




Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Since 1975, we have been serving up a good time, every time, with exciting and flavorful menu items that are always a surprise and delight. Along with the many favorite indulgences on the Chili's menu, our great tasting, quality food can also be of a well-balanced diet. With increasing interest in healthier dining options today, this comprehensive nutrition guide can help you get the "411" on what you crave while satisfying your dietary needs. Chili's restaurants have long offered "Guiltless Grill®" options that are not only low in fat and calories, but also high in fiber and flavor. Our menu also includes a variety of health conscious side items, including steamed broccoli, seasonal vegetables, corn on the cob and black beans that can be substituted for any entrée side item. Finding a well-balanced dinner for the kids on a family night out is as easy as "A-B-C" with the Chili's Pepper Pals® kids menu that offers our younger guests grilled entree selections with veggies and milk or juice to accompany their meal. Chili's helps parents encourage their children's healthy eating habits while also promoting the value of a balanced, active lifestyle with their young diner's activity book full of coloring activities, games and crosswords focused on fitness and nutrition. Quality food served in a lively atmosphere with endless ways to spice things up and meet your dietary needs every time is why its time to get to Chili's and "Live a Little.™"

GUILTLESS GRILL® (listed as served)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Black Bean Burger	1 Serving	650	12	2	96	38	26	1940
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	800
Guiltless Big Mouth Bun, unbuttered	1 Each	330	6	1	55	12	2	580
Guiltless Whole Wheat Bun, unbuttered	1 Each	90	2	0	16	3	1	130
Guiltless Grilled Chicken Pita	1 Serving	550	9	3	70	36	13	2110
Guiltless Chicken Platter	1 Serving	580	9	3	85	39	5	2780
Guiltless Chicken Sandwich	1 Serving	490	8	2	63	39	11	2720
Guiltless Grill® Salmon	1 Serving	480	14	3	31	54	10	1080
Guiltless Tomato Basil Pasta	1 Serving	650	14	3	107	19	7	2560

 *The Guiltless Grill® has been created to give you more choices for your healthy lifestyle with nutritional information listed on the menu. So "Live a Little.™" at Chili's!*

STARTERS	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Awesome Blossom®	1 Serving	2710	203	36	194	24	15	6360
Boneless Buffalo Wings	1 Serving	1250	89	15	55	56	4	4320
Boneless Shanghai Wings	1 Serving	1260	71	12	97	59	5	3030
Bottomless Tostada Chips	1 Basket	400	36	6	18	3	3	1540
Bottomless Tostada Chips w/ Hot Sauce	1 Basket	480	36	6	26	6	4	2590
Classic Nachos	1 Serving	1570	115	58	66	67	15	2980
Fried Cheese w/ Marinara Sauce	1 Serving	1210	89	28	82	42	3	2470
Skillet Queso	1 Skillet	670	53	30	12	35	3	2380
Skillet Queso w/ Tortilla Chips	1 Skillet	1070	89	37	30	38	5	3920
Southwestern Eggrolls	1 Serving	810	51	10	59	29	10	1250
Triple Play	1 Serving	2330	177	31	96	91	9	5360
Wings Over Buffalo®	1 Serving	1140	100	22	4	54	0	2540

SALADS (without crackers) <i>No dressing unless indicated</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	870	55	13	50	44	7	2320
Chicken Caesar Salad w/ dressing	1 Serving	1010	76	13	39	38	7	1910
Crispy Chicken Salad	1 Serving	810	47	7	59	39	8	1650
Dinner House Salad	1 Serving	140	7	3	12	6	2	190
Dinner Caesar Salad w/ dressing	1 Serving	430	34	6	20	8	4	690
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps	1 Serving	330	21	3	29	7	6	890
Lime-Grilled Shrimp Caesar Salad w/ dressing	1 Serving	980	77	13	39	31	7	1900
Quesadilla Explosion Salad	1 Serving	850	45	21	60	56	11	2230
Southwestern Cobb Salad	1 Serving	650	32	10	49	43	8	2090

DRESSINGS & SAUCES <i>Listed as amount served</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 fl oz	250	22	3	11	1	0	520
Avocado Ranch Dressing	2 fl oz	150	15	2	3	3	1	240
Balsamic Vinaigrette Dressing, low fat	2 fl oz	50	0	0	9	0	0	530
Bleu Cheese Dressing	2 fl oz	330	35	6	1	2	0	420
Caesar Dressing	2 fl oz	350	37	6	3	2	0	530
Chipotle Ranch Dressing	2 fl oz	170	18	3	2	3	0	280
Citrus Balsamic Vinaigrette Dressing	2 fl oz	350	35	5	8	0	0	310
Creamy Cilantro Dressing	2 fl oz	300	32	5	2	1	0	450
Honey Lime Dressing	2 fl oz	270	22	3	17	1	0	340
Honey Mustard Dressing	2 fl oz	260	28	4	2	1	0	510
Honey Mustard Dressing, no fat	2 fl oz	90	1	0	14	0	1	650
Peanut Dipping Sauce (Lettuce Wraps)	2 fl oz	190	13	2	15	4	1	430
Ranch Dressing	2 fl oz	240	25	4	3	4	0	370
Ranch Dressing, low fat	2 fl oz	110	6	1	12	1	0	480
Salsa Picante Sauce	2 fl oz	40	0	0	4	2	1	530
Sesame Dipping Sauce (Lettuce Wraps)	2 fl oz	70	0	0	11	2	1	1030
Thousand Island Dressing	2 fl oz	270	26	4	9	1	0	600

