



Life is full of routines and Chili's is the perfect place to come and break out of the ordinary. Along with the many favorite indulgences on the Chili's menu, our great tasting, quality food can also 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 healthful 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 steamed broccoli, 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 the Chili's Pepper Pals kids menu that offers our younger diners grilled entrée 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 every time...it's what makes Chili's "Spicealicious."

GUILTLESS GRILL® Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth Bun, unbuttered	1 Each	330	6	1	55	12	2	580
Whole Wheat Bun, unbuttered	1 Each	90	2	0	16	3	1	130
Black Bean Burger Patty only (without bun or toppings)	1 Patty	200	2	0	25	21	20	800
Guiltless Black Bean Burger	1 Serving	650	12	2	96	38	26	1940
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 Salmon	1 Serving	480	14	3	31	54	10	1080
Side – Black Beans w/ Pico de Gallo	1 Serving	115	0	0	19	6	5	640
Side – Rice	1 Serving	210	2	0	45	4	1	1020
Side – Steamed Seasonal Veggies w/ Parmesan Cheese	1 Serving	60	1	1	8	4	3	110
Side – Sweet Corn on the Cob, unbuttered	1 Serving	180	2	0	55	6	3	100

The Guiltless Grill® has been created to give you more choices for your healthy lifestyle with nutritional information listed on the menu.

STARTERS Listed as served unless indicated	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Awesome Blossom® w/ Seasoned Sauce	1 Serving	2710	203	36	194	24	15	6360
Blazin' Boneless Buffalo Wings w/ Mango Dipping Sauce	9 Each	1050	67	11	60	52	4	4700
Boneless Buffalo Wings w/ Bleu Cheese Dressing	9 Each	1170	85	15	50	51	4	4130
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	9 Each	1140	62	10	91	53	4	2850
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 w/ Pico de Gallo and Sour Cream	1 Serving	1450	108	57	53	65	10	2730
Classic Nachos w/ Fajita Beef	1 Serving	1740	127	65	55	89	10	3700
Classic Nachos w/ Fajita Chicken	1 Serving	1630	112	58	55	99	12	3280
Fried Cheese w/ Marinara Sauce	9 Each	1210	89	28	82	42	3	2470
Hot Spinach & Artichoke Dip	1 Skillet	510	17	3	39	24	18	1560
Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Skillet	905	36	5	74	30	21	3100
Skillet Queso	1 Skillet	670	53	30	12	35	3	2380
Skillet Queso w/ Tostada Chips	1 Skillet	1070	89	37	30	38	5	3920
Southwestern Eggrolls w/ Avocado-Ranch Dressing	3 Each	810	51	10	59	29	10	1250
Texas Cheese Fries w/ Jalapeño-Ranch Dressing	1 Skillet	2070	160	73	73	85	8	3730
Triple Dipper* - Celery & Carrot Sticks Garnish	1 Garnish	20	0	0	3	0	1	30
Triple Dipper - Blazin' BBQ Wings w/ Mango Sauce	5 Each	620	41	7	35	28	2	2060
Triple Dipper - Boneless Buffalo Wings w/ Tortilla Strips & Bleu Cheese Dressing	5 Each	760	57	10	31	28	3	2290
Triple Dipper - Chicken Crispers w/ Honey Mustard Dressing	3 Each	780	63	11	21	34	0	1680
Triple Dipper - Country Fried Chicken Crispers	3 Each	610	41	8	26	35	1	1390
Triple Dipper - Fried Cheese Option w/ Marinara Sauce	5 Each	680	50	16	34	22	1	1410
Triple Dipper - Honey Fried Chicken Crispers w/ Honey-Chipotle Sauce	3 Each	960	41	8	115	37	1.5	2430
Triple Dipper - Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	45	7	63	30	3	1610
Triple Dipper - Southwestern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	630	53	17	27	11	4	2250
Wings Over Buffalo® w/ Bleu Cheese Dressing	10 Each	1340	117	26	4	68	0	2890

*Pick three of your favorite Triple Dippers. Nutrition information is calculated with Dipping Sauces/Dressing.

