



CHILI'S NUTRITION

Effective: September 30th, 2019

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

All items are listed **as served**, unless otherwise indicated.

DINING ROOM PORTIONS											
Beverages - Beer Bottle	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Angry Orchard 12 fl oz	190	0	0	0	0	0	15	24	0	20	0
Bud Light 12 fl oz	110	0	0	0	0	0	0	7	0	0	1
Budweiser 12 fl oz	150	0	0	0	0	0	0	11	0	0	1
Coors Light 12 fl oz	100	0	0	0	0	0	10	5	0	0	0
Corona Extra 12 fl oz	160	0	0	0	0	0	15	15	0	4	1
Corona Light 12 fl oz	110	0	0	0	0	0	20	5	0	3	1
Dos Equis 12 fl oz	130	0	0	0	0	0	0	11	0	3	1
Heineken 12 fl oz	140	0	0	0	0	0	10	12	0	0	2
Heineken 00 12 fl oz	70	0	0	0	0	0	5	17	0	4	0
Truly Wild Berry Hard Seltzer	100	0	0	0	0	0	0	2	0	1	0
Michelob Ultra 12 fl oz	90	0	0	0	0	0	0	3	0	0	1
Miller Lite 12 fl oz	100	0	0	0	0	0	0	3	0	0	0
Sol II.2 fl oz	140	0	0	0	0	0	20	12	0	0	0
Beverages - Beer Draft (10, 16, 22 oz)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bud Light 10 fl oz	90	0	0	0	0	0	0	5	0	0	1
Bud Light 16 fl oz	150	0	0	0	0	0	0	9	0	0	1
Bud Light 22 fl oz	200	0	0	0	0	0	0	12	0	0	2
Coors Light 10 fl oz	80	0	0	0	0	0	10	4	0	0	0
Coors Light 16 fl oz	140	0	0	0	0	0	15	7	0	0	0
Coors Light 22 fl oz	190	0	0	0	0	0	20	9	0	0	0
Craft Beer 3-5 % ABV 10 fl oz	150	0	0	0	0	0	0	15	0	0	0
Craft Beer 3-5 % ABV 16 fl oz	240	0	0	0	0	0	0	23	0	0	0
Craft Beer 3-5 % ABV 22 fl oz	330	0	0	0	0	0	0	32	0	0	0
Craft Beer 6-8 % ABV 10 fl oz	190	0	0	0	0	0	0	17	0	0	0
Craft Beer 6-8 % ABV 16 fl oz	300	0	0	0	0	0	0	27	0	0	0
Craft Beer 6-8 % ABV 22 fl oz	410	0	0	0	0	0	0	37	0	0	0
Dos Equis 10 fl oz	100	0	0	0	0	0	0	9	0	2	1
Dos Equis 16 fl oz	170	0	0	0	0	0	0	15	0	4	1
Dos Equis 22 fl oz	230	0	0	0	0	0	0	20	0	5	1
Michelob Ultra 10 fl oz	80	0	0	0	0	0	0	2	0	0	0
Michelob Ultra 16 fl oz	130	0	0	0	0	0	0	3	0	0	1
Michelob Ultra 22 fl oz	170	0	0	0	0	0	0	5	0	0	1
Miller Lite 10 fl oz	80	0	0	0	0	0	0	3	0	0	0
Miller Lite 16 fl oz	130	0	0	0	0	0	5	4	0	0	0
Miller Lite 22 fl oz	180	0	0	0	0	0	10	6	0	0	0
Modelo Especial 10 fl oz	130	0	0	0	0	0	10	12	0	4	1
Modelo Especial 16 fl oz	200	0	0	0	0	0	20	19	0	6	2
Modelo Especial 22 fl oz	280	0	0	0	0	0	25	26	0	8	2
Stella Artois 10 fl oz	130	0	0	0	0	0	0	11	0	0	1
Stella Artois 16 fl oz	200	0	0	0	0	0	0	17	0	0	2
Stella Artois 22 fl oz	280	0	0	0	0	0	0	23	0	0	2
Sam Adams Boston Lager 10 fl oz	140	0	0	0	0	0	15	14	1	1	2
Sam Adams Boston Lager 16 fl oz	230	0	0	0	0	0	25	23	1	1	3
Sam Adams Boston Lager 22 fl oz	310	0	0	0	0	0	35	31	2	2	4
Sam Adams Cold Snap 10 fl oz	140	0	0	0	0	0	15	12	1	0	2
Sam Adams Cold Snap 16 fl oz	230	0	0	0	0	0	25	19	1	0	3
Sam Adams Cold Snap 22 fl oz	310	0	0	0	0	0	35	26	2	0	4
Sam Adams Octoberfest 10 fl oz	160	0	0	0	0	0	15	16	1	0	2
Sam Adams Octoberfest 16 fl oz	250	0	0	0	0	0	25	25	1	0	3
Sam Adams Octoberfest 22 fl oz	350	0	0	0	0	0	35	35	2	0	4
Sam Adams Summer Ale 10 fl oz	140	0	0	0	0	0	10	10	1	0	2
Sam Adams Summer Ale 16 fl oz	230	0	0	0	0	0	20	17	1	0	3
Sam Adams Summer Ale 22 fl oz	310	0	0	0	0	0	25	23	2	0	4
Sam Adams Winter Lager 10 fl oz	160	0	0	0	0	0	25	15	1	0	2
Sam Adams Winter Lager 16 fl oz	250	0	0	0	0	0	40	24	1	0	3
Sam Adams Winter Lager 22 fl oz	350	0	0	0	0	0	55	33	2	0	4

