



NUTRITIONAL INFORMATION

Thank you for your recent request for nutritional information. We appreciate your interest in our Chevys menu selections!

It is our policy to always try to satisfy our valued guests' requests. Our Fresh Mex® menu consists of many new and exciting items that change quite often throughout the year. Due to the fresh nature of our recipes, specifications for the preparation of our items can vary based on the variances of the fresh products. As such, we are unable to provide detailed information (ingredients/nutritional analysis) for every item we serve.

We have, however, provided you with nutritional information regarding calories, fat, protein & carbohydrates for some of our most popular items.

Menu Item	Cal(kcal)	Fat-T(g)	Fat-S(g)	Chol(mg)	Sod(mg)	Carb(g)	Fiber(g)	Sugar(g)	Prot(g)
Grande Salads									
Santa Fe Chopped Salad	682	41	16	151	1602	25	10	7	53
No cheese	480	25	6	100	833	25	10	7	41
No cheese or bacon	338	13	2	72	247	25	10	7	32
"No cheese, bacon or avocado"	258	6	1	72	243	21	7	7	31
Tostada Salad with Chicken	1228	77	35	247	2117	63	18	8	78
No tortilla strips	1088	71	34	247	2057	44	17	8	76
No tortilla strips or cheese	663	35	12	125	1308	42	17	8	50
"No tortilla strips, cheese or sour cream"	542	23	5	100	1278	40	17	8	48
"No tortilla strips, cheese, sour cream or guacamole"	463	16	4	100	1070	35	14	7	47

Menu Item	Cal(kcal)	Fat-T(g)	Fat-S(g)	Chol(mg)	Sod(mg)	Carb(g)	Fiber(g)	Sugar(g)	Prot(g)
Sizzling Fajitas									
"Original Famous Chicken Fajitas, no tortillas"	913	45	16	176	1757	67	9	16	63
No tortillas or tamalito	829	41	15	176	1657	54	8	11	62
"No tortillas, tamalito or rice"	653	36	13	176	1150	25	7	10	59
"No tortillas, tamalito, rice or sour cream"	532	24	6	151	1120	23	7	10	57
"No tortillas, tamalito, rice, sour cream or guacamole"	453	17	5	151	912	18	4	9	56
"Sizzling Steak Fajitas, no tortillas"	1066	59	22	133	1759	67	9	16	54
No tortillas or tamalito	922	55	21	133	1659	54	8	11	53
"No tortillas, tamalito or rice"	746	50	19	133	1152	25	7	10	50
"No tortillas, tamalito, rice or sour cream"	625	38	12	108	1122	23	7	10	48
"No tortillas, tamalito, rice, sour cream or guacamole"	546	31	11	108	914	18	4	9	47
"Mix & Match (Chicken & Steak) Fajitas, no tortillas"	959	52	19	154	1758	67	9	16	58
No tortillas or tamalito	875	48	18	154	1658	54	8	11	57
"No tortillas, tamalito or rice"	699	43	16	154	1151	25	7	10	54
"No tortillas, tamalito, rice or sour cream"	578	31	9	129	1121	23	7	10	52
"No tortillas, tamalito, rice, sour cream or guacamole"	499	24	8	129	913	18	4	9	51
"Juicy Shrimp Fajitas, no tortillas"	1212	85	27	396	4009	70	10	16	47
No tortillas or tamalito	1128	81	26	396	3909	57	9	11	46
"No tortillas, tamalito or rice"	952	76	24	396	3402	28	8	10	43
"No tortillas, tamalito, rice or sour cream"	831	64	17	371	3372	26	8	10	41
"No tortillas, tamalito, rice, sour cream or guacamole"	752	57	16	371	3164	21	5	9	40
"Portobello Mushroom & Asparagus Fajitas, no tortillas"	878	57	19	43	2496	86	14	26	15
No tortillas or tamalito	794	53	18	43	2396	73	13	21	14
"No tortillas, tamalito or rice"	618	48	16	43	1889	44	12	20	11
"No tortillas, tamalito, rice or sour cream"	497	36	9	18	1859	42	12	20	9
"No tortillas, tamalito, rice, sour cream or guacamole"	418	29	8	18	1651	37	9	19	8
Grilled Tacos									
Grilled Steak Tacos	972	51	16	78	2040	87	6	10	44
No tamalito	888	47	15	78	1940	74	5	10	43
No tamalito or rice	712	42	13	78	1433	45	4	10	40
"No tamalito, rice or cheese"	656	37	11	73	1220	45	4	10	37
Grilled Fish Tacos (Sea Bass)	845	39	12	59	3086	88	7	9	36
No tamalito	761	35	11	59	2986	75	6	4	35
No tamalito or rice	585	30	9	59	2479	46	5	3	32
"No tamalito, rice or cheese"	529	25	7	54	2266	46	5	3	29
"No tamalito, rice, cheese or Chipotle Aioli"	438	15	6	49	2170	45	5	3	29
Grilled Fish Tacos (Salmon)	1092	64	20	180	2468	70	10	18	62
No tamalito	1008	60	19	180	2368	57	9	13	61
No tamalito or rice	832	55	17	180	1861	28	8	12	58
"No tamalito, rice or sour cream"	711	43	10	155	1831	26	8	12	56
"No tamalito, rice, sour cream or guacamole"	632	36	9	155	1623	21	5	11	55
Grilled Chicken Tacos	911	41	12	106	2136	86	6	10	49
No tamalito	827	37	11	106	2036	73	5	5	48
No tamalito or rice	651	32	9	106	1529	44	4	4	45
"No tamalito, rice or cheese"	595	27	7	101	1316	44	4	4	42
"No tamalito, rice, cheese or Chipotle Aioli"	504	17	6	96	1220	43	4	4	42
Homemade Beans									
Beans a la Charra	230	5	2	8	1029	33	11	1	14
No cheese	202	3	1	5	923	33	11	1	12
No cheese or pico de gallo	198	3	1	5	877	32	11	1	12
Refried Beans	298	15	5	7	894	29	9	1	12
No cheese	270	13	4	4	788	29	9	1	10
No cheese or pico de gallo	266	13	4	4	742	28	9	1	10
Black Beans	207	3	1	3	985	33	11	2	13
No cheese	179	1	0	0	879	33	11	2	11
No cheese or pico de gallo	175	1	0	0	833	32	11	2	11

