

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)
SMALL PLATES											
Bruschette Scotty Thompson (Regional)	520	200	22	8	0	30	62	1270	5	10	18
Bruschette Siciliani	450	200	22	4	0	5	54	1140	3	3	10
Cauliflower Fritte (Regional)	670	330	37	7	0	25	70	3230	9	10	17
Chicken Parmesan Bites (Regional)	600	390	43	17	0	130	25	1770	4	6	29
Grilled Asparagus With Prosciutto	250	140	16	9	0	70	6	1090	2	3	22
Meatballs And Ricotta	380	200	22	10	0	85	17	1190	6	10	26
Three-Cheese And Sausage Stuffed Mushrooms	300	210	23	10	0	30	9	1310	3	4	15
APPETIZERS											
Calabrian Roasted Wings	930	670	74	26	0.5	335	3	1570	0	2	60
Calamari	900	580	64	13	6	320	53	1670	5	7	29
Add Shrimp to Calamari	110	10	1	0	0.5	120	7	400	<1	0	17
Calamari, Small (Amore Monday)	630	380	42	9	4	210	43	1450	3	3	20
Calamari with Marinara & Ricardo Sauce	1200	800	89	28	6	375	72	3390	8	14	30
Mozzarella Marinara	990	610	68	31	1	210	43	2350	7	16	53
Mussels In White Wine Lemon Butter	360	220	25	12	0	75	17	860	<1	7	19
Shrimp Scampi	700	270	30	11	0	150	80	2680	3	4	31
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											
Cheese Pizza	650	200	22	10	0	45	84	1470	5	5	25
Margherita Pizza	720	280	31	12	0	45	83	2030	7	5	26
Pepperoni Pizza	780	300	34	13	0	80	84	1930	5	5	32
Carnevale Pizza	800	300	33	14	0	60	86	1920	6	6	34
Chicken Bryan Pizza	890	330	37	21	0.5	110	87	1640	5	3	45
SOUPS, ENTREE SALADS and SIDE SALADS											
Entree Salad: Caesar Salad With Chicken	750	510	56	10	0	105	18	1330	6	4	40
Entree Salad: Caesar Salad With Shrimp	650	490	54	9	0	175	18	1640	6	4	24
Entree Salad: Italian Salad With Chicken	870	610	68	12	0	100	24	1590	9	11	37
Entree Salad: Italian Salad With Shrimp	780	590	66	10	0	170	24	1900	9	11	21

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Entree Salad: Johnny Rocco Salad	540	380	42	9	0	160	11	1800	5	3	28
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	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
Soup: Mama Mandola's Sicilian Chicken Soup, Bowl	200	50	5	1.5	0	20	22	3750	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	450	190	21	6	0	10	40	2640	15	8	24
Soup: Sausage And Lentil, Cup	220	90	11	3	0	<5	20	1320	8	4	12
PASTA											
Fettuccine Carrabba	1470	730	81	51	1.5	270	102	2180	10	6	70
Fettuccine Carrabba With Gluten Free Pasta	1490	700	78	47	2	245	138	2030	16	6	57
Fettuccine Carrabba With Whole Grain Spaghetti	1470	760	84	51	1.5	255	105	2460	20	7	69
Fettuccine Weesie	1410	760	85	55	1.5	325	99	3230	8	7	55
Fettuccine Weesie With Gluten Free Pasta	1340	650	72	44	1.5	275	134	2990	14	6	41
Fettuccine Weesie With Whole Grain Spaghetti	1410	800	88	54	1.5	310	103	3510	18	7	54
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 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	970	280	31	4.5	0	80	117	2280	4	10	53
Linguine Positano With Chicken With Gluten Free Pasta	1020	270	30	5	0	80	142	2330	13	11	46
Linguine Positano With Shrimp	870	260	29	3.5	0	150	117	2590	4	10	36
Linguine Positano With Chicken With Whole Grain Spaghetti	930	280	31	5	0	80	109	2570	17	12	54

