

Carrabba's Italian Grill Nutrition Information

The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA databases, and an independent lab.

Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Nutrition information is updated when new data is received from suppliers.

Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date. Updated January 2023.

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													
Calamari with Marinara & Ricardo Sauce	1	Serving	1230	830	92	24	8	425	2570	66	5	7	33
Bread and Dipping Sauce Trio	1	Serving	1210	330	37	18	0.5	75	2360	153	6	5	38
Zucchini Fritte	1	Serving	760	560	63	11	4.5	15	1180	41	5	5	9
Shrimp Scampi	1	Serving	990	460	51	19	0	180	2010	87	3	5	32
Mozzarella Marinara	1	Serving	1050	670	75	33	1.5	335	2090	43	3	11	50
Classic Combo	1	Serving	1100	670	75	29	1	550	2810	44	5	12	63
Classic Combo (Regional)	1	Serving	1130	700	79	24	3	505	2030	52	4	8	52
Cozze in Bianco	1	Serving	500	200	22	8	0	105	1680	34	2	6	37
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	320	230	26	10	0	45	1100	8	2	4	14
Meatballs and Ricotta	1	Serving	480	290	33	15	1	120	1630	17	4	9	28
Tomato Caprese with Fresh Burrata	1	Serving	450	340	38	17	0	70	1210	15	2	7	15
Bruschette Scotty Thompson (Regional)	1	Serving	600	230	26	8	0	40	1350	61	5	9	21
SOUPS, ENTREE SALADS and SIDE SALADS													
Entree Salad:Caesar Salad With Chicken	1	Serving	870	580	64	13	1	130	1610	27	5	5	47
Entree Salad:Caesar Salad With Shrimp	1	Serving	800	580	64	13	1	160	1980	28	5	5	29
Johnny Rocco Salad--Shrimp & Scallops	1	Serving	570	370	42	10	0	150	3030	15	5	3	36
Johnny Rocco Salad--All Scallops	1	Serving	630	390	44	11	0	95	4000	20	5	3	40
Johnny Rocco Salad--All Shrimp	1	Serving	550	380	43	11	0	225	2190	11	5	3	34
Entree Salad: Italian Salad with Shrimp	1	Serving	700	540	61	10	0	135	1980	21	8	9	21
Entree Salad: Italian Salad with Chicken	1	Serving	790	540	61	11	0	110	1630	21	7	9	40
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
Side Caesar Salad	1	Serving	390	300	33	8	0.5	25	750	14	2	2	10
Mama Mandola's Sicilian Chicken Soup, Cup	1	Serving	230	50	6	1.5	0	30	1290	29	3	2	15
Mama Mandola's Sicilian Chicken Soup, Bowl	1	Serving	320	100	11	3	0	65	2430	32	4	5	24
Sausage & Lentil Soup, Bowl	1	Serving	490	250	27	8	0	40	2420	37	12	8	23
Sausage & Lentil Soup, Cup	1	Serving	240	120	14	4	0	20	1210	19	6	4	12
Minestrone Soup, Cup	1	Serving	110	35	4	1.5	0	0	440	16	3	3	3
Minestrone Soup, Bowl	1	Serving	210	70	8	3	0	0	870	31	6	5	5
Tomato Basil Soup, Cup	1	Serving	190	130	15	7	0	40	780	13	3	9	3
Tomato Basil Soup, Bowl	1	Serving	370	260	29	15	0	80	1560	26	5	19	5
PASTA													
Linguine Pescatore	1	Serving	1000	120	13	2.5	0	190	2620	155	10	16	68
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
Fettuccine Carrabba	1	Serving	2030	1100	122	75	2.5	480	2600	131	9	9	95
