

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 in this document is the most up to date.

Created: February 2026

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)
Appetizers													
Calamari with Marinara & Ricardo Sauce	1	Serving	1160	780	87	21	8	415	2220	61	4	5	32
Zucchini Fritte	1	Serving	760	560	63	11	4.5	15	1190	41	5	5	9
Jumbo Lump Crab Cakes	1	Serving	440	180	21	6	0	130	2010	37	4	5	28
Tuscan Breadstick Tower	1	Serving	990	690	78	35	1	70	2590	64	5	8	13
Classic Combo (Regional)with calamari, mozzarella & zucchini	1	Serving	1450	980	109	30	7	375	2660	72	6	10	45
Classic Combo Appetizer with Calamari, Brushette Caprese & Mozz Marinara	1	Serving	1130	540	60	25	1	370	3470	96	6	11	52
Classic Combo Appetizer, w calamari, mozzarella, mushrooms	1	Serving	1390	930	103	34	5	415	3160	60	6	12	55
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Mozzarella Marinara	1	Serving	1050	670	75	33	1.5	335	2090	43	3	11	50
Shrimp Scampi	1	Serving	960	430	48	26	0	325	2400	85	2	8	47
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	320	230	26	10	0	45	1100	8	2	4	14
Tomato Caprese with Fresh Burrata	1	Serving	460	350	39	17	0	70	1210	15	2	7	15
Bruschette Scotty Thompson (Regional)	1	Serving	680	350	39	10	0.5	40	1050	62	4	10	21
Table Boule Bread, herbs, oil	1	Serving	590	190	22	2	0	0	2800	80	3	2	17
Soups, Entrée Salads, and Side Salads													
Johnny Rocco Salad--All Shrimp	1	Serving	560	380	43	11	0	235	2200	11	5	3	36
Johnny Rocco Salad--All Scallops	1	Serving	670	430	49	13	0	100	3800	20	5	3	41
Johnny Rocco Salad--Shrimp & Scallops	1	Serving	600	390	44	11	0	160	2930	16	5	3	37
Caesar Entree Salad with 8oz Chicken	1	Serving	980	600	67	15	1	180	1800	27	5	5	66
Caesar Salad With Shrimp	1	Serving	800	580	64	13	1	165	1990	28	5	5	30
Italian Salad with Chicken	1	Serving	880	560	63	12	0	165	1730	20	7	9	61
Italian Salad with Shrimp	1	Serving	700	540	61	10	0	145	1910	21	8	9	22
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	760	14	2	2	10
Side Italian Salad	1	Serving	320	260	29	5	0	10	600	14	5	7	4
Side House Salad	1	Serving	330	250	28	6	0	20	580	17	5	7	6
Mama Mandola's Sicilian Chicken Soup, Bowl	1	Serving	320	100	11	3	0	65	2430	32	4	5	24
Minestrone Soup, Bowl	1	Serving	270	80	9	3	0	0	820	44	8	8	9
Sausage & Lentil Soup, Bowl	1	Serving	490	250	27	8	0	40	2420	37	12	8	23