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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
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
Pasta Georgio	1260	700	78	41	1	260	72	3040	9	15	64
Pasta Georgio with Whole Grain Spaghetti	1510	730	81	42	1	260	118	3610	24	16	76
CHICKEN & MORE											
Chicken Bryan	540	240	27	17	0	175	12	1160	0	3	59
Chicken Marsala	440	180	20	10	0	165	5	1080	1	<1	54
Chicken Parmesan	690	310	34	15	0.5	200	26	1950	7	12	69
Parmesan-Crusted Chicken Arugula	580	240	27	7	0	165	25	1150	6	9	62
Eggplant Parmesan	670	290	32	14	0.5	60	64	3110	14	17	33
Parmesan-Crusted Chicken Arugula	600	270	30	9	0	165	24	1240	6	9	60
Pollo Rosa Maria	540	240	27	15	0	185	6	1560	1	1	65
Pork Saltimbocca (Regional)	750	250	28	10	0	145	67	1470	3	3	54
Prosciutto Wrapped Pork Tenderloin	350	150	17	9	0	105	8	770	<1	6	43
Tuscan Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
Veal Marsala	410	170	19	10	0	180	10	670	2	<1	47

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SEAFOOD											
Fresh Catch Of The Day: Trout Alla Nocciola	600	330	36	10	0	140	18	1180	10	5	49
Salmon Cetriolini (Regional)	710	470	52	13	0	165	5	760	0	3	52
Shrimp And Sea Scallop Spiedino	410	190	21	7	0	205	14	1140	1	3	38
Wood-Grilled Tilapia	310	120	13	3	0	80	9	980	<1	7	45
Tomato Basil Salmon	690	460	51	9	0	145	4	840	0	3	52
Shrimp Parmesan	970	590	65	18	0	275	37	2610	4	8	55
Simply Grilled Mahi	210	50	6	1	0	145	3	1780	<1	<1	37
Mahi Wulfe	360	130	15	8	0	90	16	1290	2	3	38
COMBINATIONS											
Carrabba's Italian Classics: Chicken Parmesan and Lasagne	730	370	41	20	0	170	36	2240	6	16	57
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	780	350	39	22	0	265	12	1950	2	3	89
Marsala di Carrabba	610	330	36	16	0	165	5	1090	1	<1	61
The Johnny: Tuscan Grilled Sirloin Marsala And Chicken Bryan	670	360	40	20	0	170	9	1130	<1	2	64
STEAKS and CHOPS											
Topping: Bryan Topping	180	140	15	10	0	30	8	350	0	2	4
Topping: Marsala Sauce	150	120	14	7	0	30	4	290	1	<1	2
Topping: Spicy Sicilian Butter	80	80	8	4.5	0	10	0	190	0	0	0
Topping: Spiedino	240	110	12	4	0	120	8	650	<1	2	23
Topping: Garlic Aioli	220	200	22	3.5	0	15	3	240	0	1	<1
Topping: Gorgonzola Cheese Sauce	200	180	20	7	0	40	1	310	0	<1	2
Topping: Scampi Topping	250	170	19	7	0	110	6	960	0	2	13
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											
Fettuccine Alfredo	690	440	49	33	1	125	39	860	2	3	18

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Garlic Mashed Potatoes	280	130	15	3.5	0	<5	32	970	4	2	6
Garlic Rosemary Fries	540	270	30	6	0	0	59	1390	5	0	10
Grilled Asparagus	60	20	2.5	0	0	0	6	200	3	3	3
Grilled Vegetables	50	15	1.5	0	0	0	9	250	3	4	3
Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6
Plain Freshly Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Sauteed Broccoli	160	120	14	2	0	0	9	450	3	2	4
Sauteed Spinach	180	130	15	2	0	0	11	370	3	<1	5
Steamed Asparagus	25	0	0	0	0	0	4	0	2	2	2
DESSERTS											
John Cole	870	420	46	17	1	90	108	580	3	86	11
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	790	490	55	34	1.5	190	66	70	4	42	10
Traditional Cannoli	870	3300	367	40	1.5	130	74	170	3	43	13
Cinnamon Apple Crostata	1200	500	55	26	0.5	55	168	840	4	114	12
Traditional Cannoli (Amore Monday)	470	1680	186	22	1	70	40	85	2	24	7
Cannoli Cake	1440	1390	154	40	1.5	220	181	720	5	128	19
LUNCH: SOUPS and SALADS (Available at Lunch in Select Locations)											
Caesar Salad With Salmon	1180	860	95	17	0	170	18	1300	6	4	61
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	610	240	26	8	0	75	58	780	3	3	30
Chicken Bryan (Half)	300	120	13	4	0	35	29	390	1	1	15

