

Carrabba's Italian Grill Nutrition Analysis

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SMALL PLATES											
Bruschette Siciliani	450	200	22	4	0	5	54	1140	3	3	10
Grilled Asparagus With Prosciutto	250	140	16	9	10	70	6	1090	2	3	22
Italian Lettuce Wraps (Regional)	210	90	10	6	0	45	11	450	2	5	18
Meatballs And Ricotta	380	200	22	10	0	85	17	1190	6	10	26
Mozzarella Rustica (Regional)	300	160	17	6	0	25	24	840	2	6	13
Three-Cheese And Sausage Stuffed Mushrooms	300	210	23	10	0	30	9	1310	3	4	15
APPETIZERS											
Arancini (Regional)	310	140	15	4	0	20	33	1720	3	5	9
Calabrian Roasted Wings	900	630	70	25	0.5	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	640	520	58	33	2	170	12	600	<1	4	19
Shrimp Scampi	910	480	53	25	1	235	77	2790	3	3	34
Tomato Caprese With Fresh Burrata	500	380	43	18	1	80	20	1460	3	14	14
Zucchini Fritte	910	670	74	13	5	15	51	1130	6	7	11
WOOD-FIRED PIZZAS											
Create Your Own: Cheese Pizza	650	200	22	10	0	45	84	1470	5	5	25
Create Your Own: Pizza Topping: Italian Sausage	150	110	12	4.5	0	0	1	490	0	0	11
Create Your Own: Pizza Topping: Kalamata Olives	40	40	4.5	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	40	25	3	0	0	0	2	160	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	120	100	11	3.5	0	30	0	430	0	0	6
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	720	280	31	12	0	45	83	2030	7	5	26

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WOOD-FIRED PIZZAS											
Pepperoni Pizza	780	300	34	13	0	80	84	1930	5	5	32
Prosciutto And Arugula Pizza (Regional)	770	300	33	13	0	70	81	1800	5	4	34
Entree Salad: Caesar Salad With Chicken	720	500	56	10	0	95	18	1260	6	4	36
Entree Salad: Caesar Salad With Salmon	880	660	74	13	0	100	18	1090	6	4	35
Entree Salad: Caesar Salad With Shrimp	650	490	54	9	0	175	18	1640	6	4	24
Entree Salad: Italian Salad With Chicken	840	610	68	12	0	90	24	1530	9	11	33
Entree Salad: Italian Salad With Shrimp	770	600	67	11	0	170	24	1900	9	11	21
Entree Salad: Johnny Rocco Salad	530	380	43	9	0	160	11	1800	5	3	28
Entree Salad: Tuscan Strawberry Salad With Chicken (Regional)	520	300	33	7	0	85	22	770	7	12	34
Entree Salad: Tuscan Strawberry Salad With Shrimp (Regional)	450	280	31	6	0	165	22	1150	7	12	22
Salad Add-On: Add Crumbled Gorgonzola	110	70	8	5	0	30	0	280	0	0	6
SOUPS, ENTREE SALADS and SIDE SALADS											
Salad Add-On: Light Balsamic Dressing, 1.5 Ounce	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: Caesar Side Salad	320	250	28	6	0	20	9	500	3	2	7
Side Salad: House Side Salad	260	210	23	3.5	0	10	12	410	5	5	3
Side Salad: Italian Side Salad	350	290	32	5	0	10	12	570	4	6	4
SOUPS, ENTREE SALADS and SIDE SALADS											
Soup: Mama Mandola's Sicilian Chicken Soup (Bowl)	200	50	5	1.5	0	20	22	3740	5	4	16
Soup: Mama Mandola's Sicilian Chicken Soup (Cup)	100	25	2.5	0.5	0	10	11	1870	3	2	8
Soup: Minestrone, Bowl	240	80	9	4.5	0	0	33	1360	9	0	9
Soup: Minestrone, Cup	120	40	4.5	2.5	0	0	16	680	5	0	5
Soup: Sausage And Lentil, Bowl	430	190	21	6	0	10	38	2570	16	7	24
Soup: Sausage And Lentil, Cup	220	100	11	3	0	<5	19	1290	8	3	12