SOUPS Without crackers	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Baked Potato Soup	1 Cup	220	16	10	12	8	1	630
Baked Potato Soup	1 Bowl	440	33	20	23	16	1	1250
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760

SOUPS Without crackers (cont.)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Broccoli Cheese Soup	1 Cup	160	9	5	12	7	2	760
Broccoli Cheese Soup	1 Bowl	320	19	9	23	13	4	1510
Chicken Enchilada Soup	1 Cup	220	14	5	11	13	2	650
Chicken Enchilada Soup	1 Bowl	440	27	10	23	26	3	1290
Chicken Noodle Soup	1 Cup	50	1	0	7	2	1	540
Chicken Noodle Soup	1 Bowl	90	2	1	14	3	2	1080
Chicken Tortilla Soup	1 Cup	140	7	3	10	8	2	840
Chicken Tortilla Soup	1 Bowl	270	14	5	19	15	4	1680
Chili - Terlingua w/ Toppings	1 Cup	180	8	4	15	12	3	720
Chili - Terlingua w/ Toppings	1 Bowl	420	18	7	36	29	8	1760
New England Clam Chowder Soup	1 Cup	470	33	17	27	17	3	970
New England Clam Chowder Soup	1 Bowl	940	65	34	54	34	6	1930
Southwestern Vegetable Soup	1 Cup	110	5	2	13	5	2	620
Southwestern Vegetable Soup	1 Bowl	220	9	3	26	9	3	1240

SALADS No dressing included unless indicated	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Boneless Buffalo Chicken Salad	1 Serving	910	58	13	51	44	6	620
Caesar Salad w/ Chicken & Caesar Dressing	1 Serving	1010	76	13	39	38	7	1910
Caesar Salad w/ Lime Grilled Shrimp & Caesar Dressing	1 Serving	980	77	13	39	30	6	1900
Dinner Salad – House	1 Serving	140	7	3	12	6	2	190
Dinner Salad – Caesar w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1060
Grilled Caribbean Salad	1 Serving	440	10	2	51	33	6	1410
Lettuce Wraps w/ Dipping Sauces	1 Serving	580	35	5	55	14	8	2330
Mesquite Chicken Salad	1 Serving	800	43	16	53	53	10	2600
Quesadilla Explosion Salad w/ Ranch Drizzle	1 Serving	980	48	22	81	58	11	2410
Southwestern Cobb Salad	1 Serving	970	60	16	56	53	7	2590

DRESSINGS & SAUCES Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Asian Sesame Ginger Dressing	2 fl oz	260	26	4	6	0	0	480
Avocado Ranch Dressing	2 fl oz	150	15	2	3	3	1	240
Awesome Blossom Sauce	2 fl oz	350	36	5	5	0	0	410
Balsamic Ranch Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing	2 fl oz	270	27	4	4	3	0	515
Balsamic Vinaigrette Dressing, low fat	2 fl oz	50	0	0	9	0	0	530
BBQ Sauce	2 fl oz	80	0	0	18	0	1	750
Caesar Dressing	2 fl oz	350	37	6	3	2	0	530
Carolina BBQ Sauce	2 fl oz	130	0	0	31	0	5	300
Chimichurri Sauce	2 fl oz	250	29	3	3	1	1	470
Chipotle Ranch Dressing	2 fl oz	170	18	3	2	3	0	280
Citrus Balsamic Vinaigrette Dressing	2 fl oz	340	33	5	7	0	0	300
Creamy Cilantro Dressing	2 fl oz	300	32	5	2	1	0	450
Dijon BBQ Sauce	2 fl oz	145	0	0	35	0	0	700
Habanero BBQ Sauce	2 fl oz	170	0	0	39	1	1	1090
Honey Chipotle Sauce	2 fl oz	200	0	0	49	0	0	560
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
Jalapeño Ranch Sauce	2 fl oz	200	20	3	3	3	0	520
Mango Sauce	2 fl oz	170	15	24	9	2	0	160
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-Ginger 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
Wasabi-Ranch Dressing	2 fl oz	180	18	3	3	3	0	360

SIDES & EXTRAS	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cinnamon Apples	1 Side	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/ Entrée	1 Side	430	26	5	43	4	4	250
Mashed Potatoes w/ Black Pepper Gravy	1 Side	450	28	7	44	7	3	1080
Mashed Potatoes – Loaded	1 Side	500	32	11	37	15	6	970
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360

