



CHILI'S NUTRITION

Effective: February 2018

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	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Angry Orchard 10 fl oz	160	0	0	0	0	0	10	20	0	17	0
Angry Orchard 12 fl oz	190	0	0	0	0	0	15	24	0	20	0
Angry Orchard 16 fl oz	250	0	0	0	0	0	20	32	0	27	0
Angry Orchard 22 fl oz	350	0	0	0	0	0	25	44	0	37	0
Blue Moon 10 fl oz	140	0	0	0	0	0	15	12	0	0	2
Blue Moon 12 fl oz	170	0	0	0	0	0	15	14	0	0	2
Blue Moon 16 fl oz	220	0	0	0	0	0	20	19	0	0	3
Blue Moon 22 fl oz	310	0	0	0	0	0	30	26	0	0	3
Bud Light 10 fl oz	90	0	0	0	0	0	0	5	0	0	1
Bud Light 12 fl oz	110	0	0	0	0	0	0	7	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
Budweiser 10 fl oz	120	0	0	0	0	0	0	9	0	0	1
Budweiser 12 fl oz	150	0	0	0	0	0	0	11	0	0	1
Budweiser 16 fl oz	190	0	0	0	0	0	0	14	0	0	2
Budweiser 22 fl oz	270	0	0	0	0	0	0	19	0	0	2
Coors Light 10 fl oz	80	0	0	0	0	0	10	4	0	0	0
Coors Light 12 fl oz	100	0	0	0	0	0	10	5	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
Corona Extra 10 fl oz	130	0	0	0	0	0	10	12	0	4	1
Corona Extra 12 fl oz	160	0	0	0	0	0	15	15	0	4	1
Corona Extra 16 fl oz	210	0	0	0	0	0	20	20	0	6	2
Corona Extra 22 fl oz	290	0	0	0	0	0	25	27	0	8	2
Corona Light 10 fl oz	90	0	0	0	0	0	15	4	0	3	1
Corona Light 12 fl oz	110	0	0	0	0	0	20	5	0	3	1
Corona Light 16 fl oz	140	0	0	0	0	0	25	7	0	4	1
Corona Light 22 fl oz	200	0	0	0	0	0	35	10	0	6	2
Craft Beer 3-4 % ABV 10 fl oz	130	0	0	0	0	0	0	13	0	0	0
Craft Beer 3-4 % ABV 16 fl oz	200	0	0	0	0	0	0	21	0	0	0
Craft Beer 3-4 % ABV 22 fl oz	280	0	0	0	0	0	0	28	0	0	0
Craft Beer 5-7 % ABV 10 fl oz	160	0	0	0	0	0	0	15	0	0	0
Craft Beer 5-7 % ABV 16 fl oz	260	0	0	0	0	0	0	25	0	0	0
Craft Beer 5-7 % ABV 22 fl oz	360	0	0	0	0	0	0	34	0	0	0
Craft Beer 8-10% ABV 10 fl oz	240	0	0	0	0	0	0	21	0	0	0
Craft Beer 8-10% ABV 16 fl oz	390	0	0	0	0	0	0	34	0	0	0
Craft Beer 8-10% ABV 22 fl oz	530	0	0	0	0	0	0	47	0	0	0