Lasagne	1	Serving	1050	540	60	31	1.5	185	2550	68	9	15	57
Grilled Vegetable Ravioli	1	Serving	680	330	37	17	0.5	105	1730	65	7	12	24
Linguine Positano	1	Serving	930	270	31	2.5	0	0	1760	145	8	13	24
Linguine Positano with Grilled Chicken and Gluten-Free Pasta	1	Serving	1240	340	38	4.5	0	125	2680	163	18	10	62
Linguine Positano with Grilled Chicken and Whole Grain Spaghetti	1	Serving	1130	350	40	4	0	120	2120	136	24	13	74
Linguine Positano with Grilled Shrimp	1	Serving	1040	310	35	3	0	120	2380	145	8	13	39
Linguine Positano with Grilled Chicken	1	Serving	1180	330	37	4	0	120	2130	145	8	13	70
Linguine Positano with Grilled Shrimp and Gluten-Free Pasta	1	Serving	1100	320	36	3.5	0	120	2930	163	18	11	31
Linguine Positano with Grilled Shrimp and Whole Grain Spaghetti	1	Serving	990	340	38	2.5	0	120	2380	136	25	13	43
Fettuccine Weesie	1	Serving	2060	1220	136	79	3	560	2800	134	8	9	72
Fettuccine Weesie, Gluten Free	1	Serving	2040	1190	132	80	3	455	2560	162	17	10	55
Fettuccine Weesie with Whole Grain Spaghetti	1	Serving	2000	1240	138	79	3	520	2140	136	24	12	75
Rigatoni Campagnolo	1	Serving	1430	640	71	29	0.5	155	2830	131	11	21	64

Rigatoni Campagnolo with Whole Grain Spaghetti	1 Serving	1500	670	74	29	0.5	155	2830	148	29	20	72
Rigatoni Campagnolo with Gluten-Free Pasta	1 Serving	1610	650	72	30	1	160	3380	175	22	18	60
Lobster Ravioli	1 Serving	680	320	35	20	0.5	185	1140	70	3	6	23
Spaghetti with Meat Sauce	1 Serving	870	230	25	7	0	40	1840	124	12	16	33
Spaghetti with Meatballs	1 Serving	1220	420	46	16	1	135	3230	141	16	24	56
Spaghetti with Pomodoro Sauce	1 Serving	730	110	12	2	0	0	2070	130	14	21	24
Gluten Free Spaghetti with Meat Sauce	1 Serving	990	220	25	8	1	45	1940	166	21	15	26
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
Whole Grain Spaghetti with Pomodoro Sauce	1 Serving	740	120	14	1.5	0	0	1620	144	29	22	29
Shrimp and Scallop Linguine Alla Vodka	1 Serving	1040	290	33	12	0	185	1960	119	9	10	49
Mezzaluna	1 Serving	700	320	36	20	0	135	1440	60	4	7	33
Rigatoni Martino, no protein	1 Serving	1310	630	70	41	1	160	2790	121	14	17	48
Rigatoni Martino with Chicken	1 Serving	1540	670	74	42	1	280	3170	121	14	17	94
Rigatoni Martino with Sausage	1 Serving	1690	920	102	51	1	230	3500	123	14	17	67
Gluten Free Spaghetti with Pomodoro Sauce	1 Serving	860	110	12	2	0	5	2180	172	23	20	17
Penne Martino, no protein (Regional)	1 Serving	1310	630	70	41	1	160	2790	121	14	17	48
Penne Martino with Chicken (Regional)	1 Serving	1540	670	74	42	1	280	3170	121	14	17	94
Penne Martino with Sausage (regional)	1 Serving	1690	920	102	51	1	230	3500	123	14	17	67
CHICKEN & HOUSE SPECIALTIES												
Chicken Bryan	1 Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1 Serving	420	200	22	12	0.5	165	730	4	2	2	47
Chicken Parmesan	1 Serving	760	400	45	16	0.5	310	1890	19	4	9	68
