

# 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: May 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)
<b>Appetizers</b>													
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	170	20	6	0	130	1890	38	3	4	28
Tuscan Breadstick Tower	1	Serving	980	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
<b>Soups, Entrée Salads, and Side Salads</b>													
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
<b>Pasta</b>													
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
<b>Specialties</b>													
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
<b>Seafood</b>													
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
<b>Trios</b>													
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
<b>Steaks &amp; Chops &amp; Toppings</b>													
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

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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
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
<b>Desserts</b>													
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
<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
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
<b>Lunch</b>													
<b>Soups &amp; Salads</b>													
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
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)
Chicken Tenders	1	Serving	530	220	24	4.5	0	60	2210	48	4	1	30
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
<b>Pizza Combos</b>													
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
<b>Wings &amp; Specialty Combos</b>													
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
<b>Pasta Combos</b>													
Mezzaluna	1	Serving	370	170	19	11	0	70	760	30	2	3	18
Rigatoni Al Forno	1	Serving	1340	680	76	47	2	215	2350	98	7	9	66
Garlic Lemon Herb Linguine	1	Serving	620	250	28	10	0	30	880	80	4	5	13
Grilled Chicken 4oz	1	Serving	160	25	3	1	0	85	260	0	0	0	32
Grilled Shrimp	1	Serving	90	20	2.5	0	0	125	630	1	0	0	16
Add Sausage 2 oz	1	Serving	190	140	16	5	0	32	300	1	0	0	9
<b>Half Sandwich &amp; Salad Combos</b>													
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
<b>Sides</b>													
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
<b>Beverages</b>													
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

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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
<b>Happy Hour</b>													
Spinach Arancini	1	Serving	520	360	40	20	1	85	1590	26	2	3	14
Zucchini Fritte	1	Serving	530	280	31	6	0.5	15	2340	54	4	6	11
CIG Lasagne Bolognese Dip	1	Serving	590	350	39	17	1	105	1900	31	3	5	29
Mezzaluna Fritte	1	Serving	440	290	33	11	0	115	600	24	2	3	12
Shrimp Focaccia Bites	1	Serving	380	190	21	10	0	120	1150	33	1	3	18
Calamari	1	Serving	650	440	49	13	4	215	1480	35	3	5	17
Meatball Sliders	1	Serving	610	230	26	9	0.5	70	1580	66	5	8	29
Calabrian Wings with Gorgonzola Cheese or Ranch Sauce	1	Serving	1070	850	95	34	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
Classic Red Sangria, 6 ounce	1	Serving	190	0	0	0	0	0	5	22	1	18	1
Blood Orange Margarita	1	Serving	170	0	0	0	0	0	10	20	0	18	0
Rose Sangria	1	Serving	230	0	0	0	0	0	0	39	0	32	0
Pomegranate Martini	1	Serving	200	0	0	0	0	0	0	25	0	23	1
Limoncello Spritz	1	Serving	130	0	0	0	0	0	0	16	0	15	0
Italian Buck	1	Serving	150	0	0	0	0	0	0	8	0	8	0
Blackberry Sangria, Glass, 6 ounce	1	Serving	230	0	0	0	0	0	10	32	1	28	0
Espresso Martini	1	Serving	200	0	0	0	0	0	0	20	0	11	0
Italian Old Fashioned	1	Serving	170	0	0	0	0	0	0	9	1	8	0
<b>Catering: Individually Packaged</b>													
Focaccia Bread with Herbs	1	Serving	70	25	2.5	0	0	0	160	10	0	0	2
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
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Penne Positano	1	Serving	390	120	14	1	0	0	910	56	4	5	11
Penne Alfredo	1	Serving	860	540	61	39	2	155	980	54	3	5	23
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
Tuscan Grilled Chicken	1	Serving	270	45	5	2	0	145	450	0	0	0	55
Penne Alfredo with Chicken	1	Serving	1000	570	63	40	2	230	1210	54	3	5	51
Lasagne	1	Serving	1050	540	60	31	1.5	185	2620	72	9	15	56
Penne Carrabba	1	Serving	1020	570	64	40	2	230	1280	58	4	5	52
Italian Salad with Chicken and Dressing	1	Serving	420	280	31	6	0	80	830	6	3	2	30
Caesar with Chicken and Dressing	1	Serving	480	290	33	7	0	95	860	12	2	2	34
Chicken Marsala	1	Serving	230	100	11	6	0	95	400	3	0	1	28
Chicken Bryan	1	Serving	540	230	26	15	0	205	1150	12	2	6	62

