

# ***Chili's***

## **Urge & Splurge**

## **Quick Fix**

### ***Appetizers***

	<b>Calories</b>		<b>Calories</b>
Boneless Buffalo Wings & Dressg. <i>Shared 571</i>	1142	Bowl of Chicken Enchilada Soup ( w/ Pico, Cheese & Crackers)	474
Chicken Fajita Nachos <i>Shared 498</i>	996	Cup of Chili with 4 Crackers	271
Basket of Chips & Salsa <i>Shared 453</i>	906	Bowl of Chicken Noodle Soup	185

### ***Salads***

SW Cobb w/ Avocado Dressing	1186	Shrimp Caesar Salad w/ House Dr.	562
Crispy Chicken Salad	1106	Chicken Frisco w/ Lite H. Mustard	348
Spinach w/ Red Wine Dressing	831	Guiltless Grill Chkn w/ House Dr.	272

### ***Sandwiches***

Bacon Burger w/ Fries	2091	Tuna Steak	1221
Cajun Grilled Chicken	1205	Turkey Sandwich	764
Cheese Steak	733	Black Bean Patty w/ Wheat Bun	484

### ***Entrees***

Chicken Crispers Dinner	1661	Guiltless Grill Chicken Pasta Prim.	786
Chicken Fajita Quesadilla (w/ rice, beans, sr. crm. & sauce)	1251	Citrus Fire Chicken & Shrimp (w/ veggies & rice)	666
Tomato Basil Pasta w/ Chicken (and garlic bread)	1003	Guiltless Grill Tomato Basil Pasta	671

### ***Desserts***

Molten Lava Cake	1503	Split with a friend	752
Chocolate Chip Paradise Pie	1251	Split with a friend	626
High & Mighty Pie Ice Cream	900	Split with a friend	450