

## CARRABBA'S ITALIAN GRILL NUTRITION

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Nutrition information is updated when new data is received from suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date. Updated February 2023

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Created: July 2023

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Appetizers</b>													
Calamari with Marinara & Ricardo Sauce	1	Serving	1230	830	92	24	8	425	2570	66	5	7	33
Zucchini Fritte	1	Serving	760	560	63	11	4.5	15	1190	41	5	5	9
Mozzarella Marinara	1	Serving	1050	670	75	33	1.5	335	2090	43	3	11	50
Shrimp Scampi	1	Serving	970	440	49	26	0	325	2720	76	3	6	45
Classic Combo	1	Serving	1390	930	104	34	5	415	3160	59	6	12	55
Classic Combo (Regional)	1	Serving	1450	980	109	30	7	375	2660	72	6	10	45
Cozze in Bianco	1	Serving	500	200	22	8	0	105	1680	34	2	6	37
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	320	230	26	10	0	45	1100	8	2	4	14
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Tomato Caprese with Fresh Burrata	1	Serving	460	350	39	17	0	70	1210	15	2	7	15
Bruschette Scotty Thompson (Regional)	1	Serving	600	230	26	8	0	40	1350	61	5	9	21
Breadstick Tower Combo	1	Serving	1140	660	73	31	1.5	245	2440	80	5	11	44
Tuscan Breadstick Tower	1	Serving	770	360	40	15	0.5	30	1980	88	6	9	18
<b>Soups, Entrée Salads, and Side Salads</b>													
Entree Salad: Caesar Salad With Chicken	1	Serving	870	580	64	13	1	130	1610	27	5	5	47
Entree Salad: Caesar Salad With Shrimp	1	Serving	800	580	64	13	1	160	1980	28	5	5	29
Johnny Rocco Salad--Shrimp & Scallops	1	Serving	570	370	42	10	0	150	3030	15	5	3	36
Johnny Rocco Salad--All Scallops	1	Serving	630	390	44	11	0	95	4000	20	5	3	40
Johnny Rocco Salad--All Shrimp	1	Serving	550	380	43	11	0	225	2190	11	5	3	34
Entree Salad: Italian Salad with Shrimp	1	Serving	700	540	61	10	0	135	1980	21	8	9	21
Entree Salad: Italian Salad with Chicken	1	Serving	790	540	61	11	0	110	1630	21	7	9	40
Side House Salad	1	Serving	340	250	28	6	0	20	620	17	5	7	6
Side Italian Salad	1	Serving	320	260	29	5	0	10	600	14	5	7	4
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	750	14	2	2	10
Mama Mandola's Sicilian Chicken Soup, Bowl	1	Serving	320	100	11	3	0	65	2430	32	4	5	24
Sausage & Lentil Soup, Bowl	1	Serving	490	250	27	8	0	40	2420	37	12	8	23
Minestrone Soup, Bowl	1	Serving	210	70	8	3	0	0	870	31	6	5	5
Tomato Basil Soup, Bowl	1	Serving	370	260	29	15	0	80	1560	26	5	19	5

### Pasta

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Filet and Shrimp Pasta Toscana	1	Serving	2220	1320	147	80	3	495	4810	142	12	10	78
Linguine Pescatore	1	Serving	1000	120	13	2.5	0	190	2620	155	10	16	68
Linguine Pescatore with Gluten-Free Pasta	1	Serving	1060	130	14	2.5	0	195	3170	173	20	14	60
Fettuccine Carrabba	1	Serving	2030	1100	122	75	2.5	480	2600	131	9	9	95
Lasagne	1	Serving	1050	540	60	31	1.5	185	2550	68	9	15	57
Grilled Vegetable Ravioli	1	Serving	680	330	37	17	0.5	105	1720	65	7	12	24
Linguine Positano	1	Serving	950	290	33	2.5	0	0	1750	145	8	13	24
Linguine Positano with Grilled Chicken and Gluten-Free Pasta	1	Serving	1240	340	38	4.5	0	125	2680	163	18	10	62
Linguine Positano with Grilled Shrimp	1	Serving	1040	310	35	3	0	120	2380	145	8	13	39
Linguine Positano with Grilled Chicken	1	Serving	1180	330	37	4	0	120	2130	145	8	13	70
Linguine Positano with Grilled Shrimp and Gluten-Free Pasta	1	Serving	1100	320	36	3.5	0	120	2930	163	18	11	31
Fettuccine Weesie	1	Serving	2060	1220	136	79	3	560	2800	134	8	9	72
Fettuccine Weesie, Gluten Free	1	Serving	2040	1190	132	80	3	455	2560	162	17	10	55
Rigatoni Campagnolo	1	Serving	1430	640	71	29	0.5	155	2830	131	11	21	64
Rigatoni Campagnolo with Gluten-Free Pasta	1	Serving	1610	650	72	30	1	160	3380	175	22	18	60
Lobster Ravioli	1	Serving	680	320	35	20	0.5	185	1140	70	3	6	23
Spaghetti with Meat Sauce	1	Serving	870	230	25	7	0	40	1840	124	12	16	33
Spaghetti with Meatballs	1	Serving	1220	420	46	16	1	135	3230	141	16	24	56
Spaghetti with Pomodoro Sauce	1	Serving	730	110	12	2	0	0	2070	130	14	21	24
Gluten Free Spaghetti with Pomodoro Sauce	1	Serving	860	110	12	2	0	5	2180	172	23	20	17
Gluten Free Spaghetti with Meat Sauce	1	Serving	990	220	25	8	1	45	1940	166	21	15	26
Gluten Free Spaghetti with Meatballs	1	Serving	1340	410	46	16	1.5	135	3330	182	25	23	49
Shrimp and Scallop Linguine Alla Vodka	1	Serving	1040	290	33	12	0	185	1960	119	9	10	49
Mezzaluna	1	Serving	700	320	36	20	0	135	1440	60	4	7	33
Rigatoni Martino, no protein	1	Serving	1310	630	70	41	1	160	2790	121	14	17	48
Rigatoni Martino with Chicken	1	Serving	1540	670	74	42	1	280	3170	121	14	17	94
Rigatoni Martino with Sausage	1	Serving	1690	920	102	51	1	230	3500	123	14	17	67
Penne Martino, no protein (Regional)	1	Serving	1310	630	70	41	1	160	2790	121	14	17	48
Penne Martino with Chicken (Regional)	1	Serving	1540	670	74	42	1	280	3170	121	14	17	94
Penne Martino with Sausage (regional)	1	Serving	1690	920	102	51	1	230	3500	123	14	17	67