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)
Tomato Basil Soup, Bowl	1	Serving	370	260	29	15	0	80	1560	26	5	19	5
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	140	40	4.5	1.5	0	0	410	22	4	4	4
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
Pasta													
Filet and Shrimp Pasta Toscana	1	Serving	2230	1320	147	83	3.5	490	4760	142	9	10	78
Fettuccine Carrabba	1	Serving	2040	1090	122	77	3.5	460	2570	133	7	9	93
Lasagne	1	Serving	1030	520	58	30	1.5	185	2570	72	9	15	54
Linguine Positano	1	Serving	950	290	33	2.5	0	0	1750	145	8	13	24
Linguine Positano with Grilled Chicken	1	Serving	1220	330	38	4.5	0	145	2200	145	8	13	79
Linguine Positano with Grilled Shrimp	1	Serving	1040	310	35	3	0	125	2390	145	8	13	40
Linguine Positano with Grilled Chicken and Gluten-Free Pasta	1	Serving	1290	340	39	5	0	150	2750	163	18	10	71
Linguine Positano with Grilled Shrimp and Gluten-Free Pasta	1	Serving	1100	320	36	3.5	0	130	2930	163	18	11	32
Spaghetti with Pomodoro Sauce	1	Serving	730	110	12	2	0	0	2070	130	14	21	24
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
Gluten Free Pasta with Pomodoro Sauce	1	Serving	860	110	12	2	0	5	2180	172	23	20	17
Gluten Free Pasta with Meat Sauce	1	Serving	990	220	25	8	1	45	1940	166	21	15	26
Gluten Free Pasta with Meatballs	1	Serving	1340	410	46	16	1.5	135	3330	182	25	23	49
Fettuccine Weesie	1	Serving	2060	1210	135	82	3.5	545	2780	135	7	9	71
Fettuccine Weesie with Gluten Free Pasta	1	Serving	2040	1180	132	82	4	435	2540	164	16	10	53
Lobster Ravioli	1	Serving	690	320	36	21	1	185	1140	70	3	6	23
Rigatoni Martino, no protein	1	Serving	1320	630	71	42	1.5	155	2790	123	12	17	48
Rigatoni Martino with Chicken	1	Serving	1540	670	75	44	1.5	280	3160	123	12	17	94
Rigatoni Martino with Sausage	1	Serving	1700	930	103	52	1.5	225	3500	125	12	17	66
Mezzaluna	1	Serving	740	350	39	22	0.5	140	1530	60	4	7	36
Shrimp and Scallop Linguine Alla Vodka	1	Serving	1050	310	34	13	0	185	1900	119	9	10	49
Penne Martino, no protein (Regional)	1	Serving	1320	630	71	42	1.5	155	2790	123	12	17	48
Penne Martino with Chicken (Regional)	1	Serving	1540	670	75	44	1.5	280	3160	123	12	17	94
Penne Martino with Sausage (regional)	1	Serving	1700	930	103	52	1.5	225	3500	125	12	17	66
Specialties													
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1	Serving	460	200	23	13	0.5	190	800	5	0	2	56
Tuscan-Grilled Chicken	1	Serving	270	45	5	2	0	145	450	0	0	0	55
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68

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)
Eggplant Parmesan	1	Serving	1950	1100	123	58	4	285	4910	127	16	22	89
Chicken Piccata	1	Serving	580	260	29	11	0	155	1200	27	1	3	51
Pollo Rosa Maria	1	Serving	550	240	27	13	0	205	1420	6	1	2	69
Seafood													
Spiedino Di Mare All Shrimp	1	Serving	470	270	30	11	0	230	2150	21	2	4	29
Spiedino Di Mare All Scallops	1	Serving	580	320	36	13	0	95	3750	30	2	4	34
Spiedino Di Mare Shrimp & Scallops	1	Serving	530	300	33	12	0	160	2950	26	2	4	32
Salmon Caperi	1	Serving	760	510	57	16	0	175	1360	9	1	3	51
Simply Grilled Salmon	1	Serving	540	350	39	7	0	130	680	1	0	0	45
Salmon Vazzano (Regional)	1	Serving	690	470	53	16	0	160	1160	7	1	3	46
Simply Grilled Trout	1	Serving	430	170	19	3.5	0	160	1830	3	1	0	59
Trout Pistachio	1	Serving	800	440	49	13	0	370	1210	19	3	5	70
Trios													
Chicken Trio	1	Serving	750	340	37	20	0	290	1650	11	1	5	89
The Johnny Trio w/7oz Sirloin	1	Serving	1010	480	54	29	0.5	270	2860	43	5	8	85
The Johnny Trio w/10oz Sirloin	1	Serving	1130	530	59	31	0.5	305	2980	44	6	8	102
Carrabba's Italian Classics w/Fettuccine	1	Serving	1600	920	103	58	2.5	395	2700	87	6	11	76
Steaks & Chops & Toppings													
Tuscan Grilled Sirloin, 7oz.	1	Serving	310	130	14	6	0	90	1430	4	2	1	41
Tuscan Grilled Sirloin, 10 oz.	1	Serving	440	170	19	8	0	125	1540	5	3	1	58
Tuscan Grilled Ribeye, 16 oz.	1	Serving	870	470	53	18	1.5	265	1630	5	1	1	92
Tuscan Grilled Ribeye, 12 oz. (Regional)	1	Serving	600	350	40	14	1	160	1560	5	1	1	56
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	5	0	2	1
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

