

# Carrabba's Italian Grill Nutrition Analysis

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SMALL PLATES</b>											
Bruschette Siciliani	320	220	5	5	0	5	22	800	1	2	5
Grilled Asparagus With Prosciutto	210	110	6	6	0	55	5	940	2	3	18
Italian Lettuce Wraps (Regional)	210	90	10	6	0	45	11	450	2	5	18
Meatballs And Ricotta	370	200	22	9	0	85	17	1180	6	10	26
Mozzarella Rustica (Regional)	300	160	17	6	0	25	24	840	2	6	13
Three-Cheese And Sausage Stuffed Mushrooms	300	200	23	9	0	20	10	1290	2	5	17
<b>APPETIZERS</b>											
Arancini (Regional)	310	140	15	4	0	20	33	1720	3	5	9
Calabrian Roasted Wings	900	640	71	25	1	345	3	1450	<1	2	61
Calamari	900	580	64	13	6	320	53	1670	5	7	29
Mozzarella Marinara	990	610	68	31	1	210	43	2350	7	16	53
Mussels In White Wine Lemon Butter	650	520	58	33	2	170	16	600	2	4	20
Shrimp Scampi	720	510	57	26	1	235	29	2280	0	2	26
Tomato Caprese With Fresh Burrata	500	380	43	18	1	80	20	1460	3	14	14
Zucchini Fritte	920	670	75	14	5	15	51	1120	6	7	11
<b>WOOD-FIRED PIZZAS</b>											
Create Your Own: Cheese Pizza	580	150	17	6	0	25	82	1410	5	4	21
Create Your Own: Pizza Topping: Italian Sausage	150	110	12	5	0	0	1	490	0	0	11
Create Your Own: Pizza Topping: Kalamata Olives	40	40	5	1	0	0	0	320	0	0	0
Create Your Own: Pizza Topping: Meatballs	230	130	14	6	0	70	6	470	2	2	20
Create Your Own: Pizza Topping: Mushrooms	45	25	3	0	0	0	2	170	2	0	2
Create Your Own: Pizza Topping: Onions	5	0	0	0	0	0	1	0	0	0	0
Create Your Own: Pizza Topping: Pepperoni	60	50	6	2	0	15	0	220	0	0	3
Create Your Own: Pizza Topping: Roasted Red Bell Peppers	5	0	0	0	0	0	<1	0	0	<1	0
Create Your Own: Pizza Topping: Sun-Dried Tomatoes	90	50	6	6	0	0	6	10	0	0	2
Margherita Pizza	710	270	30	11	0	45	83	2020	7	5	26
Pepperoni Pizza	660	220	24	8	0	40	80	1460	3	6	25
Prosciutto And Arugula Pizza (Regional)	710	250	28	9	0	50	79	1740	5	3	30
<b>SOUPS, ENTREE SALADS and SIDE SALADS</b>											
Entree Salad: Caesar Salad With Chicken	780	530	59	12	0	110	16	1400	7	4	43
Entree Salad: Caesar Salad With Salmon	930	690	77	15	0	115	15	1230	7	4	43
Entree Salad: Caesar Salad With Shrimp	700	520	58	11	0	195	15	1780	7	4	31
Entree Salad: Italian Salad With Chicken	850	610	68	11	0	90	26	1530	10	12	34
Entree Salad: Italian Salad With Shrimp	780	600	66	10	0	170	25	1900	10	12	22
Entree Salad: Johnny Rocco Salad	540	380	42	8	0	160	13	1790	6	4	29
Entree Salad: Tuscan Strawberry Salad With Chicken (Regional)	510	290	32	7	0	85	22	760	7	12	33
Entree Salad: Tuscan Strawberry Salad With Shrimp (Regional)	440	280	31	6	0	165	22	1130	7	12	21
Salad Add-On: Add Crumbled Gorgonzola	110	70	8	5	0	30	0	280	0	0	6
Salad Add-On: Light Balsamic Dressing, 1.5 Ounce	80	45	5	1	0	0	8	330	0	7	0
Side Salad: Caesar Side Salad	350	270	30	7	0	30	8	590	3	2	11
Side Salad: House Side Salad	290	220	24	5	0	15	13	480	6	5	7
Side Salad: Italian Side Salad	350	290	32	5	0	10	13	570	5	6	4

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<b>SOUPS, ENTREE SALADS and SIDE SALADS</b>											
