

Chuy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Appetizers						
Guacamole & Chips	840	8	1340	85	18	12
Salads – Off Menu Items (no dressing)						
Grilled Chicken Salad	470	4	420	16	5	48
Large Dinner Salad	50	0	50	11	4	3
*Request lettuce/tomato salad with grilled chicken fajita						
Soup (cup)						
Tortilla Soup	280	3	1050	19	6	22
Chicken Tortilla Soup (Bowl)	560	6	2100	37	11	44
*Salad-dressing not included						
Tacos**						
Guacamole Soft Taco	530	10	1250	51	10	14
Chicken Soft Tacos	590	10	1720	42	5	42
Chicken Tacos Al Carbon	680	11	1310	42	5	43
Baja ShrimpTaco	600	6	1890	52	1	17
Enchiladas**						
Veggie	430	14	1210	35	7	19
Southwestern	740	14	1670	64	7	49
**Rice, beans, and sauce not included						
Beans & Rice						
Green Chile Rice (5oz)	140	1	390	26	1	3
Charro Beans (5 oz)	160	0	980	29	9	9



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Sauces (3oz portion)						
Pico De Gallo	15	0	160	4	1	1
Ranchero Sauce	50	0	340	7	2	1
Table Sauce	10	0	320	2	0	0
Tomatillo Sauce	10	0	320	2	0	0

**Salad dressing selections exceed sodium and saturated fat guidelines. We suggest flavorful sauce*

Fall 2022