Tuscan-Grilled Chicken	1 Serving	270	45	5	2	0	145	440	0	0	0	53
Pollo Rosa Maria	1 Serving	550	240	27	13	0	205	1420	4	2	2	69
Eggplant Parmesan	1 Serving	1230	580	64	26	1.5	110	3490	122	16	20	46
Veal Marsala	1 Serving	520	200	22	11	0	205	910	18	2	2	56
Veal Piccata	1 Serving	410	170	19	10	0	145	930	17	1	3	39
Chicken Piccata	1 Serving	580	260	29	11	0	155	1200	27	1	3	51
SEAFOOD												
Spiedino Di Mare All Shrimp	1 Serving	460	270	30	11	0	220	2140	21	2	4	27
Spiedino Di Mare All Scallops	1 Serving	540	280	31	11	0	90	3950	30	2	4	33
Spiedino Di Mare Shrimp & Scallops	1 Serving	500	280	31	11	0	155	3040	25	2	4	30
Mahi Wulfe, 8oz	1 Serving	490	180	20	10	0	145	1670	22	4	6	54
Salmon Caperi	1 Serving	760	510	57	16	0	175	1360	9	1	3	51
Salmon Vazzano (Regional)	1 Serving	690	470	53	16	0	160	1160	7	1	3	46
Simply Grilled Salmon	1 Serving	540	350	39	7	0	130	680	1	0	0	45
TRIOS												
Chicken Trio	1 Serving	730	330	37	20	0	275	1620	10	3	5	85
The Johnny Trio w/7oz Sirloin	1 Serving	1040	520	58	29	0.5	285	2800	40	4	8	83
The Johnny Trio w/10oz Sirloin	1 Serving	1170	580	65	32	0.5	330	2890	41	4	8	100
Carrabba's Italian Classics w/Fettuccine	1 Serving	1610	940	104	57	2	405	2700	86	6	11	78
STEAKS and CHOPS												
Tuscan Grilled Sirloin, 7oz.	1 Serving	350	170	19	7	0	105	1370	3	1	1	39
Tuscan Grilled Sirloin, 10 oz.	1 Serving	480	230	26	9	0	150	1450	3	1	1	56
Tuscan Grilled Ribeye, 16 oz.	1 Serving	860	470	52	18	1.5	260	1630	5	1	1	91
Tuscan Grilled Filet, 9 oz.	1 Serving	610	380	43	16	0	170	3680	6	2	1	48
Tuscan Grilled Pork Chop, One Chop	1 Serving	400	240	27	9	0	105	1410	3	1	1	33
Tuscan Grilled Pork Chop, Two Chops	1 Serving	800	490	54	18	0	215	2820	6	1	2	66
Spicy Sicilian Butter Topping	1 Serving	100	100	11	6	0	15	250	1	0	0	0
Marsala Sauce Topping	1 Serving	170	140	16	9	0	40	340	3	2	1	2
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

SIDES													
Sauteed Broccoli	1 Serving	140	100	11	1.5	0	0	520	10	5	3	5	
Garlic Mashed Potatoes	1 Serving	350	150	17	3.5	0	5	1090	46	4	3	6	
Penne Pomodoro	1 Serving	350	50	6	1	0	0	1020	62	7	10	12	
Parmesan Truffle Fries	1 Serving	750	380	43	11	0	15	2670	79	8	0	13	
Rosemary and Garlic Fries (regional)	1 Serving	780	410	46	9	0	5	1860	80	8	0	11	
Sauteed Spinach	1 Serving	180	140	15	1	0	0	300	9	2	1	4	
Grilled Asparagus	1 Serving	45	25	2.5	0	0	0	550	5	2	1	3	
Fettuccine Alfredo, Side	1 Serving	820	530	58	36	1.5	175	970	51	2	4	21	
DESSERTS													
Sogno Di Cioccolata, "Chocolate Dream"	1 Serving	1050	660	74	33	1	190	540	94	4	76	9	
Strawberry Cheesecake	1 Serving	990	580	64	38	3	315	690	87	3	70	16	
Traditional Cannoli	1 Serving	970	600	67	40	0	135	570	76	3	49	17	
Tiramisu	1 Serving	950	630	70	47	1.5	205	80	68	4	51	10	
John Cole	1 Serving	630	340	38	10	0	50	310	69	2	52	7	
Cannoli Cake for Two	1 Serving	2170	1190	132	65	1	215	1170	227	8	145	26	