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Specialties</b>													
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1	Serving	420	200	22	12	0.5	165	730	4	2	2	47
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
Tuscan-Grilled Chicken	1	Serving	270	45	5	2	0	145	440	0	0	0	53
Pollo Rosa Maria	1	Serving	550	240	27	13	0	205	1420	4	2	2	69
Eggplant Parmesan	1	Serving	1230	580	64	26	1.5	110	3490	122	16	20	46
Veal Marsala	1	Serving	520	200	22	11	0	205	910	18	2	2	56
Veal Piccata	1	Serving	410	170	19	10	0	145	930	17	1	3	39
Chicken Piccata	1	Serving	580	260	29	11	0	155	1200	27	1	3	51
<b>Seafood</b>													
Spiedino Di Mare All Shrimp	1	Serving	460	270	30	11	0	220	2140	21	2	4	27
Spiedino Di Mare All Scallops	1	Serving	540	280	31	11	0	90	3950	30	2	4	33
Spiedino Di Mare Shrimp & Scallops	1	Serving	500	280	31	11	0	155	3040	25	2	4	30
Mahi Wulfe, 8oz	1	Serving	490	180	20	10	0	145	1670	22	4	6	54
Salmon Caperi	1	Serving	760	510	57	16	0	175	1360	9	1	3	51
Salmon Vazzano (Regional)	1	Serving	690	470	53	16	0	160	1160	7	1	3	46
Simply Grilled Salmon	1	Serving	540	350	39	7	0	130	680	1	0	0	45
<b>Trios</b>													
Chicken Trio	1	Serving	730	330	37	20	0	275	1620	10	3	5	85
The Johnny Trio w/7oz Sirloin	1	Serving	1040	520	58	29	0.5	285	2800	40	4	8	83
The Johnny Trio w/10oz Sirloin	1	Serving	1170	580	65	32	0.5	330	2890	41	4	8	100
Carrabba's Italian Classics w/Fettuccine	1	Serving	1610	940	104	57	2	405	2700	86	6	11	78
<b>Steaks &amp; Chops &amp; Toppings</b>													
Tuscan Grilled Sirloin, 7oz.	1	Serving	350	170	19	7	0	105	1370	3	1	1	39
Tuscan Grilled Sirloin, 10 oz.	1	Serving	480	230	26	9	0	150	1450	3	1	1	56
Tuscan Grilled Ribeye, 16 oz.	1	Serving	740	410	46	16	1.5	215	1590	5	1	1	74
Tuscan Grilled Filet, 9 oz.	1	Serving	610	380	43	16	0	170	3680	6	2	1	48
Tuscan Grilled Pork Chop, One Chop	1	Serving	400	240	27	9	0	105	1410	3	1	1	33
Tuscan Grilled Pork Chop, Two Chops	1	Serving	800	490	54	18	0	215	2820	6	1	2	66
Spicy Sicilian Butter Topping	1	Serving	100	100	11	6	0	15	250	1	0	0	0
Marsala Sauce Topping	1	Serving	190	160	18	11	0.5	45	350	4	2	2	2
Ardente Topping	1	Serving	250	180	20	6	0	30	980	7	1	4	7
Bryan Topping	1	Serving	210	160	17	11	0	45	590	9	1	4	4