SIDES & EXTRAS <i>(cont.)</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Seasonal Veggies	1 Side	90	6	1	7	3	3	90
Steamed Broccoli	1 Side	80	6	1	6	3	3	280

CREATE YOUR OWN COMBO <i>Without sides or toast</i> <i>(Choose 2 each for Combo)</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Sizzle & Spice Classic Sirloin	1 Serving	540	42	14	1	36	0	820
Sizzle & Spice Firecracker Tilapia	1 Serving	270	7	2	16	30	1	880
Sizzle & Spice Garlic & Lime Grilled Shrimp	1 Serving	260	13	2	6	24	0	1000
Sizzle & Spice Half Rack Baby Back Ribs	1 Serving	490	33	12	16	28	1	1990
Sizzle & Spice Honey BBQ Sirloin	1 Serving	730	57	22	17	48	.5	1060
Sizzle & Spice Margarita Grilled Chicken	1 Serving	320	13	2	13	36	1	1170
Sizzle & Spice Monterey Chicken®	1 Serving	460	27	15	14	44	1	1700

FIRE-GRILLED STEAKS <i>Without sides or toast</i>	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
Classic Sirloin	1 Serving	540	42	14	1	36	0	820
Country-Fried Steak w/ Sides	1 Serving	1890	107	29	148	99	7	2750
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	790	64	23	1	48	0	860

TRIPLE-BASTED BABY BACK RIBS <i>Without sides</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Blazin' Habanero Ribs w/ Habanero BBQ Sauce	1 Serving	1220	66	24	94	58	5	5290
Carolina Ribs w/ Sweet Carolina BBQ Sauce	1 Serving	1040	66	24	52	55	2	3300
Honey BBQ Ribs w/ Honey BBQ Sauce	1 Serving	1060	65	24	82	55	3	4460
Memphis Dry Rub Ribs w/ Dijon BBQ Sauce	1 Serving	1000	70	25	37	55	3	3380
Original BBQ Ribs w/ Classic BBQ Sauce	1 Serving	970	66	24	33	56	3	3970

CHICKEN <i>Listed as served</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cajun Chicken Pasta w/ Garlic Toast	1 Serving	1500	78	39	123	67	8	3040
Chicken Club Tacos	1 Serving	1140	45	11	126	53	10	4170
Chicken Tacos	1 Serving	1200	41	18	137	57	12	4470
Chicken Crispers®	1 Serving	1880	130	23	133	67	8	3040
Country Fried Chicken Crispers (no dressing)	1 Serving	1660	101	19	141	68	9	2680
Crispy Honey Chipotle Crispers w/ Chipotle Sauce	1 Serving	2040	99	19	240	70	9	3890
Margarita Grilled Chicken	1 Serving	690	18	3	81	48	9	2860
Monterey Chicken®	1 Serving	1130	67	27	67	73	11	3700

SIZZLING FAJITAS <i>Without tortillas, guacamole, pico de gallo, cheese or sour cream</i>	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
Flour Tortillas (for fajitas)	4 Each	400	12	4	79	9	2	1300
Guacamole, Sour Cream, Cheese & Pico de Gallo (boat)	1 Boat	240	19	10	8	8	3	310
Buffalo Chicken Fajitas	1 Skillet	1090	76	17	56	51	6	4080
Citrus Fire Chicken & Shrimp Fajitas	1 Skillet	720	42	6	34	51	4	2960
Classic Chicken Fajitas	1 Skillet	330	11	2	23	40	3	2080
Classic Steak Fajitas	1 Skillet	790	49	18	20	63	4	3240
Classic Combo Chicken & Steak Fajitas	1 Skillet	560	30	10	21	52	3	2660
Fajita Trio - Garlic Lime Shrimp, Grilled Steak and Chicken	1 Skillet	870	51	17	28	71	5	3900
Mushroom Jack Fajitas	1 Skillet	750	45	14	31	59	5	3180
Steak & Portobello Fajitas	1 Skillet	1130	84	22	26	65	5	3850

