



## Chili's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>For Starters*</b>						
Boneless Wing Plain (8)	540	5	1200	38	2	34
Southwestern Eggrolls	800	10	2170	82	8	28
Chips & Salsa	910	7	1920	113	8	13
<b>Steaks*</b>						
Classic Sirloin-6 oz	250	4.5	630	1	0	34
Classic Sirloin – 10 oz	390	6	950	2	0	54
Added Seared Shrimp – Full Order	60	0	810	1	0	11
Added Seared Shrimp – Half Order	30	0	400	0	0	6
<b>Fajitas, Toppings and Tortillas</b>						
Grilled Chicken (1 portion)	150	1	530	1	0	28
Shrimp (1 portion)	60	0	810	1	0	11
Flour Tortillas – 1	88	1.5	217	13	1	2
Corn Tortillas – 1	63	0	0	13	1	1
Side Rice	160	1	480	27	1	3
Side Beans	120	0	710	20	6	7
Guacamole	50	0.5	95	3	2	1
<b>Guiltless Grill (as served)</b>						
6 oz Sirloin w/ Grilled Avocado	360	4.5	1010	12	6	39
Ancho Salmon	620	5	1790	40	5	48
Margarita Grilled Chicken	630	3	2280	68	7	52
<b>*as served, no add-ons</b>						
<b>Lunch Combos w/o fries or chips</b>						
*Homestyle Fries (lunch combo)	210	1.5	330	30	2	3
<b>Soups &amp; Chili*</b>						
Southwest Chicken - Cup	120	1	690	14	1	5
Southwest Chicken – Bowl	250	2	1390	28	3	10

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Greens with Envy (as served)</b>						
Caesar Salad Side	310	5	500	13	1	5
Caesar Salad (lunch combo)	280	5	390	7	1	4
House Salad w/o dressing	140	3	290	15	2	6
House Salad w/o dressing (lunch combo)	70	1.5	150	8	1	3
Chili House Salad w/o dressing	380	4	850	5	0	41
Grilled Chicken	140	1	0	0	0	41
Grilled Salmon	380	4	850	5	0	41
Shrimp	60	0	810	1	0	11
Santa Fe Chicken Salad w/ Chicken	550	7	650	24	7	30
<b>Salad Dressing/Sauces</b>						
Avocado Ranch	140	2.5	240	3	1	1
Honey Lime	270	3.5	280	15	0	1
Honey Lime Vinaigrette	180	2.5	310	8	0	0
Buffalo Sauce	35	0	1380	2	0	0
Mango Habanero Sauce	60	0	590	13	1	0
<b>Sides*</b>						
Asparagus	35	0	135	5	3	3
Black Beans	120	0	710	20	6	7
Mexican Rice	160	1	480	27	1	3
Steamed Broccoli	40	0	250	8	4	3
Sweet Corn on the Cob	180	1	360	29	3	4
<b>*as served, no add-ons</b>						
<b>Kids Entrees</b>						
Chicken Bites	320	2.5	770	35	2	27
Grilled Chicken Dippers	280	4	770	3	0	22
Kraft Macaroni & Cheese	310	2.5	830	44	2	11
<b>Kids Sides</b>						
Corn on the Cob	140	0	0	29	3	4
Mandarin Oranges	80	0	10	20	1	1
Steamed Broccoli	40	0	45	8	4	3
<b>*as served, no add-ons</b>						