

Our restaurant and items listed in blue are featured on



HealthyDiningfinder.com

A LA CARTE	Cals	Fat-T (g)	Fat-S (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Salsa Chicken Enchilada <i>(Analysis for 1 a la Carte Enchilada)</i>	240	12	4.5	45	510	19	3	4	15
Soft Picadillo Beef Taco	310	15	4.5	30	640	30	3	4	12
Soft Salsa Chicken Taco	290	14	3.5	35	700	28	3	3	13
Black Bean Setup	190	2	0.5	0	750	32	11	2	12
Beans a la Charrra Setup	210	4	1.5	5	790	32	11	1	13
Fresh Mex® Rice Setup	180	5	1	0	600	29	1	1	3
SALAD									
Mixed Baby Green Salad - w/o dressing	130	3.5	1	0	200	22	5	4	4
FAJITAS - Sizzling Platters only (Protein, Veggies, Butter only.)									
Original Chicken	360	11	4	135	600	14	3	7	49
<i>Analysis for sizzling plate of fajitas. See separate analysis for sides and accompaniments.</i>									
Mix & Match: Chicken & Steak	410	18	7	115	530	13	3	6	47
<i>Analysis for sizzling plate of fajitas. See separate analysis for sides and accompaniments.</i>									
Mix & Match: Chicken & Shrimp	410	17	7	240	1140	18	3	8	44
<i>Analysis for sizzling plate of fajitas. See separate analysis for sides and accompaniments.</i>									
MESQUITE GRILLED TACO PLATES - Tacos only									
2 Grilled Chicken Tacos	590	24	6	100	1140	50	3	3	40
<i>Analysis includes 2 chicken tacos. See separate analysis for sides and accompaniments.</i>									
MISC									
Guacamole (1 Tbs.)	20	2	0	0	45	1	1	0	0
Sour Cream (1 Tbs.)	30	3	2	5	10	1	0	0	0
Pico de Gallo (1 Tbs.)	5	0	0	0	40	1	0	0	0
Sweet Corn Tamalito (1 Tbs.)	30	1	0	0	30	5	0	2	0

APPETIZERS & QUESADILLAS	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein
Red Chile Pork Taquitos	610	37	12	80	870	44	6	5	28
Guac-My-Way	730	53	7	0	1030	62	24	4	10
Crispy Chicken Flautas	970	56	17	120	1710	82	6	34	38
Spicy Wings	1820	99	22	475	3760	37	3	14	108
Original Fajita Nachos	1540-1650	91-104	44-46	265-275	2160-2230	81-85	17	4-5	92-85
Nachos Grande	1890	105	41	185	2280	163	22	9	69
Chile Con Queso*	1510	85	41	155	2190	131	8	5	53
Fresh Mex® Sampler	2560	139	53	490	4130	179	25	19	144
Shrimp & Sweet Corn Cake Tamalito	690	42	20	225	3050	55	6	15	26
Crab & Shrimp Quesadilla	1790	126	63	335	3440	86	3	7	77
Grilled Steak Quesadilla	1380	88	41	210	2230	78	3	2	69
Carnitas Quesadilla	1650	107	48	170	3100	112	4	11	59
Original Chicken Quesadilla	1260	80	39	185	2290	77	4	4	57
San Antonio Chicken Quesadilla*	1170	65	34	215	2140	72	4	15	73
Farmers' Market Quesadilla	1590	104	52	205	3080	105	6	11	63
Dilla Duo Dinner	765-964	43-52	19-21	99-136	1224-2256	58-71	5-8	4-10	38-53
GRANDE SALADS & SOUP									
Grilled Fajita Salad	1448-1583	107-128	27-35	113-237	1449-1942	65-70	11	31-34	48-65
Santa Fe Chopped	670	39	16	140	1820	30	9	11	52
Grilled Chicken Caesar	860	69	8	105	960	32	7	5	33
Tostada Salad	1547-1682	94-115	37-45	188-224	2213-2536	100-105	18	8-11	63-80
BQ Chicken Salad	1140	69	21	175	2170	72	11	27	60
Bowl of Homemade Tortilla Soup	390	17	3.5	50	1200	35	7	9	26
Kickin' Chicken Corn Chowder	280	16	9	50	1020	28	3	5	8
SIZZLING FAJITAS									
Original Famous Chicken	932	32	11	147	2225	95	18	17	67
Juicy Achiotte Shrimp	1200	64	27	376	3268	102	19	18	56
Sizzling Steak	1030	46	17	115	2083	94	18	16	63
Carnitas	1291	77	28	117	2823	103	19	22	49
Fresh Salmon	1127	51	16	166	2684	96	19	16	71
Mixed Grill	1533	87	35	329	3327	103	19	21	83
Mix & Match	1235-1438	55-88	22-34	113-168	2483-2826	115-120	22-23	20-23	47-73
Veggie Fajitas & Chile Relleno	1080	53	24	65	2710	119	23	29	38
A LA CARTE ITEMS									
Cheddar Cheese Enchilada	390	27	14	80	590	17	2	2	22
Salsa Chicken Enchilada	230	11	5	45	430	17	2	3	15
Carnitas Enchilada	300	21	8	41	470	15	2	2	12
Picadillo Beef Enchilada	260	14	6	50	370	18	2	3	15
Crispy Picadillo Beef Taco	240	15	4	30	260	18	3	2	10
Soft Picadillo Beef Taco	290	15	5	30	560	27	2	2	12
Crispy Salsa Chicken Taco	230	13	3	35	320	17	2	2	10
Soft Salsa Chicken Taco	280	14	4	35	620	26	2	2	12
Carnitas Crispy Taco	270	12	4	45	230	27	3	3	16
Carnitas Soft Taco	360	23	7	30	680	27	2	3	11

