



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)
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

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)
Big Mouth® Bites	1 Serving	850	75	18	29	20	2	1930
Boneless Buffalo Wings w/ Bleu Cheese Dressing	9 Each	1170	85	15	50	51	4	4130
Boneless Habanero Wings w/ Ranch Dressing	9 Each	1050	70	12	53	4	4	4960
Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	9 Each	1140	60	10	109	53	5	2860
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 and Pico de Gallo and Sour Cream	1 Serving	1740	127	65	55	89	10	3700
Classic Nachos w/ Fajita Chicken and Pico de Gallo and Sour Cream	1 Serving	1630	112	58	55	99	12	3280
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 - Boneless Buffalo Wings w/ Bleu Cheese Dressing	5 Each	780	52	9	26	27	2	2210
Triple Dipper - Chicken Crispers w/ Honey Mustard Dressing	3 Each	780	63	11	21	34	0	1680
Triple Dipper - Hot Spinach & Artichoke Dip w/ Tostada Chips	1 Portion	630	53	17	27	11	4	2250
Triple Dipper - Boneless Habanero Wings w/ Ranch Dressing	5 Each	620	45	7	28	29	2	2270
Triple Dipper - Boneless Shanghai Wings w/ Wasabi-Ranch Dressing	5 Each	780	38	6	56	29	2	1600
Triple Dipper - Southwestern Eggrolls w/ Avocado-Ranch Dressing	2 Each	550	35	7	39	20	6	910
Triple Dipper - Wings Over Buffalo® w/ Bleu Cheese Dressing	5 Each	740	67	14	3	33	0	2100
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
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	4	0	650
Chicken Noodle Soup	1 Bowl	100	1.5	0	13	8	1	1300
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	44	45	5	4050
Caesar Salad w/ Grilled 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
Mesquite Chicken Salad - no tortilla strips	1 Serving	800	43	16	53	53	10	2600
Quesadilla Explosion Salad w/ Ranch Dressing	1 Serving	980	53	23	78	58	9	2550
Side Salad - House	1 Serving	140	7	3	12	6	2	190
Side Salad - Caesar w/ Caesar Dressing	1 Serving	520	43	8	27	6	5	1060
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)
Ancho BBQ Sauce	2 fl oz	90	1	0	19	1	2	1110
Ancho Chile Ranch Dressing	2 fl oz	240	24	3.5	4	4	0	560
Avocado Ranch Dressing	2 fl oz	150	15	2	3	3	1	240
BBQ Sauce	2 fl oz	80	0	0	18	0	1	750
Bleu Cheese Dressing	2 fl oz	320	35	6	1	2	0	410
Buffalo Wing Sauce	1.5 fl oz	30	2.5	0	1	0	0	1310
Caesar Dressing	2 fl oz	350	37	6	3	2	0	530
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	2 fl oz	340	33	5	7	0	0	300
Dijon BBQ Sauce	2 fl oz	145	0	0	35	0	0	700
Ginger Citrus Sauce (Shanghai Wings)	3 fl oz	120	0	0	58	1	0	630
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 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 Dipping Sauce	1.5 fl oz	170	15	2.5	10	2	0	160
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
Spicy Habanero Sauce (Blazin' Wings)	3 fl oz	60	5	1	3	0	0	2630
Vinaigrette, Low Fat	2 fl oz	40	0	0	9	0	0	520
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)
Black Beans w/ Pico de Gallo	1 Side	120	0	0	20	7	5	660
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
Rice	1 Side	160	1	0	33	3	1	750
Sautéed Mushrooms, Onions & Bell Peppers	1 Side	120	10	2	6	3	2	360
Steamed Seasonal Veggies	1 Side	80	5	1	8	3	3	190
Steamed Broccoli	1 Side	80	6	1	6	3	3	280

CREATE YOUR OWN COMBO Without sides or toast (Choose 2 each for Combo)	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Classic Sirloin	1 Serving	540	42	14	1	36	0	820
Grilled Salmon w/ Garlic & Herbs	1 Serving	390	25	7	0	40	0	300
Half Rack Baby Back Ribs	1 Serving	490	33	12	16	28	1	1990
Margarita Grilled Chicken	1 Serving	320	13	2	13	36	1	1170
Monterey Chicken®	1 Serving	460	27	15	14	44	1	1700
Spicy Garlic & Lime Grilled Shrimp	1 Serving	260	13	2	6	24	0	1000

FIRE-GRILLED 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
Classic Sirloin	1 Serving	540	42	14	1	36	0	820
Country-Fried Steak w/ Sides, Toast and Gravy	1 Serving	1890	107	29	148	99	7	2750
Flame-Grilled Ribeye	1 Serving	960	87	30	1	40	0	1090

