	47	1	1370
Spicy Garlic & Lime Grilled Shrimp	As Served	130	5	1.5	5	14	1	1050
RIBS, SLOW-SMOKED IN-HOUSE								
Listed as served	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Memphis Dry Rub Ribs	As Served	1980	110	38	134	121	8	6130
Memphis Dry Rub Ribs (1/2 rack)	As Served	1080	57	18	82	63	5	4060
Original Ribs	As Served	2180	122	45	139	134	11	6650
Original Ribs (1/2 rack)	As Served	1160	63	22	78	70	6	3960
Shiner Bock® BBQ Ribs	As Served	2330	123	45	161	135	11	6490
Shiner Bock® BBQ Ribs (1/2 rack)	As Served	1230	63	22	89	70	6	3880
SANDWICHES								
w/ Fries, unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Buffalo Chicken Ranch Sandwich on White Bun	As Served	1180	59	11	123	38	7	3490
California Club Sandwich	As Served	1500	81	19	151	56	14	3990
Cheesesteak Sandwich	As Served	1300	61	15	138	56	9	4280
Classic Turkey Sandwich	As Served	1360	66	16	142	52	10	3230
Grilled Chicken Sandwich on White Bun	As Served	1160	57	15	110	52	7	2780
Grilled Ham & Swiss Sandwich	As Served	1380	75	19	144	48	7	4190
Santa Fe Chicken Wrap w/ Ancho-Chile Ranch	As Served	1330	68	16	134	46	11	3360

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

Sweet & Spicy Chicken	As Served	680	16	6	102	37	7	2560
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BURGERS Served on a White Bun w/ Fries, unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Avocado Burger on Wheat Bun	As Served	1400	84	26	114	49	11	2950
Big Mouth® Bites w/ Ranch	As Served	1770	109	32	137	60	8	3910
Classic Bacon Burger	As Served	1410	85	27	108	54	7	3320
Jalapeno Smokehouse Burger w/ Ranch	As Served	1770	115	36	120	65	9	5080
Mushroom-Swiss Burger	As Served	1380	82	26	109	50	9	3320
Oldtimer® Burger	As Served	1140	60	19	108	43	8	2980
Shiner Bock® BBQ Burger	As Served	1440	75	24	137	49	8	3510
Southern Smokehouse Burger w/ Ancho Chile BBQ	As Served	1730	105	34	131	65	8	4530

SOUTHWEST GRILL Listed as served unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Bacon Ranch Chicken Quesadilla	As Served	1450	100	43	69	72	5	3240
Bacon Ranch Steak Quesadilla	As Served	1440	99	43	71	66	4	3150
Chicken Club Quesadilla	As Served	1320	93	42	63	63	9	2790
Chicken Club Tacos	As Served	1280	72	26	103	56	11	3480
Crispy Chicken Tacos	As Served	1510	74	26	151	61	13	3940
Grilled Shrimp Tacos	As Served	1040	46	14	124	40	15	3530
Fajita Condiments	1 Each	180	16	7	7	5	2	370
Flour Tortillas	3 Each	260	7	7	42	7	2	620
Beef Fajitas - w/o Tortillas and Condiments	As Served	540	33	12	25	36	6	2440
Chicken Fajitas - w/o Tortillas and Condiments	As Served	400	13	3	26	44	5	2480
Fajita Trio - w/o Tortillas and Condiments	As Served	600	28	9	31	55	6	3510

LUNCH BREAK BUILD YOUR OWN COMBO	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Lunch House Salad No Dressing	As Served	70	3	2	9	4	2	110
Chili's Terlingua Chili w/ Toppings	1 Bowl	400	28	8	14	23	0	1050
Chicken Enchilada Soup	1 Bowl	400	26	9	26	20	3	1650
Southwest Chicken & Sausage Soup	1 Bowl	330	20	8	28	13	4	1660