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<b>Sides</b>													
Sauteed Broccoli	1	Serving	140	100	11	1.5	0	0	520	10	5	3	5
Garlic Mashed Potatoes	1	Serving	350	150	17	3.5	0	5	1090	46	4	3	6
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Parmesan Truffle Fries	1	Serving	750	380	43	11	0	15	2670	79	8	0	13
Rosemary and Garlic Fries (regional)	1	Serving	780	410	46	10	0	5	1860	80	8	0	11
Sauteed Spinach	1	Serving	180	140	15	1	0	0	300	9	2	1	4
Grilled Asparagus	1	Serving	45	25	2.5	0	0	0	550	5	2	1	3
Fettuccine Alfredo, Side	1	Serving	820	530	58	36	1.5	175	970	51	2	4	21
<b>Desserts</b>													
Sogno Di Cioccolata, "Chocolate Dream"	1	Serving	1050	660	74	33	1	190	540	94	4	76	9
Strawberry Cheesecake	1	Serving	990	580	64	38	3	315	690	87	3	70	16
Traditional Cannoli	1	Serving	970	600	67	40	0	135	570	76	3	49	17
Tiramisu	1	Serving	950	630	70	47	1.5	205	80	68	4	51	10
John Cole	1	Serving	630	340	38	10	0	50	310	69	2	52	7
Cannoli Cake for Two	1	Serving	2170	1190	132	65	1	215	1170	227	8	145	26
<b>Kid's</b>													
Kids Grilled Chicken and Steamed Spinach	1	Serving	190	45	5	1.5	0	65	230	6	4	0	27
Kids Grilled Chicken Meal with Broccoli	1	Serving	200	50	5	1.5	0	65	140	11	6	3	29
Kids Grilled Shrimp and Steamed Broccoli	1	Serving	160	5	0.5	0	0	180	380	12	7	3	30
Kids Grilled Shrimp and Steamed Spinach	1	Serving	130	5	0	0	0	180	450	6	4	0	27
Kids Spaghetti and Meatball	1	Serving	530	160	18	6	0	45	1420	69	8	11	23
Kids Mac N' Cheese	1	Serving	410	120	13	8	0.5	45	900	56	4	6	16
Kids Chicken Fingers with Broccoli	1	Serving	630	220	24	4.5	0	60	2740	70	11	14	37
Kids Cheese Ravoli	1	Serving	240	80	9	4	0	35	940	30	4	7	11
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
<b>Kid's Beverages</b>													
100% Apple Juice with Ice	1	Serving	80	0	0	0	0	0	25	20	0	20	0
100% Orange Juice with Ice	1	Serving	80	0	0	0	0	0	0	19	0	19	1



Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Beverages</b>													
Cafe Latte	1	Serving	110	35	4	2	0	15	85	13	0	11	5
Cappuccino	1	Serving	90	30	3	1.5	0	10	70	12	0	8	4
Coffee	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Espresso	1	Serving	45	10	1.5	0	0	5	30	7	0	4	1
Coke with Ice	1	Serving	80	0	0	0	0	0	30	23	0	23	0
Diet Coke with Ice	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Dr. Pepper with Ice	1	Serving	90	0	0	0	0	0	35	23	0	22	0
Sprite with Ice	1	Serving	90	0	0	0	0	0	20	23	0	21	0
Hi-C Fruit Punch with Ice	1	Serving	90	0	0	0	0	0	15	26	0	26	0
Minute Maid Lemonade with Ice	1	Serving	100	0	0	0	0	0	15	25	0	25	0
Gold Peak Tea, Sweet with Ice	1	Serving	70	0	0	0	0	0	20	18	0	18	0
Gold Peak Tea, with Ice	1	Serving	0	0	0	0	0	0	20	0	0	0	0
Flavored Tea, with Ice: Blackberry	1	Serving	40	0	0	0	0	0	5	10	0	9	0
Flavored Tea, with Ice: Desert Pear	1	Serving	40	0	0	0	0	0	5	10	0	9	0
Flavored Tea, with Ice: Mango	1	Serving	50	0	0	0	0	0	5	13	0	12	0
Flavored Tea, with Ice: Orange	1	Serving	45	0	0	0	0	0	5	11	0	11	0
Flavored Tea, with Ice: Peach	1	Serving	40	0	0	0	0	0	5	10	0	9	0
Flavored Tea, with Ice: Pomegranate	1	Serving	45	0	0	0	0	0	5	11	0	11	0
Flavored Tea, with Ice: Raspberry	1	Serving	50	0	0	0	0	0	5	13	0	12	0
Flavored Tea, with Ice: Strawberry	1	Serving	35	0	0	0	0	0	5	9	0	8	0
Flavored Tea, with Ice: White Peach	1	Serving	40	0	0	0	0	0	5	10	0	9	0
Raspberry Lemonade with Ice	1	Serving	160	0	0	0	0	0	5	41	0	40	0
Strawberry Lemonade with Ice	1	Serving	140	0	0	0	0	0	5	37	0	36	0
<b>Beer, Varies by Location</b>													
Bud Light	1	Serving	110	0	0	0	0	0	0	7	0	0	1
Blue Moon	1	Serving	170	0	0	0	0	0	15	14	0	0	2
Samuel Adams	1	Serving	180	0	0	0	0	0	0	0	0	0	0
MICHELOB ULTRA	1	Serving	100	0	0	0	0	0	10	3	0	0	1
Coors Light	1	Serving	100	0	0	0	0	0	10	5	0	0	1
Stella Artois	1	Serving	140	0	0	0	0	0	0	11	0	0	0
<b>Wine &amp; Sangria</b>													
Blackberry Sangria, Glass, 6 ounce	1	Serving	230	0	0	0	0	0	10	32	1	28	0
Blackberry Sangria, Glass, 9 ounce	1	Serving	340	0	0	0	0	0	15	45	1	41	0
Classic Red Sangria, Glass, 6 ounce	1	Serving	190	0	0	0	0	0	0	22	1	19	1
Classic Red Sangria, Glass, 9 ounce	1	Serving	280	0	0	0	0	0	5	30	1	26	1
Peach Sangria, Glass, 6 ounce	1	Serving	220	0	0	0	0	0	10	22	0	20	0
Peach Sangria, Glass, 9 ounce	1	Serving	330	0	0	0	0	0	15	34	0	31	0
Sangria Rita	1	Serving	240	0	0	0	0	0	0	31	0	28	0
Red Wine, Bottle, 750 ml	1	Serving	630	0	0	0	0	0	30	19	0	5	1
Red Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	5	5	0	1	0