SOUPS (without crackers)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Bowl	440	33	20	23	16	1	1250
Baked Potato Soup	1 Cup	220	16	10	12	8	1	630
Broccoli Cheese Soup	1 Bowl	320	19	9	23	13	4	1510
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Chicken Enchilada Soup	1 Bowl	440	27	10	23	26	3	1290
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	650
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1080
Chicken Noodle Soup	1 Cup	50	1	0	7	2	1	540
Chicken Tortilla Soup	1 Bowl	270	14	5	19	15	4	1680
Chicken Tortilla Soup	1 Cup	140	7	3	10	8	2	840
Chili w/ cheese	1 Cup	250	9	15	18	8	1	860
Chili w/ cheese	1 Bowl	500	35	15	19	30	3	1710
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
Southwestern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240
Southwestern Vegetable Soup	1 Cup	110	5	2	13	5	2	620

SIDES & EXTRAS (including Pepper Pals Kids)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Serving	210	8	2	35	0	5	80
Garlic Toast	1 Piece	200	12	3	18	3	1	310
Homestyle Fries	1 Basket	520	31	4	53	5	5	260
Homestyle Fries w/ entree	1 Serving	430	26	5	43	4	4	250
Homestyle Fries (Pepper Pals)	1 Serving	260	15	2	27	2	3	220
Kettle Black Beans	1 Serving	140	1	0	23	8	6	770

SIDES & EXTRAS – Continued	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Mashed Potatoes w/ Black Pepper Gravy	1 Serving	450	28	7	44	7	3	1080
Mashed Potatoes (Pepper Pals)	1 Serving	190	11	2	19	4	3	360
Rice	1 Serving	210	2	0	45	4	1	1020
Rice (Pepper Pals only)	1 Serving	160	1	0	33	3	1	750
Sautéed Mushrooms, Onions & Bell Peppers	1 Serving	120	10	2	6	3	2	360
Seasonal Grilled Veggies	1 Serving	90	6	1	7	3	3	90
Seasonal Steamed Veggies w/ Parmesan cheese, unbuttered	1 Serving	60	1	1	8	4	3	110
Steamed Broccoli	1 Serving	80	6	1	6	3	3	280
Sweet Corn on the Cob, w/ butter	1 Serving	230	7	1	55	6	3	130
Sweet Corn on the Cob, unbuttered	1 Serving	180	2	0	55	6	3	100

FAVORITES (listed as served)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cajun Chicken Pasta	1 Serving	1460	75	38	118	76	5	5800
Chicken Crispers®	1 Serving	1870	129	25	132	67	8	3020
Chicken Tacos	1 Serving	1200	41	19	143	60	13	4620
Country-Fried Steak	1 Serving	1890	107	29	148	99	7	2750
Fajita Steak Quesadillas	1 Serving	1970	106	53	147	102	14	5580
Fajita Steak Quesadillas w/ guacamole	1 Serving	2020	111	54	150	102	16	5690
Fajita Chicken Quesadillas	1 Serving	1720	82	44	150	93	15	5000
Fajita Chicken Quesadillas w/ guacamole	1 Serving	1780	87	44	153	93	18	5100
Fajita Combo Quesadillas	1 Serving	1840	94	48	148	97	14	5290
Fajita Combo Quesadillas w/ guacamole	1 Serving	1900	99	49	152	98	17	5390
Grilled Shrimp Alfredo Pasta	1 Serving	1340	72	37	102	66	5	5120
Tomato Basil Chicken Pasta	1 Serving	860	26	5	111	45	5	3980

BIG MOUTH BURGERS (without fries)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
BBQ Ranch Burger	1 Serving	1110	71	22	60	56	3	1920
Bacon Burger	1 Serving	1080	71	22	54	55	3	1660
Burger Patty only (without bun or toppings)	1 Each	360	25	10	0	31	0	100
Buttered Big Mouth Bun	1 Each	460	20	4	55	12	2	650
Chipotle Bleu Cheese Bacon Burger	1 Serving	1090	71	21	57	51	3	2070
Ground Peppercorn Burger	1 Serving	1050	68	17	61	44	3	1410
Mushroom-Swiss Burger	1 Serving	1100	71	21	60	53	4	1590
Oldtimer Burger®	1 Serving	800	44	13	54	43	3	1190
Oldtimer Burger w/ cheese	1 Serving	880	51	17	54	48	3	1330

