

Menu Label Report: Carrabba's Italian Grill Master Menu Nutrition Information

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. Updated March 2022

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													
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	290	200	23	9	0	25	1180	8	2	4	15
Mozzarella Marinara	1	Serving	1050	670	75	33	1.5	335	2090	43	3	11	50
Cozze in Bianco	1	Serving	390	180	20	8	0	70	1120	29	2	6	22
Shrimp Scampi	1	Serving	990	460	51	19	0	180	2010	87	3	5	32
Tomato Caprese with Fresh Burrata	1	Serving	450	340	38	17	0	70	1210	15	2	7	15
Zucchini Fritte	1	Serving	760	560	63	11	4.5	15	1180	41	5	5	9
Bread and Dipping Sauce Trio	1	Serving	1220	340	38	18	0	85	2440	154	7	6	37
Calamari with Marinara & Ricardo Sauce	1	Serving	1230	830	92	24	8	425	2570	66	5	7	33
Classic Combo	1	Serving	1390	810	90	27	3	840	2700	66	5	10	76
SOUPS, ENTREE SALADS and SIDE SALADS													
Entree Salad:Caesar Salad With Chicken	1	Serving	770	530	59	13	1	130	1360	14	4	4	45
Entree Salad:Caesar Salad With Shrimp	1	Serving	710	530	60	12	1	160	3400	18	5	4	27
Entree Salad: Italian Salad with Shrimp	1	Serving	710	540	61	10	0	135	3660	24	8	9	21
Entree Salad: Italian Salad with Chicken	1	Serving	790	540	61	11	0	110	1630	21	7	9	40
Johnny Rocco	1	Serving	590	380	43	10	0	170	4970	17	5	3	36
Side Caesar Salad	1	Serving	340	280	31	8	0	25	630	8	2	2	9
Side House Salad	1	Serving	340	250	28	6	0	20	620	17	5	7	6
Side Italian Salad	1	Serving	320	260	29	5	0	10	600	14	5	7	4
Mama Mandola's Sicilian Chicken Soup, Bowl	1	Serving	320	100	11	3	0	65	2430	32	4	5	24
Mama Mandola's Sicilian Chicken Soup, Cup	1	Serving	230	50	6	1.5	0	30	1290	29	3	2	15
Sausage & Lentil Soup, Bowl	1	Serving	430	190	22	6	0	10	2480	37	12	9	24
Sausage & Lentil Soup, Cup	1	Serving	220	100	11	3	0	5	1240	19	6	4	12
Minestrone Soup, Bowl	1	Serving	210	70	8	3	0	0	870	31	6	5	5
Minestrone Soup, Cup	1	Serving	110	35	4	1.5	0	0	440	16	3	3	3
Tomato Basil Soup, Bowl	1	Serving	370	260	29	15	0	80	1560	26	5	19	5
Tomato Basil Soup, Cup	1	Serving	190	130	15	7	0	40	780	13	3	9	3
PASTA													
Fettuccine Carrabba	1	Serving	2020	1120	124	75	0	535	2790	134	9	10	94
Fettuccine Weesie	1	Serving	2050	1240	138	80	0	615	2970	137	8	11	71
Fettuccine Weesie, Gluten Free	1	Serving	2030	1210	134	80	0.5	510	2730	165	17	11	53
Fettuccine Weesie with Whole Grain Spaghetti	1	Serving	1990	1250	139	80	0	575	2310	139	24	14	74
Lasagne	1	Serving	1050	540	60	31	1.5	185	2550	68	9	15	57
Linguine Pescatore	1	Serving	940	130	15	2.5	0	190	3060	132	11	15	67
Linguine Pescatore with Gluten-Free Pasta	1	Serving	1060	130	14	2.5	0	195	3170	173	20	14	60
Linguine Pescatore with Whole Grain Pasta	1	Serving	950	140	16	2	0	190	2620	146	26	16	72
Linguine Positano	1	Serving	870	290	32	2.5	0	0	2200	121	9	11	23
Linguine Positano with Grilled Chicken	1	Serving	1100	320	36	4.5	0	120	2580	121	9	11	69
Linguine Positano with Grilled Chicken and Gluten-Free Pasta	1	Serving	1230	320	36	4.5	0	125	2690	163	18	11	62
Linguine Positano with Grilled Chicken and Whole Grain Spaghetti	1	Serving	1110	340	38	3.5	0	120	2130	136	24	13	74
Linguine Positano with Grilled Shrimp	1	Serving	970	310	35	3	0	115	4510	124	10	12	39
Linguine Positano with Grilled Shrimp and Gluten-Free Pasta	1	Serving	1090	310	35	3.5	0	120	4620	166	19	11	31
Linguine Positano with Grilled Shrimp and Whole Grain Spaghetti	1	Serving	980	320	36	2.5	0	115	4070	139	25	13	43
Lobster Ravioli	1	Serving	710	340	38	22	0.5	195	1110	70	3	7	23
Mezzaluna	1	Serving	730	340	38	21	0	135	1610	62	4	8	33
Rigatoni Campagnolo	1	Serving	1300	520	58	26	1	80	2960	131	12	22	65
Rigatoni Campagnolo with Whole Grain Spaghetti	1	Serving	1370	540	61	26	1	80	2960	147	29	21	73
Rigatoni Campagnolo with Gluten-Free Pasta	1	Serving	1480	530	59	27	1	85	3510	175	23	19	61
Rigatoni Martino, no protein	1	Serving	1390	690	77	44	1	160	3330	126	15	20	49
Rigatoni Martino with Chicken	1	Serving	1620	730	81	46	1	285	3700	126	15	20	95
Rigatoni Martino with Sausage	1	Serving	1660	870	97	52	1.5	160	4160	127	15	20	69
Shrimp and Scallop Linguine Alla Vodka	1	Serving	1070	310	35	13	0	185	2130	120	10	11	49
Spaghetti with Meat Sauce	1	Serving	870	230	25	7	0	40	1840	124	12	16	33
Gluten Free Spaghetti with Meat Sauce	1	Serving	990	220	25	8	1	45	1940	166	21	15	26
Spaghetti with Meatballs	1	Serving	1220	420	46	16	1	135	3230	141	16	24	56
Gluten Free Spaghetti with Meatballs	1	Serving	1340	410	46	16	1.5	135	3330	182	25	23	49
Whole Grain Spaghetti with Meatballs	1	Serving	1230	430	48	15	1	135	2780	155	31	25	61
Spaghetti with Pomodoro Sauce	1	Serving	730	110	12	2	0	0	2070	130	14	21	24
Gluten Free Spaghetti with Pomodoro Sauce	1	Serving	860	110	12	2	0	5	2180	172	23	20	17
Whole Grain Spaghetti with Pomodoro Sauce	1	Serving	740	120	14	1.5	0	0	1620	144	29	22	29