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Red Wine, Glass, 9 ounce	1	Serving	220	0	0	0	0	0	10	7	0	2	0
Rose Wine, Bottle, 750 ml	1	Serving	640	0	0	0	0	0	40	29	0	29	3
Rose Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	10	7	0	7	1
Rose Wine, Glass, 9 ounces	1	Serving	230	0	0	0	0	0	15	10	0	10	1
Sparkling Wine, Bottle, 750 ml	1	Serving	600	0	0	0	0	0	0	22	0	0	0
Sparkling Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	0	5	0	0	0
White Wine, Bottle, 750 ml	1	Serving	610	0	0	0	0	0	35	19	0	7	1
White Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	10	5	0	2	0
White Wine, Glass, 9 ounce	1	Serving	220	0	0	0	0	0	15	7	0	3	0
Blackberry Sangria, Pitcher	1	Serving	970	0	0	0	0	0	50	131	1	118	1
Classic Red Sangria, Pitcher	1	Serving	1020	0	0	0	0	0	25	109	1	95	3
Peach Sangria, Pitcher	1	Serving	890	0	0	0	0	0	50	87	0	78	1
<b>Cocktails</b>													
Pomegranate Martini	1	Serving	200	0	0	0	0	0	0	25	0	25	1
Sicilian Prickly Pear Margarita	1	Serving	280	0	0	0	0	0	0	36	0	33	0
Sangria Rita	1	Serving	240	0	0	0	0	0	0	31	0	28	0
Italian Old Fashioned	1	Serving	170	0	0	0	0	0	0	9	1	8	0
Sparkling Tuscan Lemonade	1	Serving	190	0	0	0	0	0	15	24	0	23	0
<b>Lunch</b>													
Chicken Parmesan Sandwich	1	Serving	570	200	22	8	0	155	1080	48	3	4	41
Caprese Sandwich with Grilled Chicken	1	Serving	740	270	30	14	1	185	1360	44	3	3	69
Caprese Sandwich - No Chicken	1	Serving	510	230	26	12	1	60	980	44	3	3	23
Meatball Sandwich	1	Serving	730	340	38	18	1	140	1780	54	4	7	40
Lunch Trio Mozzarella Marinara	1	Serving	520	340	38	16	1	170	1050	21	2	5	25
Shrimp Scampi-Lunch	1	Serving	630	260	29	8	0	155	1230	54	2	2	28
Fettuccine Alfredo, Side	1	Serving	820	530	58	36	1.5	175	970	51	2	4	21
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	320	230	26	10	0	45	1100	8	2	4	14
Mama Mandola's Sicilian Chicken Soup, Cup	1	Serving	230	50	6	1.5	0	30	1290	29	3	2	15
Minestrone Soup, Cup	1	Serving	110	35	4	1.5	0	0	440	16	3	3	3
Sausage & Lentil Soup, Cup	1	Serving	240	120	14	4	0	20	1210	19	6	4	12
Tomato Basil Soup, Cup	1	Serving	190	130	15	7	0	40	780	13	3	9	3
Sparkling Tuscan Lemonade	1	Serving	190	0	0	0	0	0	15	24	0	23	0
<b>Pizza (Regional)</b>													
Margherita Pizza-Regional	1	Serving	630	280	31	10	0	45	1940	67	4	3	24
Cheese Pizza-Regional	1	Serving	580	220	25	10	0	45	1250	67	3	3	24
Pepperoni Pizza-Regional	1	Serving	790	410	46	15	0	75	1760	67	3	3	30
Chicken Bryan Pizza-Regional	1	Serving	860	330	36	17	0.5	160	1720	73	5	7	60

