

Carrabba's Italian Grill Top 9 Allergens

Carrabba's Italian Grill is committed to providing our guests with the highest quality food and service. Our allergen information is based on information provided by our approved vendors. Due to product substitutions and recipe changes, we cannot guarantee that the allergen information listed will be the same at the time of your dining experience. All of our menu items are made to order. Deep fried items are fried in a shared fryer so there is high risk of cross contact. We do not recommend that guests with allergies order fried foods. **Soybean oil is not labeled as a soy allergen per FDA allergen labeling guidelines.** Though efforts are made to minimize risk, a risk for allergen cross contact exists; during normal cooking operations food may come into contact with allergen containing ingredients. Please ask to speak with the manager on duty to inform them of your allergies.

Created: January 2025

| Menu Item Name | Y = YES THE ALLERGEN IS PRESENT | | | | | | | | |
|--|---------------------------------|------|------|---------|--------|-----------|---------|----------|-------|
| | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Appetizers | | | | | | | | | |
| Calamari with Marinara & Ricardo Sauce | | Y | Y | | | | Y | | Y |
| Zucchini Fritte | Y | | Y | | | | | | Y |
| Crab Cake Appetizer | Y | Y | Y | | | Y | Y | | Y |
| Tuscan Breadstick Tower | | Y | Y | | | | Y | | Y |
| Classic Combo (Regional) with calamari, mozzarella & zucchini | Y | Y | Y | | | | | | Y |
| Classic Combo Appetizer with Calamari, Brushette Caprese & Mozz Marinara | Y | Y | Y | | | Y | Y | | Y |
| Classic Combo Appetizer, w calamari, mozzarella, mushrooms | Y | Y | Y | | | | Y | | Y |
| Meatballs and Ricotta | Y | | Y | | | | Y | | Y |
| Mozzarella Marinara | Y | Y | Y | | | | | | Y |
| Shrimp Scampi | | | Y | | | Y | Y | | Y |
| Cozze in Bianco | | | Y | | | Y | Y | | |
| Four-Cheese & Sausage Stuffed Mushrooms | | | Y | | | | Y | | Y |
| Tomato Caprese with Fresh Burrata | | | Y | | | | | | |
| Bruschette Scotty Thompson (Regional) | | | Y | | | | | | Y |
| Salads & Soups | | | | | | | | | |
| Johnny Rocco Salad--All Shrimp | Y | | Y | | | Y | | | |
| Johnny Rocco Salad--All Scallops | Y | | Y | | | Y | | | |
| Johnny Rocco Salad--Shrimp & Scallops | Y | | Y | | | Y | | | |
| Caesar Entree Salad with 8oz Chicken | Y | Y | Y | | | | Y | | Y |
| Entree Salad: Caesar Salad With Shrimp | Y | Y | Y | | | Y | | | Y |
| Entree Salad: Italian Salad with Chicken | Y | | Y | | | | Y | | |
| Entree Salad: Italian Salad with Shrimp | Y | | Y | | | Y | | | |
| Side Caesar Salad | Y | Y | Y | | | | | | Y |
| Side Italian Salad | Y | | Y | | | | | | |
| Side House Salad | Y | Y | Y | | | | | | |
| Mama Mandola's Sicilian Chicken Soup | | | | | | | | | Y |
| Minestrone Soup | | | Y | | | | Y | | Y |
| Sausage & Lentil Soup | | | Y | | | | Y | | Y |
| Tomato Basil Soup | | | Y | | | | | | |
| Pasta | | | | | | | | | |
| Filet and Shrimp Pasta Toscana | Y | | Y | | | Y | Y | | Y |
| Linguine Pescatore | | Y | | | | Y | Y | | Y |
| Linguine Pescatore with Gluten-Free Pasta | | Y | | | | Y | | | |
| Fettuccine Carrabba | Y | | Y | | | | Y | | Y |
| Lasagne | Y | | Y | | | | Y | | Y |
| Linguine Positano | | | | | | | Y | | Y |
| Linguine Positano with Grilled Chicken | | | Y | | | | Y | | Y |
| Linguine Positano with Grilled Shrimp | | | | | | Y | Y | | Y |
| Linguine Positano with Grilled Chicken and Gluten-Free Pasta | | | Y | | | | Y | | |
| Linguine Positano with Grilled Shrimp and Gluten-Free Pasta | | | | | | Y | | | |
| Spaghetti with Pomodoro Sauce | | | | | | | | | Y |
| Spaghetti with Meat Sauce | | | Y | | | | Y | | Y |