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PASTA											
Fettuccine Carrabba	1440	720	80	51	1.5	260	102	2120	10	6	65
Fettuccine Carrabba With Gluten Free Pasta	1470	700	78	47	2	235	138	1960	16	6	52
Fettuccine Carrabba With Whole Grain Spaghetti	1440	750	84	50	1.5	245	105	2400	20	7	65
Fettuccine Weesie	1510	860	95	62	2	375	98	3430	8	6	58
Fettuccine Weesie With Gluten Free Pasta	1450	750	83	51	2	330	133	3190	14	5	45
Fettuccine Weesie With Whole Grain Spaghetti	1520	890	99	61	2	365	101	3710	18	6	58
Lasagne	780	420	47	25	0	140	47	2530	6	21	45
Linguine Pescatore	840	100	11	1	0	160	122	1960	7	12	57
Linguine Pescatore With Gluten Free Pasta	890	90	10	1.5	0	165	147	2010	16	13	50
Linguine Pescatore With Whole Grain Spaghetti	800	100	11	2	0	160	114	2250	20	13	59
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	109	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	108	2880	17	12	38
Linguine Positano	800	240	27	3.5	0	0	117	1820	4	10	22
Linguine Positano With Chicken	940	270	30	4.5	0	70	117	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	870	260	29	3.5	0	150	117	2590	4	10	36
Linguine Positano With Whole Grain Spaghetti	900	280	31	5	0	70	109	2500	17	12	50
Lobster Ravioli	710	350	38	22	0	165	64	960	1	3	20
Mezzaluna	740	340	37	21	0	150	63	1570	4	6	33
Rigatoni Campagnolo	1040	450	50	22	0.5	65	98	2790	10	17	52
Rigatoni Campagnolo With Gluten Free Pasta	1260	450	50	23	1	65	150	3030	20	17	51
Rigatoni Campagnolo With Whole Grain Spaghetti	1170	460	51	23	0.5	65	117	3270	24	18	59
Shrimp And Scallop Linguine Alla Vodka	1140	350	39	14	0	205	117	2010	7	10	53
Shrimp And Scallop Linguine Alla Vodka With Gluten Free Pasta	1110	290	32	12	0	195	137	1760	16	8	45

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PASTA											
Shrimp And Scallop Linguine Alla Vodka With Whole Grain Spaghetti	1100	360	40	15	0	205	108	2290	20	11	54
Spaghetti With Bolognese Meat Sauce	880	250	28	8	0.5	50	119	1840	10	14	33
Spaghetti With Bolognese Meat Sauce With Gluten Free Pasta	930	250	27	9	1	55	143	1880	19	15	26
Spaghetti With Bolognese Meat Sauce With Whole Grain Spaghetti	840	260	29	9	0.5	50	110	2130	23	15	34
Spaghetti With Meatballs	1040	290	33	10	0	105	131	2600	14	20	52
Spaghetti With Meatballs With Whole Grain Spaghetti	1000	300	33	11	0	105	123	2880	27	21	54
Spaghetti With Pomodoro Sauce	670	100	11	1	0	0	120	1730	10	15	21
Spaghetti With Pomodoro Sauce With Gluten Free Pasta	720	90	10	1.5	0	<5	145	1770	19	16	14
Spaghetti With Pomodoro Sauce With Whole Grain Spaghetti	630	100	11	2	0	0	112	2010	23	17	23
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	114	2890	23	18	50
Pasta Georgio	1140	620	69	34	0	215	76	2890	11	17	51
CHICKEN, PORK and VEAL											
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	11	200	26	1950	7	12	69
Parmesan-Crusted Chicken Arugula	600	270	30	9	0	165	24	1240	6	9	60
Pollo Rosa Maria	620	340	37	22	1	215	5	1480	1	0	65
Prosciutto-Wrapped Pork Tenderloin	420	220	24	13	0.5	125	9	600	0	9	42
Tuscan Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
Veal Marsala	460	220	25	14	0.5	195	9	600	2	0	47
SEAFOOD											
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