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Perfect Bundles</b>													
Focaccia Bread--serves 10 (Large)	1	Serving	1450	640	73	10	0	0	3270	174	9	6	36
Penne Alfredo (Large)	1	Serving	8650	6110	679	425	16	1830	9370	447	24	50	204
Penne Alfredo with Chicken (Large)	1	Serving	9740	6280	698	433	16	2415	11170	447	24	50	423
Penne Positano (No protein) (Large)	1	Serving	3720	1420	161	13	0	0	10070	475	38	53	91
Penne Positano with Chicken (Large)	1	Serving	4810	1600	180	21	0	585	11860	475	38	53	309
Penne Carrabba (No Protein) (Large)	1	Serving	8880	6160	684	426	16	1830	10120	478	43	59	220
Penne Carrabba with Chicken (Large)	1	Serving	10120	6430	715	442	16	2450	12330	479	43	59	451
Lasagne (Large)	1	Serving	8230	4280	477	251	10	1490	18600	517	59	100	456
Mezzaluna (Large)	1	Serving	4200	2180	242	136	3.5	805	9130	319	23	46	184
Penne Pomodoro (No Protein) (Large)	1	Serving	2960	500	56	9	0	0	9470	517	62	97	96
Penne Pomodoro with Meatballs (Large)	1	Serving	5890	2310	258	92	6	750	17420	597	77	127	283
Penne Pomodoro with Meat Sauce (Large)	1	Serving	4230	1450	162	55	3.5	305	9860	503	57	85	173
Rigatoni Martino (No Protein) (Large)	1	Serving	5210	2570	286	163	4.5	605	11020	491	56	74	169
Rigatoni Martino with Chicken (Large)	1	Serving	6770	3060	340	194	5	1290	14140	495	57	74	424
Rigatoni Martino with Sausage (Large)	1	Serving	7670	4380	487	238	5	1060	16420	507	66	74	302
Rigatoni Campagnolo (Large)	1	Serving	6240	2850	318	133	3	690	14850	532	59	92	288
Penne Weesie (Large)	1	Serving	10000	6850	762	453	16	2835	12600	477	34	58	331
Tuscan Grilled Chicken (Large)	1	Serving	1370	220	24	10	0	730	2240	0	0	0	273
Chicken Marsala (Large)	1	Serving	2380	1070	120	67	3	970	4130	19	11	9	281
Pollo Rosa Maria (Large)	1	Serving	2760	1220	136	66	0	1035	7110	21	10	8	345
Chicken Bryan (Large)	1	Serving	2840	1280	142	84	1.5	1055	6240	64	9	35	313
Sliced Sirloin Marsala (Large)	1	Serving	3720	2140	239	106	3	1075	12690	38	15	13	320
Catering Salmon Caperi (Large)	1	Serving	4550	3060	342	99	0.5	1040	8150	54	5	17	307
Side Penne Pomodoro (Large)	1	Serving	2960	500	56	9	0	0	9470	517	62	97	96
Sauteed Broccoli (Large)	1	Serving	1430	950	108	14	0	0	5240	99	49	26	50
Garlic Mashed Potatoes (Large)	1	Serving	3510	1500	167	37	0	35	10950	457	40	32	57
Italian Salad with Dressing (Large)	1	Serving	2320	2030	229	38	0.5	70	4210	59	22	25	20
Caesar Salad with Dressing (Large)	1	Serving	2780	2200	245	50	3.5	165	5320	94	14	17	51
House Salad with Dressing (Large)	1	Serving	2360	1990	223	44	3	145	4060	65	22	26	36
Mini Cannoli (Large)	1	Serving	2940	1810	201	115	1	245	1310	241	9	119	44
Fresh Baked Chocolate Chunk Cookies(Large)	1	Serving	3740	1610	179	87	3	355	1900	519	19	305	44
Fresh Baked Oatmeal Raisin Cookies (Large)	1	Serving	3490	1340	149	60	3	350	2020	520	21	278	47
Focaccia Bread (Small)	1	Serving	730	320	36	5	0	0	1630	87	4	3	18
Penne Alfredo (Small)	1	Serving	4320	3050	339	213	8	915	4690	224	12	25	102
Penne Alfredo with Chicken (Small)	1	Serving	4870	3140	349	217	8	1205	5580	224	12	25	211
Penne Positano (No protein) (Small)	1	Serving	1860	710	80	6	0	0	5030	237	19	26	46
Penne Positano with Chicken (Small)	1	Serving	2410	800	90	10	0	290	5930	237	19	26	155
Penne Carrabba (No Protein) (Small)	1	Serving	4440	3080	342	213	8	915	5060	239	21	30	110
Penne Carrabba with Chicken (Small)	1	Serving	5060	3220	358	221	8	1225	6170	240	21	30	225
Lasagne (Small)	1	Serving	4120	2140	238	126	5	745	9300	258	29	50	228



Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Mezzaluna (Small)	1	Serving	2100	1090	121	68	1.5	400	4560	160	12	23	92
Penne Pomodoro (No Protein) (Small)	1	Serving	1480	250	28	4.5	0	0	4740	259	31	49	48
Penne Pomodoro with Meatballs (Small)	1	Serving	2950	1160	129	46	3	375	8710	298	39	64	141
Penne Pomodoro with Meat Sauce (Small)	1	Serving	2110	730	81	28	1.5	150	4930	252	28	42	86
Rigatoni Martino (No Protein) (Small)	1	Serving	2600	1280	143	82	2.5	300	5510	245	28	37	85
Rigatoni Martino with Chicken (Small)	1	Serving	3390	1530	170	97	2.5	645	7070	247	28	37	212
Rigatoni Martino with Sausage (Small)	1	Serving	3840	2190	243	119	2.5	530	8210	253	33	37	151
Rigatoni Campagnolo (Small)	1	Serving	3120	1430	159	66	1.5	345	7430	266	29	46	144
Penne Weesie (Small)	1	Serving	5000	3420	381	226	8	1420	6300	239	17	29	165
Tuscan Grilled Chicken (Small)	1	Serving	820	130	15	6	0	440	1350	0	0	0	164
Chicken Marsala (Small)	1	Serving	1290	530	60	33	1.5	550	2230	9	5	4	168
Pollo Rosa Maria (small)	1	Serving	1600	690	77	37	0	610	4080	11	5	4	206
Chicken Bryan (Small)	1	Serving	1610	690	77	45	1	615	3460	35	5	19	187
Sliced Sirloin Marsala (Small)	1	Serving	1860	1070	120	53	1.5	535	6350	19	7	7	160
Salmon Capperi (Small)	1	Serving	2280	1530	171	49	0	520	4070	27	3	9	153
Side Penne Pomodoro (Small)	1	Serving	1480	250	28	4.5	0	0	4740	259	31	49	48
Garlic Mashed Potatoes (Small)	1	Serving	1750	750	83	18	0	20	5470	228	20	16	29
Italian Salad with Dressing (Small)	1	Serving	1160	1010	115	19	0	35	2110	30	11	13	10
Caesar Salad with Dressing (Small)	1	Serving	1390	1100	123	25	2	85	2660	47	7	8	25
House Salad with Dressing (Small)	1	Serving	1180	1000	111	22	1.5	70	2030	32	11	13	18
Mini Cannoli (Small)	1	Serving	1470	910	101	58	0	120	660	121	5	60	22
Fresh Baked Chocolate Chunk Cookies (Small)	1	Serving	1870	800	89	43	1.5	175	950	259	9	152	22
Fresh Baked Oatmeal Raisin Cookies (Small)	1	Serving	1750	670	75	30	1.5	175	1010	260	11	139	24
<b>Party Pans</b>													
Meatballs and Ricotta (Large)	1	Serving	3810	2360	263	110	7	995	11030	111	23	48	237
Shrimp Scampi (Large)	1	Serving	5330	2440	273	96	0.5	1240	10690	446	18	26	204
Four-Cheese & Sausage Stuffed Mushrooms (Large)	1	Serving	2350	1780	199	82	2	360	7790	62	15	32	89
Mama Mandola's Soup (Large)	1	Serving	2470	630	70	24	0	350	13360	293	28	24	161
Italian Salad with Dressing (Large)	1	Serving	2320	2030	229	38	0.5	70	4210	59	22	25	20
Caesar Salad with Dressing (Large)	1	Serving	2780	2200	245	50	3.5	165	5320	94	14	17	51
House Salad with Dressing (Large)	1	Serving	2360	1990	223	44	3	145	4060	65	22	26	36
Side Penne Pomodoro (Large)	1	Serving	2960	500	56	9	0	0	9470	517	62	97	96
Sauteed Broccoli (Large)	1	Serving	1430	950	108	14	0	0	5240	99	49	26	50
Garlic Mashed Potatoes (Large)	1	Serving	3510	1500	167	37	0	35	10950	457	40	32	57
Sogno Di Cioccolata "Chocolate Dream"	1	Serving	13390	8440	943	436	13	2375	6520	1203	60	970	120
Mini Cannoli (Large)	1	Serving	2940	1810	201	115	1	245	1310	241	9	119	44
Fresh Baked Oatmeal Raisin Cookies (Large)	1	Serving	3490	1340	149	60	3	350	2020	520	21	278	47
Fresh Baked Chocolate Chunk Cookies(Large)	1	Serving	3740	1610	179	87	3	355	1900	519	19	305	44
Penne Alfredo (Large)	1	Serving	8650	6110	679	425	16	1830	9370	447	24	50	204



Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Penne Alfredo with Chicken (Large)	1	Serving	9740	6280	698	433	16	2415	11170	447	24	50	423
Penne Positano (No protein) (Large)	1	Serving	3720	1420	161	13	0	0	10070	475	38	53	91
Penne Positano with Chicken (Large)	1	Serving	4810	1600	180	21	0	585	11860	475	38	53	309
Penne Carrabba (No Protein) (Large)	1	Serving	8880	6160	684	426	16	1830	10120	478	43	59	220
Penne Carrabba with Chicken (Large)	1	Serving	10120	6430	715	442	16	2450	12330	479	43	59	451
Lasagne (Large)	1	Serving	8230	4280	477	251	10	1490	18600	517	59	100	456
Mezzaluna (Small)	1	Serving	2100	1090	121	68	1.5	400	4560	160	12	23	92
Penne Pomodoro (No Protein) (Large)	1	Serving	2960	500	56	9	0	0	9470	517	62	97	96
Penne Pomodoro with Meatballs (Large)	1	Serving	5890	2310	258	92	6	750	17420	597	77	127	283
Penne Pomodoro with Meat Sauce (Large)	1	Serving	4230	1450	162	55	3.5	305	9860	503	57	85	173
Rigatoni Martino (No Protein) (Large)	1	Serving	5210	2570	286	163	4.5	605	11020	491	56	74	169
Rigatoni Martino with Chicken (Large)	1	Serving	6770	3060	340	194	5	1290	14140	495	57	74	424
Rigatoni Martino with Sausage (Large)	1	Serving	7670	4380	487	238	5	1060	16420	507	66	74	302
Rigatoni Campagnolo (Large)	1	Serving	6240	2850	318	133	3	690	14850	532	59	92	288
Penne Weesie (Large)	1	Serving	10000	6850	762	453	16	2835	12600	477	34	58	331
Tuscan Grilled Chicken (Large)	1	Serving	1370	220	24	10	0	730	2240	0	0	0	273
Chicken Marsala (Large)	1	Serving	2380	1070	120	67	3	970	4130	19	11	9	281
Chicken Parmesan	1	Serving	3800	2010	225	81	3.5	1560	9470	93	18	43	340
Pollo Rosa Maria (Large)	1	Serving	2760	1220	136	66	0	1035	7110	21	10	8	345
Chicken Bryan (Large)	1	Serving	2840	1280	142	84	1.5	1055	6240	64	9	35	313
Sliced Sirloin Marsala (Large)	1	Serving	3720	2140	239	106	3	1075	12690	38	15	13	320
Catering Salmon Caperi (Large)	1	Serving	4550	3060	342	99	0.5	1040	8150	54	5	17	307
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Serving	0	0	0	0	0	0	480	0	0	0	0
Fresh Brewed Iced Tea Sweet, Gallon	1	Serving	1790	0	0	0	0	0	120	465	0	453	0
Lemonade, Gallon	1	Serving	2090	0	0	0	0	0	125	544	0	523	0
water, natural spring, Icelandic Glacial	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Fresh-Brewed Blackberry Tea, Gallon	1	Serving	690	0	0	0	0	0	105	171	0	157	0
Raspberry Lemonade, Gallon	1	Serving	2990	0	0	0	0	0	115	767	0	748	0
Strawberry Lemonade, Gallon	1	Serving	2690	0	0	0	0	0	115	692	0	669	0
Meatballs and Ricotta (Small)	1	Serving	1910	1180	131	55	3.5	495	5510	56	12	24	118
Shrimp Scampi (Small)	1	Serving	2670	1220	136	48	0	620	5350	223	9	13	102
Four-Cheese & Sausage Stuffed Mushrooms (Small)	1	Serving	1180	890	99	41	1	180	3890	31	8	16	45
Mama Mandola's Soup (Small)	1	Serving	1230	310	35	12	0	175	6680	146	14	12	81
Italian Salad with Dressing (Small)	1	Serving	1160	1010	115	19	0	35	2110	30	11	13	10
Caesar Salad with Dressing (Small)	1	Serving	1390	1100	123	25	2	85	2660	47	7	8	25
House Salad with Dressing (Small)	1	Serving	1180	1000	111	22	1.5	70	2030	32	11	13	18
Side Penne Pomodoro (Small)	1	Serving	1480	250	28	4.5	0	0	4740	259	31	49	48
Sauteed Broccoli (Small)	1	Serving	710	480	54	7	0	0	2620	50	25	13	25
Garlic Mashed Potatoes (Small)	1	Serving	1750	750	83	18	0	20	5470	228	20	16	29
Mini Cannoli (Small)	1	Serving	1470	910	101	58	0	120	660	121	5	60	22
Fresh Baked Oatmeal Raisin Cookies (Small)	1	Serving	1750	670	75	30	1.5	175	1010	260	11	139	24