| | Y = YES THE ALLERGEN IS PRESENT | | | | | | | | |
|--|---------------------------------|------|------|---------|--------|-----------|---------|----------|-------|
| Menu Item Name | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Spaghetti with Meatballs | Y | | Y | | | | Y | | Y |
| Gluten Free Spaghetti with Pomodoro Sauce | | | | | | | | | |
| Gluten Free Spaghetti with Meat Sauce | | | Y | | | | Y | | |
| Gluten Free Spaghetti with Meatballs | Y | | Y | | | | Y | | Y |
| Fettuccine Weesie | Y | | Y | | | Y | Y | | Y |
| Grilled Vegetable Ravioli | Y | | Y | | | | Y | | Y |
| Rigatoni Campagnolo | | | Y | | | | | | Y |
| Rigatoni Campagnolo with Gluten-Free Pasta | | | Y | | | | | | |
| Lobster Ravioli | Y | Y | Y | | | Y | Y | | Y |
| Rigatoni Martino, no protein | | | Y | | | | Y | | Y |
| Rigatoni Martino with Chicken | | | Y | | | | Y | | Y |
| Rigatoni Martino with Sausage | | | Y | | | | Y | | Y |
| Mezzaluna | Y | | Y | | | | Y | | Y |
| Shrimp and Scallop Linguine Alla Vodka | | Y | Y | | | Y | Y | | Y |
| Fettuccine Weesie, Gluten Free | | | Y | | | Y | Y | | |
| Penne Martino, no protein (Regional) | | | Y | | | | Y | | Y |
| Penne Martino with Chicken (Regional) | | | Y | | | | Y | | Y |
| Penne Martino with Sausage (regional) | | | Y | | | | Y | | Y |
| Specialties | | | | | | | | | |
| Chicken Bryan | | | Y | | | | Y | | |
| Chicken Marsala | | | Y | | | | Y | | |
| Tuscan-Grilled Chicken | | | Y | | | | Y | | |
| Veal Marsala | | | Y | | | | Y | | Y |
| Chicken Parmesan | Y | | Y | | | | | | Y |
| Eggplant Parmesan | | | Y | | | | Y | | Y |
| Chicken Piccata | | | Y | | | | Y | | Y |
| Veal Piccata | | | Y | | | | Y | | Y |
| Pollo Rosa Maria | | | Y | | | | Y | | |
| Seafood | | | | | | | | | |
| Spiedino Di Mare All Shrimp | | | Y | | | Y | Y | | Y |
| Spiedino Di Mare All Scallops | | | Y | | | Y | Y | | Y |
| Spiedino Di Mare Shrimp & Scallops | | | Y | | | Y | Y | | Y |
| Mahi Wulfe, 8oz | | Y | Y | | | | Y | | Y |
| Salmon Caperi | | Y | Y | | | | Y | | |
| Simply Grilled Salmon | | Y | | | | | | | |
| Salmon Vazzano (Regional) | | Y | Y | | | | Y | | |
| Trios | | | | | | | | | |
| Chicken Trio | | | Y | | | | Y | | |
| The Johnny Trio w/7oz Sirloin | Y | | Y | | | | Y | | Y |
| The Johnny Trio w/10oz Sirloin | Y | | Y | | | | Y | | Y |
| Carrabba's Italian Classics w/Fettuccine | Y | | Y | | | | Y | | Y |
| Steaks & Chops | | | | | | | | | |
| Tuscan Grilled Sirloin, 7oz. | | | Y | | | | Y | | |
| Tuscan Grilled Sirloin, 10 oz. | | | Y | | | | Y | | |
| Tuscan Grilled Ribeye, 16 oz. | | | Y | | | | Y | | |
| Tuscan Grilled Filet, 9 oz. | | | Y | | | | Y | | |
| Tuscan Grilled Pork Chop, One Chop | | | Y | | | | Y | | |
| Tuscan Grilled Pork Chop, Two Chops | | | Y | | | | Y | | |
| Spicy Sicilian Butter Topping | | | Y | | | | Y | | |