Menu Item Descriptions

Santa Fe Chopped

Chilled hearts of romaine, grilled chicken breast, crispy bacon, fresh-sliced Haas avocado, fire-roasted red peppers, crumbled Bleu cheese and roasted corn salsa

Tostada Salad with Fajita Chicken

A giant crispy tortilla shell layered with your choice of grilled chicken or marinated skirt steak, plus refried beans, baby greens, hearts of romaine, Jack and Cheddar cheeses and fresh guacamole

Original Famous Chicken Fajitas

A skinless, fresh chicken breast marinated in our own Agua Negra served with sauteed San Antonio veggies

Sizzling Steak Fajitas

Top-grade fresh skirt steak marinated in our own Agua Negra served with sauteed San Antonio veggies

Mix & Match (Chicken & Steak) Fajitas

A skinless, fresh chicken breast and top-grade fresh skirt steak marinated in our own Agua Negra served with sauteed San Antonio veggies

Juicy Shrimp Fajitas

Plump tender shrimp fuego-seasoned then sauteed in sizzling Mexican butter

Portobello Mushroom & Asparagus Fajitas

Portobello mushrooms and grilled asparagus brushed with Mexican butter, served with sauteed San Antonio veggies

Grilled Steak Tacos

Two El Machino® soft tacos filled with grilled steak, crispy lettuce, pico de gallo, chipotle aioli and crumbled Cotija cheese

Grilled Fish Tacos

Grilled fresh fish folded into warm El Machino® flour tortillas with chipotle aioli, crispy lettuce and pico de gallo. Sprinkled with crumbled Cotija cheese and served with a wedge of fresh lime

Grilled Chicken Tacos

Two El Machino® soft tacos filled with grilled chicken, crispy lettuce, pico de gallo, chipotle aioli and crumbled Cotija cheese

In addition, the following outlines some of our suggestions for those of you who are interested in Vegetarian (lacto-ovo or vegan) menu options.

Lacto-Ovo Vegetarian Options

- Mixed Green Salad (ranch or salsa vinaigrette dressing)
- Guacamole Appetizer
- Plain Cheese Quesadilla (special request, not on menu)
- Chips & Salsa
- Cheese Enchilada (comes with meat sauce, so need to request either ranchero sauce or green sauce)
- Chile Relleno
- Portobello Mushroom & Asparagus Fajitas
- Mexican Rice
- Black Beans
- Corn & Flour Tortillas
- Kiddie Menu: Bean & Cheese Burrito (substitute black beans for refried beans); Cheese Flauta; Cheese Quesadilla
- All Desserts are OK

Vegan Options

- Mixed Green Salad with salsa vinaigrette dressing (request no cheese)
- Guacamole Appetizer (request no cheese garnish)
- Chips & Salsa
- Mexican Rice
- Black Beans
- Corn Tortillas
- Flour Tortillas (with the exception of the flour tortillas off El Machino as they contain whey)

We hope that this information is helpful to you. Please let us know if we can be of any further assistance.

Nutrition information provided by Healthy Dining based on recipes provided by Real Mex Restaurants. Chevys participates in the Healthy Dining program. For more information, call (800) 953-3463 or visit www.HealthyDiningFinder.com.