



Like it 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)	Sodium(mg)
Boneless Buffalo Wings w/ Bleu Cheese	As Served	1490	88	16	94	76	2	4590
Bottomless Toasted Chips w/ Salsa	As Served	1020	51	10	125	12	11	1210
Crissy Onion String & Jalapeno Steak w/ Ranch	As Served	1050	81	18	71	12	4	2230
Classic Nachos (12)	As Served	1440	97	50	81	62	11	2590
Classic Nachos (8)	As Served	980	67	34	55	42	8	1780
Classic Nachos - Beef (12)	As Served	1720	108	55	86	99	12	3560
Classic Nachos - Beef (8)	As Served	1170	74	38	59	67	8	2430
Classic Nachos - Chicken (12)	As Served	1670	103	51	83	106	12	2830
Classic Nachos - Chicken (8)	As Served	1140	71	35	57	71	8	1940
Fire-Grilled Corn Gucarnole w/ Chips	As Served	1400	84	15	151	17	25	2250
Fire Cheese w/ Marinara Sauce	As Served	660	35	15	54	32	1	2040
Hot Spinach & Artichoke Dip w/ Chips	As Served	1610	103	42	139	33	14	1610
Skillet Queso w/ Chips	As Served	1710	101	37	147	45	13	3490
Southwestern Eggrolls w/ Avocado Ranch	As Served	780	41	10	81	24	7	1830
Texas Cheese Fries -1/2 order w/ Ranch	As Served	1260	89	40	67	51	7	3300
Texas Cheese Fries -1/2 order w/ Chili & Ranch	As Served	1380	94	42	72	59	9	3620
Texas Cheese Fries w/ Ranch	As Served	1960	136	65	109	84	12	5370
Texas Cheese Fries w/ Chili & Ranch	As Served	2120	144	69	117	97	14	5920
Triple Dipper™ Big Mouth® Bites w/ Ranch	As Served	850	58	16	51	30	1	1870
Triple Dipper™ Boneless Buffalo Wings w Bleu Cheese	As Served	810	54	10	43	35	1	2320
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™ Hot Spinach & Artichoke Dip w/ Chips	As Served	1280	77	26	128	21	12	870
Triple Dipper™ Southwestern Eggrolls w/ Avocado Ranch	As Served	560	32	8	54	16	5	1320
Triple Dipper™ Wings Over Buffalo® w/ Bleu Cheese	As Served	480	41	8	5	24	1	1790
Wings Over Buffalo® w/ Bleu Cheese	As Served	690	53	11	7	46	1	2100
<b>A FRESH TAKE ON SALADS</b>								
Dressing included unless otherwise indicated								
Boneless Buffalo Chicken Salad	As Served	990	68	14	48	46	8	4310
Caribbean Salad w/ Grilled Chicken	As Served	610	25	4	65	33	6	800
Caribbean Salad w/ Grilled Shrimp	As Served	620	31	6	66	19	6	1060
Chicken Caesar Salad	As Served	650	44	8	26	40	5	1130
Cobb Salad	As Served	710	52	15	22	46	11	1050
House Salad No Dressing	As Served	180	11	6	15	10	2	290
Quesadilla Explosion Salad	As Served	1400	89	28	90	65	9	2360

SOUPS & CHILI w/o crackers	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium(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	15	7	16	10	1	1210
Broccoli Cheese	1 Cup	110	7	4	8	5	1	600
Chicken & Green Chile	1 Bowl	200	7	3	21	15	3	1250
Chicken & Green Chile	1 Cup	100	4	1	11	8	1	620
Chicken Enchilada	1 Bowl	400	25	10	23	21	3	1630
Chicken Enchilada	1 Cup	200	13	5	11	11	1	820
Chili's Terlingua Chili w/ Toppings	1 Bowl	360	20	10	17	29	5	1170
Chili's Terlingua Chili w/ Toppings	1 Cup	180	10	5	9	14	3	580
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>								
Classic Shoh	As Served	360	18	9	7	42	0	1420
Fried Shrimp w/ Cocktail Sauce	As Served	270	12	3	25	14	0	1500
Grilled Salmon w/ Garlic & Herbs	As Served	310	15	5	1	42	1	590
Half Rack of Baby Back Ribs	As Served	760	49	20	14	64	2	2590
Margarina Grilled Chicken	As Served	260	7	2	15	38	2	720
Monterey Chicken®	As Served	530	27	14	13	59	2	1130
Sply® Garlic & Lime Grilled Shrimp	As Served	150	8	3	4	15	0	700
<b>RIBS: SLOW-SMOKED IN-HOUSE</b>								
Listed as served								
Memphis Dry Rub Ribs	As Served	1990	111	37	137	119	17	6180
Memphis Dry Rub Ribs (1/2 rack)	As Served	1090	57	19	82	62	8	4080
Original Ribs	As Served	2170	123	44	137	133	20	6510
Original Ribs (1/2 rack)	As Served	1140	63	23	75	69	9	3800
Shiner Bock® BBQ Ribs	As Served	2310	123	44	168	134	20	6340
Shiner Bock® BBQ Ribs (1/2 rack)	As Served	1200	63	23	91	69	8	3710