Soup: Mama Mandola's Sicilian Chicken Soup (Bowl)	220	45	5	2	0	25	24	3220	6	4	18
Soup: Mama Mandola's Sicilian Chicken Soup (Cup)	110	20	3	1	0	10	12	1610	3	2	9
Soup: Minestrone, Bowl	240	80	9	5	0	0	33	1360	9	0	9
Soup: Minestrone, Cup	120	40	5	3	0	0	16	680	5	0	5
Soup: Sausage And Lentil, Bowl	430	190	21	6	0	10	38	2560	16	7	24
Soup: Sausage And Lentil, Cup	220	100	11	3	0	<5	19	1280	8	3	12
<b>PASTA</b>											
Fettuccine Carrabba	1390	670	74	46	2	250	100	2030	10	6	65
Fettuccine Carrabba With Gluten Free Pasta	1430	660	73	43	2	225	137	1900	16	6	52
Fettuccine Carrabba With Whole Grain Spaghetti	1390	700	78	45	2	235	103	2300	20	7	65
Fettuccine Weesie	1460	810	90	57	2	365	96	3330	8	6	58
Fettuccine Weesie With Gluten Free Pasta	1410	710	79	48	2	320	132	3130	14	5	45
Fettuccine Weesie With Whole Grain Spaghetti	1460	840	93	56	2	355	99	3610	18	6	58
Lasagne	770	420	46	24	0	140	46	2510	6	21	46
Linguine Pescatore	850	100	11	1	0	160	123	1970	7	12	57
Linguine Pescatore With Gluten Free Pasta	890	90	10	2	0	165	147	2010	16	13	50
Linguine Pescatore With Whole Grain Spaghetti	790	100	11	2	0	160	113	2240	20	13	58
Linguine Pescatore With Chicken With Gluten-Free Pasta	990	260	29	5	0	70	142	2260	13	11	42
Linguine Pescatore With Chicken With Whole Grain Pasta	900	280	31	5	0	70	108	2500	17	12	50
Linguine Pescatore With Shrimp With Gluten-Free Pasta	920	250	28	4	0	150	141	2630	13	11	30
Linguine Pescatore With Shrimp With Whole Grain Pasta	830	260	29	4	0	150	107	2870	17	12	38
Linguine Positano	810	240	27	4	0	0	118	1830	4	10	22
Linguine Positano With Chicken	950	270	30	5	0	70	119	2220	4	10	48
Linguine Positano With Gluten Free Pasta	990	260	29	5	0	70	142	2260	13	11	42
Linguine Positano With Shrimp	880	260	29	4	0	150	118	2600	4	10	36
Linguine Positano With Whole Grain Spaghetti	900	280	31	5	0	70	108	2500	17	12	50
Lobster Ravioli	710	350	38	22	0	165	64	960	1	3	20
Mezzaluna	630	260	29	14	0	110	61	1240	2	6	29
Rigatoni Campagnolo	1190	430	47	18	0	60	136	2840	11	17	58
Rigatoni Campagnolo With Gluten Free Pasta	1220	420	46	19	1	60	149	2950	20	17	51
Rigatoni Campagnolo With Whole Grain Spaghetti	1120	430	48	19	0	60	115	3190	24	18	59
Shrimp And Scallop Linguine Alla Vodka	1120	350	39	17	0	175	117	1850	5	10	53
Shrimp And Scallop Linguine Alla Vodka With Gluten Free Pasta	1100	290	32	15	1	170	136	1640	14	8	45
Shrimp And Scallop Linguine Alla Vodka With Whole Grain Spaghetti	1070	350	39	18	0	175	106	2120	18	11	55
Spaghetti With Bolognese Meat Sauce	880	250	28	8	1	50	119	1790	10	14	33
Spaghetti With Bolognese Meat Sauce With Gluten Free Pasta	930	250	27	9	1	55	143	1840	19	15	26
Spaghetti With Bolognese Meat Sauce With Whole Grain Spaghetti	840	260	29	9	1	50	109	2070	22	15	34
Spaghetti With Meatballs	1040	300	33	10	0	105	131	2590	14	20	52
Spaghetti With Meatballs With Whole Grain Spaghetti	990	300	33	11	0	105	122	2870	27	21	53
Spaghetti With Pomodoro Sauce	670	100	11	1	0	0	120	1720	10	15	21
Spaghetti With Pomodoro Sauce With Gluten Free Pasta	720	90	10	2	0	<5	145	1770	19	16	14