Beverages - Cocktails	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Deep Eddy Strawberry Lemonade	280	0	0	0	0	0	0	40	0	37	0
Captain's Castaway	200	0	0	0	0	0	0	40	0	38	0
Premium Long Island Iced Tea	290	0	0	0	0	0	0	32	0	28	0
Tito's Punch	320	0	0	0	0	0	5	53	1	49	0
Beverages - Margaritas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Blueberry & Pineapple Margarita	340	0	0	0	0	0	0	51	1	46	0
Curevo Blue Margarita	250	0	0	0	0	0	1160	36	0	33	0
El Nino Margarita	330	0	0	0	0	0	2320	34	0	29	0
Fresh for \$5 Traditional Margarita	180	0	0	0	0	0	1040	25	0	23	0
Fresh for \$5 Mango Margarita	200	0	0	0	0	0	0	32	0	30	0
Fresh for \$5 Raspberry Margarita	190	0	0	0	0	0	0	28	0	17	0
Grand Coconut Margarita	360	5	1	0.5	0	0	0	62	0	56	0
Jackberry Margarita	270	0	0	0	0	0	1160	36	0	32	0
Patron Margarita	310	0	0	0	0	0	2040	45	0	39	0
Patron Margarita - Blackberry	310	0	0	0	0	0	760	42	0	40	0
Patron Margarita - Mango	360	0	0	0	0	0	0	59	1	52	0
Patron Margarita - Strawberry	350	0	0	0	0	0	0	58	1	50	0
Presidente Margarita	240	0	0	0	0	0	2040	23	0	20	0
Presidente Margarita - Mango	290	0	0	0	0	0	0	36	0	32	0
Presidente Margarita - Strawberry	270	0	0	0	0	0	0	32	1	27	0
Tropical Sunrise Margarita	250	0	0	0	0	0	10	37	0	34	0
Beverages - Wine	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Red Wine 6 fl oz	150	0	0	0	0	0	5	5	0	1	0
Red Wine 9 fl oz	220	0	0	0	0	0	10	7	0	2	0
Sweet Wine 6 fl oz	170	0	0	0	0	0	25	10	0	10	0
Sweet Wine 9 fl oz	250	0	0	0	0	0	35	16	0	16	1
White Wine 6 fl oz	140	0	0	0	0	0	10	5	0	2	0
White Wine 9 fl oz	220	0	0	0	0	0	15	7	0	3	0
Coca-Cola	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	110	0	0	0	0	0	35	29	0	29	0
Kid Cup*	90	0	0	0	0	0	30	26	0	26	0
Togo Cup*	250	0	0	0	0	0	80	68	0	68	0
Coca-Cola Zero	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	0	0	0	0	0	0	30	0	0	0	0
Kid Cup*	0	0	0	0	0	0	25	0	0	0	0
Togo Cup*	0	0	0	0	0	0	70	0	0	0	0
Diet Coke	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	0	0	0	0	0	0	30	0	0	0	0
Kid Cup*	0	0	0	0	0	0	25	0	0	0	0
Togo Cup*	0	0	0	0	0	0	70	0	0	0	0
Dr. Pepper	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	110	0	0	0	0	0	45	30	0	29	0
Kid Cup*	100	0	0	0	0	0	40	26	0	26	0
Togo Cup*	260	0	0	0	0	0	105	69	0	67	0
Lemonade	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Minute Maid Regular Cup*	110	0	0	0	0	0	35	31	0	29	0
Minute Maid Kid Cup*	100	0	0	0	0	0	35	27	0	26	0
Minute Maid Kid Togo Cup**	130	0	0	0	0	0	45	38	0	36	0
Minute Maid Togo Cup*	260	0	0	0	0	0	85	72	0	69	0
Strawberry Regular Cup*	140	0	0	0	0	0	30	37	1	34	0
Strawberry Kid Cup*	120	0	0	0	0	0	30	33	1	31	0
Strawberry Kid Togo Cup**	170	0	0	0	0	0	40	45	1	42	0
Strawberry Togo Cup*	320	0	0	0	0	0	75	87	2	80	0
Sprite	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Regular Cup*	110	0	0	0	0	0	50	29	0	29	0
Kid Cup*	90	0	0	0	0	0	45	25	0	25	0
Togo Cup*	250	0	0	0	0	0	115	67	0	67	0
Arnold Palmer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Original Regular Cup*	60	0	0	0	0	0	20	16	0	15	0
Original Togo Cup*	130	0	0	0	0	0	50	37	0	34	0
Strawberry Regular Cup*	70	0	0	0	0	0	20	19	0	17	0
Strawberry Togo Cup	160	0	0	0	0	0	45	44	1	40	0
Mango Regular Cup*	80	0	0	0	0	0	20	23	0	21	0
Mango Togo Cup*	200	0	0	0	0	0	50	53	0	50	0
Ice Tea	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Blackberry Regular Cup*	80	0	0	0	0	0	10	19	0	18	0
Blackberry Togo Cup*	100	0	0	0	0	0	20	26	0	23	0
Mango Regular Cup*	80	0	0	0	0	0	10	20	0	18	0
Mango Togo Cup*	110	0	0	0	0	0	20	27	0	25	0