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

SANDWICHES w/ Fries, unless otherwise indicated	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium(mg)
BBQ Pulled Pork Sandwich on White Bun	As Served	1670	85	16	172	54	13	4240
Buffalo Chicken Ranch Sandwich on White Bun	As Served	1410	68	12	143	52	12	3940
California Club Sandwich	As Served	1490	76	20	147	46	15	3950
Classic Turkey Sandwich	As Served	1340	64	17	138	41	11	3140
GG Grilled Chicken Sandwich w/ Steamed Broccoli	As Served	610	13	5	78	43	8	1320
GG Santa Fe Chicken Wrap w/ Steamed Broccoli	As Served	680	25	8	80	37	8	2110
Grilled Chicken Sandwich on White Bun	As Served	1280	63	15	121	57	9	2580
Grilled Ham & Swiss Sandwich	As Served	1360	71	20	137	45	9	4010
Santa Fe Chicken Wrap w/ Ancho-Chile Ranch	As Served	1320	73	20	126	45	11	3200
Steakhouse Sandwich	As Served	1010	45	19	115	38	11	3450
<b>TACOS WRAPPED IN FLAVOR Listed as served</b>								
Chicken Club Tacos	As Served	1260	60	18	120	59	11	4220
Chippy Chicken Tacos	As Served	1630	78	22	171	63	13	4220
Chippy Shrimp Tacos	As Served	1500	68	20	174	51	11	4760
<b>BURGERS Served on a White Bun w/ Fries, unless otherwise indicated</b>								
Avocado Burger on Wheat Bun	As Served	1570	90	29	138	54	15	3170
Big Moutn@ Bites w/ Ranch	As Served	2120	133	38	163	66	7	4810
Classic Bacon Burger	As Served	1570	91	28	125	61	9	3890
Jalapeno Smokehouse Burger w/ Ranch	As Served	2210	144	46	136	92	11	6600
Mushroom-Swiss Burger	As Served	1540	88	28	126	59	10	3710
Oldtime@ Burger	As Served	1310	65	20	128	51	10	3230
Shiner Bock@ BBQ Burger	As Served	1680	87	27	166	58	10	4050
Southern Smokehouse Burger w/ Ancho Chile BBQ	As Served	2290	139	46	163	93	11	6500
<b>SOUTH/WEST GRILL Listed as served unless otherwise indicated</b>								
Bacon Ranch Steak Quesadilla	As Served	1680	111	41	98	74	5	3940
Bacon Ranch Chicken Quesadilla	As Served	1650	107	39	96	78	5	3450
Fajita Condiments	1 Each	230	19	10	7	10	3	480
Flour Tortillas	3 Each	390	10	3	63	10	3	1040
Beef Fajitas - w/o Tortillas and Condiments	As Served	390	14	5	27	37	7	1950
Chicken Fajitas - w/o Tortillas and Condiments	As Served	360	10	3	24	44	7	1930
Fajita Trio - w/o Tortillas and Condiments	As Served	530	20	7	30	56	8	2340
Classic Shrimp	As Served	1010	60	24	59	62	7	3370
Country-Fried Steak	As Served	1270	71	14	120	41	9	3700
Flame-Grilled Ribeye	As Served	1570	116	50	57	78	7	3560
GG Classic Shrimp	As Served	370	9	4	20	53	6	3690