Spaghetti With Pomodoro Sauce With Whole Grain Spaghetti	630	100	11	2	0	0	111	2010	23	17	22
Spaghetti With Sausage	1040	340	38	12	0	95	122	2600	10	16	49
Spaghetti With Sausage With Whole Gluten Free Pasta	1090	330	37	13	0	100	147	2650	19	17	42
Spaghetti With Sausage With Whole Grain Spaghetti	1000	340	38	13	0	95	113	2880	23	18	50

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<b>CHICKEN, PORK and VEAL</b>											
Chicken Bryan	680	390	44	27	1	225	9	1040	0	1	59
Chicken Marsala	480	230	26	13	1	180	4	1020	1	0	54
Chicken Parmesan	690	310	34	15	0	195	25	2060	7	11	70
Parmesan-Crusted Chicken Arugula	660	310	34	8	0	165	25	1380	7	6	60
Pollo Rosa Maria	620	330	37	19	1	215	4	1440	1	0	65
Prosciutto-Wrapped Pork Tenderloin	410	220	24	13	1	125	7	710	<1	6	43
Tuscan Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
Veal Marsala	460	220	25	14	1	195	9	600	2	0	47
<b>SEAFOOD</b>											
Salmon Cetriolini	850	620	69	24	1	210	3	630	0	1	52
Shrimp And Sea Scallop Spiedino	550	340	38	18	1	250	12	1010	1	2	38
Wood-Grilled Tilapia	310	120	13	3	0	80	9	980	<1	7	45
<b>COMBINATIONS</b>											
Carrabba's Italian Classics: Chicken Parmesan and Lasagne	730	360	40	19	0	170	35	2290	6	16	58
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	940	520	58	33	2	320	9	1780	2	1	89
The Johnny: Tuscan Grilled Sirloin Marsala And Chicken Bryan	760	460	51	27	1	200	7	1030	<1	<1	64
<b>STEAKS and CHOPS</b>											
Topping: Bryan Topping	320	280	32	21	1	75	5	220	0	<1	4
Topping: Gorgonzola Sauce	200	180	20	7	0	40	1	310	0	<1	2
Topping: Marsala Sauce	190	170	19	11	1	45	3	230	1	0	2
Topping: Spicy Sicilian Butter	60	60	7	4	0	20	<1	125	0	<1	0
Topping: Spiedino	270	170	19	9	0	125	6	500	<1	<1	19
Tuscan Grilled Filet (7 Ounce) (Regional)	590	390	44	17	0	155	<1	620	0	0	47
Tuscan Grilled Filet (9 Ounce)	640	420	47	19	0	165	1	670	0	0	50
Tuscan Grilled Pork Chop (1 Chop)	390	180	20	7	0	150	1	730	0	0	47
Tuscan Grilled Pork Chop (2 Chops)	780	360	40	14	0	300	3	1470	<1	<1	95
Tuscan Grilled Ribeye (13 Ounce)	710	370	41	19	3	205	0	1050	0	0	86
Tuscan Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Tuscan Grilled Sirloin (9 Ounce)	490	270	30	12	0	105	<1	620	0	0	52
<b>SIDES</b>											
Cavatappi Pomodoro (Regional)	330	50	5	1	0	0	63	820	5	8	10
Fettuccine Alfredo	650	410	45	29	1	115	38	800	2	3	18
Garlic Mashed Potatoes	330	190	21	11	0	20	31	710	4	1	5
Grilled Asparagus	70	40	5	1	0	0	6	200	3	3	3
Penne Pomodoro	330	50	6	1	0	0	60	960	6	10	10
Plain Freshly Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Sauteed Broccoli	160	120	14	2	0	0	10	300	3	2	4
Sauteed Spinach	180	130	15	2	0	0	11	370	3	<1	5
<b>DESSERTS</b>											
John Cole	870	420	46	17	1	90	108	580	3	86	11
Mini Cannoli	180	90	10	4	0	15	18	30	0	7	3
Sogno Di Cioccolata "Chocolate Dream"	1050	570	63	34	0	190	105	360	4	71	7
Strawberry Cheesecake	1010	560	62	37	3	320	99	660	3	84	17
Tiramisu	1010	700	78	43	0	230	62	105	4	40	13