LUNCH: ITALIAN SANDWICHES													
Chicken Parmesan Sandwich	1 Serving	570	200	22	8	0	155	1080	48	3	4	41	
Caprese Sandwich with Grilled Chicken	1 Serving	740	270	30	14	1	185	1360	44	3	3	69	
Caprese Sandwich - No Chicken	1 Serving	510	230	26	12	1	60	980	44	3	3	23	
Meatball Sandwich	1 Serving	730	340	38	18	1	140	1780	54	4	7	40	
Lunch Trio Mozzarella Marinara	1 Serving	520	340	38	16	1	170	1050	21	2	5	25	
Shrimp Scampi-Lunch	1 Serving	630	260	29	8	0	155	1230	54	2	2	28	
Fettuccine Alfredo, Side	1 Serving	820	530	58	36	1.5	175	970	51	2	4	21	
Meatballs and Ricotta	1 Serving	480	290	33	15	1	120	1630	17	4	9	28	
Four-Cheese & Sausage Stuffed Mushrooms	1 Serving	320	230	26	10	0	45	1100	8	2	4	14	
KID'S													
Kids Grilled Chicken and Steamed Spinach	1 Serving	190	45	5	1.5	0	65	230	6	4	0	27	
Kids Grilled Chicken Meal with Broccoli	1 Serving	200	50	5	1.5	0	65	140	11	6	3	29	
Kids Grilled Shrimp and Steamed Broccoli	1 Serving	160	5	0.5	0	0	180	380	12	7	3	30	
Kids Grilled Shrimp and Steamed Spinach	1 Serving	130	5	0	0	0	180	450	6	4	0	27	
Kids Spaghetti and Meatball	1 Serving	530	160	18	6	0	45	1420	69	8	11	23	
Kids Mac N' Cheese	1 Serving	410	120	13	8	0.5	45	900	56	4	6	16	
Kids Chicken Fingers with Broccoli	1 Serving	630	220	24	4.5	0	60	2740	70	11	14	37	
Kids Cheese Ravioli	1 Serving	240	80	9	4	0	35	940	30	4	7	11	
Penne Pomodoro	1 Serving	350	50	6	1	0	0	1020	62	7	10	12	
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	
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	0
Diet Coke with Ice	1 Serving	0	0	0	0	0	0	25	0	0	0	0	0
Dr. Pepper with Ice	1 Serving	90	0	0	0	0	0	35	23	0	22	0	0
Sprite with Ice	1 Serving	90	0	0	0	0	0	20	23	0	21	0	0
Hi-C Fruit Punch with Ice	1 Serving	90	0	0	0	0	0	15	26	0	26	0	0
Minute Maid Lemonade with Ice	1 Serving	100	0	0	0	0	0	15	25	0	25	0	0
Gold Peak Tea, Sweet with Ice	1 Serving	70	0	0	0	0	0	20	18	0	18	0	0
Gold Peak Tea, with Ice	1 Serving	0	0	0	0	0	0	20	0	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	0
Flavored Tea, with Ice: Desert Pear	1 Serving	40	0	0	0	0	0	5	10	0	9	0	0
Flavored Tea, with Ice: Mango	1 Serving	50	0	0	0	0	0	5	13	0	12	0	0
Flavored Tea, with Ice: Orange	1 Serving	45	0	0	0	0	0	5	11	0	11	0	0
Flavored Tea, with Ice: Peach	1 Serving	40	0	0	0	0	0	5	10	0	9	0	0
Flavored Tea, with Ice: Pomegranate	1 Serving	45	0	0	0	0	0	5	11	0	11	0	0
Flavored Tea, with Ice: Raspberry	1 Serving	50	0	0	0	0	0	5	13	0	12	0	0
Flavored Tea, with Ice: Strawberry	1 Serving	35	0	0	0	0	0	5	9	0	8	0	0
Flavored Tea, with Ice: White Peach	1 Serving	40	0	0	0	0	0	5	10	0	9	0	0
Raspberry Lemonade with Ice	1 Serving	160	0	0	0	0	0	5	41	0	40	0	0
Strawberry Lemonade with Ice	1 Serving	140	0	0	0	0	0	5	37	0	36	0	0
BEVERAGES: BEER, VARIES BY LOCATION													
Bud Light	12 Ounces	110	0	0	0	0	0	0	7	0	0	0	1
Blue Moon	12 Ounces	170	0	0	0	0	0	15	14	0	0	0	2