Miscellaneous Beverages	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chili's Premium Blend Coffee	0	0	0	0	0	0	0	0	0	0	0
Dasani Water	0	0	0	0	0	0	0	0	0	0	0
IBC® Rootbeer Bottle	160	0	0	0	0	0	60	41	0	41	0
Kids - Blue Lagoon	150	0	0	0	0	0	50	40	0	38	0
Kids - Blue Lagoon Togo Cup	190	0	0	0	0	0	65	49	0	48	0
2% Chocolate Milk - Kids	290	60	7	4.5	0	30	250	45	3	36	11
2% Chocolate Milk Togo Cup	330	70	8	5.0	0	35	290	53	3	42	13
2% Milk - Kids	180	70	7	4.5	0	30	170	18	0	18	12
2% Milk Togo Cup	210	80	8	5.0	0	35	200	20	0	20	14
Apple Juice Togo Cup/8 fl oz	120	0	0	0	0	0	10	29	0	28	0
Cranberry Juice Togo Cup/5.5 fl oz	80	0	0	0	0	0	0	20	0	20	0
Orange Juice Togo Cup/10 fl oz	130	5	0	0	0	0	20	32	0	28	2
Baby Back Ribs w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Dry Rub - Full Rack	1480	970	107	41	0	410	5120	30	3	24	99
Dry Rub - Half Rack	780	490	54	20	0	205	2960	23	2	19	50
Honey-Chipotle BBQ - Full Rack	1520	950	106	41	0	410	1800	47	0	34	98
Honey-Chipotle BBQ - Half Rack	760	480	53	20	0	205	900	23	0	17	49
House BBQ - Full Rack	1440	960	107	41	0	410	2180	21	1	19	99
House BBQ - Half Rack	720	480	53	20	0	205	1090	11	1	9	49
Original BBQ - Full Rack	1430	950	106	41	0	410	1910	21	0	18	98
Original BBQ - Half Rack	710	480	53	20	0	205	960	10	0	9	49
Big Mouth Burgers w/o Side Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Alex's Santa Fe Beef Burger	940	560	62	25	2.5	140	1330	45	5	11	51
Big Mouth® Bites	1220	650	72	26	2.5	185	2900	77	5	19	65
Chili's Chili Beef Burger	1020	590	66	28	3.5	165	1700	49	4	10	58
Just Bacon Beef Burger	1030	640	71	28	3	160	1550	43	3	11	56
Mushroom Swiss Beef Burger	1010	630	70	27	3	145	1260	45	5	12	52
Oldtimer® with Cheese Beef Burger	860	490	55	24	3	140	1420	42	4	10	51
Queso Beef Burger	950	550	62	26	3	140	1360	48	3	11	51
Southern Smokehouse Beef Burger	1260	750	83	31	3	175	2570	68	4	25	62
The Boss Beef Burger	1530	960	107	43	3.5	295	3120	49	4	16	92
Substitutes & Add-Ons	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Classic Beef Patty	510	350	39	17	2.5	115	350	0	0	0	38
Black Bean Patty	200	70	8	1	0	0	540	22	8	2	17
Turkey Patty	200	70	8	2	0	85	730	0	0	0	32
Add Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
Add Applewood Smoked Bacon	70	50	6	2	0	15	210	0	0	0	5
Add The Original Chili	150	90	10	4	0.5	30	440	5	1	1	10
Crispers & More As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta with Grilled Chicken	1180	480	53	23	1	190	3470	110	8	5	66
Cajun Pasta with Seared Shrimp	1090	460	51	22	1	195	3580	109	7	5	47
Crispy Buffalo Bleu	1910	1140	127	23	1	170	4800	136	13	16	60
Crispy Honey Chipotle	1830	810	90	15	0	145	4380	203	13	66	56
Crispy Honey Chipotle & Waffles	2600	1130	125	40	0.5	185	4730	306	13	123	64
Original Tempura w/Honey Mustard	1320	600	67	11	0	160	3060	120	12	23	61
Crispy with Choice of Sauce	1380	650	72	12	0	130	3070	130	12	13	55
BBQ Sauce	70	0	0	0	0	0	590	16	0	14	1
BBQ Sauce House	80	10	1	0	0	0	790	16	1	14	1
Honey Mustard	200	160	18	3	0	20	330	10	0	10	1
Ranch Dressing	170	160	18	3	0	15	300	2	0	2	1
Fajitas w/o Toppings or Tortillas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Black Bean & Veggie	670	350	38	7	0	10	2360	66	19	20	28
Grilled Chicken	510	180	20	4.5	0	225	2200	22	3	10	63
Grilled Steak	670	380	42	17	2	180	2480	21	3	9	55
Mushroom Jack Chicken	720	400	44	19	0	190	2610	28	5	13	56
Shrimp	320	140	16	3.5	0	240	2670	21	3	10	25
Fajitas Mix & Match Choose 2 or 3	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Peppers & Onions	190	110	12	2.5	0	0	1050	20	3	9	3
Grilled Steak (1 portion)	240	140	15	7	1	90	710	0	0	0	26
Grilled Chicken (1 portion)	160	35	4	1	0	115	570	1	0	0	30
Seared Shrimp (1 portion)	60	20	2	0	0	120	810	1	0	0	11
All Fajitas Include	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Toppings	280	190	21	13	0	70	910	6	1	4	16
Add Guacamole	50	40	4.5	0.5	0	0	95	3	2	0	1
Add White Queso & Pico de Gallo	150	110	12	6	0	20	440	5	1	3	6
Flour Tortillas (4 each)	340	80	9	3	0	0	760	55	2	1	9
All-Natural Corn Tortillas (4 each)	210	20	2.5	0	0	0	20	42	5	0	4
Side Rice	160	40	4.5	1	0	0	480	27	1	1	3
Side Beans	120	10	1	0	0	0	710	20	6	2	7