| Y = YES THE ALLERGEN IS PRESENT | | | | | | | | | |
|---|------|------|------|---------|--------|-----------|---------|----------|-------|
| Menu Item Name | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Marsala Sauce Topping | | | Y | | | | | | |
| Ardente Topping | | | Y | | | | | | |
| Bryan Topping | | | Y | | | | Y | | |
| Sides | | | | | | | | | |
| Sauteed Broccoli | | | | | | | | | |
| Garlic Mashed Potatoes | | | Y | | | | | | |
| Penne Pomodoro | | | | | | | | | Y |
| Parmesan Truffle Fries | | | Y | | | | | | |
| Sauteed Spinach | | | | | | | | | |
| Grilled Asparagus | | | | | | | | | |
| Fettuccine Alfredo, Side | Y | | Y | | | | Y | | Y |
| Rosemary and Garlic Fries (regional) | | | Y | | | | | | |
| Desserts | | | | | | | | | |
| Sogno Di Cioccolata, "Chocolate Dream" | Y | | Y | | | | Y | | Y |
| Strawberry Cheesecake | Y | | Y | | | | Y | | Y |
| Traditional Cannoli | Y | | Y | | | | Y | Y | Y |
| Tiramisu | Y | | Y | | | | Y | | Y |
| John Cole | | | Y | Y | | | | Y | |
| Cannoli Cake for Two | Y | | Y | | | | Y | Y | Y |
| Kids | | | | | | | | | |
| Kids Grilled Chicken and Steamed Spinach | | | Y | | | | Y | | |
| Kids Grilled Chicken Meal with Broccoli | | | Y | | | | Y | | |
| Kids Grilled Shrimp and Steamed Broccoli | | | | | | Y | | | |
| Kids Grilled Shrimp and Steamed Spinach | | | | | | Y | | | |
| Kids Spaghetti and Meatball | Y | | Y | | | | Y | | Y |
| Kids Mac N' Cheese | | | Y | | | | | | Y |
| Kids Chicken Fingers with Broccoli | | | | | | | | | Y |
| Kids Cheese Ravoli | Y | | Y | | | | | | Y |
| Penne Pomodoro | | | | | | | | | Y |
| Lunch | | | | | | | | | |
| Mama Mandola's Sicilian Chicken Soup, Cup | | | | | | | | | Y |
| Sausage & Lentil Soup, Cup | | | Y | | | | Y | | Y |
| Minestrone Soup, Cup | | | Y | | | | Y | | Y |
| Tomato Basil Soup, Cup | | | Y | | | | | | |
| Side House Salad | Y | Y | Y | | | | | | |
| Side Italian Salad | Y | | Y | | | | | | |
| Side Caesar Salad | Y | Y | Y | | | | | | Y |
| Meatballs and Ricotta | Y | | Y | | | | Y | | Y |
| Shrimp Scampi | | | Y | | | Y | Y | | Y |
| Mozzarella Marinara | Y | Y | Y | | | | | | Y |
| Fettuccine Alfredo, Side | Y | | Y | | | | Y | | Y |
| Four-Cheese & Sausage Stuffed Mushrooms | | | Y | | | | Y | | Y |
| Bruschette Chicken Sandwhich | | | Y | | | | Y | Y | Y |
| Italian Sandwich | Y | | Y | | | | | | Y |
| Caprese Sandwich | | | Y | | | | Y | Y | Y |
| Caprese Sandwich with Grilled Chicken | | | Y | | | | Y | Y | Y |
| Meatball Sandwich | Y | | Y | | | | Y | | Y |
| Chicken Parmesan Sandwich | Y | | Y | | | | | | Y |
| Steak Sandwhich | | | Y | | | | Y | | Y |
| Pasta Salad | Y | | Y | | | | | | Y |