Beverages - Beer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Dos Equis 10 fl oz	100	0	0	0	0	0	0	9	0	2	1
Dos Equis 12 fl oz	130	0	0	0	0	0	0	11	0	3	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
Heineken 10 fl oz	110	0	0	0	0	0	5	10	0	0	1
Heineken 12 fl oz	140	0	0	0	0	0	10	12	0	0	2
Heineken 16 fl oz	180	0	0	0	0	0	10	16	0	0	2
Heineken 22 fl oz	250	0	0	0	0	0	15	22	0	0	3
Lagunitas IPA 10 fl oz	160	0	0	0	0	0	10	12	0	2	2
Lagunitas IPA 12 fl oz	190	0	0	0	0	0	15	14	0	2	3
Lagunitas IPA 16 fl oz	250	0	0	0	0	0	20	19	0	3	4
Lagunitas IPA 22 fl oz	350	0	0	0	0	0	25	26	0	4	5
Michelob Ultra 10 fl oz	80	0	0	0	0	0	0	2	0	0	0
Michelob Ultra 12 fl oz	90	0	0	0	0	0	0	3	0	0	1
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 12 fl oz	100	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 12 fl oz	150	0	0	0	0	0	15	14	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
O'Douls 12 fl oz	60	0	0	0	0	0	0	13	0	0	1
Sam Adams Boston Lager 10 fl oz	150	0	0	0	0	0	15	16	1	2	2
Sam Adams Boston Lager 12 fl oz	180	0	0	0	0	0	20	19	1	2	2
Sam Adams Boston Lager 16 fl oz	240	0	0	0	0	0	25	25	1	3	3
Sam Adams Boston Lager 22 fl oz	330	0	0	0	0	0	35	35	2	4	4
Sierra Nevada IPA 10 fl oz	200	0	0	0	0	0	10	17	0	0	2
Sierra Nevada IPA 12 fl oz	240	0	0	0	0	0	10	21	0	0	2
Sierra Nevada IPA 16 fl oz	320	0	0	0	0	0	15	27	0	0	3
Sierra Nevada IPA 22 fl oz	440	0	0	0	0	0	20	38	0	0	5
Sierra Nevada Side Car 10 fl oz	150	0	0	0	0	0	5	13	0	1	2
Sierra Nevada Side Car 16 fl oz	240	0	0	0	0	0	10	21	0	1	3
Sierra Nevada Side Car 22 fl oz	330	0	0	0	0	0	15	29	0	1	4
Stella Artois 10 fl oz	130	0	0	0	0	0	0	11	0	0	1
Stella Artois 12 fl oz	150	0	0	0	0	0	0	13	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
Beverages - Cocktails	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Coconut State of Mind	200	0	0	0	0	0	0	40	0	38	0
Deep Eddy Texas Lemonade	270	0	0	0	0	0	0	33	0	31	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
Deep Eddy Watermelon Cooler	240	0	0	0	0	0	10	36	0	34	0
El Jimador Fresca Margarita	270	0	0	0	0	0	0	30	0	27	0
El Nino Margarita	330	0	0	0	0	0	2320	34	0	29	0

Beverages - Margaritas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
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
Patron Margarita	310	0	0	0	0	0	2040	45	0	39	0
Patron Margarita - Mango	360	0	0	0	0	0	0	59	1	52	0
Patron Margarita - Strawberry	360	0	0	0	0	0	15	58	1	51	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	10	32	0	28	0
Spicy Sauza Jalapeno Margarita	310	0	0	0	0	0	2320	45	0	40	0
Tropical Sunrise Margarita	250	0	0	0	0	0	10	37	0	34	0
Ultimate Fresh Margarita	300	0	0	0	0	0	1160	45	0	40	0
Sauza Watermelon Margarita	290	0	0	0	0	0	1160	45	0	42	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*	70	0	0	0	0	0	25	20	0	20	0
Togo Cup*	160	0	0	0	0	0	55	46	0	46	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	20	0	0	0	0
Togo Cup*	0	0	0	0	0	0	45	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	20	0	0	0	0
Togo Cup*	0	0	0	0	0	0	45	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	40	30	0	30	0
Kid Cup*	80	0	0	0	0	0	25	20	0	20	0
Togo Cup*	180	0	0	0	0	0	60	47	0	47	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*	70	0	0	0	0	0	25	21	0	20	0
Minute Maid Togo Cup*	170	0	0	0	0	0	55	48	0	46	0
Strawberry Regular Cup*	140	0	0	0	0	0	40	38	0	36	0
Strawberry Kid Cup*	90	0	0	0	0	0	30	25	0	24	0
Strawberry Togo Cup*	220	0	0	0	0	0	65	59	1	56	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*	70	0	0	0	0	0	35	19	0	19	0
Togo Cup*	160	0	0	0	0	0	75	44	0	44	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*	80	0	0	0	0	0	20	23	0	21	0
Strawberry Regular Cup*	70	0	0	0	0	0	25	19	0	18	0