CHICKEN & HOUSE SPECIALTIES													
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1	Serving	410	190	21	11	0	160	840	3	2	1	47
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
Eggplant Parmesan	1	Serving	1230	580	64	26	1.5	110	3490	122	16	20	46
Pollo Rosa Maria	1	Serving	510	240	27	13	0	185	1440	4	2	2	60
Tuscan-Grilled Chicken	1	Serving	320	50	6	2.5	0	170	520	0	0	0	64
Veal Piccata	1	Serving	410	170	19	10	0	145	930	17	1	3	39
Veal Marsala	1	Serving	510	190	21	10	0	200	1000	18	3	2	56
Chicken Piccata	1	Serving	580	260	29	11	0	155	1200	27	1	3	51
SEAFOOD													
Mahi Wulfe, 8oz	1	Serving	490	180	20	10	0	145	1670	22	4	6	54
Spiedino Di Mare	1	Serving	480	270	31	11	0	145	4210	26	3	4	25
Salmon Saporito with Crab	1	Serving	730	480	53	15	0	185	1330	8	1	4	51
Salmon Vazzano (Regional)	1	Serving	500	290	32	9	0	145	380	4	0	2	45
Simply Grilled Salmon	1	Serving	550	350	39	7	0	130	690	3	1	1	46
TRIOS													
Carrabba's Italian Classics w/Fettuccine	1	Serving	1600	940	105	57	1	435	2740	87	6	12	77
Chicken Trio	1	Serving	710	330	36	19	0	265	1680	10	3	5	81
The Johnny Trio w/10oz Sirloin	1	Serving	1180	590	66	32	0.5	330	3030	41	5	9	100
The Johnny Trio w/7oz Sirloin	1	Serving	1050	530	59	29	0.5	285	2940	41	5	8	83
STEAKS and CHOPS													
Tuscan Grilled Sirloin, 10 oz.	1	Serving	480	230	26	9	0	150	1450	3	1	1	56
Tuscan Grilled Sirloin, 7oz.	1	Serving	350	170	19	7	0	105	1370	3	1	1	39
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
Tuscan Grilled Ribeye, 16 oz.	1	Serving	860	470	52	18	1.5	260	1630	5	1	1	91
Ardente Topping	1	Serving	250	170	20	6	0	30	980	7	1	4	7
Bryan Topping	1	Serving	210	160	17	11	0	45	590	9	1	4	4
Marsala Sauce Topping	1	Serving	180	150	17	9	0	40	460	3	2	1	2
Spicy Sicilian Butter Topping	1	Serving	100	100	11	6	0	15	250	1	0	0	0
SIDES													
Fettuccine Alfredo, Side	1	Serving	810	530	59	36	0	200	1010	53	2	4	20
Grilled Asparagus	1	Serving	45	25	2.5	0	0	0	550	5	2	1	3
Penne Pomodoro	1	Serving	350	50	6	1	0	0	1020	62	7	10	12
Sauteed Spinach	1	Serving	170	130	14	1	0	0	300	9	2	1	4
Parmesan Truffle Fries	1	Serving	750	380	43	11	0	15	2670	79	8	0	13
Sauteed Broccoli	1	Serving	140	100	11	1.5	0	0	520	10	5	3	5
Garlic Mashed Potatoes	1	Cup	350	150	17	3.5	0	5	1090	46	4	3	6
DESSERTS													
Cannoli Cake for Two	1	Serving	2170	1190	132	65	1	215	1170	227	8	145	26
John Cole	1	Serving	630	340	38	10	0	50	310	69	2	52	7
Strawberry Cheesecake	1	Serving	990	580	64	38	3	315	690	87	3	70	16
Tiramisu	1	Serving	1040	660	73	45	2	265	100	88	4	64	14
Traditional Cannoli	1	Serving	970	600	67	40	0	135	570	76	3	49	17
Sogno Di Cioccolata, "Chocolate Dream"	1	Serving	1040	640	72	29	0	190	580	96	4	76	9
LUNCH: ITALIAN SANDWICHES													
Caprese Sandwich with Grilled Chicken	1	Serving	740	270	30	14	1	185	1360	44	3	3	69
Caprese Sandwich	1	Serving	510	230	26	12	1	60	980	44	3	3	23
Chicken Parmesan Sandwich	1	Serving	570	200	22	8	0	155	1080	48	3	4	41
Meatball Sandwich	1	Serving	730	340	38	18	1	140	1780	54	4	7	40
Meatballs & Ricotta Small Plate	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Shrimp Scampi Small Plate	1	Serving	630	260	29	8	0	155	1230	54	2	2	28
Mozzarella Marinara Small Plate	1	Serving	520	340	38	16	1	170	1050	21	2	5	25
Fettuccine Alfredo Small Plate	1	Serving	810	530	59	36	0	200	1010	53	2	4	20
Four-Cheese & Sausage Stuffed Mushrooms Small Plate	1	Serving	290	200	23	9	0	25	1180	8	2	4	15