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<b>LUNCH: SOUPS and SALADS (Available at Lunch in Select Locations)</b>											
Caesar Salad With Salmon	930	690	77	15	0	115	15	1230	7	4	43
Italian Salad With Salmon	1010	780	86	14	0	95	25	1350	10	12	34
Shrimp, Orzo And Arugula Salad	520	210	24	3	0	150	57	1380	3	5	24
<b>LUNCH: ITALIAN SANDWICHES (Available at Lunch in Select Locations)</b>											
Caprese Sandwich	480	180	20	8	0	30	55	650	3	2	18
Caprese Sandwich, Half	240	90	10	4	0	15	28	330	2	1	9
Caprese Sandwich With Chicken	580	200	22	8	0	80	56	930	3	2	36
Caprese Sandwich With Chicken, Half	290	100	11	4	0	40	28	460	2	1	18
Cheeseburger (Regional)	490	280	31	16	1	75	35	3050	3	3	19
Chicken Bryan	630	260	29	10	0	80	57	750	3	3	30
Chicken Bryan (Half)	320	130	15	5	0	40	29	380	1	1	15
Chicken Parmesan Sandwich	620	160	18	7	0	100	66	1310	6	7	44
Chicken Parmesan Sandwich, Half	310	80	9	4	0	50	33	660	3	3	22
Meatball Sandwich	740	280	32	15	0	120	65	1410	6	8	44
Meatball Sandwich, Half	370	140	16	8	0	60	33	700	3	4	22
Mediterranean Chicken Piadina (Regional)	630	310	34	12	0	65	47	1110	3	3	33
Steak Sandwich	740	330	37	18	1	105	57	870	4	1	39
Steak Sandwich, Half	370	170	18	9	0	50	28	440	2	<1	19
<b>LUNCH COMBOS: PASTA (Available at Lunch in Select Locations)</b>											
Fettuccine Alfredo (Lunch Portion)	650	410	45	29	1	115	38	800	2	3	18
Fettuccine Weesie (Lunch Portion)	1420	800	89	56	2	315	96	2690	8	5	50
Fettuccine Weesie With Gluten Free Pasta (Lunch Portion)	1410	710	79	48	2	320	132	3130	14	5	45
Fettuccine Weesie With Whole Grain Pasta (Lunch Portion)	1030	620	68	41	2	245	67	2420	13	4	38
Lasagne (Lunch Portion)	390	210	23	12	0	70	23	1260	3	11	23
Mezzaluna (Lunch Portion)	250	120	13	7	0	45	22	520	<1	3	11
Spaghetti With Meatballs (Lunch Portion)	920	230	26	7	0	70	129	2360	13	19	41
Spaghetti With Meatballs With Gluten Free Pasta (Lunch Portion)	930	210	23	8	0	75	148	2080	21	16	34
Spaghetti With Meatballs With Whole Grain Spaghetti (Lunch Portion)	880	230	26	8	0	70	119	2640	26	21	43
Spaghetti With Sausage	860	220	24	7	0	45	121	2160	10	16	35
Spaghetti With Sausage With Gluten Free Pasta (Lunch Portion)	860	190	21	7	0	50	141	1880	18	13	27
Spaghetti With Sausage With Whole Grain Spaghetti	810	220	24	7	0	45	112	2440	23	17	36
<b>LUNCH: ENTREES (Available at Lunch in Select Locations)</b>											
Tuscan-Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Tuscan-Grilled Sirloin Marsala (6 Ounce)	510	340	38	19	1	110	3	630	1	0	35
<b>LUNCH: SIDES (Available at Lunch in Select Locations)</b>											
Cavatappi Pomodoro (Regional)	350	60	6	1	0	0	66	980	6	10	11
Sicilian Orzo	210	60	6	1	0	0	33	530	2	2	5
Tomato Cucumber Salad	140	90	10	2	0	<5	9	150	2	6	2
Tomato Cucumber Salad (Regional)	60	0	0	0	0	0	12	340	2	9	2
Zucchini Fritte Side (Regional)	340	230	26	5	3	0	23	440	2	2	5
<b>LUNCH: FLATBREADS (Available at Lunch in Select Locations)</b>											
Chicken Bryan Flatbread (Regional)	770	330	37	20	0	100	72	1220	3	4	39
Margherita Flatbread (Regional)	630	310	34	12	0	65	47	1110	3	3	33