| Y = YES THE ALLERGEN IS PRESENT | | | | | | | | | |
|---|------|------|------|---------|--------|-----------|---------|----------|-------|
| Menu Item Name | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Side Fries | | | | | | | | | |
| Penne Pomodoro | | | | | | | | | Y |
| Sauteed Broccoli | | | | | | | | | |
| Johnny Rocco Salad--All Shrimp | Y | | Y | | | Y | | | |
| Johnny Rocco Salad--All Scallops | Y | | Y | | | Y | | | |
| Johnny Rocco Salad--Shrimp & Scallops | Y | | Y | | | Y | | | |
| Caesar Entree Salad with Chicken | Y | Y | Y | | | | Y | | Y |
| Caesar Entrée Salad With Shrimp | Y | Y | Y | | | Y | | | Y |
| Italian Entrée Salad with Chicken | Y | | Y | | | | Y | | |
| Italian Entrée Salad with Shrimp | Y | | Y | | | Y | | | |
| Happy Hour | | | | | | | | | |
| Charcuterie Board | | | Y | | | | | | Y |
| Calabrian Wings with Gorgonzola Cheese or Ranch Sauce | Y | | Y | | | | Y | | |
| Bruschette Caprese | | | Y | | | | | | Y |
| Calamari | | Y | Y | | | | Y | | Y |
| Vegetable Focaccia Bites | | | Y | | | | Y | Y | Y |
| Mezzaluna Fritte | Y | | Y | | | | Y | | Y |
| Meatball Sliders | Y | | Y | | | | Y | | Y |
| Shrimp Focaccia Bites | | | Y | | | Y | Y | | Y |
| Pizza (Regional) | | | | | | | | | |
| Margherita Pizza-Regional | | | Y | | | | | | Y |
| Cheese Pizza-Regional | | Y | Y | | | | | | Y |
| Pepperoni Pizza-Regional | | Y | Y | | | | | | Y |
| Chicken Bryan Pizza-Regional | | | Y | | | | Y | | Y |
| Catering: Individually Packaged | | | | | | | | | |
| Bread, Herbs and Oil | | | Y | | | | | | Y |
| Caesar Salad | Y | Y | Y | | | | | | Y |
| House Salad | Y | Y | Y | | | | | | |
| Italian Salad | Y | | Y | | | | | | |
| Garlic Mashed Potatoes | | | Y | | | | | | |
| Sauteed Broccoli | | | | | | | | | |
| Penne Pomodoro | | | | | | | | | Y |
| Chicken Bryan | | | Y | | | | Y | | |
| Chicken Marsala | | | Y | | | | Y | | |
| Chicken Parmesan | Y | | Y | | | | | | Y |
| Lasagne | Y | | Y | | | | Y | | Y |
| Penne Carrabba | | | Y | | | | Y | | Y |
| Penne Meat Sauce | | | Y | | | | Y | | Y |
| Penne Meatballs | Y | | Y | | | | Y | | Y |
| Side Penne Pomodoro | | | | | | | | | Y |
| Penne Positano | | | | | | | | | Y |
| Tuscan-Grilled Chicken | | | Y | | | | Y | | |
| Mini Cannoli | Y | | Y | | | | Y | Y | Y |
| Boule Bread with herbs and oil | | | | | | | | | Y |
| Catering: Perfect Bundles and Party Pans | | | | | | | | | |
| Focaccia Bread | | | Y | | | | | | Y |
| Penne Alfredo -- No Protein | | | Y | | | | Y | | Y |
| Penne Alfredo with Chicken | | | Y | | | | Y | | Y |
| Penne Positano -- No Protein | | | | | | | | | Y |
| Penne Positano with Chicken | | | Y | | | | Y | | Y |
| Penne Carrabba -- No Protein | | | Y | | | | Y | | Y |
| Penne Carrabba with Chicken | | | Y | | | | Y | | Y |