Arnold Palmer	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Strawberry Togo Cup	110	0	0	0	0	0	40	30	0	28	0
Mango Regular Cup*	80	0	0	0	0	0	20	23	0	21	0
Mango Togo Cup*	130	0	0	0	0	0	35	35	0	33	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	10	25	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	10	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	170	0	0	0	0	0	60	44	0	44	0
Kids - Blue Lagoon	130	0	0	0	0	0	35	33	0	32	0
Kids - 2% Chocolate Milk	310	70	8	5.0	0	35	270	49	3	39	12
Kids - 2% Milk	200	70	8	5.0	0	30	190	19	0	19	13
Kids - Apple Juice Bottle	120	0	0	0	0	0	10	29	0	28	0
Kids - Cranberry Juice Can	80	0	0	0	0	0	0	20	0	20	0
Kids - Orange Juice Bottle	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)
Honey-Chipotle BBQ - Full Rack	1480	950	106	41	0	410	1670	35	0	25	98
Honey-Chipotle BBQ - Half Rack	740	480	53	20	0	205	840	18	0	13	49
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
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
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)
Big Mouth® Bites	1220	650	72	26	2.5	185	2850	77	5	19	65
Classic Bacon Beef Burger	1020	610	67	27	3	155	1570	48	2	13	56
Guacamole Beef Burger	1030	630	70	26	3	140	1540	51	5	13	52
Oldtimer® Beef Burger	890	500	55	24	3	140	1350	47	2	12	51
Southern Smokehouse Beef Burger	1270	720	80	30	3	170	2630	77	3	28	63
Sunrise Beef Burger	1100	660	73	28	3	335	1590	48	2	14	62
Ultimate Bacon Beef Burger	1160	690	77	30	3	175	2080	57	2	20	60
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	190	60	7	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 Fried Egg	90	60	7	2	0	185	120	1	0	1	6
Add Terlingua Chili	80	45	5	2.5	0	15	260	3	0	1	6
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	22	1	170	3520	111	8	5	65
Cajun Pasta with Seared Shrimp	1100	460	51	21	1	195	3500	111	8	5	48
Crispy Buffalo Bleu	1970	1160	129	23	1	170	4770	143	13	19	61
Crispy Fiery Pepper	1780	820	91	15	0	145	5030	186	14	55	59
Crispy Honey Chipotle	1800	810	90	15	0	145	4180	193	13	55	57
Crispy Honey Chipotle & Waffles	2510	1130	125	40	0.5	185	4480	283	13	105	64

Crispers & More <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)
Original Tempura	1350	600	67	11	0	160	3090	127	12	25	62
Crispy with Choice of Sauce	1420	650	72	12	0	130	3070	138	13	16	56
Add Side BBQ Sauce	70	0	0	0	0	0	590	16	0	14	1
Add Side BBQ Sauce House	80	10	1	0	0	0	790	16	1	14	1
Add Side Honey Mustard	200	160	18	2.5	0	20	360	10	0	9	1
Add Side Ranch	170	160	18	3	0	15	300	2	0	2	1
Fajitas <i>w/o</i> Toppings, Tortillas or Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Black Bean & Veggie	600	240	27	4.5	0	5	2500	74	19	24	28
Grilled Chicken	440	130	14	3.5	0	195	2550	21	3	10	59
Grilled Steak	640	340	38	17	1.5	180	2550	21	3	9	55
Seared Shrimp	280	110	12	2.5	0	240	2740	22	3	10	25
Fajitas Mix & Match <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)
Fajita Peppers & Onions	150	70	8	2	0	0	1130	21	3	9	3
Grilled Steak (1 portion)	240	140	15	7	1	90	710	0	0	0	26
Grilled Chicken (1 portion)	140	30	3.5	1	0	95	710	0	0	0	28
Seared Shrimp (1 portion)	60	20	2	0	0	120	810	1	0	0	11
All Fajitas <i>Include</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Toppings	370	280	31	16	0	80	1060	10	4	4	16
Add White Queso & Pico de Gallo	140	100	11	4.5	0	25	580	6	0	3	5
Flour Tortillas (4 each)	350	110	12	6	0	0	860	52	2	1	8
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 the Table <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 Wings - Buffalo	1090	650	73	13	0.5	120	3770	59	5	2	49
Boneless Wings - Fiery Pepper	1120	520	58	10	0	120	3640	102	5	40	50
Boneless Wings - Honey Chipotle	1140	510	57	10	0	120	2800	108	4	40	48
Bone-In Wings - Buffalo	850	580	65	14	1	290	2610	6	1	2	62
Bone-In Wings - Fiery Pepper	920	470	52	12	0.5	295	2970	51	2	40	64
Bone-In Wings - Honey Chipotle	940	460	51	12	0.5	295	2120	58	1	40	62
Bone-In Wings - Smoked	560	280	31	9	0	290	1900	17	1	14	55
Tostada Chips & Salsa	910	410	45	7	0	0	1920	113	8	5	13
Classic Nachos	1250	790	88	50	0.5	245	2640	57	6	8	60
Classic Nachos - Beef	1640	970	108	57	1.5	395	4090	57	6	9	112
Classic Nachos - Chicken	1480	860	95	52	1	400	3370	57	6	8	99
Crispy Cheddar Bites	990	690	77	32	1.5	155	2530	33	3	5	42
Flatbread - California Style	1650	1100	123	46	1.5	230	2670	67	7	6	70
Flatbread - Margherita	1420	960	107	42	1.5	165	2210	62	4	5	52
Chips with Guacamole & Salsa	1190	640	71	11	0	0	2630	130	20	7	17
Fried Pickles	670	450	50	8	0	15	3500	46	6	6	8
Honey Chipotle Crispers & Waffles	1000	490	54	19	0	90	1700	98	4	43	29
Loaded Boneless Wings	1440	870	97	28	0.5	220	3710	68	4	8	73
Skillet Queso	1590	870	97	36	2	135	4250	137	10	16	45
Spiced Panko Onion Rings	950	510	56	9	0	15	1540	98	5	12	14
Southwestern Eggrolls	800	360	41	10	0	50	2190	82	9	9	28
Tablesides Guacamole	1490	880	97	15	0	0	3130	147	33	9	20
Texas Cheese Fries - Full Order	1860	1150	127	58	0	290	3880	97	8	4	81
Texas Cheese Fries - Half Order	1340	860	95	43	0	210	2600	65	5	3	56
White Spinach Queso	1510	840	93	30	0	105	3630	130	12	12	40