CHEVYS FRESH MEX® NUTRITIONAL INFORMATION

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CHEVYS FRESH MEX® NUTRITIONAL INFORMATION

A LA CARTE ITEMS (continued)	Cal	Fat (g)	Sat Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein
Salsa Chicken Tamale	330	10	4	35	400	49	9	3	14
Slow-Roasted Pork Tamale	370	10	4	35	450	54	10	5	17
Crispy Chicken Flautas	430	23	8	55	830	36	3	12	19
Chile Relleno	260	30	14	105	320	7	3	4	16
Mini Chimichanga*	600	35	14	60	1170	47	4	2	24
El Machino® Tortilla	140	4	2	0	300	22	1	0	3
Guacamole	130	12	2	0	320	7	5	1	2
Sour Cream	180	18	11	35	45	4	0	0	3
Sweet Corn Tamalito	190	7	3	0	170	29	2	9	3
Fresh Mex® Rice	180	5	1	0	600	29	1	1	3
Homemade Black Beans	190	2	0.5	0	750	32	11	2	12
Beans a la Charra	210	4	2	5	790	32	11	1	13
Refried Beans	280	14	5	5	670	28	9	2	11
FRESH MEX® SPECIALTIES									
Chile Verde	1030	44	15	115	2510	113	6	11	43
Red Chile Pork Taquitos	1350	69	23	120	2750	136	22	15	54
Crispy Chicken Flautas	1510	76	24	135	3220	156	20	40	55
SIGNATURE ENCHILADAS									
Chicken Mole Enchiladas	950	51	19	115	1690	84	9	13	43
Chipotle Chicken Enchiladas	1070	64	30	200	2000	87	8	13	39
Shrimp & Crab Enchiladas	1360	97	49	305	2070	87	7	11	41
Fresh Mex® Artichoke/Mushroom	1120	75	36	170	1810	94	9	14	24
MESQUITE GRILLED TACOS									
Grilled Chicken Tacos	1050	35	9	100	2590	125	16	11	56
Grilled Steak Tacos	1110	44	13	80	2490	124	16	11	53
Grilled Tacos Combo	1080	40	11	90	2540	125	16	11	54
Grilled Fresh Fish Tacos	1060	39	10	85	2910	125	16	11	50
FRESH MEX® BURRITOS									
Fajita Burrito Steak	1320-1420	51-67	21-28	105-130	3400-3540	151-153	22	16-19	56-69
Smothered Chile Verde Burrito	1360	71	29	140	3130	134	11	16	52
Veggie Burrito	1440	62	26	70	3780	177	26	23	49
Smothered Burrito	1490-1540	68-73	30-31	145-160	3860-3800	157-159	22	20-21	67-69
Grande Chimì Beef	1720-1730	88-90	40-44	155-225	4280-4590	152-153	26-29	17-20	77-85
Cheeseburger*	1550	79	29	200	2290	139	11	10	70
DESSERT									
Chevys Flan	740	23	12	525	150	116	0	115	16
Chiquita Sundae	560-590	28-31	12-13	40	450-460	68-72	2	37-40	8
Ooey Gooney Chewy Sundae	1020	48	23	80	650	145	4	105	12
Deep Fried Ice Cream	1100	60	25	80	750	131	3	78	15
Sopapillas	550	24	10	25	560	78	2	37	7
KIDS MENU									
Flour Flautas	1110-1240	53-71	18-29	70-155	1610-1980	120-125	9-12	25-29	35-45
Taco	750-840	33-35	10-12	55-70	810-1080	96-106	7-8	26-27	20-28
Cheese Quesadilla	1020	47	20	65	1450	125	8	25	28
Bean & Cheese Burrito	1020	45	15	45	1580	131	12	26	26
Fresh Mex® Chicken Bites	810	36	9	60	1380	97	7	25	28
Kiddie Cheeseburger	1060	50	19	120	1120	112	7	29	43
SIZZLING LUNCH FAJITAS									
Slow-roasted Carnitas	956	51	19	67	2261	93	17	17	34
Original Famous Chicken	820	29	10	104	2032	90	17	14	51
Sizzling Steak	885	39	14	82	1937	89	17	14	48
Juicy Achote Shrimp	923	48	21	193	2620	88	15	13	35
LUNCH DUOS									
Chicken Quesadilla	490	27	13	80	970	35	0	1	27
Grilled Steak Quesadilla	550	31	14	95	930	35	0	0	33
Santa Fe Chopped Salad	370	23	9	70	910	15	5	4	26
Caesar Salad (side)	360	32	3	20	350	16	4	2	4
Baby Greens (side)	80	3	1	0	100	13	3	2	2
LUNCH BOWLS									
Chile Verde Bowl	510	25	6	100	1430	39	3	9	33
Smothered Chile Verde Burrito	1130	57	23	130	2840	109	8	11	49
Chicken Mole Enchilada Bowl	860	47	18	115	1610	70	8	8	41
Red Chile Pork Taquitos	770	48	16	105	1610	55	7	5	36
Grilled Fresh Salmon Bowl	540	26	7	80	1300	45	5	6	12

Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based on special ordering. Nutrition value ranges represent plate combination options. Nutrition information provided by **HEALTHY DINING** based on recipes provided by Real Mex Restaurants. Chevys participates in the **HEALTHY DINING** Program. See our dietician-approved menu items on HealthyDiningFinder.com. For more information, call (800) 953-3463 or visit www.HealthyDiningFinder.com.