SIZZLING QUESADILLAS <i>Listed as served</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Add On - Guacamole	1 Serving	60	5	0	3	0	3	100
Rice, Black Beans, Sour Cream & Pico de Gallo	1 Serving	480	10	5	79	14	8	2020
Fajita Chicken Quesadillas	1 Serving	1830	95	47	151	86	12	5300
Fajita Steak Quesadillas	1 Serving	1830	95	47	151	86	12	5300
Fajita Combo Chicken & Steak Quesadillas	1 Serving	1690	87	24	133	89	12	4610

SEAFOOD <i>Listed as served</i>	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
Firecracker Tilapia	1 Serving	540	14	3	63	37	6	1950
Grilled Shrimp Alfredo Pasta w/ Garlic Toast	1 Serving	1540	84	40	123	77	6	3170
Grilled Salmon w/ Garlic & Herbs	1 Serving	700	33	8	53	48	5	1420
Southwest Cedar Plank Tilapia	1 Serving	680	34	4	53	40	6	1890

BIG MOUTH BURGERS® <i>Without fries</i>	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth Bun only (with butter)	1 Each	460	20	4	55	12	2	650
Burger Patty only (without bun or toppings)	1 Patty	360	25	10	0	31	0	100
Bacon Burger	1 Serving	1080	71	22	54	55	3	1660
BBQ Ranch Burger	1 Serving	1110	71	22	60	56	3	1920
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

SANDWICHES & PITAS <i>Without fries</i>	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 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
Pita - Chicken Caesar	1 Serving	650	41	7	31	36	4	1540
Pita - Chicken Fajita	1 Serving	450	17	3	35	43	3	1750
Pita - Steak Fajita	1 Serving	580	33	10	32	36	3	1770

PEPPER PALS® <i>Kids Entrées, Sides & Desserts (Entrées listed without sides)</i>	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
Country-Fried Chipotle Crispers	3 Each	610	41	8	26	37	1	1390
Crispy Honey Chipotle Crispers	3 Each	770	41	8	65	37	1	1870
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
Kraft® Macaroni & Cheese	1 Serving	510	18	6	69	16	3	940
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
Pepper Pals® Pasta w/ Alfredo Sauce	1 Serving	410	17	9	47	15	2	1680
Pepper Pals® Pasta w/ Marinara Sauce	1 Serving	290	5	1	52	7	2	1510
Ribs Basket	1 Basket	370	24	9	16	20	1	1960
Side - Black Beans	1 Side	115	5	0	19	6	5	640
Side - Cinnamon Apples	1 Side	210	8	2	35	0	5	80
Side - Homestyle Fries	1 Side	260	16	3	27	2	3	220
Side - Mashed Potatoes	1 Side	190	11	2	19	4	3	360
Side - Rice	1 Side	160	1	0	33	3	1	750
Side - Steamed Broccoli	1 Side	80	6	1	6	3	3	280
Side - Sweet Corn on the Cob	1 Side	230	7	1	55	6	3	130
Dessert - Frosty Choc-A-Lot Shake w/ Chocolate Sprinkles	1 Shake	640	27	16	92	9	1	250
Dessert - Vanilla Ice Cream	1 Scoop	400	22	14	44	4	0	140

DESSERTS	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheesecake	1 Slice	720	44	25	68	11	1	470
Chocolate Chip Paradise Pie® w/ Vanilla Ice Cream	1 Slice	1600	78	35	215	19	6	950
Frosty Chocolate Shake w/ Chocolate Sprinkles	1 Shake	850	36	22	123	13	1	330
Molten Chocolate Cake w/ Vanilla Ice Cream	1 Serving	1270	62	31	172	14	6	1060
Sweet Shot - Dutch Apple Caramel	1 Each	230	6	3	41	2	1	280
Sweet Shot - Seven Layers of Chocolate	1 Each	310	16	9	40	2	1	160
Sweet Shot - Strawberry Vanilla Cheesecake	1 Each	220	11	7	26	2	5	150

CalsCalories
FatTotal Fat
Fat-SSaturated Fat
CarbCarbohydrates
ProtProtein
FiberTotal Fiber
SodSodium
(g)grams
(mg)milligrams

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, the United States Department of Agriculture and nutrient database analysis of Chili's recipes using Food Processor 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 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. updated 2007 mls