KID'S													
Cheese Ravoli	1	Serving	240	80	9	4	0	35	940	30	4	7	11
Mac N' Cheese	1	Serving	410	120	14	8	0.5	45	910	56	4	6	16
Chicken Fingers Meal	1	Serving	630	220	24	4.5	0	60	2740	70	11	14	37
Grilled Chicken Meal	1	Serving	280	50	6	1.5	0	65	170	31	6	23	29
Spaghetti and Meatball	1	Serving	530	160	18	6	0	45	1420	69	8	11	23
KID'S BEVERAGES													
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
Water	1	Serving	0	0	0	0	0	0	9	0	0	0	0
BEVERAGES: HOT (Espresso drinks served with almond biscotti)													
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
BEVERAGES: SOFT DRINKS & ICED TEA													
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
BEVERAGES: FLAVORED TEA and FLAVORED LEMONADE													
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
BEVERAGES: BEER, VARIES BY LOCATION													
Bud Light	12	Fluid ounce	110	0	0	0	0	--	--	7	--	0	1
Blue Moon	12	Fluid ounce	170	0	0	0	0	--	15	14	--	--	2
Samuel Adams	12	Fluid ounce	180	0	0	0	0	0	--	--	0	0	--
BEVERAGES: WINE and 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
Peach Sangria, Pitcher	1	Serving	890	0	0	0	0	0	50	87	0	78	1
BEVERAGES: COCKTAILS													
Sicilian Prickly Pear Margarita	1	Serving	280	0	0	0	0	0	0	36	0	33	0
Pomegranate Martini	1	Serving	200	0	0	0	0	0	0	25	0	25	1
Italian Old Fashioned	1	Serving	170	0	0	0	0	0	0	9	1	8	0
Sangria Rita	1	Serving	240	0	0	0	0	0	0	31	0	28	0
Sparkling Tuscan Lemonade	1	Serving	190	0	0	0	0	0	15	24	0	23	0
PIZZA (REGIONAL)													
Margherita Pizza-Regional	1	Serving	630	280	31	10	0	45	1940	67	4	3	24
Cheese Pizza-Regional	1	Serving	580	220	25	10	0	45	1250	67	3	3	24
Pepperoni Pizza-Regional	1	Serving	790	410	46	15	0	75	1760	67	3	3	30