| | Y = YES THE ALLERGEN IS PRESENT | | | | | | | | |
|---|---------------------------------|------|------|---------|--------|-----------|---------|----------|-------|
| Menu Item Name | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Lasagne | Y | | Y | | | | Y | | Y |
| Mezzaluna | Y | | Y | | | | Y | | Y |
| Penne Pomodoro -- No Protein | | | | | | | | | Y |
| Penne Pomodoro with Meatballs | Y | | Y | | | | Y | | Y |
| Penne Pomodoro with Meat Sauce | | | Y | | | | Y | | Y |
| Rigatoni Martino -- No Protein | | | Y | | | | Y | | Y |
| Rigatoni Martino with Chicken | | | Y | | | | Y | | Y |
| Rigatoni Martino with Sausage | | | Y | | | | Y | | Y |
| Rigatoni Campagnolo | | | Y | | | | | | Y |
| Penne Weesie | | | Y | | | Y | Y | | Y |
| Tuscan Grilled Chicken | | | Y | | | | Y | | |
| Chicken Marsala | | | Y | | | | Y | | |
| Pollo Rosa Maria | | | Y | | | | Y | | |
| Chicken Bryan | | | Y | | | | Y | | |
| Sirloin Marsala | | | Y | | | | Y | | |
| Salmon Capperi | | Y | Y | | | | Y | | |
| Side Penne Pomodoro | | | | | | | | | Y |
| Sauteed Broccoli | | | | | | | | | |
| Garlic Mashed Potatoes | | | Y | | | | | | |
| Italian Salad with Dressing | Y | | Y | | | | | | |
| Caesar Salad with Dressing | Y | Y | Y | | | | | | Y |
| House Salad with Dressing | Y | Y | Y | | | | | | |
| Mini Cannoli | Y | | Y | | | | Y | Y | Y |
| Fresh Baked Chocolate Chunk Cookies | Y | | Y | | | | Y | | Y |
| Fresh Baked Oatmeal Raisin Cookies | Y | | Y | | | | Y | | Y |
| Sogno Di Cioccolata "Chocolate Dream" | Y | | Y | | | | Y | | Y |
| Tiramisu | Y | | Y | | | | Y | | Y |
| Catering: Family Bundles | | | | | | | | | |
| Chicken Parmesan Family Bundle | Y | | Y | | | | | | Y |
| Chicken Marsala Family Bundle | | | Y | | | | Y | | |
| Lasagne Family Bundle | Y | | Y | | | | Y | | Y |
| Penne Carrabba Family Bundle | | | Y | | | | Y | | Y |
| Salmon Saporito | | Y | Y | | | Y | Y | | |
| Spaghetti with Meat Sauce Family Bundle | | | Y | | | | Y | | Y |
| Spaghetti with Meatballs Family Bundle | Y | | Y | | | | Y | | Y |
| Spaghetti with Pomodoro Sauce Family Bundle | | | Y | | | | | | Y |
| Penne Alfredo (Large) | | | Y | | | | Y | | Y |
| Bread, Herbs and Oil | | | | | | | | | Y |
| Caesar Salad | Y | Y | Y | | | | | | Y |
| Dulles Airport | | | | | | | | | |
| Mozzarella Marinara | Y | Y | Y | | | | | | Y |
| Meatballs and Ricotta | Y | | Y | | | | Y | | Y |
| Margherita Pizza-Regional | | | Y | | | | | | Y |
| Pepperoni Pizza-Regional | | Y | Y | | | | | | Y |
| Entree Salad:Caesar Salad With Chicken | Y | Y | Y | | | | Y | | Y |
| Side Caesar Salad | Y | Y | Y | | | | | | Y |
| Chicken Bryan | | | Y | | | | Y | | |
| Tuscan-Grilled Chicken | | | Y | | | | Y | | |
| Tuscan Grilled Sirloin, 10 oz. | | | Y | | | | Y | | |
| Bryan Topping | | | Y | | | | Y | | |
| Spaghetti with Meatballs | Y | | Y | | | | Y | | Y |
| Caprese Sandwich - No Chicken | | | Y | | | | Y | Y | Y |

| Y = YES THE ALLERGEN IS PRESENT | | | | | | | | | |
|---|------|------|------|---------|--------|-----------|---------|----------|-------|
| Menu Item Name | Eggs | Fish | Milk | Peanuts | Sesame | Shellfish | Soybean | Treenuts | Wheat |
| Caprese Sandwich with Grilled Chicken | | | Y | | | | Y | Y | Y |
| Meatball Sandwich | Y | | Y | | | | Y | | Y |
| Penne Pomodoro | | | | | | | | | Y |
| Bistro Sandwich Bundles/ Sandwich Trays (Serves 5) | | | | | | | | | |
| Bruschette Chicken Sandwich | | | Y | | | | Y | Y | Y |
| Chicken Parmesan Sandwich | Y | | Y | | | | | | Y |
| Italian Sandwich | Y | | Y | | | | | | Y |
| Steak Marsala Sandwich | | | Y | | | | Y | | Y |
| House Made Chips | | | | | | | | | |
| Pasta Salad | Y | | Y | | | | | | Y |
| House Salad with Dressing | Y | Y | Y | | | | | | |
| Caesar Salad with Dressing | Y | Y | Y | | | | | | Y |
| Fresh Baked Chocolate Chunk Cookies | Y | | Y | | | | Y | | Y |
| Fresh Baked Oatmeal Raisin Cookies | Y | | Y | | | | Y | | Y |
| Bistro Boxed Lunches (Serves 1) | | | | | | | | | |
| Bruschette Chicken Sandwich | | | Y | | | | Y | Y | Y |
| Chicken Parmesan | Y | | Y | | | | | | Y |
| Italian Sandwich | Y | | Y | | | | | | Y |
| Caprese Sandwich with Grilled Chicken | | | Y | | | | Y | Y | Y |
| Pasta Salad | Y | | Y | | | | | | Y |
| House Made Chips | | | | | | | | | |
| Oatmeal Cookie | Y | | Y | | | | Y | | Y |
| Chocolate Chip Cookie | Y | | Y | | | | Y | | Y |