For the Table -Triple Dipper	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	780	480	54	16	1.5	110	1640	40	3	11	34
TD™ Boneless Wings - Buffalo	640	440	49	8	0	65	1950	28	2	2	23
TD™ Boneless Wings - Fiery Pepper	620	330	36	6	0	65	1930	50	3	21	24
TD™ Boneless Wings - Honey-Chipotle	630	330	36	6	0	65	1500	54	2	21	23
TD™ Crispy Cheddar Bites	580	420	47	17	1	85	1440	18	2	3	22
TD™ Fried Pickles	420	300	34	6	0	15	1900	24	3	4	5
TD™ Honey-Chipotle Chicken Crispers	750	420	47	8	0	95	1940	53	3	21	28
TD™ Original Chicken Crispers®	510	300	33	5	0	105	1380	22	3	10	31
TD™ Southwestern Eggrolls	580	280	32	8	0	35	1540	55	6	6	19
TD™ Spiced Panko Onion Rings	950	510	56	9	0	15	1540	98	5	12	14
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)
Bacon Ranch Chicken Quesadilla	1740	1180	131	45	1.5	300	3510	69	4	9	74
Bacon Ranch Beef Quesadilla	1850	1260	140	48	2	295	4000	69	4	10	82
Chipotle Chicken Fresh Mex Bowl	1000	450	50	13	0	185	2760	79	7	8	60
Chipotle Shrimp Fresh Mex Bowl	880	430	48	12	0	220	2900	79	7	7	35
Chicken Enchiladas	960	470	52	23	1	285	2750	56	5	8	67
Rancho Chicken Tacos	940	460	51	18	0	275	2950	48	5	4	73
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	660	270	30	13	0	140	1780	48	3	6	48
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	170	15	1.5	0	0	0	0	36	3	14	5
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 <i>w/o</i> Gravy	140	70	8	1.5	0	0	370	16	2	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
Lighter Choices <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	420	190	21	5	0.5	90	1540	23	6	7	39
Ancho Salmon	630	270	30	6	0	100	1850	42	5	5	48
Grilled Chicken Salad	430	200	23	6	0	110	1140	22	4	11	36
Mango-Chile Chicken	490	170	19	3.5	0	95	1710	49	7	12	34
Margarita Grilled Chicken	630	140	16	3	0	145	2550	67	7	9	53
Lunch Combos (LC) <i>w/o</i> Side 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	560	260	29	8	0	120	1410	37	4	8	39
Big Mouth Bites	610	330	36	13	1	95	1340	38	3	10	33
CA Turkey Club	550	290	32	8	0.5	55	1110	43	4	7	24
Chipotle Chicken Fresh Mex Bowl	910	420	47	12	0	140	2400	78	6	7	46
Double Burger	800	440	49	22	2.5	145	2170	45	2	12	45

