

Chili's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
For Starters*						
TD™ Boneless Wings Honey-Chipotle	660	6	1600	63	2	23
TD™ Southwest Eggrolls	580	8	1530	55	6	19
Steaks*						
Classic Sirloin-6 oz	260	4.5	640	1	0	34
Classic Sirloin - 10 oz	390	7	960	2	0	55
Added Seared Shrimp - Full Order	60	0	810	1	0	11
Added Seared Shrimp - Half Order	30	0	400	0	0	6
Fajitas, Toppings and Tortillas						
Grilled Chicken (1 portion)	290	1.5	1060	2	0	55
Shrimp (1 portion)	160	1	2020	1	0	28
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
Guacamole	50	0.5	95	3	2	1
Guiltless Grill (as served)						
6 oz Sirloin w/ Grilled Avocado	340	4	1200	13	6	38
Ancho Salmon	620	5	1850	42	5	47
Margarita Grilled Chicken	630	3	2280	68	7	52
Cilantro-Lime Carne Asada	550	5	2030	52	7	39
*as served, no add-ons						
Lunch Combos w/o fries or chips						
Tacos Spicy Shrimp	420	6	1290	40	5	19
*Homestyle Fries (lunch combo)	210	1.5	330	30	2	3
Soups & Chili*						
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)	Carbohydrate (g)	Fiber (g)	Protein (g)
Greens with Envy (as served)						
Caesar Salad Side	350	7	560	14	3	9
Caesar Salad (lunch combo)	180	3.5	280	7	1	4
House Salad w/o dressing	150	3	280	15	2	6
House Salad w/o dressing (lunch combo)	70	1.5	140	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	560	7	670	25	8	30
Salad Dressing (2 oz-Entrée size)						
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
Sides*						
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
*as served, no add-ons						
Kids Entrees						
Chicken Bites	310	2	600	34	2	28
Grilled Chicken Dippers	270	3.5	610	2	0	23
Kraft Macaroni & Cheese	430	4	940	64	3	15
Kids Sides						
Corn on the Cob	140	0	0	29	3	4
Mandarin Oranges	70	0	10	17	1	2
Steamed Broccoli	40	0	45	8	4	3
*as served, no add-ons						