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)
Sides													
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
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	520	58	38	1.5	165	960	51	2	4	20
Rosemary and Garlic Fries (regional)	1	Serving	780	410	46	10	0	5	1860	80	8	0	11
Rosemary Parmesan Fries	1	Serving	930	550	61	13	0.5	20	2880	82	8	0	12
Desserts													
Sogno di Cioccolata	1	Serving	1200	740	83	40	1	200	560	111	6	89	11
Strawberry Cheesecake	1	Serving	990	580	64	38	3	315	690	87	3	70	16
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	320	70	2	52	8
Cannoli Cake for Two	1	Serving	2170	1190	132	65	1	215	1170	227	8	145	26
Small Strawberry Cheesecake (Regional)	1	Serving	500	290	32	19	1.5	160	350	43	1	35	8
Small Tiramisu (Regional)	1	Serving	460	310	34	23	0.5	100	40	34	2	25	5
Kid's													
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
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
Lunch													
Soups & Salads													
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	140	40	4.5	1.5	0	0	410	22	4	4	4
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
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	760	14	2	2	10
Side House Salad	1	Serving	330	250	28	6	0	20	580	17	5	7	6
Side Italian Salad	1	Serving	320	260	29	5	0	10	600	14	5	7	4
Chopped Salad Entree	1	Serving	700	420	47	16	0	125	2460	32	8	16	34
Bistro Individual Add On Grilled Chicken 4oz	1	Serving	160	25	3	1	0	85	260	0	0	0	32

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)
Prep Grilled Shrimp	1	Serving	90	20	2.5	0	0	125	630	1	0	0	16
Caesar Entree Salad (No Protein)	1	Serving	730	560	63	13	1	45	1390	27	5	5	15
Specialty Combos													
Margherita Flatbread	1	Serving	620	250	28	14	0.5	70	1640	66	1	5	27
Pepperoni Flatbread	1	Serving	690	310	35	15	0.5	80	1740	66	2	6	29
Chicken Caprese Flatbread	1	Serving	1000	480	54	20	1	150	2150	74	3	7	57
Calabrian Wings	1	Serving	1150	930	105	36	1	265	1520	4	0	1	50
Rosemary Garlic Parmesan Wings	1	Serving	940	680	76	25	0.5	230	1530	10	1	1	52
Whole Creamy Parmesan Chicken Tender Sandwich	1	Serving	1400	830	92	19	1	125	4860	145	9	3	63
Chicken Parmesan	1	Serving	640	470	53	12	0.5	150	870	9	2	4	32
Pasta Combos													
Mezzaluna Lunch	1	Serving	370	170	19	11	0	70	760	30	2	3	18
Rigatoni Al Forno Lunch	1	Serving	1340	680	76	47	2	215	2350	98	7	9	66
Garlic Lemon Herb Linguine (Lunch)	1	Serving	620	250	28	10	0	30	880	80	4	5	13
Add On Grilled Chicken 4oz	1	Serving	160	25	3	1	0	85	260	0	0	0	32
Add Sausage 2 oz	1	Serving	190	140	16	5	0	32	300	1	0	0	9
Half Sandwich & Salad Combos													
Half Italian Sandwich	1	Serving	640	480	53	15	0.5	80	2400	44	3	2	28
Half Caprese Sandwich	1	Serving	300	220	25	8	0	20	1030	42	2	2	12
Half Bistro Steak Marsala Sandwich	1	Serving	360	220	24	13	0.5	75	1350	45	3	2	24
Half Creamy Parmesan Chicken Tender Sandwich	1	Serving	790	490	55	11	0.5	65	2520	73	4	2	32
Sides													
Mama Mandola's Sicilian Chicken Soup, Cup	1	Serving	230	50	6	1.5	0	30	1290	29	3	2	15
Side House Salad	1	Serving	330	250	28	6	0	20	580	17	5	7	6
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	760	14	2	2	10
Side Italian Salad	1	Serving	320	260	29	5	0	10	600	14	5	7	4
Side Pasta Salad	1	Serving	600	390	43	8	0	15	1150	41	5	6	12
Side Fries	1	Serving	740	330	37	8	0	0	2360	92	9	12	9
Sauteed Broccoli	1	Serving	140	100	11	1.5	0	0	520	10	5	3	5
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Beverages													
Almalfi Cooler	1	Serving	110	0	0	0	0	0	0	28	1	25	0
Blackberry Spritzer	1	Serving	120	0	0	0	0	0	15	30	1	28	0
Prickly Pear Punch	1	Serving	230	0	0	0	0	0	100	58	0	29	0
Blackberry Sangria, Glass, 6 ounce	1	Serving	230	0	0	0	0	0	10	32	1	28	0
Blackberry Sangria, Pitcher	1	Serving	970	0	0	0	0	0	50	131	1	118	1
Peach Sangria, Glass, 6 ounce	1	Serving	220	0	0	0	0	0	10	22	0	19	0
Peach Sangria, Pitcher	1	Serving	890	0	0	0	0	0	50	87	0	77	1
Classic Red Sangria, Glass, 6 ounce	1	Serving	190	0	0	0	0	0	5	22	1	18	1
Classic Red Sangria, Pitcher	1	Serving	1020	0	0	0	0	0	30	108	1	89	3
Happy Hour													