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 Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
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
Side 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
Italian Salad	1	Serving	200	170	19	3	0	5	390	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	330	6	2	2	3
<b>Catering: Perfect Bundles &amp; Party Pans (Small Serves 5 &amp; Large Serves 10)</b>													
Focaccia Bread (Small)	1	Pan	370	260	29	4	0	0	980	23	2	1	5
Focaccia Bread (Large)	1	Pan	730	520	59	8	0	0	1950	46	3	2	9
Penne Weesie (Small)	1	Pan	5010	3400	378	233	10	1365	6230	242	14	29	160
Penne Weesie (Large)	1	Pan	10030	6800	756	466	21	2735	12460	483	29	58	320
Chicken Marsala (Small)	1	Pan	1290	530	60	33	1.5	550	2230	13	1	4	168
Chicken Marsala (Large)	1	Pan	2380	1070	120	67	3	970	4130	28	2	9	281
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
Chicken Parmesan (Small)	1	Pan	2280	1210	135	49	2	935	5680	56	11	26	204
Chicken Parmesan (Large)	1	Pan	3800	2010	225	81	3.5	1560	9470	93	18	43	340
Pollo Rosa Maria (small)	1	Pan	1600	690	77	37	0	610	4080	14	1	4	206
Pollo Rosa Maria (Large)	1	Pan	2760	1220	136	66	0	1035	7110	28	3	8	345
Salmon Capperi (Small)	1	Pan	2280	1530	171	49	0	520	4070	27	3	9	153
Salmon Capperi (Large)	1	Pan	4550	3060	342	99	0.5	1040	8150	54	5	17	307
Sirloin Marsala (Small)	1	Pan	1730	910	102	50	1.5	465	6590	30	10	7	168
Sirloin Marsala (Large)	1	Pan	3450	1820	204	101	3	930	13180	61	21	13	335
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
Penne Alfredo (Small)	1	Pan	4340	3030	337	219	10	865	4620	224	12	25	97
Penne Alfredo (Large)	1	Pan	8670	6060	674	438	20	1725	9240	448	24	51	193
Penne Alfredo with Chicken (Small)	1	Pan	4880	3120	347	223	10	1155	5510	224	12	25	206
Penne Alfredo with Chicken (Large)	1	Pan	9760	6240	693	446	20	2310	11030	448	24	51	412
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 with Chicken (Small)	1	Pan	5080	3190	355	227	10	1175	6100	244	17	30	220

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 Carrabba with Chicken (Large)	1	Pan	10150	6390	710	454	21	2345	12190	488	34	60	440
Penne Carrabba (No Protein) (Small)	1	Pan	4450	3060	340	219	10	865	4990	243	17	30	105
Penne Carrabba (No Protein) (Large)	1	Pan	8900	6110	679	439	21	1725	9980	487	34	60	210
Rigatoni Martino (No Protein) (Small)	1	Pan	2620	1300	144	85	3	295	5500	249	24	37	83
Rigatoni Martino (No Protein) (Large)	1	Pan	5250	2590	289	169	6	590	10990	498	49	75	167
Rigatoni Martino with Sausage (Small)	1	Pan	3860	2200	245	122	3	525	8200	261	25	37	150
Rigatoni Martino with Sausage (Large)	1	Pan	7710	4400	490	244	6	1050	16390	522	50	75	300
Rigatoni Martino with Chicken (Small)	1	Pan	3410	1540	171	100	3	640	7050	251	25	37	211
Rigatoni Martino with Chicken (Large)	1	Pan	6820	3080	343	200	6	1280	14110	502	49	75	422
Lasagne (Small)	1	Pan	4040	2060	230	120	6	740	9380	272	29	50	216
Lasagne (Large)	1	Pan	8080	4120	459	240	12	1475	18760	543	59	100	432
Mezzaluna (Small)	1	Pan	2180	1130	126	73	2	410	4710	160	12	23	96
Mezzaluna (Large)	1	Pan	4230	2190	244	140	4	795	9110	319	23	46	182
Italian Sandwich (1 whole)	1	Pan	1060	760	85	25	1	145	4390	86	5	4	51
Italian Sandwich (Small)	1	Pan	5290	3820	426	126	6	725	21950	429	24	20	255
Italian Sandwich (Large)	1	Pan	10580	7640	852	252	12	1450	43890	857	47	40	510
Bruschette Chicken Sandwich (1 Whole)	1	Pan	770	480	54	18	0	120	1730	84	4	4	52
Bruschette Chicken Sandwhich (Small)	1	Pan	3840	2410	270	89	2	605	8660	418	21	18	262
Bruschette Chicken Sandwhich (Large)	1	Pan	7670	4810	540	177	3.5	1215	17330	837	42	35	524
Caprese Sandwich (1 Whole)	1	Pan	570	420	47	14	0	35	1960	82	4	3	22
Caprese Sandwich (Small)	1	Pan	2850	2080	234	68	1.5	170	9810	410	21	14	112
Caprese Sandwich (Large)	1	Pan	5700	4170	468	135	2.5	335	19610	820	41	27	224
Chicken Parmesan Sandwich (1 Whole)	1	Pan	580	240	27	9	0	155	1560	42	5	9	41
Chicken Parmesan Sandwich (Small)	1	Pan	2800	1290	144	45	2	780	11360	458	32	45	239
Chicken Parmesan Sandwich (Large)	1	Pan	5600	2580	289	89	3.5	1560	22710	915	64	90	479
Steak Marsala Sandwich (1 Whole)	1	Pan	650	380	43	22	1	130	2540	89	5	4	44
Steak Marsala Sandwich (Small)	1	Pan	3250	1910	214	108	5	640	12690	445	26	19	218
Steak Marsala Sandwich (Large)	1	Pan	6510	3810	428	216	10	1280	25380	890	51	38	435
Meatball Sandwich (1 Whole)	1	Pan	1330	880	98	42	2.5	250	4280	109	9	13	68
Meatball Sandwich (Small)	1	Pan	6660	4380	489	212	11	1245	21420	543	47	67	340
Meatball Sandwich (Large)	1	Pan	13320	8770	978	424	23	2485	42830	1087	93	133	680
Four-Cheese & Sausage Stuffed Mushrooms (Small)	1	Pan	1180	890	99	42	1.5	175	3900	32	8	16	43
Four-Cheese & Sausage Stuffed Mushrooms (Large)	1	Pan	2350	1770	198	83	2.5	355	7790	64	15	32	86
Meatballs and Ricotta (Small)	1	Pan	1910	1180	131	55	3.5	495	5510	56	12	24	118
Meatballs and Ricotta (Large)	1	Pan	3810	2360	263	110	7	995	11030	111	23	48	237
Shrimp Scampi (Small)	1	Pan	2970	1650	185	53	0.5	620	4210	225	6	18	102
Shrimp Scampi (Large)	1	Pan	5950	3300	370	106	1	1240	8430	449	13	37	205
Mama Mandola's Soup (Small)	1	Pan	1230	310	35	12	0	175	6680	146	14	12	81
Mama Mandola's Soup (Large)	1	Pan	2460	630	70	24	0	350	13360	293	28	24	161
Italian Salad with Dressing (Small)	1	Pan	1160	1010	115	19	0	35	2110	30	11	13	10