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Chicken Parmesan Sandwich	620	160	18	7	0	100	66	1260	6	7	44
Chicken Parmesan Sandwich, Half	310	80	9	3.5	0	50	33	630	3	4	22
Meatball Sandwich	690	250	27	13	0	105	66	1350	6	8	40
Meatball Sandwich, Half	340	120	14	7	0	55	33	680	3	4	20
Mediterranean Chicken Piadina (Regional)	620	300	33	12	0.5	70	47	1040	3	4	32
Steak Sandwich	740	310	34	17	0.5	100	58	1030	4	2	41
Steak Sandwich, Half	370	150	17	8	0	50	29	520	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	1380	750	84	54	1.5	280	99	2690	8	6	48
Fettuccine Weesie With Gluten Free Pasta	1340	650	72	44	1.5	275	134	2990	14	6	41
Fettuccine Weesie With Whole Grain Pasta	970	550	61	37	1	205	70	2390	13	5	36
Lasagne	390	210	24	12	0	70	23	1260	3	11	23
Side Mezzaluna	280	130	15	8	0	55	23	590	2	3	11
Mezzaluna	620	280	31	17	0	125	54	1290	4	6	25
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)	470	300	33	15	0	100	4	690	1	<1	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
LUNCH: FLATBREADS (Available at Lunch in Select Locations)											

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Chicken Bryan Flatbread (Regional)	600	310	35	20	0.5	105	36	970	1	3	37
Margherita Flatbread (Regional)	620	300	33	12	0.5	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	330	110	12	6	0	65	37	770	3	6	19
Chicken Fingers	450	180	20	3.5	0	60	43	1110	3	10	25
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
Mac N Cheese	280	120	13	8	0	40	30	800	<1	5	11
Grilled Cheese	580	320	36	21	1	110	43	1040	1	4	21
Side: Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Side: French Fries	490	200	23	4	0	0	64	1080	6	0	7
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
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: APPETIZERS											

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Bruschette Siciliani	2660	1160	129	22	0	20	324	6470	19	18	59
Calabrian Roasted Wings	5580	4010	446	156	3	2020	16	9400	2	11	362
Meatballs & Ricotta	1900	1030	114	49	0	475	75	5310	25	41	143
Three-Cheese & Sausage Stuffed Mushrooms	1820	1260	140	57	1	170	55	7830	15	25	89
Shrimp Scampi	5070	1990	222	67	0	1600	487	11150	17	21	270
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	1970	1640	182	26	0	60	72	2770	31	29	18
Italian Salad - Calories Per Serving	270	230	25	4	0	10	7	430	3	3	2
Italian Salad - Serves 10	2690	2280	253	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	14980	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	200	90	10	3.5	0	10	16	1110	6	3	11
Sausage And Lentil Soup - Serves 10	1970	890	99	33	0	80	162	11150	62	34	111
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	380	190	21	13	0	115	9	850	0	3	36
Chicken Bryan - Serves 10	3760	1870	208	130	2	1150	90	8480	2	26	357
Chicken Marsala - Calories Per Serving	290	140	15	7	0	105	4	710	1	0	32
Chicken Marsala - Serves 10	2930	1360	151	73	3.5	1050	36	7060	12	5	325
Chicken Parmesan - Calories Per Serving	350	150	17	7	0	100	13	980	3	6	35
Chicken Parmesan - Serves 10	3460	1550	172	74	3	1010	131	9760	33	59	347