CATERING: INDIVIDUALLY PACKAGED ENTREES

Bread, Herbs and Oil	1	Serving	540	260	29	3.5	0	0	950	50	2	0	10
Caesar Salad	1	Serving	250	200	22	6	0	20	470	6	2	1	8
House Salad	1	Serving	220	170	19	3.5	0	10	390	12	4	5	4
Italian Salad	1	Serving	220	170	19	3	0	5	370	10	4	5	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	250	40	4.5	1	0	0	790	43	5	8	8
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1	Serving	350	140	15	8	0	150	680	2	2	1	47
Chicken Parmesan	1	Serving	500	320	37	9	0	155	950	9	2	4	34
Lasagne	1	Serving	1050	540	60	31	1.5	185	2550	68	9	15	57
Penne Carrabba	1	Serving	1090	680	75	45	0	285	1450	61	6	7	47
Penne Meat Sauce	1	Serving	500	160	18	6	0	35	1100	61	6	9	21
Penne Meatballs	1	Serving	700	280	31	12	0.5	95	1870	69	8	12	35
Penne Pomodoro	1	Serving	380	70	8	2.5	0	5	1100	62	7	10	14
Penne Positano	1	Serving	450	160	18	3	0	5	1170	58	4	6	13
Tuscan-Grilled Chicken	1	Serving	320	50	6	2.5	0	170	520	0	0	0	64
Mini Cannoli	1	Serving	320	200	22	13	0	30	160	26	1	14	5

CATERING: POPULAR BUNDLES

Chicken Parmesan and Penne Carrabba	1	Serving	13880	8820	983	530	6	4400	24660	562	67	131	746
Lasagne and Chicken Bryan	1	Serving	11460	5900	656	359	12	2660	25470	589	66	135	774
Lasagne and Chicken Marsala	1	Serving	11010	5370	599	316	13	2720	23530	526	70	101	836
Lasagne and Penne Carrabba	1	Serving	17200	10520	1170	676	11	3995	29630	935	95	157	780
Salmon Saporito and Chicken Marsala	1	Serving	7350	4050	453	165	3.5	2375	13890	82	24	31	701
Salmon Saporito and Chicken Bryan	1	Serving	7810	4580	510	208	2.5	2315	15840	145	20	65	639
Penne with Meatballs and Penne Carrabba	1	Serving	14330	8220	914	504	6	3100	27230	1001	111	181	574