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SEAFOOD											
Tomato Basil Salmon	700	470	52	9	0	145	3	910	<1	2	52
COMBINATIONS											
Carrabba's Italian Classics: Chicken Parmesan and Lasagne	690	330	37	18	0	155	36	2150	6	16	54
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	940	520	58	34	1.5	320	9	1800	2	1	89
The Johnny: Tuscan Grilled Sirloin Marsala And Chicken Bryan	760	460	51	27	1	200	7	1030	<1	<1	64
STEAKS and CHOPS											
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	0.5	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	18	9	0	105	5	550	0	<1	20
Topping: Garlic Aioli	220	200	22	3.5	0	15	3	240	0	1	<1
Topping: Scampi Topping	390	320	36	18	1	155	3	840	0	<1	13
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
SIDES											
Cavatappi Pomodoro (Regional)	330	50	5	0.5	0	0	63	820	5	8	10
Fettuccine Alfredo	690	440	49	33	1	125	39	860	2	3	18
Garlic Mashed Potatoes	330	190	21	11	0	20	31	710	4	1	5
Grilled Asparagus	60	20	2.5	0	0	0	6	200	3	3	3
Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6

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SIDES											
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
DESSERTS											
John Cole	870	420	46	17	1	90	108	580	3	86	11
Mini Cannoli	180	90	10	3.5	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	1000	560	62	37	3	320	96	660	2	81	17
Tiramisu	1010	700	78	43	0	230	62	105	4	40	13
Traditional Cannoli	400	260	28	15	0	10	33	60	2	12	4
Cinnamon Apple Crostata	1200	500	55	26	0.5	55	168	840	4	114	12
LUNCH: SOUPS and SALADS (Available at Lunch in Select Locations)											
Caesar Salad With Salmon	880	660	74	13	0	100	18	1090	6	4	35
Italian Salad With Salmon	1310	960	107	18	0	165	24	1570	9	11	58
Shrimp, Orzo And Arugula Salad	520	210	23	3	0	150	57	1380	3	5	24
LUNCH: ITALIAN SANDWICHES (Available at Lunch in Select Locations)											
Caprese Sandwich	480	180	20	8	0	30	56	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	9	0	80	56	930	3	2	36
Caprese Sandwich With Chicken, Half	290	100	11	4.5	0	40	28	460	2	1	18
Cheeseburger (Regional)	490	280	31	16	0.5	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	5	100	66	1260	6	7	44
Chicken Parmesan Sandwich, Half	310	80	9	3.5	2.5	50	33	630	3	4	22
Meatball Sandwich	690	250	27	13	5	105	66	1350	6	8	40