For Starters <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Awesome Blossom Petals	820	510	56	9	0	20	1570	70	6	10	9
Bone-In Wings - Honey Chipotle	1000	460	51	12	0.5	295	2320	75	1	54	62
Bone-In Wings - Buffalo	830	570	63	14	1	290	2650	6	1	2	62
Bone-In Wings - House BBQ	800	470	52	12	0.5	295	2100	21	1	16	62
Boneless Wings - Buffalo	1060	640	71	12	0	120	3840	58	4	2	49
Boneless Wings - Honey Chipotle	1200	510	57	10	0	120	2990	126	4	54	48
Boneless Wings - House BBQ	1020	530	59	10	0	125	2820	73	5	16	50
Chips & Salsa	910	410	45	7	0	0	1920	113	8	5	13
Chips with Guacamole & Salsa	1140	590	66	10	0	0	2350	128	18	7	16
Classic Nachos	1190	740	83	45	0	220	2540	54	6	9	58
Classic Nachos - Beef	1580	930	103	52	1	375	3990	54	6	9	110
Classic Nachos - Chicken	1360	780	86	46	0	345	3580	56	6	10	90
Crispy Cheddar Bites	990	690	77	32	1.5	155	2530	33	3	5	42
Fried Pickles	610	400	45	7	0	15	3610	45	4	2	7
Loaded Boneless Wings	1400	850	95	28	1	215	3260	64	4	6	73
Skillet Queso	1430	780	86	25	0	90	3740	127	10	15	37
Southwestern Eggrolls	800	370	41	10	0	50	2180	82	8	9	28
TD™ Awesome Blossom Petals	820	510	56	9	0	20	1570	70	6	10	9
TD™ Big Mouth® Bites	780	480	54	16	1.5	110	1640	40	3	11	34
TD™ Boneless Wings - Buffalo	620	420	47	8	0	60	1980	28	2	1	23
TD™ Boneless Wings - Honey-Chipotle	660	330	36	6	0	65	1600	63	2	28	23
TD™ Boneless Wings - House BBQ	600	330	37	6	0	65	1880	43	3	16	24
TD™ Crispy Cheddar Bites	580	420	47	17	1	85	1440	18	2	3	22
TD™ Fried Pickles	390	280	31	5	0	15	1960	23	2	2	4
TD™ Honey-Chipotle Chicken Crispers	780	420	47	8	0	95	2030	62	3	28	28
TD™ Original Chicken Crispers®	510	300	34	6	0	105	1350	23	3	10	31
TD™ Southwestern Eggrolls	580	290	32	8	0	35	1530	55	6	6	19
TX Cheese Fries - Full Order	1860	1150	127	58	0	290	3880	97	8	4	81
TX Cheese Fries - Half Order	1340	860	95	43	0	210	2600	65	5	3	56
TX Cheese Fries w/Chili - Full Order	2290	1410	156	70	2	375	5200	111	11	8	111
TX Cheese Fries w/Chili - Half Order	1560	990	110	49	1	255	3260	72	7	5	72
White Spinach Queso	1480	820	92	32	1	105	3170	126	12	10	40
Fresh Mex <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Enchiladas Beef	1250	570	63	23	1	160	3700	105	14	10	61
Enchiladas Chicken	1140	470	53	22	1	220	3510	104	12	12	60
Fresh Mex Bowl Chipotle Chicken	1030	460	51	13	0	210	2550	80	7	8	63
Fresh Mex Bowl Chipotle Shrimp	880	430	48	12	0	220	2900	79	7	7	35
Fresh Mex Bowl Prime Rib	950	420	46	11	1	95	2370	94	8	16	42
Quesadilla Bacon Ranch Steak	1830	1230	137	46	2	285	4000	69	4	10	82
Quesadilla Bacon Ranch Chicken	1680	1120	125	42	1.5	265	3710	70	5	11	69
Smothered Prime Rib Burrito	1210	470	53	22	1	155	3600	117	11	9	65
Tacos Chili's 1975	1130	520	58	19	1	85	3220	115	10	11	41
Tacos Ranchero Chicken	1030	420	46	14	0	170	3310	97	12	7	57
Tacos Spicy Shrimp	990	390	43	10	0	210	3430	109	13	16	38
Kids Entrees	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Burger Bites	410	180	20	8	1	55	580	35	2	8	23
Cheese Quesadilla	470	280	32	15	0	60	750	29	1	1	18
Cheeseburger Bites	440	200	23	10	1	65	750	35	2	8	25
Cheesy Chicken Pasta	670	290	32	15	1	140	1460	46	3	4	50
Chicken Bites	290	60	7	2	0	55	550	34	2	8	24
Crispy Crispers	640	420	47	8	0	95	1530	27	3	2	28
Grilled Chicken Dippers	300	180	20	3.5	0	100	690	2	0	2	28
Grilled Cheese Sandwich	430	230	26	11	0.5	35	1100	36	2	6	13
Kraft Macaroni & Cheese	430	110	12	4	0	15	940	64	3	11	15
Pizza - Cheese	530	320	36	14	1	45	740	33	2	2	17
Pizza - Pepperoni	610	390	44	17	1.5	65	910	33	2	3	20
Kids Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Corn on the Cob	140	10	1.5	0	0	0	0	29	3	11	4
Side Celery with Ranch	180	160	18	3	0	15	340	3	0	2	1
Side Fresh Pineapple	60	0	0	0	0	0	0	16	2	12	1
Side Homestyle Fries	210	80	8	1.5	0	0	330	30	2	0	3
Side Mandarin Oranges	80	0	0	0	0	0	10	20	1	17	2
Side Mashed Potatoes w/o Gravy	130	60	6	1.5	0	0	270	16	1	1	2
Side Salad with Ranch	240	190	21	4.5	0	25	440	8	1	3	4
Side Steamed Broccoli	40	5	0	0	0	0	45	8	4	2	3
Guiltless Grill <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
6 oz Sirloin with Grilled Avocado	330	150	16	4	0	85	1190	13	6	4	38
Ancho Salmon	630	270	30	6	0	100	1850	42	5	5	48
Grilled Chicken Salad	440	210	23	6	0	130	990	23	5	11	37
Mango-Chile Chicken	510	180	20	3.5	0	115	1570	50	7	12	36
Margarita Grilled Chicken	650	150	17	3	0	170	2340	68	7	9	55