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)
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	2670	47	7	8	25
Caesar Salad with Dressing (Large)	1	Pan	2780	2200	245	50	3.5	165	5340	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
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	480	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
Pasta Salad (Small)	1	Pan	2870	1860	209	36	0.5	80	5510	199	22	27	57
Pasta Salad (Large)	1	Pan	5750	3710	417	73	1.5	160	11010	398	45	55	114
Housemade Chips (Small)	1	Pan	720	520	58	10	1	0	2160	47	3	0	4
Housemade Chips (Large)	1	Pan	1450	1040	116	21	2	0	4330	94	7	0	8
Tiramisu (large)	1	Pan	11280	7570	841	560	18	2445	980	795	33	617	112
Sogno Di Cioccolata "Chocolate Dream" (large)	1	Pan	15470	9640	1077	528	14	2570	6770	1432	82	1161	140
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 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
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
Kids Chicken Tenders (Small)	1	Pan	2940	1080	120	23	1	295	13930	310	24	64	153
Kids Chicken Tenders (Large)	1	Pan	5880	2170	241	45	2	590	27850	621	49	127	306
Kids Mac N Cheese (Small)	1	Pan	1750	600	66	39	2	175	2650	217	12	15	66
Kids Mac N Cheese (Large)	1	Pan	3510	1200	133	77	4	355	5300	435	24	30	132
<b>Catering: Drinks</b>													
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
Flavored Tea, Gallon	1	Gallon	690	0	0	0	0	0	105	171	0	157	0
Lemonade, Gallon	1	Gallon	2090	0	0	0	0	0	125	544	0	523	0
Strawberry Lemonade, Gallon	1	Gallon	2690	0	0	0	0	0	115	692	0	669	0
Raspberry Lemonade, Gallon	1	Gallon	2990	0	0	0	0	0	115	767	0	748	0
<b>Dulles Airport</b>													
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

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 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
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
<b>Bistro Sandwich Bundles/ Sandwich Trays (Serves 5)</b>													
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
<b>Bistro Boxed Lunches (Serves 1)</b>													
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
<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

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)
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
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

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)
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>													
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	23	1
Sicilian Prickly Pear Margarita	1	Serving	280	0	0	0	0	0	0	36	0	33	0
Amalfi Margarita	1	Serving	200	0	0	0	0	0	170	26	0	23	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