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LUNCH: ITALIAN SANDWICHES (Available at Lunch in Select Locations)											
Meatball Sandwich, Half	340	120	14	7	2.5	55	33	680	3	4	20
Mediterranean Chicken Piadina (Regional)	620	300	33	12	6	70	47	1040	3	4	32
Steak Sandwich	780	360	40	20	6	115	57	970	4	2	41
Steak Sandwich, Half	390	180	20	10	3	60	29	490	2	<1	21
LUNCH COMBO: PASTA (Available at Lunch in Select Locations)											
Fettuccine Alfredo	690	440	49	33	1	125	39	860	2	3	18
Fettuccine Weesie	1470	850	94	61	2	325	97	2780	8	6	50
Fettuccine Weesie With Gluten Free Pasta	1450	750	83	51	2	330	133	3190	14	5	45
Fettuccine Weesie With Whole Grain Pasta	1070	650	72	44	1.5	250	68	2480	13	4	38
Lasagne	390	210	24	12	0	70	23	1260	3	11	23
Mezzaluna	280	130	15	8	0	55	23	590	2	3	11
Mezzaluna	640	300	33	18	0	130	54	1350	4	6	27
Spaghetti With Meatballs	930	230	26	7	0	70	129	2360	13	19	41
Spaghetti With Meatballs With Gluten Free Pasta	930	210	23	8	0	75	148	2080	21	16	34
Spaghetti With Meatballs With Whole Grain Spaghetti	880	230	26	8	0	70	120	2650	26	21	43
Spaghetti With Sausage	860	220	24	7	0	45	121	2170	10	16	35
Spaghetti With Sausage With Gluten Free Pasta	860	190	21	7	0	50	141	1880	18	13	27
Spaghetti With Sausage With Whole Grain Spaghetti	820	220	24	7	0	45	113	2450	23	17	36
LUNCH: ENTREES (Available at Lunch in Select Locations)											
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	0.5	110	3	630	1	0	35
LUNCH: SIDES (Available at Lunch in Select Locations)											
Sicilian Orzo	210	60	6	1	0	0	33	530	2	2	5
Tomato Cucumber Salad	140	90	10	1.5	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	2.5	0	23	440	2	2	5

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LUNCH: FLATBREADS (Available at Lunch in Select Locations)											
Chicken Bryan Flatbread (Regional)	650	360	40	23	1	120	35	930	1	3	37
Margherita Flatbread (Regional)	620	300	33	12	6	70	47	1040	3	4	32
Sausage And Peppers Flatbread (Regional)	510	300	33	13	0.5	45	32	1000	3	4	24
KIDS											
Bambini Sundae	430	240	26	16	0.5	85	44	95	1	35	6
Cheese Ravioli	350	120	13	7	0	70	37	840	3	6	20
Chicken Fingers	520	250	28	13	1.5	65	44	1650	<1	10	22
Grilled Chicken Breast With Steamed Broccoli	260	30	3	1	0	75	25	140	2	20	34
Grilled Chicken Breast With Steamed Broccoli And Apple Juice (Kids Live Well)	250	25	3	1	0	75	23	130	2	20	33
Grilled Chicken Breast With Steamed Spinach	180	30	3	1	0	75	5	190	3	<1	35
Grilled Chicken Breast With Steamed Spinach And Apple Juice (Kids Live Well)	260	30	3.5	1	0	75	24	210	3	19	35
Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Grilled Sirloin (6 Ounce) With Broccoli	420	180	20	8	0	70	24	440	2	20	35
Pizza: Cheese	370	110	12	5	0	20	49	720	2	3	14
Pizza: Pepperoni	470	200	22	8	0	45	49	1070	2	3	19
Side: Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
KIDS											
Side: Steamed Spinach	30	0	0	0	0	0	5	100	3	<1	4
Side:: Penne Pomodoro (side)	210	45	5	0.5	0	0	36	890	5	10	6
Spaghetti And Meatballs	450	110	12	3.5	0	35	63	1100	6	9	21
Spaghetti And Meatballs With Whole Grain Spaghetti	430	110	13	4	0	35	59	1240	13	9	21
Whole Grain Spaghetti Pomodoro With Spinach	340	50	6	1	0	0	59	1070	13	9	14