CHICKEN & SEATFOOD Listed as served	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium(mg)
Caljun Pasta w/ Grilled Chicken	As Served	1500	76	36	124	79	6	4130
Caljun Pasta w/ Grilled Shrimp	As Served	1480	81	38	125	64	6	4480
Chicken Crispers® w/ Honey Mustard	As Served	1350	68	13	129	61	11	3910
Crispy Chicken Crispers® No Dressing	As Served	1210	57	10	125	52	13	2670
Crispy Honey-Chipotle Chicken Crispers® w/ Ranch	As Served	1660	76	13	196	54	13	4110
Fried Shrimp w/ Cocktail Sauce	As Served	990	52	11	108	26	9	3650
GG Salmon w/ Garlic & Herbs	As Served	480	17	5	37	49	5	1590
Grilled Salmon w/ Garlic & Herbs	As Served	580	28	10	38	49	5	1660
Margherita Grilled Chicken	As Served	550	14	4	62	46	8	1870
Monteary Chicken®	As Served	890	48	21	51	66	8	2920
<b>KIDS MENU w/o Sides</b>								
Pepper Pals® Cheese Pizza	As Served	570	24	9	67	23	3	1120
Pepper Pals® Cheese Quesadilla	As Served	470	24	13	42	21	2	1010
Pepper Pals® Chocolate Shake	As Served	460	22	14	61	6	0	140
Pepper Pals® Corn Dog	As Served	270	14	5	31	6	0	600
Pepper Pals® Crispy Chicken Crisps	As Served	380	22	4	19	26	2	630
Pepper Pals® Grilled Cheese Sandwich	As Served	530	42	12	30	11	1	1020
Pepper Pals® Grilled Chicken Platter	As Served	160	4	1	2	30	0	170
Pepper Pals® Grilled Chicken Sandwich	As Served	230	5	1	21	22	1	230
Pepper Pals® Little Chicken Crisps	As Served	340	15	4	21	30	1	1130
Pepper Pals® Little Mouth Burger	As Served	330	18	7	23	19	1	630
Pepper Pals® Little Mouth Cheeseburger	As Served	400	24	10	24	22	1	950
Pepper Pals® Marzoni & Cheese Kraft	As Served	500	18	6	69	16	3	930
Pepper Pals® Side Celery Sticks w/ Ranch	As Served	80	5	1	10	1	0	380
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	22	4	6	5
Pepper Pals® Side Mandarin Oranges	As Served	35	0	0	8	0	0	0
Pepper Pals® Side Washed 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	190	7	2	30	3	1	580
Pepper Pals® Side Salad w/ Low Fat Ranch	As Served	130	8	2	14	4	1	460
Pepper Pals® Side Steamed Broccoli	As Served	30	0	0	6	3	3	30

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

LUNCH BREAK BUILD YOUR OWN COMBO										
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium		
Lunch House Salad No Dressing	As Served	90	5	3	7	5	1	150		
Chili's Terriqga Chili w/ Toppings	1 Bowl	360	20	10	17	29	5	1170		
Chicken Enchilada	1 Bowl	400	25	10	23	21	3	1630		
Sweet Corn	1 Bowl	450	36	20	31	4	1	960		
Chicken & Green Chile	1 Bowl	200	7	3	21	15	3	1250		
LUNCH BREAK										
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium		
Bacon Ranch Chicken Quesadilla w/ Fries	As Served	1070	67	21	78	41	6	2480		
Big Mouth Burger Blies w/ Fries	As Served	970	58	17	80	31	4	2100		
Calum Pasta w/ Grilled Chicken	As Served	870	44	19	71	48	4	2310		
California Club Sandwich w/ Fries	As Served	740	38	10	73	23	7	1970		
Classic Turkey Sandwich w/ Fries	As Served	690	34	10	69	22	5	1610		
Fajita Chicken Sandwich w/ Fries	As Served	730	38	8	70	28	6	1440		
Grilled Ham & Swiss Sandwich w/ Fries	As Served	680	36	10	68	22	5	2010		
Over-The-Top Cobb Salad w/ Avocado Ranch	As Served	430	33	8	12	23	6	680		
Southeastern BLT Sandwich w/ Fries	As Served	630	33	8	68	11	5	1970		
NOT "JUST" SIDES										
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium		
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	48	9	6	1200		
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		
BBO 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	160		
Cheese, Swiss	As Served	80	6	4	1	6	0	105		
Cinnamon Apples	As Served	280	11	2	48	0	9	130		
Cole Slaw	As Served	240	20	4	15	1	2	490		
NOT "JUST" SIDES										
	Serving Size	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sodium		
Dressing, Ancho Chile Ranch	As Served	190	19	3	3	1	0	450		
Dressing, Avocado Ranch	As Served	140	14	2	3	1	1	310		
Dressing, Bleu Cheese	As Served	240	26	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	200	22	3	1	1	0	400		
Dressing, Honey Mustard No Fat	As Served	70	0	0	11	0	0	510		
Dressing, Low Fat Ranch	As Served	80	5	1	9	1	0	360		
Dressing, Ranch	As Served	180	19	3	2	1	0	380		
Gravy, Black Pepper	As Served	30	2	0	4	0	1	350		
Guacamole	As Served	45	4	0	3	1	2	140		
Homesyle Fries	As Served	380	13	3	61	4	6	1210		
Honey Chipotle Sauce	As Served	140	0	0	34	0	0	530		
Loaded Mashed Potatoes	As Served	390	25	10	28	13	3	1160		
Mashed Potatoes w/ Black Pepper Gravy	As Served	280	15	4	31	4	3	1300		
Ranch Only as served w/ Chips	As Served	480	50	8	6	3	0	1010		
Rice	As Served	190	7	2	30	3	1	580		
Salsa Only as served w/ Chips	As Served	50	0	0	8	2	0	1090		
Sour Cream	As Served	60	6	4	2	1	0	55		
Steamed Broccoli	As Served	80	6	3	6	3	3	490		
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)	Sodium		
Brownie Sundae	As Served	1290	61	30	195	14	8	930		
Chesecake	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	680	33	21	92	8	0	210		
Molten Chocolate Cake	As Served	1020	46	27	144	11	5	710		

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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. 04-F11 4/19/2011