Lunch Combos (LC) <i>w/o</i> Fries or Chips	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Wings w/Choice of Sauce	420	200	22	4	0	60	930	30	2	0	26
Chipotle Chicken Fresh Mex Bowl	1030	460	51	13	0	210	2550	80	7	8	63
Double Burger	780	440	49	22	2.5	145	2130	41	3	10	45
Lunch Chicken Fajitas <i>As Served</i>	1250	460	52	21	0	185	4490	130	13	17	67
Add Guacamole	50	40	4.5	0.5	0	0	95	3	2	0	1
Quesadilla Bacon Ranch Chicken	900	620	70	22	1	135	1960	35	2	5	34
Sandwich Bacon Avocado Chicken	620	300	33	9	0	150	1220	37	4	8	44
Sandwich CA Turkey Club	520	260	29	9	0	65	1130	39	4	8	27
Tacos Chili's 1975	450	220	24	11	1	60	1160	38	3	5	23
Tacos Spicy Shrimp	430	200	22	6	0	135	1450	39	4	7	19
Homestyle Fries (LC)	210	80	8	1.5	0	0	330	30	2	0	3
Tostada Chips with Salsa (LC)	470	200	23	3.5	0	0	1520	60	5	4	7
Greens with Envy <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Chicken Salad	1020	580	64	14	0.5	145	4780	60	7	7	52
Caesar Salad	310	240	27	5	0	25	510	14	2	2	5
Caesar Salad (LC)	160	120	14	2.5	0	15	250	7	1	1	3
Caribbean Salad	540	220	24	4	0	15	310	80	8	66	5
Caribbean Salad w/ Grilled Chicken	710	250	28	4.5	0	130	1020	85	8	70	34
Caribbean Salad w/ Shrimp	600	230	26	4	0	135	1120	80	8	66	16
Grilled Chicken Salad	440	210	23	6	0	130	990	23	5	11	37
House Salad (LC) <i>w/o</i> Dressing	80	35	3.5	1.5	0	5	140	8	1	2	3
House Salad <i>w/o</i> Dressing	150	70	7	3	0	15	280	15	2	4	6
Quesadilla Explosion Salad	1410	840	94	29	0.5	200	2230	82	9	17	63
Santa Fe Chicken Salad w/Chicken	630	390	44	7	0	140	1460	27	7	8	36
Santa Fe Chicken Salad w/Crispers	940	620	69	11	0	100	1990	50	10	8	33
Southwestern Chicken Caesar Salad	640	410	46	10	0	155	1090	21	5	5	39
Southwestern Shrimp Caesar Salad	550	400	44	10	0	165	1330	21	5	4	20
Salad Dressings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
<i>1.5 fl oz = LC; 2 fl oz = Entrée</i>											
Ancho Chile Ranch (1.5 fl oz)	170	150	17	3	0	15	350	3	0	2	1
Ancho Chile Ranch (2 fl oz)	220	200	22	4	0	20	470	4	0	2	2
Avocado Ranch (1.5 fl oz)	140	130	14	2.5	0	10	250	3	1	1	1
Avocado Ranch (2 fl oz)	190	170	19	3	0	15	330	4	1	2	1
Bleu Cheese (1.5 fl oz)	250	240	27	5	0	15	260	1	0	1	1
Bleu Cheese (2 fl oz)	330	320	35	6	0.5	20	350	2	0	1	1
Caesar (1.5 fl oz)	220	210	23	4	0	25	250	2	0	1	2
Caesar (2 fl oz)	290	280	31	5	0	30	330	3	0	1	2
Citrus Balsamic Vinaigrette (1.5 fl oz)	250	230	25	4	0	0	230	5	0	5	0
Citrus Balsamic Vinaigrette (2 fl oz)	330	300	33	5	0	0	310	7	0	6	0
Honey Lime (1.5 fl oz)	200	160	17	3	0	15	210	12	0	10	1
Honey Lime (2 fl oz)	270	210	23	3.5	0	15	280	15	0	14	1
Honey Lime Vinaigrette (1.5 fl oz)	130	110	12	2	0	0	230	6	0	4	0
Honey Lime Vinaigrette (2 fl oz)	180	150	17	2.5	0	0	310	8	0	6	0
Honey Mustard (1.5 fl oz)	200	160	18	3	0	20	330	10	0	10	1
Honey Mustard (2 fl oz)	270	220	24	4	0	25	440	14	0	13	1
Ranch (1.5 fl oz)	170	160	18	3	0	15	300	2	0	2	1
Ranch (2 fl oz)	230	210	24	4	0	20	400	3	0	2	2
Santa Fe (1.5 fl oz)	210	200	22	3.5	0	15	530	2	0	2	1
Santa Fe (2 fl oz)	280	270	30	4.5	0	20	710	3	0	2	1
Thousand Island (1.5 fl oz)	200	180	19	3	0	20	370	6	0	6	0
Thousand Island (2 fl oz)	270	230	26	4	0	25	490	9	0	8	1
Sandwiches <i>w/o</i> Fries	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	1170	550	61	15	0.5	275	2390	75	9	15	83
Buffalo Chicken Ranch Sandwich	960	460	51	10	0	110	4260	81	6	12	46
CA Turkey Club	960	470	52	14	0	115	2210	78	9	17	48
Chicky Chicky Bleu Sandwich	1260	690	77	17	1	135	3510	90	0	16	56
Our Good Sides <i>As Served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Asparagus	35	10	1	0	0	0	135	5	3	2	3
Awesome Blossom Petals	820	510	56	9	0	20	1570	70	6	10	9
Black Beans	120	10	1	0	0	0	710	20	6	2	7
Coleslaw	250	170	19	3.5	0	20	270	14	2	11	2
Homestyle Fries	420	150	17	2.5	0	0	660	60	5	0	6
Loaded Mashed Potatoes	350	180	20	6	0	30	820	33	3	3	10
Mexican Rice	160	40	4.5	1	0	0	480	27	1	1	3
Roasted Street Corn	390	250	28	5	0	25	320	31	3	12	6
Steamed Broccoli	40	5	0	0	0	0	250	8	4	2	3
Sweet Corn on the Cob	180	60	6	1	0	0	360	29	3	11	4
Smokehouse Combos <i>Choose 2 or 3</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheesy Bacon BBQ Chicken	400	180	20	9	0	155	1480	13	1	10	42
Crispers Crispy <i>w/o</i> Sauce	470	260	29	5	0	75	1230	25	3	1	27
Crispers Honey Chipotle w/ Ranch	780	420	47	8	0	95	2030	62	3	28	28
Crispers Original w/ Honey Mustard	510	300	34	6	0	105	1350	23	3	10	31