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KIDS BEVERAGES											
100% Apple Juice	80	0	0	0	0	0	20	20	0	19	0
100% Orange Juice	80	0	0	0	0	0	18	0	0	18	1
2% Milk	170	60	7	4.5	0	25	16	140	0	17	11
Hi-C	70	0	0	0	0	0	20	5	0	20	0
CATERING: SOUP, SALAD and BREAD											
Bread Herbs And Oil - Calories Per Serving	320	110	12	1.5	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	230	190	21	4	0	15	5	350	2	1	4
Caesar Salad - Serves 10	2310	1920	213	40	0	130	54	3540	17	12	42
House Salad - Calories Per Serving	200	160	18	2.5	0	5	7	280	3	3	2
House Salad - Serves 10	1960	1650	183	26	0	60	72	2770	31	29	18
Italian Salad - Calories Per Serving	270	230	26	4	0	10	7	430	3	3	2
Italian Salad - Serves 10	2670	2300	256	41	0	85	73	4260	26	34	23
Mama Mandola's Sicilian Chicken Soup - Calories Per Serving	80	20	2	0.5	0	10	9	1500	2	1	6
Mama Mandola's Sicilian Chicken Soup - Serves 10	800	190	21	6	0	90	87	14970	21	14	65
Minestrone Soup - Calories Per Serving	110	45	5	3	0	<5	13	600	4	0	5
Minestrone Soup, Serves 10	1130	470	52	29	0	45	133	6020	38	0	51
Sausage And Lentil Soup - Calories Per Serving	190	90	10	3.5	0	10	15	1090	6	3	11
Sausage And Lentil Soup - Serves 10	1920	890	99	33	0	80	153	10860	63	28	108
CATERING: ENTREES											
Caesar Salad With Chicken - Calories Per Serving	270	190	21	3	0	40	5	480	2	1	15
Caesar Salad With Chicken - Serves 10	2740	1890	210	32	0	405	54	4830	17	12	147
Chicken Bryan - Calories Per Serving	520	350	38	24	1	165	6	710	0	1	36
Chicken Bryan - Serves 10	5240	3450	384	242	12	1650	65	7120	3	11	359
Chicken Marsala - Calories Per Serving	330	180	19	10	0.5	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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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
CATERING: ENTREES											
Pollo Rosa Maria - Calories Per Serving	410	240	26	15	0.5	135	4	940	1	0	39
Pollo Rosa Maria - Serves 10	4130	2350	262	152	6	1375	36	9370	13	3	392
Italian Salad With Chicken - Calories Per Serving	340	250	27	4.5	0	40	8	620	3	3	15
Italian Salad With Chicken - Serves 10	3380	2460	273	47	0	425	75	6230	26	34	153
Lasagne - Calories Per Serving	620	340	38	20	0	115	35	1930	4	15	37
Lasagne - Serves 10	6190	3410	379	205	0	1155	351	19300	44	153	369
Parmesan Crusted Chicken Arugula - Calories Per Serving	320	140	16	4	0	80	15	590	4	5	31
Parmesan Crusted Chicken Arugula - Serves 10	3170	1430	159	38	0	820	147	5880	38	54	310
Chicken Parmesan - Calories Per Serving	280	110	12	4	0	80	13	830	3	6	30
Chicken Parmesan - Serves 10	2780	1080	120	41	0	820	125	8250	33	57	301
Penne Carrabba - Calories Per Serving	570	380	42	26	1	125	23	890	2	3	25
Penne Carrabba - Serves 10	5720	3780	420	258	9	1255	226	8870	23	27	251
Penne Pomodoro With Meat Sauce - Calories Per Serving	290	130	15	6	0	30	27	820	3	6	13
Penne Pomodoro With Meat Sauce - Serves 10	2910	1310	146	58	3	315	270	8240	33	62	127
Penne Pomodoro With Meatballs - Calories Per Serving	360	150	17	7	0	55	33	1210	6	10	21
Penne Pomodoro With Meatballs - Serves 10	3640	1520	169	68	0.5	540	335	12080	56	96	206
Penne Pomodoro With Sausage - Calories Per Serving	510	200	22	9	0	60	54	1340	5	8	26
Penne Pomodoro With Sausage - Serves 10	3980	1910	213	86	0.5	590	295	12660	38	79	220
Salmon Cetriolini - Calories Per Serving	510	370	41	14	0.5	125	2	380	0	<1	31
Salmon Cetriolini - Serves 10	5080	3710	412	143	6	1270	16	3770	3	7	313
CATERING: SIDES											
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	130	40	4.5	1.5	0	<5	20	550	3	5	4
Penne Pomodoro - Serves 10	1330	390	43	13	0	45	196	5510	27	54	45
Seasonal Vegetable : Sautéed Broccoli - Calories Per Serving	160	120	14	2	0	0	9	90	3	2	4