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)
Calabrian Wings with Gorgonzola Cheese or Ranch Sauce	1	Serving	1180	920	103	36	1	310	1640	4	0	1	60
Bruschette Caprese	1	Serving	370	130	15	8	0	35	570	43	2	3	15
Calamari	1	Serving	650	440	49	13	4	215	1480	35	3	5	17
Vegetable Focaccia Bites	1	Serving	320	150	17	4.5	0	10	890	33	2	5	9
Mezzaluna Fritte	1	Serving	440	290	33	11	0	115	600	24	2	3	12
Meatball Sliders	1	Serving	610	230	26	9	0.5	70	1580	66	5	8	29
Shrimp Focaccia Bites	1	Serving	380	190	21	10	0	120	1150	33	1	3	18
New Espresso Martini	1	Serving	200	0	0	0	0	0	0	20	0	11	0
Blood Orange Margarita	1	Serving	170	0	0	0	0	0	10	20	0	18	0
Passion Pear Spritz	1	Serving	150	0	0	0	0	0	0	19	0	17	0
Italian Old Fashioned	1	Serving	170	0	0	0	0	0	0	9	1	8	0
Pomegranate Martini	1	Serving	200	0	0	0	0	0	0	25	0	23	1
Pizza (Regional)													
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
Margherita Pizza-Regional	1	Serving	630	280	31	10	0	45	1940	67	4	3	24
Catering: Individually Packaged													
Focaccia Bread, Herbs and Oil	1	Serving	70	30	3	0	0	0	160	10	0	0	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
Italian Salad	1	Serving	200	170	19	3	0	5	420	6	2	3	2
Garlic Mashed Potatoes	1	Serving	280	120	13	3	0	5	880	37	3	3	5
Sauteed Broccoli	1	Serving	140	100	11	1.5	0	0	520	10	5	3	5
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	3	10	12
Chicken Bryan	1	Serving	540	230	26	15	0	205	1150	12	2	6	62
Chicken Marsala	1	Serving	230	100	11	6	0	95	400	2	1	1	28
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
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
Penne Meat Sauce	1	Serving	470	140	16	5	0	30	1020	61	3	9	18
Penne Meatballs	1	Serving	660	250	28	10	0.5	90	1700	68	3	11	33
Side Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Penne Positano	1	Serving	390	120	14	1	0	0	910	56	4	5	11
Tuscan-Grilled Chicken	1	Serving	270	45	5	2	0	145	440	0	0	0	53
Mini Cannoli	1	Serving	320	200	22	13	0	30	160	26	1	14	5
Catering: Perfect Bundles & Party Pans (Small Serves 5 & Large Serves 10)													
Focaccia Bread (Small)	1	Pan	730	320	36	5	0	0	1630	87	4	3	18
Focaccia Bread (Large)	1	Pan	1450	640	73	10	0	0	3270	174	9	6	36
Penne Alfredo (Small)	1	Pan	3850	2550	283	187	9	795	4710	223	12	25	96