Sausage And Peppers Flatbread (Regional)	630	260	29	10	0	25	69	1280	4	6	27

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<b>KIDS</b>											
Bambini Sundae	430	240	26	16	1	85	44	95	1	35	6
Cheese Ravioli	350	120	13	7	0	65	33	820	3	5	19
Chicken Fingers	520	250	28	13	2	65	44	1650	<1	10	22
Grilled Chicken Breast With Steamed Broccoli	250	25	3	1	0	75	25	130	2	20	34
Grilled Chicken Breast With Steamed Broccoli And Apple Juice (Kids Live Well)	240	25	3	1	0	75	23	120	2	19	33
Grilled Chicken Breast With Steamed Spinach	178	28	3	1	0	74	5	189	3	1	35
Grilled Chicken Breast With Steamed Spinach And Apple Juice (Kids Live Well)	250	30	3	1	0	75	24	200	3	19	35
Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Grilled Sirloin (6 Ounce) With Broccoli	410	170	19	8	0	70	23	430	2	19	35
Pizza: Cheese	360	110	12	5	0	15	48	750	2	3	13
Pizza: Pepperoni	410	150	17	6	0	30	48	940	2	3	16
Side: Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Side: Steamed Spinach	30	4	0	0	0	0	5	99	3	1	4
Side:: Penne Pomodoro (side)	330	50	6	1	0	0	60	960	6	10	10
Spaghetti And Meatballs	450	110	12	4	0	35	63	1100	6	9	21
Spaghetti And Meatballs With Whole Grain Spaghetti	430	110	13	4	0	35	58	1240	13	9	21
Whole Grain Spaghetti Pomodoro With Spinach	330	50	6	1	0	0	59	1070	13	9	14
<b>KIDS BEVERAGES</b>											
100% Apple Juice	80	0	0	0	0	0	19	10	0	18	0
100% Orange Juice	80	0	0	0	0	0	18	0	0	18	1
2% Milk	170	60	7	5	0	25	16	140	0	17	11
Hi-C	70	0	0	0	0	0	20	5	0	20	0
<b>CATERING: SOUP, SALAD and BREAD</b>											
Bread Herbs And Oil - Calories Per Serving	320	110	12	2	0	0	47	570	2	<1	8
Bread Herbs And Oil - Serves 10	3190	1070	119	17	0	0	466	5690	17	6	78
Caesar Salad - Calories Per Serving	260	210	23	5	0	20	5	420	2	1	7
Caesar Salad - Serves 10	2570	2060	229	49	0	210	47	4220	21	13	75
House Salad - Calories Per Serving	220	170	19	4	0	10	8	340	3	3	5
House Salad - Serves 10	2150	1690	188	35	0	125	77	3370	34	31	46
Italian Salad - Calories Per Serving	270	230	26	4	0	10	8	430	3	4	3
Italian Salad - Serves 10	2680	2300	255	40	0	85	77	4280	29	35	26
Mama Mandola's Sicilian Chicken Soup - Calories Per Serving	90	20	2	1	0	10	10	1290	2	2	7
Mama Mandola's Sicilian Chicken Soup - Serves 10	860	180	20	6	0	100	98	12860	23	16	73
Minestrone Soup - Calories Per Serving	110	45	5	3	0	<5	13	590	4	0	5
Minestrone Soup, Serves 10	1090	430	48	25	0	35	132	5950	38	0	51
Sausage And Lentil Soup - Calories Per Serving	190	90	10	3	0	10	15	1070	6	3	11
Sausage And Lentil Soup - Serves 10	1880	860	95	30	0	75	152	10740	63	27	108
<b>CATERING: ENTREES</b>											
Caesar Salad With Chicken - Calories Per Serving	300	210	23	5	0	50	5	560	2	1	18
Caesar Salad With Chicken - Serves 10	3040	2070	230	45	0	490	49	5600	21	13	182
Chicken Bryan - Calories Per Serving	520	350	38	24	1	165	6	710	0	1	36
Chicken Bryan - Serves 10	5250	3460	384	242	12	1650	65	7120	3	11	359
Chicken Marsala - Calories Per Serving	330	180	19	10	1	115	3	660	1	0	32
Chicken Marsala - Serves 10	3280	1750	195	101	6	1165	29	6560	12	1	325

