



Chuy's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Appetizers						
Guacamole	840	8	1340	85	18	12
Soup & Salad						
Tortilla Soup (cup)	280	3	1050	19	6	22
Taco Chicken Salad*	990	19	1640	59	8	55
Taco Guacamole Salad*	920	19	1760	67	14	27
*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 Shrimp Taco	600	6	1890	52	1	17
Enchiladas**						
Veggie	430	14	1210	35	7	19
**Rice, beans, and sauce not included						
Beans & Rice						
Mexican Rice	150	0	520	32	1	3
Green Chile Rice	140	2.5	390	26	1	3
Refried Beans	120	1.5	560	6	2	2

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Sauces (3oz portion)						
Pico De Gallo	15	0	160	4	1	1
Green Chile Sauce	50	0	470	6	1	1
Salsa Fresca	20	0	600	4	1	1
Salad Dressing (4 oz)						
Creamy Jalapeno	380	4.5	1210	10	2	0
Honey Mustard	440	4.5	880	16	0	2
Cilantro Vinaigrette	590	10	350	3	0	0
Kids						
Kids Burger (sides not included)	380	6	380	31	1	26
Kids Chicken Fingers (sides not included)	460	3.5	860	26	0	34
Kids Enchilada	450	14	1140	40	4	18

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