Smokehouse Combos Choose 2 or 3	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Jalapeno-Cheddar Smoked Sausage	380	280	31	13	1	95	1340	4	1	0	21
Ribs Dry Rub	780	490	54	20	0	205	2960	23	2	19	50
Ribs Honey-Chipotle BBQ	760	480	53	20	0	205	900	23	0	17	49
Ribs House BBQ	720	480	53	20	0	205	1090	11	1	9	49
Ribs Original BBQ	710	480	53	20	0	205	960	10	0	9	49
Smoked Brisket	290	200	22	8	0	65	710	5	0	5	16
All Smokehouse Combos Include	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chile-Garlic Toast	140	60	7	1.5	0	0	380	17	1	1	3
Garlic Dill Pickles	5	0	0	0	0	0	220	0	0	0	0
Homestyle Fries	420	150	17	2.5	0	0	660	60	5	0	6
Roasted Street Corn	390	250	28	5	0	25	320	31	3	12	6
Soups & Chili As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Enchilada - Bowl	410	240	26	9	0	65	1490	24	3	3	20
Chicken Enchilada - Cup	210	120	13	4.5	0	35	750	12	1	2	10
Clam Chowder - Bowl	330	210	23	13	0	90	690	21	1	5	11
Clam Chowder - Cup	170	100	12	6	0	45	340	10	1	3	5
Loaded Baked Potato - Bowl	470	280	32	20	1	110	1290	28	2	9	18
Loaded Baked Potato - Cup	230	140	16	10	0	55	640	14	1	4	9
Southwest Chicken - Bowl	250	100	11	2	0.5	25	1390	28	3	4	10
Southwest Chicken - Cup	120	50	5	1	0	10	690	14	1	2	5
The Original Chili - Bowl	730	440	49	20	2	130	1910	29	6	5	46
The Original Chili - Cup	370	220	24	10	1	65	950	15	3	3	23
Steaks w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Classic Ribeye	630	360	40	17	2.5	185	1450	0	0	0	67
Classic Sirloin 10 oz	390	170	19	7	1	140	960	2	0	1	55
Classic Sirloin 6 oz	260	120	13	4.5	0	85	640	1	0	0	34
Country-Fried Steak w/ Gravy	590	320	35	8	1	70	1160	30	3	2	39
Add Seared Shrimp - Full Order	60	20	2	0	0	120	810	1	0	0	11
Add Seared Shrimp - Half Order	30	10	1	0	0	60	400	0	0	0	6
Sweet Stuff As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheesecake	720	380	43	23	1.5	210	430	73	1	60	11
Mini Molten Chocolate Cake	570	230	25	13	0	45	530	82	3	56	7
Molten Chocolate Cake	1170	530	59	30	1	135	1030	155	5	109	12
Paradise Pie	1130	470	52	23	1	150	620	156	5	107	18
Skillet Chocolate Chip Cookie	1180	450	50	24	0.5	95	890	176	4	104	15
Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
BBQ Sauce House 1.5 oz	80	10	1	0	0	0	790	16	1	14	1
BBQ Sauce Original 1.5 oz	70	0	0	0	0	0	590	16	0	14	1
Burger Bun, Buttered	240	70	8	2	0	0	320	37	2	8	7
Cheese, American	70	50	6	3.5	0	15	340	1	0	0	4
Cheese, Cheddar	80	60	7	4.5	0	20	130	0	0	0	5
Cheese, Pepper Jack	80	60	6	4	0	20	135	1	0	0	5
Cheese, Swiss	80	60	7	4	0	20	40	0	0	0	6
Fresh Guacamole - Large Side	200	160	18	2.5	0	0	380	12	9	2	3
Fresh Guacamole - Small Side	110	80	9	1.5	0	0	190	6	4	1	1
Gravy, Black Pepper 1.5 oz	25	10	1	0	0	0	240	3	0	0	1
Honey Chipotle Sauce 1.5 oz	140	0	0	0	0	0	500	35	0	26	0
Pickles	5	0	0	0	0	0	220	0	0	0	0
Salsa 1.5 oz	10	0	0	0	0	0	420	3	1	1	0
Sour Cream	35	25	3	1.5	0	10	70	2	0	2	1
Wing Sauce 1.5 oz	35	25	3	0	0	0	1380	2	0	1	0
PARTY PLATTER (PP) PORTIONS - Platters serve approximately 6-8 & sides serve 4-6											
PP Beverages By the Gallon	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Iced Tea	40	0	0	0	0	0	115	11	0	0	0
Iced Tea - Blackberry	820	0	0	0	0	0	105	202	0	188	0
Iced Tea - Mango	840	0	0	0	0	0	105	209	0	192	0
Lemonade	1570	0	0	0	0	0	520	439	0	418	0
Lemonade - Strawberry	1940	5	0	0	0	0	460	528	9	490	2
PP Apptizers	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Big Mouth Bites (20 ct)	6760	3890	433	143	13	995	14610	389	25	102	330
Big Mouth Bites (12 ct)	4100	2380	264	86	8	600	8840	234	15	62	198
Southwestern Eggrolls (24 ct)	6380	2930	325	82	1.5	405	17380	649	64	66	219
Southwestern Eggrolls (12 ct)	3190	1460	163	41	0.5	200	8690	324	32	33	109
Tostada Chips with Salsa	5350	2430	270	44	0	0	8170	660	45	18	73
Add White Spinach Queso	570	420	47	24	1	105	1250	13	3	5	27
Add Skillet Queso	520	370	41	18	0	90	1820	14	2	10	24
Add Fresh Guacamole	230	190	21	3	0	0	430	14	10	2	3