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>CATERING: ENTREES</b>											
Italian Salad With Chicken - Calories Per Serving	340	250	27	5	0	40	8	620	3	4	16
Italian Salad With Chicken - Serves 10	3400	2450	272	46	0	425	79	6250	29	35	156
Italian Salad With Shrimp - Calories Per Serving (Regional)	290	230	26	4	0	80	7	780	3	3	9
Italian Salad With Shrimp - Serves 10 (Regional)	2930	2320	258	37	0	810	72	7840	26	34	88
Lasagne - Calories Per Serving	390	210	23	12	0	70	23	1260	3	11	23
Lasagne - Serves 10	6110	3340	371	197	0	1145	348	19140	44	153	370
Parmesan Crusted Chicken Arugula - Calories Per Serving	360	180	19	5	0	85	15	700	4	4	30
Parmesan Crusted Chicken Arugula - Serves 10	3590	1750	195	44	0	830	146	7020	41	36	305
Penne Carrabba - Calories Per Serving	620	360	40	23	1	120	38	900	3	3	28
Penne Carrabba - Serves 10	6240	3580	397	234	8	1205	382	8980	28	26	279
Penne Pomodoro With Meat Sauce - Calories Per Serving	380	130	14	5	0	30	46	850	4	6	16
Penne Pomodoro With Meat Sauce - Serves 10	3760	1280	142	48	3	300	463	8480	39	62	160
Penne Pomodoro With Meatballs - Calories Per Serving	450	150	16	6	0	50	53	1250	6	10	24
Penne Pomodoro With Meatballs - Serves 10	4480	1480	165	58	0	525	528	12490	63	96	239
Penne Pomodoro With Sausage - Calories Per Serving	500	190	21	8	0	55	53	1320	5	8	26
Penne Pomodoro With Sausage - Serves 10	4820	1880	209	76	0	575	488	13080	44	78	253
Salmon Cetriolini - Calories Per Serving	570	410	45	15	1	140	2	420	0	<1	36
Salmon Cetriolini - Serves 10	5650	4060	451	149	5	1405	16	4180	3	8	364
<b>CATERING: SIDES</b>											
Garlic Mashed Potatoes - Calories Per Serving	330	190	21	11	0	20	31	710	4	1	5
Garlic Mashed Potatoes - Serves 10	3340	1910	213	115	0	185	308	7120	44	10	50
Penne Pomodoro - Calories Per Serving	200	45	5	1	0	<5	33	600	3	5	7
Penne Pomodoro - Serves 10	1970	430	47	12	0	50	326	6010	31	54	71
Seasonal Vegetable : Sautéed Broccoli - Calories Per Serving	160	120	14	2	0	0	9	90	3	2	4
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1600	1230	136	19	0	0	94	910	32	24	35
Seasonal Vegetable : Sautéed Green Beans - Calories Per Serving	100	60	6	1	0	0	11	60	4	3	2
Seasonal Vegetable : Sautéed Green Beans - Serves 10	1020	560	62	9	0	0	114	610	39	32	23
<b>CATERING: DESSERT</b>											
Mini Cannoli - Calories Per Serving	180	90	10	4	0	15	18	30	0	7	3
Mini Cannoli - Serves 12	1760	930	103	36	0	155	184	320	4	75	25
Sogno Di Cioccolata "Chocolate Dream" - Calories Per Serving	1260	680	76	40	0	230	126	430	5	85	9
Sogno Di Cioccolata "Chocolate Dream" - Serves 12	12610	6840	760	404	3	2295	1263	4290	47	855	88
Tiramisu - Calories Per Serving	1010	700	78	43	0	230	62	105	4	40	13
Tiramisu - Serves 12	12120	8410	935	518	0	2780	749	1240	46	480	153
<b>CATERING: PACKAGES</b>											
Chicken Bryan	520	350	38	24	1	165	6	710	0	1	36
Chicken Marsala	330	180	19	10	1	115	3	660	1	0	32
Parmesan Crusted Chicken Arugula	360	180	19	5	0	85	15	700	4	4	30
Penne Pomodoro With Meat Sauce	380	130	14	5	0	30	46	850	4	6	16