Lunch Combos (LC) 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)
Fajitas - Grilled Chicken	610	290	32	15	0	145	2180	41	3	8	42
Add White Queso & Pico to Fajitas	70	50	5	2.5	0	10	330	3	0	2	3
Flatbread - California Style	820	550	61	23	0.5	115	1330	34	3	3	35
Flatbread - Margherita	710	480	53	21	0.5	80	1110	31	2	3	26
Quesadilla - Bacon Ranch Chicken	1130	710	79	23	1	145	2190	64	4	5	40
Southwestern BLT	370	200	22	5	0	20	630	33	2	7	10
Top Shelf Tacos - Ranchero Chicken	630	310	34	12	0	185	1970	32	3	2	49
Homestyle Fries (LC)	210	80	8	1.5	0	0	330	30	2	0	3
Salads <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	970	600	66	14	0.5	135	3360	44	4	6	49
Caribbean Salad	540	210	23	3.5	0	15	340	80	8	66	5
Caribbean Salad w/ Grilled Chicken	700	240	27	4.5	0	110	1180	85	8	70	33
Caribbean Salad w/ Seared Shrimp	600	230	25	4	0	135	1150	80	8	66	16
House Salad w/o Dressing	150	70	7	3	0	15	290	15	2	4	7
House Salad (LC) w/o Dressing	80	35	3.5	1.5	0	5	140	8	1	2	3
Fresco Salad	130	90	10	2.5	0	5	240	7	1	3	3
Fresco Salad (LC)	70	45	5	1	0	0	130	4	1	1	2
Quesadilla Explosion Salad	1400	840	93	28	1	185	2390	81	9	17	61
Santa Fe Chicken Salad w/Crispers	940	620	69	11	0	100	2000	50	10	8	33
Santa Fe Chicken Salad w/Chile-Chicken	620	390	43	7	0	120	1600	26	7	8	34
Salad Dressings 1.5 fl oz - LC; 2 fl oz = Entrée	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
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	260	3	1	1	1
Avocado Ranch (2 fl oz)	180	170	19	3	0	15	350	4	1	2	1
Bleu Cheese (1.5 fl oz)	270	260	29	5	0	15	280	1	0	1	1
Bleu Cheese (2 fl oz)	360	340	38	7	0.5	20	370	2	0	1	2
Citrus Balsamic Vinaigrette (1.5 fl oz)	250	230	25	3.5	0	0	240	5	0	5	0
Citrus Balsamic Vinaigrette (2 fl oz)	330	300	34	5	0	0	320	7	0	6	0
Honey Lime (1.5 fl oz)	200	150	17	2.5	0	10	220	12	0	11	1
Honey Lime (2 fl oz)	270	200	23	3.5	0	15	290	16	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	2.5	0	20	360	10	0	9	1
Honey Mustard (2 fl oz)	270	210	24	3.5	0	25	480	13	0	12	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)	200	190	21	3.5	0	15	530	3	0	2	1
Santa Fe (2 fl oz)	270	260	28	4.5	0	20	700	4	1	2	1
Thousand Island (1.5 fl oz)	200	180	20	3	0	20	390	7	0	5	0
Thousand Island (2 fl oz)	270	230	26	4	0	25	520	9	0	6	1
Sandwiches w/o 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	1130	530	59	15	1	240	2830	74	9	16	79
Buffalo Chicken Ranch Sandwich	880	430	48	9	0	95	2780	69	3	13	42
CR Turkey Club	1090	580	64	17	1	110	2220	86	8	14	49
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 & Garlic Roasted Tomatoes	70	15	1.5	0	0	0	340	12	4	4	4
Black Beans	120	10	1	0	0	0	710	20	6	2	7
Homestyle Fries	420	150	17	2.5	0	0	660	60	5	0	6
Loaded Mashed Potatoes	380	210	23	7	0	30	1020	32	4	2	11
Mexican Rice	160	40	4.5	1	0	0	480	27	1	1	3