LUNCH BREAK	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Bacon Ranch Chicken Quesadilla w/ Fries	As Served	970	62	22	66	39	4	2410
Big Mouth Burger Bites w/ Fries	As Served	880	52	15	76	29	4	1900
California Club Sandwich w/ Fries	As Served	750	40	9	75	28	7	1990
Cheesesteak Sandwich w/ Fries	As Served	740	35	9	71	35	5	2510
Chicken Fajitas - w/ Tortillas and Condiments	As Served	660	27	15	63	44	6	2430
Classic Turkey Sandwich w/ Fries	As Served	700	35	9	71	27	5	1650
Grilled Chicken & Guacamole Sandwich w/ Fries	As Served	690	32	6	74	30	5	1760
Grilled Chicken Salad	As Served	260	14	4	12	24	3	750
Grilled Ham & Swiss Sandwich w/ Fries	As Served	690	37	10	72	24	4	2090
Southwestern BLT Sandwich w/ Fries	As Served	630	34	7	70	16	5	1370

STEAKS Listed as served	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Classic Ribeye	As Served	1160	68	26	59	83	9	3090
Classic Sirloin (6 oz.)	As Served	790	41	12	59	51	9	2220
Classic Sirloin (10 oz.)	As Served	940	49	15	59	71	9	2790
Country-Fried Steak	As Served	1240	64	12	126	42	11	3190
Steak Topper - Grilled Shrimp	As Served	70	3	1	3	7	0	520
Steak Topper - Mushrooms	As Served	70	5	1	3	3	2	330

CHICKEN & SEAFOOD Listed as served	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Cajun Pasta w/ Grilled Chicken	As Served	1300	61	28	116	72	8	4110
Cajun Pasta w/ Grilled Shrimp	As Served	1240	62	28	114	55	6	4430
Chicken Crispers® w/ Honey Mustard	As Served	1400	63	13	145	62	11	3970
Crispy Chicken Crispers® No Dressing	As Served	1260	57	10	132	53	13	2780
Crispy Honey-Chipotle Chicken Crispers® w/ Ranch	As Served	1680	73	13	203	55	13	4110
Fried Shrimp w/ Cocktail Sauce	As Served	1170	68	13	114	27	7	4150
Grilled Salmon w/ Garlic & Herbs	As Served	570	25	7	40	48	6	1560
Margarita Grilled Chicken	As Served	590	16	4	68	47	8	2090
Monterey Chicken®	As Served	890	44	17	58	66	10	3340

KID'S MENU w/o Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Pepper Pals® Cheese Pizza	As Served	570	25	10	68	23	3	1140
Pepper Pals® Cheese Quesadilla	As Served	370	21	14	28	17	1	710
Pepper Pals® Chocolate Shake	As Served	490	25	16	66	5	0	150
Pepper Pals® Corn Dog	As Served	270	14	4.5	31	6	0	600
Pepper Pals® Crispy Chicken Crispers	As Served	380	22	4	19	26	2	630
Pepper Pals® Grilled Cheese Sandwich	As Served	580	43	13	37	12	1	1040
Pepper Pals® Grilled Chicken Platter	As Served	160	3.5	1	2	30	0	530
Pepper Pals® Grilled Chicken Sandwich	As Served	250	6	2	25	24	2	610
Pepper Pals® Little Chicken Crispers	As Served	340	15	4	21	30	1	1130
Pepper Pals® Little Mouth Burger	As Served	340	18	8	26	19	1	550
Pepper Pals® Little Mouth Cheeseburger	As Served	410	23	11	27	22	1	870
Pepper Pals® Macaroni & Cheese Kraft	As Served	440	13	3.5	64	16	3	820
Pepper Pals® Side Celery Sticks w/ Ranch	As Served	60	3	0.5	5	2	0	470
Pepper Pals® Side Cinnamon Apples	As Served	270	11	3.5	45	1	3	95
Pepper Pals® Side Corn Cob w/o Butter	As Served	180	1.5	0.5	37	5	4	0
Pepper Pals® Side Homestyle Fries	As Served	200	7	1	31	3	2	670
Pepper Pals® Side Kernel Corn	As Served	140	1	0	29	4	3	0
Pepper Pals® Side Mandarin Oranges	As Served	80	0	0	19	1	2	15
Pepper Pals® Side Mashed Potatoes - w/o Gravy	As Served	130	6	1	16	3	2	270
Pepper Pals® Side Pineapple	As Served	35	0	0	9	0	1	0
Pepper Pals® Side Rice	As Served	190	7	1.5	30	3	1	580
Pepper Pals® Side Salad w/ Low Fat Ranch	As Served	110	6	2	11	5	1	550
Pepper Pals® Side Steamed Broccoli	As Served	40	0	0	8	3	4	45