Penne Pomodoro With Meatballs	450	150	16	6	0	50	53	1250	6	10	24
Penne Pomodoro With Sausage	500	190	21	8	0	55	53	1320	5	8	26
Salmon Cetriolini	570	410	45	15	1	140	2	420	0	<1	36
Tuscan Grilled Chicken	170	35	4	2	0	80	<1	470	0	0	31

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<b>FAMILY BUNDLES</b>											
Bread Herbs And Oil Family Bundle - Calories Per Serving	270	90	10	2	0	0	39	500	1	0	6
Bread Herbs And Oil Family Bundle - Serves 4	1070	360	40	6	0	0	156	1980	6	2	26
Caesar Family Bundle - Calories Per Serving	320	260	29	6	0	25	6	530	3	2	9
Caesar Salad Family Bundle - Serves 4	1280	1030	114	24	0	105	23	2110	11	7	37
Chicken Marsala Family Bundle - Calories Per Serving	360	180	19	10	1	135	3	760	1	0	40
Chicken Marsala Family Bundle - Serves 4	1440	700	78	39	3	540	11	3050	4	0	161
Chicken Parmesan Family Bundle - Serves 4	2080	930	103	44	0	585	74	6180	20	34	211
Chicken Parmesan Family Bundle- Calories Per Serving	520	230	26	11	0	145	18	1550	5	9	53
House Salad Family Bundle - Calories Per Serving	270	210	23	5	0	15	10	420	4	4	6
House Salad Family Bundle - Serves 4	1080	850	94	17	0	60	39	1680	17	16	23
Italian Salad Family Bundle - Calories Per Serving	340	290	32	5	0	10	10	530	4	4	3
Italian Salad Family Bundle - Serves 4	1340	1150	128	20	0	45	38	2140	15	18	13
Penne Alfredo Family Bundle - Calories Per Serving	940	610	68	42	2	160	60	1040	2	3	23
Penne Alfredo Family Bundle - Serves 4	3760	2450	272	169	6	645	240	4140	7	13	91
Penne Carrabba Family Bundle - Calories Per Serving	1100	650	73	43	2	210	66	1530	4	5	45
Penne Carrabba Family Bundle - Serves 4	4420	2620	291	173	6	845	265	6110	18	18	182
Spaghetti Meat Sauce Family Bundle - Calories Per Serving	670	230	25	8	0	50	79	1620	8	12	27
Spaghetti Meat Sauce Family Bundle - Serves 4	2670	910	101	33	2	200	317	6470	30	50	109
Spaghetti Pomodoro Family Bundle - Calories Per Serving	490	100	11	3	0	10	78	1420	7	12	18
Spaghetti Pomodoro Family Bundle - Serves 4	1970	400	45	11	0	50	313	5700	29	47	72
Spaghetti With Meatballs Family Bundle - Calories Per Serving	770	250	28	10	0	90	87	2080	10	15	41
Spaghetti With Meatballs Family Bundle - Serves 4	3070	1000	111	39	0	370	346	8300	42	61	165
Spaghetti With Sausage Family Bundle - Calories Per Serving	770	280	31	11	0	85	80	2080	7	13	39
Spaghetti With Sausage Family Bundle - Serves 4	3070	1130	125	44	0	335	319	8330	29	50	155
<b>FAMILY BUNDLES</b>											
Side Sautéed Broccoli Family Bundle - Calories Per Serving	160	120	14	2	0	0	10	300	3	2	4
Side Sautéed Broccoli Family Bundle - Serves 4	640	490	55	7	0	0	38	1220	13	9	14
Side: Garlic Mashed Potatoes Family Bundle - Calories Per Serving	330	190	21	11	0	20	31	710	4	1	5
Side: Garlic Mashed Potatoes Family Bundle - Serves 4	1340	770	85	46	0	75	123	2850	17	4	20
<b>BEVERAGES: HOT</b>											
Café Carrabba	230	35	4	3	0	15	24	80	0	20	6
Café Godiva	290	70	8	4	0	25	31	90	0	26	6
Café Latte	90	30	4	2	0	10	10	65	0	9	5
Cappuccino	70	20	3	2	0	10	8	50	0	7	4
Coffee, Decaf	0	0	0	0	0	0	0	0	0	0	0