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
CATERING: SIDES											
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1610	1240	138	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
CATERING: DESSERT											
Mini Cannoli - Calories Per Serving	180	90	10	3.5	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
CATERING: BEVERAGE											
Fresh Brewed Iced Tea Sweet, Gallon	950	0	0	0	0	0	246	150	0	246	0
Fresh Brewed Iced Tea Sweet, Per Serving 8 oz	60	0	0	0	0	0	15	10	0	15	0
Fresh Brewed Iced Tea, Unsweet, Gallon	0	0	0	0	0	0	0	150	0	0	0
Fresh Brewed Iced Tea UnSweet, Per Serving 8 oz	0	0	0	0	0	0	0	10	0	0	0
Handmade Lemonade, Gallon	2110	0	0	0	0	0	548	120	0	527	0
Handmade Lemonade, Per Serving 8 oz	130	0	0	0	0	0	34	5	0	33	0
CATERING: PACKAGES											
Chicken Bryan	520	350	38	24	1	165	6	710	0	1	36
Chicken Marsala	330	180	19	10	0.5	115	3	660	1	0	32
Parmesan Crusted Chicken Arugula	320	140	16	4	0	80	15	590	4	5	31
Penne Pomodoro With Meat Sauce	290	130	15	6	0	30	27	820	3	6	13
Penne Pomodoro With Meatballs	360	150	17	7	0	55	33	1210	6	10	21
Penne Pomodoro With Sausage	510	200	22	9	0	60	54	1340	5	8	26
Salmon Cetriolini	510	370	41	14	0.5	125	2	380	0	<1	31
Tuscan Grilled Chicken	170	35	4	1.5	0	80	<1	470	0	0	31

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
FAMILY BUNDLES											
Bread Herbs And Oil Family Bundle - Calories Per Serving	270	90	10	1.5	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	290	240	27	5	0	15	7	440	2	1	5
Caesar Salad Family Bundle - Serves 4	1160	960	106	20	0	65	27	1770	9	6	21
Chicken Marsala Family Bundle - Calories Per Serving	360	180	19	10	0.5	135	3	760	1	0	40
Chicken Marsala Family Bundle - Serves 4	1440	700	78	39	2.5	540	11	3050	4	0	161
Chicken Parmesan Family Bundle - Serves 4	1670	650	72	25	0	490	75	4950	20	34	181
Chicken Parmesan Family Bundle- Calories Per Serving	420	160	18	6	0	125	19	1240	5	9	45
House Salad Family Bundle - Calories Per Serving	250	210	23	3.5	0	10	9	350	4	4	2
House Salad Family Bundle - Serves 4	980	820	92	13	0	30	36	1390	15	15	9
Italian Salad Family Bundle - Calories Per Serving	330	290	32	5	0	10	9	530	3	4	3
Italian Salad Family Bundle - Serves 4	1330	1150	128	21	0	45	36	2130	13	17	12
Penne Alfredo Family Bundle - Calories Per Serving	850	650	72	47	1.5	170	33	1020	<1	3	18
Penne Alfredo Family Bundle - Serves 4	3400	2600	289	186	6	680	130	4090	3	13	72
Penne Carrabba Family Bundle - Calories Per Serving	1010	690	77	48	1.5	220	39	1510	4	5	41
Penne Carrabba Family Bundle - Serves 4	4060	2770	308	191	7	885	155	6040	14	19	162
Spaghetti Meat Sauce Family Bundle - Calories Per Serving	680	240	26	9	0.5	50	80	1680	8	12	27
Spaghetti Meat Sauce Family Bundle - Serves 4	2730	950	106	38	2	205	319	6720	30	50	109
Spaghetti Pomodoro Family Bundle - Calories Per Serving	510	110	12	4	0	15	79	1450	7	12	18
Spaghetti Pomodoro Family Bundle - Serves 4	2020	450	50	16	0	60	315	5810	29	47	71
Spaghetti With Meatballs Family Bundle - Calories Per Serving	780	260	29	11	0	95	87	2100	10	15	41
Spaghetti With Meatballs Family Bundle - Serves 4	3130	1050	116	44	0	375	348	8410	42	61	164
Spaghetti With Sausage Family Bundle - Calories Per Serving	780	290	33	12	0	85	80	2110	7	13	39
Spaghetti With Sausage Family Bundle - Serves 4	3130	1170	130	49	0	340	321	8440	29	50	155