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)
Roasted Street Corn	430	250	28	5	0	25	320	38	3	15	7
Seared Shrimp - Full Order	60	20	2	0	0	120	810	1	0	0	11
Seared Shrimp - Half Order	30	10	1	0	0	60	400	0	0	0	6
Spiced Panko Onion Rings	390	170	19	3	0	0	620	48	2	5	7
Steamed Broccoli	40	5	0	0	0	0	250	8	4	2	3
Sweet Corn on the Cob	220	60	7	1	0	0	360	36	3	14	5
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)
Crispers Crispy <i>w/o</i> Sauce	470	260	29	5	0	75	1230	25	3	1	27
Crispers Honey Chipotle <i>w/o</i> Ranch	570	260	29	5	0	75	1630	51	3	20	27
Crispers Original <i>w/o</i> Sauce	310	140	15	3	0	85	1020	13	3	1	30
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	740	480	53	20	0	205	840	18	0	13	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 Bone-In BBQ Chicken Breast	360	110	12	3	0	160	1920	21	1	19	43
All Smokehouse Combos <i>Include</i>	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	170	1	0	0	0
Homestyle Fries	420	150	17	2.5	0	0	660	60	5	0	6
Roasted Street Corn	430	250	28	5	0	25	320	38	3	15	7
Soups & Chili <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)
Chicken Enchilada - Bowl	440	260	28	10	0	75	1660	25	3	3	22
Chicken Enchilada - Cup	220	130	14	5	0	35	830	13	1	2	11
Clam Chowder - Bowl	370	240	26	14	0	100	780	23	1	6	12
Clam Chowder - Cup	190	120	13	7	0	50	390	12	1	3	6
Loaded Baked Potato - Bowl	520	320	36	22	1	115	1880	26	2	4	19
Loaded Baked Potato - Cup	260	160	18	11	0	60	940	13	1	2	10
Southwest Chicken - Bowl	240	100	11	2	0.5	20	1650	26	3	4	10
Southwest Chicken - Cup	120	50	5	1	0	10	830	13	1	2	5
Terlingua Chili - Bowl	420	250	28	14	0	90	1270	14	2	5	29
Terlingua Chili - Cup	210	130	14	7	0	45	630	7	1	2	14
Steaks <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)
Classic Ribeye	1050	580	64	24	2.5	210	2720	40	8	3	81
Classic Sirloin 10 oz	820	380	43	14	1	170	2230	42	8	4	68
Classic Sirloin 6 oz	680	330	37	11	1	115	1910	41	8	3	48
Country-Fried Steak	1290	600	67	14	1.5	75	3060	121	11	19	52
Sweet Stuff <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)
Cheesecake	720	380	43	23	1.5	210	440	73	1	61	11
Mini Molten Chocolate Cake	570	230	25	13	0	45	530	82	3	56	7
Molten Chocolate Cake	1150	550	61	30	1	125	580	142	2	102	11
Skillet Chocolate Chip Cookie	1420	640	71	38	1	110	900	189	6	116	14
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
Burger Bun	270	70	8	2	0	0	360	42	1	10	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, Provolone	80	50	6	4	0	15	200	0	0	0	6
Fresh Guacamole - Large Side	250	200	23	3.5	0	0	630	15	11	2	3
Fresh Guacamole - Small Side	130	100	11	1.5	0	0	320	7	5	1	2
Gravy, Black Pepper 1.5 oz	25	10	1	0	0	0	240	3	0	0	1

Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Honey Chipotle Sauce 1.5 oz	100	0	0	0	0	0	410	26	0	19	0
BBQ Sauce Original 1.5 oz	70	0	0	0	0	0	590	16	0	14	1
BBQ Sauce House 1.5 oz	80	10	1	0	0	0	790	16	1	14	1
Rice & Black Beans (Cadi)	290	50	6	1	0	0	1190	48	6	2	9
Pickles	5	0	0	0	0	0	170	1	0	0	0
Salsa 1.5 oz	10	0	0	0	0	0	420	3	1	1	0
Sour Cream	60	60	6	3.5	0	20	70	2	0	1	1
Wing Sauce 1.5 oz	35	25	3	0	0	0	1320	2	1	1	0
PARTY PLATTER (PP) PORTIONS - Party platters serve approximately 6-8 & sides serve 4-6											
PP Beverages <i>By the Gallon</i>	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	1990	5	0.5	0	0	0	590	536	6	509	3
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)	6370	2910	324	81	1.5	400	17480	649	65	66	219
Southwestern Eggrolls (12 ct)	3190	1460	162	41	0.5	200	8740	325	33	33	109
Tostada Chips with Salsa	5350	2430	270	44	0	0	8170	660	45	18	73
Add White Spinach Queso	600	430	48	23	0	105	1710	17	4	7	27
Add Skillet Queso	690	470	52	28	2	135	2340	24	2	11	32
Add Fresh Guacamole	280	230	25	3.5	0	0	710	16	12	2	4
PP Appetizers <i>Triple Dipper</i>	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	1	555	4650	9	2	3	121
TD™ Bone-In Wings - Fiery Pepper (16 ct)	1490	620	69	18	0.5	555	5330	98	5	77	125
TD™ Bone-In Wings-Honey Chipotle (16 ct)	1530	610	67	17	0.5	555	3640	112	2	77	121
TD™ Boneless Wings - Buffalo (18 ct)	1370	670	75	13	0	175	6800	96	8	3	79
TD™ Boneless Wings - Fiery Pepper (18 ct)	1560	610	68	12	0	175	5330	160	9	57	81
TD™ Boneless Wings-Honey Chipotle (18 ct)	1590	600	67	11	0	175	4060	170	7	58	79
TD™ Crispy Style Crispers (15 ct)	2350	1320	146	25	0	385	6130	123	14	3	134
TD™ Honey-Chipotle Crispers (15 ct)	2900	1320	147	25	0	385	8290	264	15	104	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
PP Appetizers <i>Triple Dipper Sauces</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
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	1070	1030	114	20	2	55	1120	5	1	4	5
Honey Mustard 6 fl oz	810	640	72	11	1	70	1430	39	0	36	3
Ranch Dressing 6 fl oz	690	640	71	12	1	65	1210	8	0	7	5
PP Boneless Wings - Served in 22, 33 & 66 ct <i>Listed w/o Dipping Sauce</i>	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	3410	55	4	1	47
Boneless Wings - Fiery Pepper (11 ct)	940	360	40	7	0	105	3320	99	5	38	48
Boneless Wings - Honey Chipotle (11 ct)	960	350	39	7	0	105	2470	106	4	38	46

