



## Chili's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>For Starters*</b>						
TD™ Boneless Wings Honey-Chipotle	660	6	1600	63	2	23
TD™ Original Chicken Crispers	510	6	1350	23	3	31
TD™ Southwest Eggrolls	580	8	1530	55	6	19
<b>Big Mouth Burgers*</b>						
Black Bean Burger	680	10	1570	70	4	30
Turkey Burger	680	11	1730	48	4	45
<b>Steaks*</b>						
Classic Sirloin-6 oz	260	4.5	640	1	0	34
Classic Sirloin - 10 oz	390	7	960	2	0	55
<b>Fajitas w/o Toppings or Tortillas</b>						
Grilled Chicken	510	4.5	2200	22	3	63
Shrimp	320	3.5	2670	21	3	25
Flour Tortillas - 4 each	360	4.5	430	58	4	9
Corn Tortillas - 4 each	230	0.5	25	47	6	4
Side Rice	160	1	480	27	1	3
Side Beans	120	0	710	20	6	7
<b>Guiltless Grill (as served)</b>						
6 oz Sirloin w/ Grilled Avocado	340	4	1200	13	5	38
Ancho Salmon	620	5	1860	42	5	48
Grilled Chicken Salad	440	6	990	22	5	37
Mango-Chile Chicken	510	3.5	1570	50	7	36
Margarita Grilled Chicken	650	3	2340	68	7	55
<b>*as served, no add-ons</b>						



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<b>Lunch Combos w/o fries or chips</b>						
Boneless Wings w Mango-Habanero Sauce	650	7	1820	45	2	27
Tacos Spicy Shrimp	430	6	1290	40	5	19
*Homestyle Fries (LC)	210	1.5	330	30	2	3
<b>Greens with Envy (as served)</b>						
Caesar Salad	310	5	510	14	2	5
Caesar Salad (LC)	160	2.5	250	7	1	3
Caribbean Salad	540	4	310	80	8	5
Caribbean Salad w/Grilled Chicken	710	4.5	1020	85	8	34
Caribbean Salad w/Grilled Shrimp	600	4	1120	80	8	16
Grilled Chicken Salad	440	6	990	23	5	37
House Salad w/o Dressing	150	3	280	15	2	6
House w/o dressing (LC)	80	1.5	140	8	1	3
Santa Fe Chicken Salad w/ Chicken	630	7	1460	27	7	36
<b>Salad Dressing (2 oz-Entrée size)</b>						
Avocado Ranch	190	3	330	4	1	1
Honey Lime	270	3.5	280	15	0	1
Honey Lime Vinaigrette	180	2.5	310	8	0	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>						

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Soups &amp; Chili*</b>						
Southwest Chicken - Cup	120	1	690	14	1	5
Southwest Chicken – Bowl	250	2	1390	28	3	10
<b>Kids Entrees</b>						
Chicken Bites	290	2	550	34	2	24
Grilled Chicken Dippers	300	4	690	2	0	28
Kraft Macaroni & Cheese	430	4	940	64	3	15
<b>Kids Sides</b>						
Corn on the Cob	140	0	0	29	3	4
Fresh Pineapple	60	0	0	16	2	1
Mandarin Oranges	80	0	10	20	1	2
Steamed Broccoli	40	0	45	8	4	3
<b>*as served, no add-ons</b>						

\*Did you know-Fajita Toppings as served on the fajita plates have over 300 calories and 1,000mg salt!