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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)
Chicken Parmesan & Penne Carrabba - Calories Per Serving	930	540	60	33	1	230	36	1900	6	9	62
Chicken Parmesan & Penne Carrabba - Serves 10	9290	5360	595	333	12	2320	357	18970	56	87	620
Italian Salad With Chicken - Calories Per Serving	340	240	27	4.5	0	40	8	620	3	3	15
Italian Salad With Chicken - Serves 10	3410	2430	270	46	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
Lasagne & Chicken Bryan - Calories Per Serving	1000	530	59	33	0	230	44	2780	5	18	73
Lasagne & Chicken Bryan - Serves 10	9950	5280	586	334	2.5	2305	441	27780	46	179	726
Lasagne & Chicken Marsala - Calories Per Serving	910	480	53	28	0	220	39	2640	6	16	69
Lasagne & Chicken Marsala - Serves 10	9120	4770	530	278	3.5	2205	388	26370	56	158	694
Lasagne & Penne Carrabba - Calories Per Serving	1200	720	80	46	1	245	58	2850	7	18	64
Lasagne & Penne Carrabba - Serves 10	12030	7210	802	464	9	2465	578	28500	67	180	642
Mezzaluna - Calories Per Serving	440	220	25	14	0	90	33	980	2	4	18
Mezzaluna - Serves 10	4390	2230	248	137	1	905	330	9810	25	42	181
Pasta Georgio - Calories Per Serving	590	340	38	20	0	120	31	1500	4	7	29
Pasta Georgio - Serves 10	5860	3410	379	205	4	1210	308	15010	41	71	294
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 Meatballs & Penne Carrabba - Calories Per Serving	950	530	59	33	1	185	56	2130	8	12	48
Penne Pomodoro with Meatballs & Penne Carrabba - Serves 10	9480	5320	591	327	9	1850	561	21280	79	123	479
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
Penne Positano with Chicken - Calories Per Serving	350	160	18	5	0	45	27	1110	<1	5	22
Penne Positano with Chicken - Serves 10	3550	1610	179	48	0.5	455	274	11050	10	51	219
Penne Weesie - Calories Per Serving	680	450	50	29	1	225	25	1160	1	2	30
Penne Weesie - Serves 10	6760	4530	504	294	9	2255	248	11560	13	23	299

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Pollo Rosa Maria - Calories Per Serving	340	160	18	10	0	115	5	1000	1	<1	39
Pollo Rosa Maria - Serves 10	3440	1610	179	99	1.5	1140	48	10010	13	10	391
Rigatoni Campagnolo - Calories Per Serving	400	180	20	10	0	40	37	1010	3	5	21
Rigatoni Campagnolo - Serves 10	4040	1760	196	102	2.5	390	371	10130	30	51	206
Salmon Cetriolini - Calories Per Serving	420	280	31	8	0	100	3	450	0	2	31
Salmon Cetriolini - Serves 10	4250	2820	313	80	0	995	30	4540	3	15	312
Sliced Sirloin Marsala - Calories Per Serving	380	240	26	12	0	80	3	550	1	0	28
Sliced Sirloin Marsala - Serves 10	3760	2370	263	121	3	785	35	5550	12	5	283
Tomato Basil Salmon - Calories Per Serving	470	320	35	6	0	85	5	750	<1	3	31
Tomato Basil Salmon - Serves 10	4680	3190	355	60	0	870	45	7480	6	34	313
Tomato Basil Salmon & Chicken Bryan - Serves 10	8440	5060	562	189	2	2020	135	15960	8	60	671
Tomato Basil Salmon & Chicken Bryan - Calories Per Serving	840	510	56	19	0	200	14	1600	<1	6	67
Tomato Basil Salmon & Chicken Marsala - Serves 10	7610	4550	506	133	3.5	1920	81	14540	17	39	638
Tomato Basil Salmon & Chicken Marsala - Calories Per Serving	760	460	51	13	0	190	8	1450	2	4	64
CATERING: Sandwiches											
Caprese Sandwich with Chicken - Calories Per Serving	640	280	31	9	0	85	54	1370	4	7	38
Caprese Sandwich with Chicken - Serves 10	7720	3340	371	112	2	1030	646	16470	43	87	453
Caprese Sandwich with Prosciutto - Calories Per Serving	590	290	32	10	0	55	53	1600	4	7	25
Caprese Sandwich with Prosciutto - Serves 10	7130	3450	383	120	1.5	660	641	19180	43	87	300
Caprese Sandwich without Protein - Calories Per Serving	530	260	28	8	0	35	53	1070	4	7	18
Caprese Sandwich without Protein - Serves 10	6410	3060	340	102	1.5	415	641	12860	43	87	215
Chicken Salad Sandwich - Calories Per Serving	600	230	26	8	0	75	53	1080	3	4	38
Chicken Salad Sandwich - Serves 10	7210	2790	310	98	2	910	634	12960	37	50	453
Italian Sandwich - Calories Per Serving	610	340	37	10	0	60	47	1650	3	3	26
Italian Sandwich - Serves 10	7370	4020	447	126	3	715	562	19840	32	37	311
CATERING: SIDES											
Bread & Oil (quarter loaf)	300	120	14	2	0	0	39	470	1	0	6
Chips with Gorgonzola - Calories Per Serving	190	130	14	3.5	0	15	14	600	1	<1	2
Chips with Gorgonzola - Serves 10	1900	1270	141	33	1.5	125	136	5970	12	8	24
Garlic Mashed Potatoes - Calories Per Serving	280	130	15	3.5	0	<5	32	970	4	2	6