PP Appetizers - Triple Dipper Listed w/o Dipping Sauce	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth Bites (6 ct)	1820	980	109	39	3.5	280	4020	114	8	29	98
TD™ Bone-In Wings Buffalo (16 ct)	1170	650	72	18	0.5	555	4780	9	2	3	121
TD™ Bone-In Wings Honey Chipotle (16 ct)	1650	610	67	17	1	555	4030	147	2	104	121
TD™ Bone-In Wings House BBQ (16 ct)	1410	640	71	18	0.5	555	5160	70	4	57	124
TD™ Boneless Wings Buffalo (18 ct)	1370	670	75	12	0	175	6990	95	7	2	79
TD™ Boneless Wings Honey Chipotle (18 ct)	1680	600	67	12	0	175	4350	196	7	78	79
TD™ Boneless Wings House BBQ (18 ct)	1500	620	69	12	0	175	5200	138	9	43	81
TD™ Crispy Buffalo Bleu (15 ct)	2700	1610	178	35	0.5	425	9640	130	15	6	143
TD™ Crispy Style Crispers (15 ct)	2350	1320	146	25	0	385	6130	123	14	3	134
TD™ Honey-Chipotle Crispers (15 ct)	3070	1320	147	25	0	385	8800	311	16	140	135
TD™ Original Crispers (15 ct)	1550	690	77	14	0	430	5110	63	13	5	152
TD™ Southwestern Eggrolls (6 ct)	1320	480	53	16	0	80	3850	157	14	14	53
BBQ Sauce 6 fl oz	260	10	1	0	0	0	2350	62	1	54	3
BBQ Sauce House 6 fl oz	300	40	4	0	0	0	3150	64	4	56	3
Bleu Cheese 6 fl oz	980	960	106	19	1.5	55	1050	5	1	3	4
Honey Mustard 6 fl oz	820	660	73	12	1	80	1330	41	1	38	3
Ranch Dressing 6 fl oz	690	640	71	12	1	65	1210	8	0	7	5
PP Boneless Wings - 22, 33 & 66 ct Listed w/o Dipping Sauce	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Wings Buffalo (11 ct)	790	390	43	7	0	105	3500	55	4	1	46
Boneless Wings Honey Chipotle (11 ct)	1020	360	39	7	0	105	2660	123	4	51	46
Boneless Wings House BBQ (11 ct)	900	370	41	7	0	105	3230	85	5	28	48
PP Bone-In Wings - 16, 24 & 48 ct Listed w/o Dipping Sauce	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bone-In Wings Buffalo (8 ct)	610	350	39	9	0	275	3750	5	1	1	61
Bone-In Wings Honey Chipotle (8 ct)	820	300	34	9	0	275	1990	72	1	52	60
Bone-In Wings House BBQ (8 ct)	700	320	35	9	0	275	2560	34	2	28	62
PP Crispers - 10, 15 & 30 ct Listed w/o Dipping Sauce	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Crispy Buffalo Bleu (10 ct)	1800	1070	119	23	0	285	6430	87	10	4	95
Crispy Buffalo Bleu (15 ct)	2700	1610	178	35	0.5	425	9640	130	15	6	143
Crispy Style Crispers (10 ct)	1570	880	98	17	0	260	4090	82	9	2	90
Crispy Style Crispers (15 ct)	2350	1320	146	25	0	385	6130	123	14	3	134
Honey-Chipotle Crispers (10 ct)	2110	880	98	17	0	260	6100	223	11	105	90
Honey-Chipotle Crispers (15 ct)	3170	1320	147	25	0	385	9150	335	16	157	135
Original Crispers (10 ct)	1030	460	51	9	0	285	3410	42	9	3	101
Original Crispers (15 ct)	1550	690	77	14	0	430	5110	63	13	5	152
PP Crispers - Dipping Sauces	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
BBQ Sauce 4 fl oz	170	5	0.5	0	0	0	1570	42	1	36	2
BBQ Sauce House 4 fl oz	200	25	3	0	0	0	2100	43	2	37	2
Bleu Cheese 4 fl oz	650	640	71	13	1	35	700	3	0	2	3
Honey Mustard 4 fl oz	550	440	49	8	0.5	50	890	27	1	25	2
Ranch Dressing 4 fl oz	460	420	47	8	0.5	45	810	5	0	4	3
PP Salads & Sandwiches	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
CA Turkey Club (10 halves)	5330	2860	318	81	3.5	585	11240	389	43	85	242
Caesar Salad	1160	940	105	19	1	100	1770	43	8	8	18
House Salad w/o 6 fl oz Dressing (SM)	980	570	63	15	0.5	45	2000	84	8	24	24
House Salad w/o 10 fl oz Dressing (LG)	1140	530	59	25	0	120	2240	110	17	27	50
Ancho Chile Ranch 6 fl oz	670	600	67	11	1	60	1410	12	1	7	5
Avocado Ranch 6 fl oz	560	510	56	9	0.5	45	990	11	4	5	4
Bleu Cheese 6 fl oz	980	960	106	19	1.5	55	1050	5	1	3	4
Caesar 6 fl oz	880	840	93	16	0.5	90	1000	8	1	3	7
Citrus Balsamic Vinaigrette 6 fl oz	980	900	100	15	0.5	0	930	22	0	19	1
Honey Lime Vinaigrette 6 fl oz	820	630	70	11	1	50	830	46	1	41	3
Honey Lime Vinaigrette 6 fl oz	540	450	50	8	0.5	0	930	24	1	17	0
Honey Mustard 6 fl oz	820	660	73	12	1	80	1330	41	1	38	3
Ranch 6 fl oz	690	640	71	12	1	65	1210	8	0	7	5
Santa Fe 6 fl oz	840	800	89	14	0.5	65	2140	10	1	6	2
Thousand Island 6 fl oz	800	700	78	12	0.5	80	1470	26	1	24	2
Quesadilla Explosion Salad	5590	3480	387	117	2.5	810	8950	293	34	74	248
Santa Fe Grilled Chicken Salad	2750	1780	198	33	2	575	6230	111	29	33	146
Southwest Caesar Salad w/Chicken	2440	1690	188	38	1.5	630	4300	53	17	16	147
Southwest Caesar Salad w/Shrimp	2060	1620	180	36	1.5	655	5230	51	17	16	73
PP Fajitas (Small) As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken Small	4210	1530	170	73	0.5	730	13980	423	41	47	251
Grilled Steak Small	4540	1930	215	99	4	635	14530	420	41	45	235
Seared Shrimp Small	3900	1470	164	72	0.5	875	15720	421	41	47	188
PP Fajitas (Large) As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken Large	7520	2380	265	99	1.5	1225	26570	842	83	93	447
Grilled Steak Large	8180	3190	355	151	8	1035	27680	838	83	90	414
Seared Shrimp Large	6890	2280	253	97	1.5	1515	30040	839	83	92	319