PP Bone-In Wings -Served in 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)	620	350	39	10	0	275	3620	6	1	2	61
Bone-In Wings - Fiery Pepper (8 ct)	740	310	34	9	0	275	2640	48	2	38	62
Bone-In Wings - Honey Chipotle (8 ct)	760	300	34	9	0	275	1800	55	1	38	60
Bone-In Wings - Smoked (8 ct)	490	270	30	9	0	290	1410	0	0	0	54
PP Crispers Served in 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	0.5	285	6340	87	11	4	95
Crispy Buffalo Bleu (15 ct)	2700	1610	178	35	1	425	9510	130	16	7	143
Crispy Fiery Pepper (10 ct)	1950	890	99	17	0	260	7410	175	13	78	94
Crispy Fiery Pepper (15 ct)	2930	1340	149	26	0	390	11110	263	20	116	141
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)	1980	880	98	17	0	260	5710	188	10	78	90
Honey-Chipotle Crispers (15 ct)	2980	1320	147	25	0	385	8570	282	15	117	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	710	680	76	13	1	40	750	3	1	2	3
Honey Mustard 4 fl oz	540	430	48	7	0.5	45	960	26	0	24	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)	6640	4020	447	103	7	645	12170	434	41	72	246
Quesadilla Explosion Salad	5560	3460	384	116	3.5	740	9600	290	32	74	242
Santa Fe Grilled Chicken Salad	2690	1750	195	32	2	505	6820	108	28	33	139
House Salad w/ 6 fl oz Dressing (Small)	980	570	63	15	0.5	45	2010	84	7	24	24
House Salad w/ 10 fl oz Dressing (Large)	1140	530	59	25	0	120	2290	109	15	27	51
Ancho Chile Ranch 6 fl oz	670	600	67	11	1	60	1410	12	1	7	5
Avocado Ranch 6 fl oz	550	500	56	9	0.5	45	1040	11	4	5	4
Bleu Cheese 6 fl oz	1070	1030	114	20	2	55	1120	5	1	4	5
Citrus Balsamic Vinaigrette 6 fl oz	1000	910	101	15	1.5	0	960	22	0	18	1
Honey Lime 6 fl oz	810	610	68	10	1	50	870	47	1	42	2
Honey Lime Vinaigrette 6 fl oz	540	450	50	8	0.5	0	930	24	1	17	0
Honey Mustard 6 fl oz	810	640	72	11	1	70	1430	39	0	36	3
Ranch 6 fl oz	690	640	71	12	1	65	1210	8	0	7	5
Santa Fe 6 fl oz	820	770	85	13	1.5	60	2100	12	2	7	2
Thousand Island 6 fl oz	820	700	78	12	1	80	1570	27	1	18	2
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	5360	2090	232	102	0.5	750	18580	556	66	55	269
Grilled Steak Small	5750	2510	279	128	4	720	18580	556	66	53	261
Seared Shrimp Small	5100	2060	229	101	0.5	965	19760	557	66	54	213
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	7550	2840	316	134	1	1175	27410	777	86	88	417
Grilled Steak Large	7850	3420	380	172	6	945	26000	776	86	84	349
Seared Shrimp Large	6850	2720	303	131	1	1245	27370	777	86	86	272
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)
Fajita Peppers & Onions	270	100	11	3	0	0	1700	41	6	19	6