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 (Large)	1	Pan	7690	5100	567	374	19	1585	9420	445	23	51	193
Penne Alfredo with Chicken (Small)	1	Pan	4390	2640	293	191	9	1085	5610	223	12	25	206
Penne Alfredo with Chicken (Large)	1	Pan	8790	5280	586	381	19	2170	11210	445	23	51	411
Penne Positano (No protein) (Small)	1	Pan	1860	710	80	6	0	0	5030	237	19	26	46
Penne Positano (No protein) (Large)	1	Pan	3720	1420	161	13	0	0	10070	475	38	53	91
Penne Positano with Chicken (Small)	1	Pan	2410	800	90	10	0	290	5930	237	19	26	155
Penne Positano with Chicken (Large)	1	Pan	4810	1600	180	21	0	585	11860	475	38	53	309
Penne Carrabba (No Protein) (Small)	1	Pan	3960	2570	286	187	9	795	5080	238	21	30	104
Penne Carrabba (No Protein) (Large)	1	Pan	7930	5150	572	374	19	1585	10170	476	42	60	209
Penne Carrabba with Chicken (Small)	1	Pan	4590	2710	302	195	9	1105	6190	239	21	30	220
Penne Carrabba with Chicken (Large)	1	Pan	9170	5430	603	390	19	2205	12380	477	42	60	439
Lasagne (Small)	1	Pan	4120	2140	238	126	5	745	9300	258	29	50	228
Lasagne (Large)	1	Pan	8230	4280	477	251	10	1490	18600	517	59	100	456
Mezzaluna (Small)	1	Pan	2100	1090	121	68	1.5	400	4560	160	12	23	92
Mezzaluna (Large)	1	Pan	4200	2180	242	136	3.5	805	9130	319	23	46	184
Penne Pomodoro (No Protein) (Small)	1	Pan	1480	250	28	4.5	0	0	4740	259	31	49	48
Penne Pomodoro (No Protein) (Large)	1	Pan	2960	500	56	9	0	0	9470	517	62	97	96
Penne Pomodoro with Meatballs (Small)	1	Pan	2950	1160	129	46	3	375	8710	298	39	64	141
Penne Pomodoro with Meatballs (Large)	1	Pan	5890	2310	258	92	6	750	17420	597	77	127	283
Penne Pomodoro with Meat Sauce (Small)	1	Pan	2110	730	81	28	1.5	150	4930	252	28	42	86
Penne Pomodoro with Meat Sauce (Large)	1	Pan	4230	1450	162	55	3.5	305	9860	503	57	85	173
Rigatoni Martino (No Protein) (Small)	1	Pan	2600	1280	143	82	2.5	300	5510	245	28	37	85
Rigatoni Martino (No Protein) (Large)	1	Pan	5210	2570	286	163	4.5	605	11020	491	56	74	169
Rigatoni Martino with Chicken (Small)	1	Pan	3390	1530	170	97	2.5	645	7070	247	28	37	212
Rigatoni Martino with Chicken (Large)	1	Pan	6770	3060	340	194	5	1290	14140	495	57	74	424
Rigatoni Martino with Sausage (Small)	1	Pan	3840	2190	243	119	2.5	530	8210	253	33	37	151
Rigatoni Martino with Sausage (Large)	1	Pan	7670	4380	487	238	5	1060	16420	507	66	74	302
Penne Weesie (Small)	1	Pan	4520	2920	325	201	9	1295	6320	238	17	29	159
Penne Weesie (Large)	1	Pan	9050	5840	650	401	19	2595	12650	475	33	58	319
Tuscan Grilled Chicken (Small)	1	Pan	820	130	15	6	0	440	1350	0	0	0	164
Tuscan Grilled Chicken (Large)	1	Pan	1370	220	24	10	0	730	2240	0	0	0	273
Chicken Marsala (Small)	1	Pan	1290	530	60	33	1.5	550	2230	9	5	4	168
Chicken Marsala (Large)	1	Pan	2380	1070	120	67	3	970	4130	19	11	9	281
Pollo Rosa Maria (small)	1	Pan	1600	690	77	37	0	610	4080	11	5	4	206
Pollo Rosa Maria (Large)	1	Pan	2760	1220	136	66	0	1035	7110	21	10	8	345
Chicken Bryan (Small)	1	Pan	1610	690	77	45	1	615	3460	35	5	19	187
Chicken Bryan (Large)	1	Pan	2840	1280	142	84	1.5	1055	6240	64	9	35	313
Sirloin Marsala (Small)	1	Pan	1860	1070	120	53	1.5	535	6350	19	7	7	160
Sirloin Marsala (Large)	1	Pan	3720	2140	239	106	3	1075	12690	38	15	13	320
Salmon Capperi (Small)	1	Pan	2280	1530	171	49	0	520	4070	27	3	9	153
Salmon Caperi (Large)	1	Pan	4550	3060	342	99	0.5	1040	8150	54	5	17	307