PP Fajitas Mix & Match/Trio (Small)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Choose 2 or 3 Proteins											
Fajita Peppers & Onions	330	170	19	4.5	0	0	1560	41	6	19	6
Grilled Chicken (1 choice)	320	70	8	2	0	225	1150	2	0	1	60
Grilled Steak (1 choice)	480	270	30	15	1.5	180	1430	1	0	0	52
Seared Shrimp (1 choice)	160	45	5	1	0	300	2020	1	0	1	28
Add Fajita Accompaniments (Small)											
Fresh Toppings	1090	770	86	54	0	270	3080	22	3	14	62
Flour Tortillas (12 each)	1010	240	27	8	0	0	2280	165	7	3	27
All-Natural Corn Tortillas (12 each)	620	70	7	1	0	0	65	127	14	1	12
Add Guacamole	200	160	18	2.5	0	0	380	12	9	2	3
Add Cadi	1140	200	22	3	0	5	4760	191	26	10	38
Add White Queso & Pico de Gallo	340	240	27	13	1	50	1040	12	1	6	13
PP Fajitas Mix & Match/Trio (Large)											
Choose 2 or 3 Proteins											
Fajita Peppers & Onions	670	340	38	9	1	0	3120	81	12	37	11
Grilled Chicken (1 choice)	630	140	16	3.5	0	455	2300	4	0	2	120
Grilled Steak (1 choice)	970	540	61	29	3.5	360	2850	2	0	0	103
Seared Shrimp (1 choice)	320	90	10	2	0	600	4040	3	0	1	56
Add Fajita Accompaniments (Large)											
Fresh Toppings	1280	880	97	60	0	310	4770	41	6	26	67
Flour Tortillas (24 each)	2020	480	54	17	0	0	4570	329	13	7	54
All-Natural Corn Tortillas (24 each)	1240	130	15	2.5	0	0	125	253	28	3	25
Add Guacamole	410	320	36	5	0	0	750	25	17	4	6
Add Cadi	2290	400	44	6	0	10	9520	383	52	19	76
Add White Queso & Pico de Gallo	740	530	59	29	2	110	2200	24	3	13	29
PP Enchiladas w/o Sides											
Chicken w/Sour Cream Sauce (Small)	2560	1280	142	64	3	660	6960	169	16	28	152
Chicken w/Sour Cream Sauce (Large)	5120	2550	283	128	6	1320	13920	339	33	56	305
PP Texas- Size Baby Back Ribs											
Dry Rub (Large)	5920	3860	429	163	2	1645	20490	120	10	95	397
Dry Rub (Small)	3110	1950	217	82	1	825	11820	92	7	75	200
Honey Chipotle BBQ (Large)	6630	3810	423	162	2	1645	9230	329	3	240	392
Honey Chipotle BBQ (Small)	3590	1910	212	81	1	825	5620	235	2	171	196
House BBQ (Large)	6060	3880	432	163	2	1645	11880	150	8	130	397
House BBQ (Small)	3180	1960	218	82	1	825	7510	107	6	93	200
Original BBQ (Large)	5960	3820	424	163	1.5	1645	10000	145	2	127	397
Original BBQ (Small)	3110	1910	212	81	1	825	6180	104	1	91	200
PP Make it a Combo											
Choose 2 Entrees & 2 Sides											
6 oz Classic Sirloin	1020	470	52	18	2	335	2570	4	0	0	135
Ancho Salmon	1680	910	101	18	1	405	4480	27	3	9	169
Cheesy Bacon BBQ Chicken	1580	710	79	36	0	625	5920	51	2	41	168
Jalapeno-Cheddar Smoked Sausage	1520	1120	125	52	3.5	385	5370	16	4	1	84
Margarita Grilled Chicken	700	140	16	3.5	0	455	2800	22	0	16	120
Ribs - Dry Rub	3110	1950	217	82	1	825	11820	92	7	75	200
Ribs - Honey Chipotle	3590	1910	212	81	1	825	5620	235	2	171	196
Ribs - House BBQ	3180	1960	218	82	1	825	7510	107	6	93	200
Ribs - Original BBQ	3160	1940	216	82	1	825	6980	106	4	92	200
Seared Shrimp	260	70	8	1.5	0	480	3230	2	0	1	45
Smoked Brisket	1730	1040	115	40	0	255	4360	91	5	24	78
PP Our Good Sides											
Asparagus	110	30	3.5	0	0	0	400	16	8	5	10
Coleslaw	1980	1390	155	27	1	155	2140	110	19	88	12
Black Beans	610	45	4.5	0	0	5	3450	100	28	8	33
Homestyle Fries	2510	910	101	16	0	0	8320	363	29	3	37
Loaded Mashed Potatoes	1640	860	96	31	1	150	3830	147	13	13	52
Mexican Rice	1140	290	32	6	0	0	3340	192	5	4	20
Roasted Street Corn	2350	1500	167	31	2.5	155	1940	183	16	73	35
Steamed Broccoli	250	25	3	0.5	0	0	2460	50	23	9	16
Sweet Corn on the Cob	1100	340	38	6	1	0	2180	174	15	68	23
PP Pasta											
Cajun Pasta w/Chicken (Large)	5010	2040	226	93	4	760	14050	471	31	23	269
Cajun Pasta w/Chicken (Small)	2650	1080	120	48	2	380	7280	252	16	13	137
Cajun Pasta w/Shrimp (Large)	4620	1960	218	91	4	785	14510	466	30	22	193
Cajun Pasta w/Shrimp (Small)	2450	1040	116	47	2	395	7520	250	16	12	100
PP Sweet Stuff											
Chocolate Chip Cookie	5340	1830	204	94	1.5	290	4390	857	19	517	67
Dessert Combo	5400	1800	201	93	2	325	5130	872	20	544	64
Dessert Trio	5570	2130	237	115	4.5	665	4610	820	23	568	72

Cals...Calories	Chol...Cholesterol	(g)...grams
Fat Cals...Calories from Fat	Sod...Sodium	(mg)...milligrams
Sat...Saturated Fat	Carbs...Carbohydrates	
Trans...Trans Fat	Prot...Protein	

*** Nutrition analysis for select beverages is based on standardized ice fill.**

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 Department of 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.