

Chili's Low Carb Menu Options

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VEGETARIAN	Total Carbs	Protein
Black Bean Patty (for burger)	22	17
Black Bean & Veggie Fajitas (no sides or tortillas)	66	28

See Salads, Sides & Kids Entrees

Other vegetarian options are annotated with *

KIDS ENTREES	Total Carbs	Protein
Grilled Chicken Dippers	2	28
Celery w/Ranch*	3	1
Broccoli*	8	3
Salad w/Ranch*	8	4
Fresh Pineapple*	16	1
Mashed Potatoes w/o Gravy*	16	2
Mandarin Oranges*	20	2
Crispy Crispers	27	28
Cheese Quesadilla*	29	18
Fries*	30	3
Pizza - Cheese*	33	17
Pizza - Pepperoni	33	20
Chicken Bites	34	24
Burger Bites	35	23
Cheeseburger Bites	35	25
Grilled Cheese Sandwich*	36	13

SALADS as served & w/o dressing	Total Carbs	Protein
Caesar*	14	5
House *	15	6
Southwestern Chicken Caesar	21	29
Southwestern Shrimp Caesar	21	20
Sante Fe Chicken w/Chicken	27	36
Grilled Chicken	32	37

APPETIZERS	Total Carbs	Protein
Bone-in Wings w/Bufalo	6	62
Bone-in Wings w/House BBQ	21	62
Bone-in Wings w/Mango Habanero	32	62
Crispy Cheddar Bites*	33	42

TRIPLE DIPPER APPETIZERS	Total Carbs	Protein
Crispy Cheddar Bites*	18	22
Chicken Crispers (no sauce)	23	31
Fried Pickles*	23	4
Boneless Wings w/Bufalo	28	23

LUNCH COMBO no fries or chips	Total Carbs	Protein
Fries (lunch combo portion)	30	3
Boneless Wings w/Bufalo Sauce	33	27
Quesadilla Bacon Ranch Chicken	35	34
Sandwich Bacon Avocado Chicken	37	44
Sandwich CA Turkey Club	39	27
Tacos Chili's 1975	39	20
Tacos Spicy Shrimp	40	19
Double Burger	41	45

SMOKEHOUSE COMBOS	Total Carbs	Protein
Jalapeno Cheddar Smoked Sausage	4	21
Smoked Brisket	5	16
Ribs Original BBQ	10	49
Ribs House BBQ	11	49
Cheesy Bacon BBQ Chicken	13	42
Crispers Original w/ Honey Mustard	23	31
Ribs Dry Rub	23	50
Ribs Honey Chipotle BBQ	23	49
Crispers Crispy w/o Sauce	25	27

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SALAD DRESSING* (2oz)	Total Carbs	Protein
Bleu Cheese	2	1
Caesar	3	2
Ranch	3	2
Santa Fe	3	1
Ancho Chile Ranch	4	2
Avocado Ranch	4	1
Citrus Balsamic	7	0
Honey Lime Vinaigrette	8	0
Thousand Island	9	1
Honey Mustard	14	1
Honey Lime	15	1

GUILTLESS GRILL as served	Total Carbs	Protein
6oz Sirloin w/Grilled Avocado	13	38
Grilled Chicken Salad	23	37
Ancho Salmon	42	48

SMOKEHOUSE COMBO SIDES	Total Carbs	Protein
Garlic Dill Pickles*	0	0
Chile Garlic Toast*	17	3
Roasted Street Corn*	31	6
Fries*	60	6

BURGERS no fries	Total Carbs	Protein
Oldtimer with Cheese Beef	42	51
Bacon Beef	43	55
Alex's Santa Fe Beef	45	51
Mushroom Swiss Beef	45	52
Queso	47	51
Chili Beef	48	57
The Boss	49	92
Southern Smokehouse	68	62
Big Mouth Bites	76	65
**Each Full Bun (except the miniature bite buns)	37	7

SIDES*	Total Carbs	Protein
Asparagus	5	3
Broccoli	8	3
Coleslaw	14	2
Black Beans	20	7
Mexican Rice	27	3
Corn on the Cob	29	4
Roasted Street Corn	31	6
Loaded Mashed Potatoes	33	10

SOUPS & CHILI as served	Size	Total Carbs	Protein
Clam Chowder	Cup	10	5
Chicken Enchilada	Cup	12	10
Loaded Baked Potato	Cup	14	9
Original Chili	Cup	14	19
Southwest Chicken	Cup	14	5
Clam Chowder	Bowl	21	11
Chicken Enchilada	Bowl	24	20
Loaded Baked Potato	Bowl	28	18
Original Chili	Bowl	28	39
Southwest Chicken	Bowl	28	10

RIBS	Size	Total Carbs	Protein
Original BBQ	Half	10	49
House BBQ	Half	11	49
House BBQ	Full	21	99
Original BBQ	Full	21	98
Dry Rub	Half	23	50
Honey Chipotle	Half	23	49
Dry Rub	Full	30	99
Honey Chipotle	Full	47	98

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Fajita Meats (no toppings or tortillas)	Total Carbs	Per Portion Carbs	Protein	Protein Per Portion
Shrimp	21	5	25	6
Grilled Chicken	22	6	63	16
Grilled Steak	25	6	61	15
Carnitas	26	7	36	9
Mushroom Jack Chicken	28	7	56	14

Per portion counts are the totals divided by 4.

Fajita Toppings & Tortillas	Total Carbs	Carbs Per Portion	Protein	Protein Per Portion
Guacamole	3	<1	1	-
White Queso & Pico de Gallo	5	1	6	1
Fajita Toppings	6	2	16	4
Peppers & Onions	20	5	3	<1
Beans	20	5	7	2
Rice	27	7	3	<1
Corn Tortillas (4)	47	12	4	1
Flour Tortillas (4)	58	15	9	2

Per portion counts are the totals divided by 4.

EXTRAS	Size	Total Carbs	Protein
Pickles		0	0
Sour Cream		2	1
Wing Sauce		2	0
Gravy		3	1
Salsa		3	0
Avocado Slices		4	1
Guacamole	Small	6	1
Guacamole	Large	12	3
BBQ Sauce House		16	1
BBQ Sauce Original		16	1