CATERING: A LA CARTE MENU, SERVES 10

Meatballs and Ricotta	1	Serving	2410	1490	166	72	4	630	7250	73	16	33	148
Shrimp Scampi	1	Serving	6370	2920	327	116	1	1485	12830	528	21	31	244
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	2030	1480	165	72	2	190	8040	61	16	33	91
Mama Mandola's Soup	1	Serving	2010	530	59	21	0	290	10780	234	22	19	132
Sausage & Lentil Soup	1	Serving	1910	890	100	35	0.5	75	10400	151	49	34	108
Tomato Basil Soup	1	Serving	1670	1160	130	68	0	360	6720	106	21	76	35
Minestrone Soup	1	Serving	1020	400	45	22	0	40	3970	126	24	21	35
Caesar Salad	1	Serving	2390	2030	226	48	3.5	165	4320	46	13	11	43
House Salad	1	Serving	2520	2000	223	44	3	145	4250	102	32	45	42
Italian Salad	1	Serving	2310	2030	229	38	0.5	70	4210	58	21	24	19
Bread, Herbs and Oil	1	Serving	2070	810	91	11	0	0	3700	222	9	0	47
Side Penne Pomodoro	1	Serving	2170	460	51	15	0	40	6950	349	42	67	78
Sauteed Broccoli	1	Serving	1430	950	108	14	0	0	5240	99	49	26	50
Garlic Mashed Potatoes	1	Serving	2800	1200	133	29	0	30	8760	365	32	26	46
Chicken Bryan	1	Serving	3420	1720	192	114	2	1195	7840	83	10	43	329
Chicken Marsala	1	Serving	2970	1200	135	70	2.5	1255	5900	20	14	9	391
Chicken Parmesan	1	Serving	4720	2480	278	99	4.5	1870	12660	133	29	66	411
Pollo Rosa Maria	1	Serving	5520	2410	267	125	0	2085	14440	29	12	9	714
Penne Positano with Chicken	1	Serving	4460	1600	180	25	0	345	11890	480	38	55	220
Sliced Sirloin Marsala	1	Serving	3720	2140	239	104	2.5	1060	13380	39	17	13	321
Salmon Saporito	1	Serving	4380	2850	318	94	0.5	1120	7990	62	10	22	310
Penne Pomedoro with Meat Sauce	1	Serving	3930	1270	142	49	3	265	8670	486	52	73	161
Penne Pomodoro with Meatballs	1	Serving	5160	1870	209	73	4.5	570	15230	572	72	116	239
Rigatoni Campagnolo	1	Serving	5440	2190	245	111	3.5	345	13250	546	54	103	270
Lasagne	1	Serving	8030	4170	464	245	10	1465	17630	506	56	92	445
Rigatoni Martino with Chicken	1	Serving	7090	3390	377	212	5	1095	17430	563	78	121	362
Rigatoni Martino with Sausage	1	Serving	7730	4170	464	245	6	725	20470	573	81	124	322
Mezzaluna	1	Serving	4240	2180	243	135	3	775	9800	326	26	51	184
Penne Carrabba	1	Serving	9160	6350	705	431	1.5	2530	12000	429	39	65	335
Penne Weesie	1	Serving	9010	6040	672	392	1.5	2850	12590	482	34	56	315
Caesar Salad With Chicken	1	Serving	2960	2120	237	53	3.5	470	5260	46	13	11	158
Italian Salad with Chicken	1	Serving	2880	2120	239	42	0.5	380	5150	58	21	24	133
Sogno Di Cioccolata "Chocolate Dream"	1	Serving	13550	8430	943	401	6	2425	7080	1262	63	1001	123
Tiramisu	1	Serving	12440	7870	874	536	26	3155	1180	1035	35	766	159
Fresh Baked Chocolate Chunk Cookies	1	Serving	4490	1930	214	104	3.5	425	2290	622	23	366	52
Fresh Baked Oatmeal Raisin Cookies	1	Serving	4190	1610	179	72	4	420	2430	623	26	334	56
Mini Cannoli	1	Serving	3880	2390	266	154	1	375	1900	316	12	167	62
Fresh Brewed Iced Tea Sweet, Gallon	1	Serving	1790	0	0	0	0	0	120	465	0	453	0
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Serving	40	0	0	0	0	0	115	11	0	0	0
Lemonade, Gallon	1	Serving	2090	0	0	0	0	0	125	544	0	523	0
Raspberry Lemonade, Gallon	1	Serving	2990	0	0	0	0	0	115	767	0	748	0
Strawberry Lemonade, Gallon	1	Serving	2690	0	0	0	0	0	115	692	0	669	0
Fresh-Brewed Blackberry Tea, Gallon	1	Serving	690	0	0	0	0	0	105	171	0	157	0

CATERING: FAMILY BUNDLES

Chicken Parmesan Family Bundle	1	Serving	3020	1950	219	55	2.5	935	5680	56	11	26	204
Chicken Marsala	1	Serving	1220	560	63	33	1.5	485	2510	10	7	4	142
Lasagne	1	Serving	4360	2260	252	131	5	765	10830	280	36	65	238
Penne Carrabba	1	Serving	6250	4190	465	284	1	1790	7850	294	23	43	262
Salmon Saporito	1	Serving	2920	1900	212	63	0	745	5330	41	7	15	206
Spaghetti with Meat Sauce	1	Serving	2520	780	87	31	1.5	160	5760	322	34	48	103
Spaghetti with Meatballs	1	Serving	3700	1410	157	57	3.5	440	11070	390	50	83	175
Spaghetti with Pomodoro Sauce	1	Serving	2300	530	59	18	0	50	7750	358	45	74	84
Penne Alfredo	1	Serving	7640	5280	587	364	1.5	1845	9010	453	24	49	189
Bread, Herbs and Oil	1	Serving	1380	540	61	7	0	0	2470	148	6	0	31
Caesar Salad	1	Serving	1200	1010	113	24	1.5	85	2160	23	6	6	22

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	770	530	59	13	1	130	1360	14	4	4	45
Side Caesar Salad	1	Serving	340	280	31	8	0	25	630	8	2	2	9
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Tuscan-Grilled Chicken	1	Serving	320	50	6	2.5	0	170	520	0	0	0	64
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	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