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)
Side Penne Pomodoro (Small)	1	Pan	1480	250	28	4.5	0	0	4740	259	31	49	48
Side Penne Pomodoro (Large)	1	Pan	2960	500	56	9	0	0	9470	517	62	97	96
Sauteed Broccoli (Small)	1	Pan	710	490	54	7	0	0	2620	50	25	13	25
Sauteed Broccoli (Large)	1	Pan	1430	950	108	14	0	0	5240	99	49	26	50
Garlic Mashed Potatoes (Small)	1	Pan	1750	750	83	18	0	20	5470	228	20	16	29
Garlic Mashed Potatoes (Large)	1	Pan	3510	1500	167	37	0	35	10950	457	40	32	57
Italian Salad with Dressing (Small)	1	Pan	1160	1010	115	19	0	35	2110	30	11	13	10
Italian Salad with Dressing (Large)	1	Pan	2320	2030	229	38	0.5	70	4210	59	22	25	20
Caesar Salad with Dressing (Small)	1	Pan	1390	1100	123	25	2	85	2660	47	7	8	25
Caesar Salad with Dressing (Large)	1	Pan	2780	2200	245	50	3.5	165	5320	94	14	17	51
House Salad with Dressing (Small)	1	Pan	1180	1000	111	22	1.5	70	1920	32	11	13	18
House Salad with Dressing (Large)	1	Pan	2350	1990	223	44	3	145	3850	64	22	26	36
Mini Cannoli (Small)	1	Pan	1470	910	101	58	0	120	660	121	5	60	22
Mini Cannoli (Large)	1	Pan	2940	1810	201	115	1	245	1310	241	9	119	44
Fresh Baked Chocolate Chunk Cookies (Small)	1	Pan	1870	800	89	43	1.5	175	950	259	9	152	22
Fresh Baked Chocolate Chunk Cookies(Large)	1	Pan	3740	1610	179	87	3	355	1900	519	19	305	44
Fresh Baked Oatmeal Raisin Cookies (Small)	1	Pan	1750	670	75	30	1.5	175	1010	260	11	139	24
Fresh Baked Oatmeal Raisin Cookies (Large)	1	Pan	3490	1340	149	60	3	350	2020	520	21	278	47
Sogno Di Cioccolata "Chocolate Dream"	1	Pan	13390	8440	943	436	13	2375	6520	1203	60	970	120
Tiramisu	1	Pan	12440	7870	874	536	26	3155	1180	1035	35	766	159
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Gallon	0	0	0	0	0	0	480	0	0	0	0
Fresh Brewed Iced Tea Sweet, Gallon	1	Gallon	1790	0	0	0	0	0	120	465	0	453	0
Lemonade, Gallon	1	Gallon	2090	0	0	0	0	0	125	544	0	523	0
Fresh-Brewed Blackberry Tea, Gallon	1	Gallon	690	0	0	0	0	0	105	171	0	157	0
Raspberry Lemonade, Gallon	1	Gallon	2990	0	0	0	0	0	115	767	0	748	0
Strawberry Lemonade, Gallon	1	Gallon	2690	0	0	0	0	0	115	692	0	669	0
Dulles Airport													
Mozzarella Marinara	1	Serving	1050	670	75	33	1.5	335	2090	43	3	11	50
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Margherita Pizza-Regional	1	Serving	630	280	31	10	0	45	1940	67	4	3	24
Pepperoni Pizza-Regional	1	Serving	790	410	46	15	0	75	1760	67	3	3	30
Entree Salad:Caesar Salad With Chicken	1	Serving	870	580	64	13	1	130	1610	27	5	5	47
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	750	14	2	2	10
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Tuscan-Grilled Chicken	1	Serving	270	45	5	2	0	145	440	0	0	0	53
Tuscan Grilled Sirloin, 10 oz.	1	Serving	480	230	26	9	0	150	1450	3	1	1	56
Bryan Topping	1	Serving	210	160	17	11	0	45	590	9	1	4	4
Spaghetti with Meatballs	1	Serving	1220	420	46	16	1	135	3230	141	16	24	56
Caprese Sandwich - No Chicken	1	Serving	510	230	26	12	1	60	980	44	3	3	23
Caprese Sandwich with Grilled Chicken	1	Serving	740	270	30	14	1	185	1360	44	3	3	69