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Fresh Baked Chocolate Chunk Cookies (Small)	1	Serving	1870	800	89	43	1.5	175	950	259	9	152	22
Penne Alfredo (Small)	1	Serving	4320	3050	339	213	8	915	4690	224	12	25	102
Penne Alfredo with Chicken (Small)	1	Serving	4870	3140	349	217	8	1205	5580	224	12	25	211
Penne Positano (No protein) (Small)	1	Serving	1860	710	80	6	0	0	5030	237	19	26	46
Penne Positano with Chicken (Small)	1	Serving	2410	800	90	10	0	290	5930	237	19	26	155
Penne Carrabba (No Protein) (Small)	1	Serving	4440	3080	342	213	8	915	5060	239	21	30	110
Penne Carrabba with Chicken (Small)	1	Serving	5060	3220	358	221	8	1225	6170	240	21	30	225
Lasagne (Small)	1	Serving	4120	2140	238	126	5	745	9300	258	29	50	228
Mezzaluna (Large)	1	Serving	4200	2180	242	136	3.5	805	9130	319	23	46	184
Penne Pomodoro (No Protein) (Small)	1	Serving	1480	250	28	4.5	0	0	4740	259	31	49	48
Penne Pomodoro with Meatballs (Small)	1	Serving	2950	1160	129	46	3	375	8710	298	39	64	141
Penne Pomodoro with Meat Sauce (Small)	1	Serving	2110	730	81	28	1.5	150	4930	252	28	42	86
Rigatoni Martino (No Protein) (Small)	1	Serving	2600	1280	143	82	2.5	300	5510	245	28	37	85
Rigatoni Martino with Chicken (Small)	1	Serving	3390	1530	170	97	2.5	645	7070	247	28	37	212
Rigatoni Martino with Sausage (Small)	1	Serving	3840	2190	243	119	2.5	530	8210	253	33	37	151
Rigatoni Campagnolo (Small)	1	Serving	3120	1430	159	66	1.5	345	7430	266	29	46	144
Penne Weesie (Small)	1	Serving	5000	3420	381	226	8	1420	6300	239	17	29	165
Tuscan Grilled Chicken (Small)	1	Serving	820	130	15	6	0	440	1350	0	0	0	164
Chicken Marsala (Small)	1	Serving	1290	530	60	33	1.5	550	2230	9	5	4	168
Chicken Parmesan (Small)	1	Serving	2280	1210	135	49	2	935	5680	56	11	26	204
Pollo Rosa Maria (small)	1	Serving	1600	690	77	37	0	610	4080	11	5	4	206
Chicken Bryan (Small)	1	Serving	1610	690	77	45	1	615	3460	35	5	19	187
Sliced Sirloin Marsala (Small)	1	Serving	1860	1070	120	53	1.5	535	6350	19	7	7	160
Salmon Capperi (Small)	1	Serving	2280	1530	171	49	0	520	4070	27	3	9	153
Tiramisu	1	Serving	12440	7870	874	536	26	3155	1180	1035	35	766	159
Vegetarian Ravioli (Large)	1	Serving	1910	850	94	41	1.5	285	4780	196	19	31	72
Vegetarian Ravioli (Large)	1	Serving	3810	1690	189	83	3	570	9560	392	38	61	143
<b>Individually Packaged Entrees</b>													
Focaccia Individual Catering	1	Serving	100	35	3.5	0	0	0	230	14	1	1	3
Penne Positano	1	Serving	390	120	14	1	0	0	910	56	4	5	11
Penne Alfredo	1	Serving	860	550	61	38	1.5	165	1000	54	3	4	24
Penne Pomodoro Entree (No Protein)	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Penne Pomodoro with Meatballs	1	Serving	660	250	28	10	0.5	90	1700	68	8	11	33
Penne Pomodoro with Meat Sauce	1	Serving	470	140	16	5	0	30	1020	61	6	9	18
Italian Salad with Chicken and Dressing	1	Serving	430	280	31	6	0	80	850	6	3	2	30
Caesar with Chicken and Dressing	1	Serving	480	290	33	7	0	95	860	12	2	2	34
Tuscan Grilled Chicken	1	Serving	270	45	5	2	0	145	450	0	0	0	55
Penne Alfredo with Chicken	1	Serving	990	570	63	39	1.5	240	1220	54	3	4	52
Lasagne	1	Serving	1070	560	62	32	1.5	190	2600	69	9	15	59
Penne Carrabba	1	Serving	1020	580	64	39	1.5	240	1290	57	5	5	53
Chicken Marsala	1	Serving	230	100	11	6	0	95	400	2	1	1	28

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Chicken Bryan	1	Serving	540	230	26	15	0	205	1150	12	2	6	62
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
Italian Salad	1	Serving	200	170	19	3	0	5	420	6	2	3	2
Caesar Salad	1	Serving	290	210	24	6	0	20	570	11	2	2	8
House Salad	1	Serving	200	170	19	3.5	0	10	360	6	2	2	3
Side Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Sauteed Broccoli	1	Serving	140	100	11	1.5	0	0	520	10	5	3	5
Garlic Mashed Potatoes	1	Serving	350	150	17	3.5	0	5	1090	46	4	3	6
Mini Cannoli	1	Serving	320	200	22	13	0	30	160	26	1	14	5
Oatmeal Cookie	1	Serving	350	130	15	6	0	35	200	52	2	28	5
CIG Chocolate Chunk Cookie	1	Serving	370	160	18	9	0	35	190	52	2	30	4