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Garlic Mashed Potatoes - Serves 10	2750	1330	147	33	2	35	318	9650	43	23	57
Pasta Salad - Calories Per Serving	340	180	20	4	0	10	32	560	2	3	7
Pasta Salad - Serves 10	3350	1760	195	41	0	110	319	5610	25	32	74
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
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1630	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	1030	560	62	9	0	0	114	610	39	32	23
CATERING: DESSERT											
Brownies - Calories Per Serving	380	140	16	7	0	40	53	160	1	35	4
Brownies - Serves 10	3770	1440	160	69	1.5	405	534	1620	12	349	39
Fresh Baked Chocolate Chunk Cookies - Calories Per Serving	450	190	21	10	0	45	62	230	2	37	5
Fresh Baked Chocolate Chunk Cookies - Serves 10	4490	1930	214	104	3.5	425	623	2290	23	366	52
Fresh Baked Oatmeal Raisin Cookies - Calories Per Serving	420	160	18	7	0	40	62	240	3	33	6
Fresh Baked Oatmeal Raisin Cookies - Serves 10	4200	1610	179	72	4	420	624	2430	26	334	56
Mini Cannoli - Calories Per Serving	190	810	90	8	0	30	18	35	<1	12	3
Mini Cannoli - Serves 12	1930	8140	904	79	4	300	181	350	8	125	34
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	12620	6840	760	404	3	2295	1265	4290	47	855	88
Tiramisu - Calories Per Serving	790	490	55	34	1.5	190	66	70	4	42	10
Tiramisu - Serves 12	9470	5930	659	404	19	2305	792	830	43	503	123
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	1930	0	0	0	0	0	503	120	0	483	0
Handmade Lemonade, Per Serving, 8 oz	120	0	0	0	0	0	31	5	0	30	0
Blackberry Flavored Tea, Gallon	1040	0	0	0	0	0	250	135	0	239	0

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Raspberry Flavored Lemonade, Gallon	2810	0	0	0	0	0	719	110	0	702	0
Strawberry Flavored Lemonade, Gallon	2560	0	0	0	0	0	658	110	0	636	0
CATERING: PACKAGES											
Chicken Bryan	380	190	21	13	0	115	9	850	0	3	36
Chicken Marsala	290	140	15	7	0	105	4	710	1	0	32
Parmesan Crusted Chicken Arugula	330	130	14	6	0	100	15	720	4	5	38
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	420	280	31	8	0	100	3	450	0	2	31
Tuscan Grilled Chicken	170	35	4	1.5	0	80	<1	470	0	0	31
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	330	140	15	7	0	125	4	810	1	0	40
Chicken Marsala Family Bundle - Serves 4	1310	550	61	29	1.5	495	14	3230	4	2	161
Chicken Parmesan Family Bundle - Serves 4	2070	930	103	45	1.5	605	78	5860	20	36	208
Chicken Parmesan Family Bundle- Calories Per Serving	520	230	26	11	0	150	20	1460	5	9	52
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	990	820	91	13	0	30	36	1390	15	15	9
Italian Salad Family Bundle - Calories Per Serving	340	280	32	5	0	10	9	530	3	4	3
Italian Salad Family Bundle - Serves 4	1350	1140	127	20	0	45	36	2130	13	17	12
Lasagne Family Bundle - Calories Per Serving	1110	540	60	28	0	150	91	3030	7	20	55
Lasagne Family Bundle - Serves 4	4220	2100	234	111	0	590	332	11820	28	79	215
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