GRILLED ENTREES (listed as served)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Add On - Garlic & Lime Grilled Shrimp	4 Each	160	10	2	3	12	0	620
Baby Back Ribs & Chicken	1 Serving	1460	67	26	163	75	12	4870
Citrus Fire Chicken & Shrimp	1 Serving	760	27	5	68	62	6	2990
Grilled Baby Back Ribs	1 Serving	1370	82	24	112	45	12	4410
Grilled Salmon w/ Garlic & Herbs	1 Serving	700	33	8	53	48	5	1420
Margarita Grilled Chicken	1 Serving	690	14	3	85	49	9	2980
Monterey Chicken®	1 Serving	1170	71	29	70	72	8	3530

STEAKS (without sides or toast)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cajun Ribeye	1 Serving	870	76	28	3	40	1	730
Chili's Classic Sirloin	1 Serving	530	41	14	1	36	0	890
Flame-Grilled Ribeye	1 Serving	960	87	30	1	40	0	1090
Honey BBQ Sirloin	1 Serving	800	56	21	19	48	1	1180
NY Strip	1 Serving	780	63	22	1	48	0	930

FAJITAS (without tortillas)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Add On - Cadillac Style (rice & black beans only)	1 Serving	350	3	0	68	12	8	1790
Citrus Fire Chicken & Shrimp Fajitas	1 Serving	720	42	6	34	51	4	2960
Classic Steak Fajitas	1 Skillet	790	49	18	20	63	4	3240
Classic Chicken Fajitas	1 Skillet	330	11	2	23	40	3	2080
Classic Combo (steak & chicken) Fajitas	1 Skillet	560	30	10	21	52	3	2660
Flour Tortillas for Fajitas	3 Each	370	10	4	59	8	2	970
Guacamole, sour cream, cheese & pico de gallo	1 Boat	240	19	10	8	8	3	310
Mushroom Jack Fajitas	1 Skillet	750	45	14	31	59	5	3180
Steak & Portobello Fajitas	1 Skillet	1130	84	22	26	65	5	3850

SANDWICHES & PITAS (without fries)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cajun Chicken Sandwich	1 Serving	820	43	11	66	45	4	2220
Chicken Caesar Pita	1 Serving	650	41	7	31	36	4	1540
Chicken Fajita Pita	1 Serving	450	17	3	35	43	3	1750
Chicken Ranch Sandwich	1 Serving	1150	70	11	82	45	3	2830
Chili's Cheesesteak Sandwich	1 Serving	1010	55	24	72	61	4	2510
Grilled Chicken Sandwich	1 Serving	840	47	12	57	48	2	1950
Smoked Turkey Sandwich	1 Serving	930	57	15	65	43	4	2920
Smoked Turkey Sandwich w/ bacon	1 Serving	1030	64	18	66	49	4	3290
Steak Fajita Pita	1 Serving	580	33	10	32	36	3	1770

KIDS ENTREES (without sides)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheese Pizza	1 Pizza	570	24	10	67	23	3	1130
Corn Dog	1 Each	250	17	4	18	5	1	260
Grilled Cheese Sandwich	1 Serving	420	27	16	26	16	1	1200
Grilled Chicken Platter	1 Serving	140	3	1	3	26	< 1	790
Grilled Chicken Sandwich	1 Serving	140	3	1	10	19	1	620
Little Chicken Crispers	1 Serving	590	42	8	19	34	0	1300
Little Mouth Burger	1 Serving	280	15	5	14	20	1	300
Little Mouth Cheeseburger	1 Serving	350	21	9	14	24	1	600
Macaroni & Cheese	1 Serving	510	18	6	69	16	3	940
Pepper Pal Pasta w/ Alfredo	1 Serving	410	17	9	47	15	2	1680
Pepper Pal Pasta w/ Marinara	1 Serving	290	5	1	52	7	2	1510
Rib Basket	1 Basket	370	24	9	16	20	1	1960

DESSERTS (including Pepper Pals Kids)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheesecake	1 Serving	750	44	25	75	11	2	470
Chocolate Chip Paradise Pie® w/ Vanilla Ice Cream	1 Serving	1600	78	35	215	19	6	950
Frosty Chocolate Shake w/ Chocolate Sprinkles	1 Serving	850	36	22	123	13	1	330
Chocolate Shake w/ Chocolate Sprinkles (Pepper Pals)	1 Serving	640	27	16	92	9	1	250
Ice Cream Scoop (Pepper Pals)	1 Serving	400	22	14	44	4	0	140
Molten Chocolate Cake w/ Vanilla Ice Cream	1 Serving	1270	62	31	172	14	6	1060

The nutritional analysis provided is comprised of data from Analytical Food Laboratories (an independent testing facility commissioned by Chili's) combined with nutrient data from Chili's suppliers, United States Department of Agriculture and computer analysis of Chili's recipes using Food Process or SQL Nutrition Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on the 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 available at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredient information is based on standard product recipes, variations may occur depending on ordinary variations inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified vegetarian. This listing is updated periodically in an attempt to reflect the current status of our products.

Cals . . . Calories	Carb. . . . Carbohydrates	Sod . . . Sodium
Fat . . . Total Fat	Prot . . . Protein	(g) . . . grams
Fat-S . . . Saturated Fat	Fiber . . . Total Fiber	(mg) . . . milligrams