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)
Meatball Sandwich	1	Serving	730	340	38	18	1	140	1780	54	4	7	40
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Diet Pepsi (Dulles Airport)	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Pepsi (Dulles Airport)	1	Serving	110	0	0	0	0	0	25	31	0	31	0
Sierra Mist (Dulles Airport)	1	Serving	110	0	0	0	0	0	25	28	0	28	0
Ginger Ale (Dulles Airport)	1	Serving	90	0	0	0	0	0	45	25	0	24	0
Bistro Sandwich Bundles/ Sandwich Trays (Serves 5)													
Bruschette Chicken Sandwich	1	Pan	2930	1400	157	55	1	580	4210	159	9	13	223
Chicken Parmesan Sandwich	1	Pan	2880	1230	137	44	2	780	7790	211	23	45	203
Italian Sandwich	1	Pan	3320	2020	225	67	2	420	12930	161	11	14	175
Steak Marsala Sandwich	1	Pan	3120	1510	169	80	2	565	8360	206	13	49	163
House Made Chips	1	Pan	720	520	58	10	1	0	2160	47	3	0	4
Pasta Salad	1	Pan	2870	1860	209	36	0.5	80	5510	199	22	27	57
House Salad with Dressing	1	Pan	1180	1000	111	22	1.5	70	1920	32	11	13	18
Caesar Salad with Dressing	1	Pan	1390	1100	123	25	2	85	2660	47	7	8	25
Fresh Baked Chocolate Chunk Cookies	1	Pan	1870	800	89	43	1.5	175	950	259	9	152	22
Fresh Baked Oatmeal Raisin Cookies	1	Pan	1750	670	75	30	1.5	175	1010	260	11	139	24
Lemonade, Gallon	1	Pan	2090	0	0	0	0	0	125	544	0	523	0
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Pan	0	0	0	0	0	0	480	0	0	0	0
Fresh Brewed Iced Tea Sweet, Gallon	1	Pan	1790	0	0	0	0	0	120	465	0	453	0
Strawberry Lemonade, Gallon	1	Pan	2690	0	0	0	0	0	115	692	0	669	0
Bistro Boxed Lunches (Serves 1)													
Bruschette Chicken Sandwich	1	Serving	590	280	31	11	0	115	840	32	2	3	45
Chicken Parmesan	1	Serving	580	240	27	9	0	155	1560	42	5	9	41
Italian Sandwich	1	Serving	660	400	45	13	0	85	2590	32	2	3	35
Caprese Sandwich with Grilled Chicken	1	Serving	390	230	25	8	0	20	790	31	2	2	11
Pasta Salad	1	Serving	600	390	43	8	0	15	1150	41	5	6	12
House Made Chips	1	Serving	140	100	12	2	0	0	430	9	1	0	1
Oatmeal Cookie	1	Serving	350	130	15	6	0	35	200	52	2	28	5
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Beverages													
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

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)
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
Beer, Varies by Location													
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
Wine & Sangria													
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
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

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)
Peach Sangria, Pitcher	1	Serving	890	0	0	0	0	0	50	87	0	78	1
Cocktails													
Wood Fired Old Fashioned	1	Serving	190	0	0	0	0	0	5	12	0	12	0
Espresso Martini	1	Serving	200	0	0	0	0	0	0	20	0	11	0
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