Coffee, Regular	0	0	0	0	0	0	0	0	0	0	0
Espresso	25	5	1	0	0	0	4	15	0	3	<1
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
<b>BEVERAGES: COLD</b>											
Coke, With Ice	90	0	0	0	0	0	24	0	0	24	0
Diet Coke, With Ice	0	0	0	0	0	0	0	10	0	0	0
Dr. Pepper, With Ice	80	0	0	0	0	0	22	20	0	22	0
Fresh Brewed Iced Tea, Sweet, With Ice	50	0	0	0	0	0	13	0	0	13	0
Fresh Brewed Iced Tea, Unsweet, With Ice	0	0	0	0	0	0	0	0	0	0	0
Hi-C Fruit Punch, With Ice	90	0	0	0	0	0	23	5	0	23	0

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<b>BEVERAGES: COLD</b>											
Minute Maid Lemonade, With Ice	120	0	0	0	0	0	30	0	0	29	0
Orange Italian Soda, With Ice	180	0	0	0	0	0	43	0	0	43	0
Raspberry Italian Soda, With Ice	190	0	0	0	0	0	47	0	0	47	0
Sprite, With Ice	80	0	0	0	0	0	23	20	0	23	0
<b>BEVERAGES: BEER</b>											
Birra Moretti, 13 oz, Draft	150	0	0	0	0	0	11	10	0	0	1
Blue Moon, 13 oz, Draft	180	0	0	0	0	0	15	20	0	0	2
Bud Light, 13 oz, Draft	110	0	0	0	0	0	7	10	0	0	<1
Craft/Higher Alcohol, 13 Ounce, Draft	210	0	0	0	0	0	<1	15	0	0	3
Craft/Higher Alcohol, 19 Ounce, Draft (Regional)	310	0	0	0	0	0	1	20	0	0	5
Light Beer, 13 Ounce, Draft	110	0	0	0	0	0	5	10	0	0	<1
Light Beer, 19 Ounce, Draft (Regional)	160	0	0	0	0	0	7	15	0	0	1
Peroni, 13 oz, Draft	150	0	0	0	0	0	11	10	0	0	1
Regular Beer, 13 Ounce, Draft	150	0	0	0	0	0	11	10	0	0	1
Regular Beer, 19 Ounce, Draft (Regional)	220	0	0	0	0	0	16	15	0	0	2
Stella Artois, 13 oz, Draft	170	0	0	0	0	0	14	0	0	0	1
<b>BEVERAGES: WINE and SANGRIA</b>											
Blackberry Sangria, Glass, 6 Ounce	250	0	0	0	0	0	37	10	1	32	<1
Blackberry Sangria, Glass, 9 Ounce	370	0	0	0	0	0	52	15	1	46	<1
Blackberry Sangria, Pitcher	1050	0	0	0	0	0	148	45	1	133	<1
Classic Red Sangria, Glass, 6 Ounce	200	0	0	0	0	0	25	0	1	20	<1
Classic Red Sangria, Glass, 9 Ounce	290	0	0	0	0	0	34	5	1	28	1
Classic Red Sangria, Pitcher	1040	0	0	0	0	0	111	20	2	96	3
Peach Sangria, Glass, 6 Ounce	210	0	0	0	0	0	19	10	<1	16	0
Peach Sangria, Glass, 9 Ounce	300	0	0	0	0	0	27	15	<1	23	<1
Peach Sangria, Pitcher	880	0	0	0	0	0	84	45	<1	75	<1
Red Wine, Bottle, 750 ml	640	0	0	0	0	0	20	25	0	5	<1
Red Wine, Glass, 6 Ounce	150	0	0	0	0	0	5	5	0	1	0
Red Wine, Glass, 9 Ounce	230	0	0	0	0	0	7	10	0	2	0
Rose Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1
Rose Wine, Glass, 6 Ounce	150	0	0	0	0	0	5	5	0	2	0
Rose Wine, Glass, 9 Ounce	230	0	0	0	0	0	7	10	0	3	0
Sparkling Wine, Bottle, 750 ml	600	0	0	0	0	0	20	0	0	0	0
Sparkling Wine, Glass, 6 Ounce	140	0	0	0	0	0	5	0	0	0	0
White Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1
White Wine, Glass, 6 Ounce	150	0	0	0	0	0	5	5	0	2	0
White Wine, Glass, 9 Ounce	230	0	0	0	0	0	7	10	0	3	0
<b>BEVERAGES: COCKTAILS</b>											
Blackberry Bellini	160	0	0	0	0	0	28	5	0	18	0
Bloody Mary (Regional)	150	10	1	0	0	0	16	1190	2	5	2
Chianti Kiss	210	0	0	0	0	0	20	10	0	14	0
Cosmopolitan	130	0	0	0	0	0	4	0	<1	2	0
Mr. C's Dirty Martini	120	10	1	0	0	0	<1	230	0	0	0
Pomegranate Martini	200	0	0	0	0	0	24	20	0	23	0
Raspberry Limoncello Drop	160	0	0	0	0	0	6	0	<1	5	0