Cal.....Calories	Carb.....Carbohydrates	Sod.....Sodium
Sat Fat....Saturated Fat	Fiber.....Total Fiber	(mg).....milligrams (g).....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	110	6	2	7	6	0	450
Add Fried Shrimp to any Entrée	6 Each	220	12	3	15	13	0	910
Add Rice and Black Beans	As Served	290	7	2	49	9	6	1240
Add Spicy Garlic & Lime Shrimp to any Entrée	3 Each	70	3	1	3	7	0	520
Add Spicy Garlic & Lime Shrimp to any Entrée	6 Each	130	5	1	5	14	1	1050
Applewood Smoked Bacon	3 Strips	90	7	3	0	6	0	300
Avocado Slices	As Served	80	7	1	4	1	3	0
BBQ Sauce (Original)	As Served	60	0	0	13	1	0	500
Black Beans	As Served	100	1	0	19	6	5	650
Black Bean Patty Only	As Served	170	1	0	25	20	7	760
Cheese, American	As Served	70	6	4	1	3	0	320
Cheese, Cheddar	As Served	80	7	4	0	5	0	130
Cheese, Provolone	As Served	80	6	4	0	6	0	160
Cheese, Swiss	As Served	80	6	4	1	6	0	105
Cinnamon Apples	As Served	270	11	4	45	1	3	95
Cole Slaw	As Served	410	36	6	21	1	1	870
Dressing, Ancho Chile Ranch	As Served	170	17	3	3	1	0	360
Dressing, Avocado Ranch	As Served	130	13	2	2	1	1	250
Dressing, Citrus Balsamic Vinaigrette	As Served	250	25	4	6	0	0	240
Dressing, Honey Lime	As Served	200	16	3	12	0	0	210
Dressing, Honey Mustard	As Served	200	18	3	10	1	0	360
Dressing, Honey Mustard No Fat	As Served	70	0	0	11	0	0	510
Dressing, Low Fat Ranch	As Served	50	3	1	5	1	0	450
Dressing, Ranch	As Served	160	16	3	2	1	0	270

NOT "JUST" SIDES	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Gravy, Black Pepper	As Served	20	1	0	3	0	0	240
Guacamole	As Served	60	5	1	3	1	2	150
Homestyle Fries	As Served	400	14	2	63	5	5	1370
Honey Chipotle Sauce	As Served	140	0	0	34	0	0	530
Jalapeno-Cheddar Mashed Potatoes	As Served	340	21	7	28	12	3	630
Loaded Mashed Potatoes	As Served	350	19	6	33	11	4	750
Mashed Potatoes w/ Black Pepper Gravy	As Served	280	13	3	35	6	4	1100
Ranch Only as served w/ Chips	As Served	420	43	7	5	3	0	730
Rice	As Served	190	7	2	30	3	1	580
Salsa Only as served w/ Chips	As Served	30	0	0	7	1	1	1120
Sour Cream	As Served	60	6	4	2	1	0	70
Steamed Broccoli	As Served	90	6	2	9	3	4	460
Sweet Corn on the Cob w/ Butter	As Served	220	6	2	37	5	4	370
Sweet Potato Parmesan Fries	As Served	420	21	3.5	53	4	9	970
Wheat Bun, Plain	As Served	210	5	2	36	5	2	200
STUPENDOUSLY SWEET ENDINGS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Brownie Sundae	As Served	1100	49	25	167	13	6	780
Cheesecake	As Served	750	47	27	69	12	2	500
Chocolate Chip Paradise Pie	As Served	1190	60	34	150	14	4	690
Frosty Chocolate Shake	As Served	740	37	25	99	8	0	230
Molten Chocolate Cake	As Served	1110	59	30	136	12	5	620

Cal..... Calories	Carb..... Carbohydrates	Sod.... Sodium
Sat Fat.... Saturated Fat	Fiber..... Total Fiber	(mg)..... milligrams (g)..... 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. Q1F1308202012