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Coke, With Ice	90	0	0	0	0	0	24	0	0	24	0
Coke, With Ice (To-Go)	120	0	0	0	0	0	34	0	0	34	0
Diet Coke, With Ice	0	0	0	0	0	0	0	10	0	0	0
Diet Coke, With Ice (To-Go)	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
Dr. Pepper, With Ice (To-Go)	110	0	0	0	0	0	31	30	0	31	0
Fresh Brewed Iced Tea, Unsweet, With Ice	0	0	0	0	0	0	0	10	0	0	0
Fresh Brewed Iced Tea, Unsweet, With Ice (To-Go)	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
Hi-C Fruit Punch, With Ice (To-Go)	120	0	0	0	0	0	33	10	0	33	0
Minute Maid Lemonade, With Ice	110	0	0	0	0	0	27	5	0	26	0
Minute Maid Lemonade, With Ice (To-Go)	150	0	0	0	0	0	39	10	0	38	0
Mr. Pibb, With Ice	80	0	0	0	0	0	21	10	0	21	0
Mr. Pibb, With Ice (To-Go)	110	0	0	0	0	0	31	15	0	31	0
Root Beer, With Ice	90	0	0	0	0	0	25	10	0	25	0
Root Beer, With Ice (To-Go)	130	0	0	0	0	0	35	15	0	35	0
Sprite, With Ice	80	0	0	0	0	0	23	20	0	23	0
Sprite, With Ice (To-Go)	120	0	0	0	0	0	32	25	0	32	0
BEVERAGES: FLAVORED TEA and FLAVORED LEMONADE											
Flavored Tea, with Ice: Blackberry	45	0	0	0	0	0	11	10	0	11	0
Flavored Tea, with Ice: Desert Pear	40	0	0	0	0	0	9	10	0	9	0
Flavored Tea, with Ice: Mango	45	0	0	0	0	0	12	10	0	11	0
Flavored Tea, with Ice: Orange	45	0	0	0	0	0	11	10	0	11	0
Flavored Tea, with Ice: Peach	40	0	0	0	0	0	10	10	0	9	0
Flavored Tea, with Ice: Pomegranate	45	0	0	0	0	0	10	10	0	10	0
Flavored Tea, with Ice: Raspberry	45	0	0	0	0	0	12	10	0	12	0
Flavored Tea, with Ice: Strawberry	35	0	0	0	0	0	9	10	0	9	0
Flavored Tea, with Ice: White Peach	35	0	0	0	0	0	9	10	0	9	0
Flavored Lemonade, with Ice: Raspberry	150	0	0	0	0	0	39	5	0	38	0
Flavored Lemonade, with Ice: Raspberry (To-Go)	190	0	0	0	0	0	49	10	0	48	0

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Flavored Lemonade, with Ice: Strawberry	140	0	0	0	0	0	36	5	0	35	0
Flavored Lemonade, with Ice: Strawberry (To-Go)	180	0	0	0	0	0	46	10	0	45	0
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	140	0	0	0	0	0	12	0	0	0	1
Samuel Adams Boston Lager, 13 oz, Draft	190	0	0	0	0	0	19	30	0	0	2
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
BEVERAGES: WINE and SANGRIA											
Rose Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1

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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

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)
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
Italian Old Fashioned	180	0	0	0	0	0	10	25	<1	8	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
Tiramisu Martini	270	60	6	4	0	15	27	20	0	24	1
Vanilla Espresso Martini	140	15	2	1	0	0	26	0	0	20	0
AIRPORT BREAKFAST MENU											
Breakfast Plate	260	200	22	6	0	370	0	590	0	0	14
Sausage, Spinach And Mozzarella Frittata	740	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
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

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Day of the Week Specials											
Bruschette Scotty Thompson	710	270	30	10	0	40	87	1570	6	10	24
Chicken Piccata	290	140	16	9	0	100	8	630	<1	2	27
Mezzaluna Carrabba	990	560	62	36	1	245	45	1800	5	5	59
Scampi Damian	1020	390	43	24	0	200	118	3650	5	9	37
Veal Piccata	370	130	15	8	0	170	11	700	<1	2	46