Choose 2 or 3 Proteins (Small)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken (1 choice)	290	60	7	1.5	0	190	1420	1	0	1	56
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)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fresh Toppings	1590	1210	135	73	0	355	3980	43	14	16	67
Flour Tortillas (12 each)	1060	320	35	17	0	0	2570	157	7	4	25
All-Natural Corn Tortillas (12 each)	620	70	7	1	0	0	65	127	14	1	12
Add Black Beans	730	50	6	0	0	5	4130	120	34	9	39
Add Mexican Rice	1140	290	32	6	0	0	3340	192	5	4	20
Add White Queso & Pico de Gallo	320	220	24	11	0	50	1360	14	1	8	11
PP Fajitas Mix & Match/Trio (Large)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Peppers & Onions	530	200	22	6	0	0	3410	83	13	38	11
Choose 2 or 3 Proteins (Large)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken (1 choice)	570	120	13	3	0	385	2850	2	0	2	112
Grilled Steak (1 choice)	720	410	45	22	2.5	270	2140	1	0	0	77
Seared Shrimp (1 choice)	230	60	7	1.5	0	420	2830	2	0	1	39
Add Fajita Accompaniments (Large)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fresh Toppings	1880	1430	159	82	0	395	5690	64	22	24	73
Flour Tortillas (24 each)	2120	630	70	34	0	0	5150	314	14	8	51
All-Natural Corn Tortillas (24 each)	1240	130	15	2.5	0	0	125	253	28	3	25
Add Black Beans	730	50	6	0	0	5	4130	120	34	9	39
Add Mexican Rice	1140	290	32	6	0	0	3340	192	5	4	20
Add White Queso & Pico de Gallo	710	490	54	23	0.5	115	2900	29	2	16	25
PP Enchiladas w/o Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken with Sour Cream Sauce (Small)	2890	1420	157	68	3	860	8250	168	16	25	200
Chicken with Sour Cream Sauce (Large)	5780	2830	315	136	6	1720	16490	336	33	50	400
PP Baby Back Ribs	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
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)	6330	3810	423	162	2	1645	8320	247	2	176	391
Honey Chipotle BBQ (Small)	3380	1910	212	81	1	825	4980	177	1	126	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	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
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
Jalapeno-Cheddar Smoked Sausage	1520	1120	125	52	3.5	385	5370	16	4	1	84
Margarita Grilled Chicken	640	120	13	3	0	385	3350	19	0	16	112
Ribs - Dry Rub	3110	1950	217	82	1	825	11820	92	7	75	200
Ribs - Honey Chipotle	3380	1910	212	81	1	825	4980	177	1	126	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 Bone-In BBQ Chicken Breast	1140	390	43	12	0	635	4540	21	1	19	168
PP Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Asparagus & Garlic Roasted Tomatoes	210	40	4	0	0	0	1030	35	12	11	13
Black Beans	730	50	6	0	0	5	4130	120	34	9	39
Cadillac Style (Rice & Black Beans)	1870	340	38	6	0	5	7470	313	39	14	59

PP Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Mexican Rice	1140	290	32	6	0	0	3340	192	5	4	20
Homestyle Fries	2510	910	101	16	0	0	8320	363	29	3	37
Loaded Mashed Potatoes	1800	1010	112	34	1	150	4720	143	20	7	56
Roasted Street Corn	2560	1520	169	31	2.5	155	1940	228	20	90	41
Steamed Broccoli	250	25	3	0.5	0	0	2460	50	23	9	16
Sweet Corn on the Cob	1310	350	40	6	1	0	2180	218	19	85	29
PP Pasta	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 (Small)	2640	1070	119	47	2.5	340	7400	255	17	13	136
Cajun Pasta with Seared Shrimp (Small)	2470	1050	116	46	2.5	390	7360	254	17	12	102
Cajun Pasta with Grilled Chicken (Large)	4990	2020	225	90	4.5	680	14270	477	33	23	266
Cajun Pasta with Seared Shrimp (Large)	4660	1970	219	89	4.5	775	14190	475	32	22	199
PP Sweet Stuff	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chocolate Chip Cookie	6530	2790	309	162	2.5	375	4430	919	31	574	61
Dessert Combo	6120	2380	264	134	2.5	375	5150	909	27	578	61
Dessert Trio	6050	2520	280	142	5	700	4650	844	27	593	70

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.