Cals Calories
Fat Total Fat
Fat-S Saturated Fat

Carb Carbohydrates
Prot Protein
Fiber Total Fiber

Sod Sodium
(g) grams
(mg) milligrams

GRILLED BABY BACK RIBS Without sides	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
Brown Sugar Chile Ribs w/ Sauce	1 Serving	1000	70	25	37	55	3	3680
Honey Chipotle Ribs w/ Sauce	1 Serving	1160	65	24	82	56	3	4460
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

CLASSIC CHICKEN Listed as served	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 (no dressing)	1 Serving	1890	99	19	203	70	9	3470
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 Without flour tortillas and a boat	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 w/ Ranch Dressing	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
Add On - Guacamole	1 Serving	60	5	0	3	0	3	100
Fajita Chicken Quesadillas w/ Rice, Black Beans, Sour Cream and Pico de Gallo	1 Serving	1830	95	47	151	86	12	5300
Fajita Steak Quesadillas w/ Rice, Black Beans, Sour Cream and Pico de Gallo	1 Serving	1830	95	47	151	86	12	5300
Fajita Combo Chicken & Steak Quesadillas w/ Rice, Black Beans, Sour Cream and Pico de Gallo	1 Serving	1690	87	24	133	89	12	4610

SAVORY SEAFOOD Listed as served	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Add On - Spicy Garlic & Lime Grilled Shrimp	3 Each	90	5	1	1	9	0	320
Add On - Spicy Garlic & Lime Grilled Shrimp	6 Each	180	10	1.5	2	18	0	650
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® Without fries	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Mouth® Bites	1 Serving	850	75	18	29	20	2	1930
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
Chipotle Bleu Cheese Bacon Burger	1 Serving	1090	71	21	57	51	3	2070
Jalapeño Smokehouse Bacon Big Mouth Burger® w/ out side of Jalapeño-Ranch Dressing	1 Serving	1530	106	37	63	82	4	3700
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
Smokehouse Bacon Triple-The-Cheese Big Mouth Burger® w/ out side of Jalapeño-Ranch Dressing	1 Serving	1840	130	50	63	107	3	4380
Southern Smokehouse Bacon Big Mouth Burger® w/ out side of Ancho-Chile BBQ Sauce	1 Serving	1560	108	37	66	81	3	3350

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	51	13	67	47	4	2340
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	350	13	2	36	29	4	1410
Pita – Steak Fajita	1 Serving	460	25	8	33	36	4	1490
Turkey Combo – Half Sandwich only	1 Serving	460	28	7	33	21	2	1450

PEPPER PALS®	Serving Size	Cals	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)
Pepper Pals® Cheese Pizza	1 Pizza	570	24	10	67	23	3	1130
Pepper Pals® Cheese Quesadilla	1 Serving	460	25	13	40	18	1	970
Pepper Pals® Corn Dog	1 Each	250	17	4	18	5	1	260
Pepper Pals® Country-Fried Chicken Crispers	3 Each	610	41	8	26	37	1	1390
Pepper Pals® Grilled Cheese Sandwich	1 Serving	420	27	16	26	16	1	1200
Pepper Pals® Grilled Chicken Platter	1 Serving	140	3	1	3	26	1	790
Pepper Pals® Grilled Chicken Sandwich	1 Serving	170	3	1	16	20	1	670
Kraft® Macaroni & Cheese	1 Serving	510	18	6	69	16	3	940
Pepper Pals® Little Chicken Crispers	1 Serving	590	42	8	19	34	0	1300
Pepper Pals® Little Mouth Burger	1 Serving	280	15	5	14	20	1	300
Pepper Pals® Little Mouth Cheeseburger	1 Serving	350	21	9	14	24	1	600
Pepper Pals® Rib Basket	1 Basket	370	24	9	16	20	1	1960
Side – Black Beans	1 Side	115	0	0	19	6	5	640
Side – Corn Kernels	1 Side	120	1.5	0	27	4	1	15
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 – Mandarin Oranges	1 Side	70	0	0	17	1	1	15
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 – Double Chocolate Fudge Brownie	1 Each	410	24	14	51	1	1	25
Sweet Shot – Dutch Apple Caramel Cheesecake	1 Each	230	6	3	41	2	1	280
Sweet Shot – Strawberry Wave Cheesecake	1 Each	220	11	7	26	2	5	150
Sweet Shot – Warm Cinnamon Roll	1 Each	220	13	8	38	3	1	95
White Molten Chocolate Cake w/ Vanilla Ice Cream	1 Serving	1430	74	28	166	16	1	530

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.