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
FAMILY BUNDLES											
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	650	500	55	8	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
BEVERAGES: HOT											
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	3.5	2	0	10	10	65	0	9	5
Cappuccino	70	20	2.5	1.5	0	10	8	50	0	7	4
Coffee, Decaf	0	0	0	0	0	0	0	10	0	0	0
Coffee, Regular	0	0	0	0	0	0	0	10	0	0	0
Espresso	25	5	1	0	0	0	4	15	0	3	<1
Hot Tea	0	0	0	0	0	0	0	10	0	0	0
BEVERAGES: COLD											
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	10	0	13	0
Fresh Brewed Iced Tea, Unsweet, With Ice	0	0	0	0	0	0	0	10	0	0	0
Hi-C Fruit Punch, With Ice	90	0	0	0	0	0	23	5	0	23	0
Hot Tea	0	0	0	0	0	0	0	10	0	0	0
Minute Maid Lemonade, With Ice	120	0	0	0	0	0	30	5	0	29	0
Orange Italian Soda, With Ice	180	0	0	0	0	0	43	10	0	43	0
Raspberry Italian Soda, With Ice	190	0	0	0	0	0	47	10	0	47	0
Sprite, With Ice	80	0	0	0	0	0	23	20	0	23	0

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEVERAGES: BEER											
Birra Moretti, 13 oz, Draft	160	0	0	0	0	0	13	15	0	0	2
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	160	0	0	0	0	0	13	15	0	0	2
Regular Beer, 13 Ounce, Draft	160	0	0	0	0	0	13	15	0	0	2
Regular Beer, 19 Ounce, Draft (Regional)	230	0	0	0	0	0	19	20	0	0	2
Stella Artois, 13 oz, Draft	170	0	0	0	0	0	14	0	0	0	1
BEVERAGES: WINE and SANGRIA											
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

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEVERAGES: WINE and SANGRIA											
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
BEVERAGES: COCKTAILS											
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
Sicilian Prickly Pear Margarita	290	0	0	0	0	0	39	2220	<1	37	0
Sparkling Tuscan Lemonade	180	0	0	0	0	0	21	15	<1	20	0
AIRPORT BREAKFAST MENU											
Breakfast Plate	260	200	22	6	0	370	0	590	0	0	14
Sausage, Spinach And Mozzarella Frittata	730	520	57	18	0	775	15	1710	6	5	43
Fresh Fruit Bowl	110	5	0.5	0	0	0	28	20	5	22	2
Vegetable Frittata	620	440	49	14	0	745	14	1430	6	5	34
Yogurt Bowl	140	20	2	1.5	0	10	22	105	0	22	8

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
AIRPORT BREAKFAST MENU: BEVERAGES											
Café Latte	90	30	3.5	2	0	10	10	65	0	9	5
Cappuccino	70	20	2.5	1.5	0	10	8	50	0	7	4
Coffee, Decaf	0	0	0	0	0	0	0	10	0	0	0
Coffee, Regular	0	0	0	0	0	0	0	10	0	0	0
Espresso	25	5	1	0	0	0	4	15	0	3	<1
Hot Tea	0	0	0	0	0	0	0	10	0	0	0