Samuel Adams	12 Ounces	180	0	0	0	0	0	0	0	0	0	0	0
MICHELOB ULTRA	12 Ounces	100	0	0	0	0	0	10	3	0	0	0	1
Coors Light	12 Ounces	100	0	0	0	0	0	10	5	0	0	0	1
Stella Artois	1 Bottle	140	0	0	0	0	0	0	11	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	0
Blackberry Sangria, Glass, 9 ounce	1 Serving	340	0	0	0	0	0	15	45	1	41	0	0
Classic Red Sangria, Glass, 6 ounce	1 Serving	190	0	0	0	0	0	0	22	1	19	1	1
Classic Red Sangria, Glass, 9 ounce	1 Serving	280	0	0	0	0	0	5	30	1	26	1	1
Peach Sangria, Glass, 6 ounce	1 Serving	220	0	0	0	0	0	10	22	0	20	0	0
Peach Sangria, Glass, 9 ounce	1 Serving	330	0	0	0	0	0	15	34	0	31	0	0
Sangria Rita	1 Serving	240	0	0	0	0	0	0	31	0	28	0	0
Red Wine, Bottle, 750 ml	1 Serving	630	0	0	0	0	0	30	19	0	5	1	1
Red Wine, Glass, 6 ounce	1 Serving	150	0	0	0	0	0	5	5	0	1	0	0
Red Wine, Glass, 9 ounce	1 Serving	220	0	0	0	0	0	10	7	0	2	0	0
Rose Wine, Bottle, 750 ml	1 Serving	640	0	0	0	0	0	40	29	0	29	3	3
Rose Wine, Glass, 6 ounce	1 Serving	150	0	0	0	0	0	10	7	0	7	1	1
Rose Wine, Glass, 9 ounces	1 Serving	230	0	0	0	0	0	15	10	0	10	1	1
Sparkling Wine, Bottle, 750 ml	1 Serving	600	0	0	0	0	0	0	22	0	0	0	0
Sparkling Wine, Glass, 6 ounce	1 Serving	140	0	0	0	0	0	0	5	0	0	0	0
White Wine, Bottle, 750 ml	1 Serving	610	0	0	0	0	0	35	19	0	7	1	1
White Wine, Glass, 6 ounce	1 Serving	140	0	0	0	0	0	10	5	0	2	0	0
White Wine, Glass, 9 ounce	1 Serving	220	0	0	0	0	0	15	7	0	3	0	0
Blackberry Sangria, Pitcher	1 Serving	970	0	0	0	0	0	50	131	1	118	1	1
Classic Red Sangria, Pitcher	1 Serving	1020	0	0	0	0	0	25	109	1	95	3	3
Peach Sangria, Pitcher	1 Serving	890	0	0	0	0	0	50	87	0	78	1	1

BEVERAGES: COCKTAILS													
Pomegranate Martini	1 Serving	200	0	0	0	0	0	0	0	25	0	25	1
Sicilian Prickly Pear Margarita	1 Serving	280	0	0	0	0	0	0	0	36	0	33	0
Sangria Rita	1 Serving	240	0	0	0	0	0	0	0	31	0	28	0
Italian Old Fashioned	1 Serving	170	0	0	0	0	0	0	0	9	1	8	0
Sparkling Tuscan Lemonade	1 Serving	190	0	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
Chicken Bryan Pizza-Regional	1 Serving	860	330	36	17	0.5	160	1720		73	5	7	60
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	290	210	24	6	0	20	570		11	2	2	8
House Salad	1 Serving	200	170	19	3.5	0	10	360		6	2	2	3
Italian Salad	1 Serving	200	170	19	3	0	5	420		6	2	3	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	540	230	26	15	0	205	1150		12	2	6	62
Chicken Marsala	1 Serving	230	100	11	6	0	95	400		2	1	1	28
Chicken Parmesan	1 Serving	760	400	45	16	0.5	310	1890		19	4	9	68
Lasagne	1 Serving	1070	560	62	32	1.5	190	2600		69	9	15	59
Penne Carrabba	1 Serving	1020	580	64	39	1.5	240	1290		57	5	5	53
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
Side Penne Pomodoro	1 Serving	350	50	6	1	0	0	1020		62	7	10	12
Penne Positano	1 Serving	390	120	14	1	0	0	910		56	4	5	11
Tuscan-Grilled Chicken	1 Serving	270	45	5	2	0	145	440		0	0	0	53
Mini Cannoli	1 Serving	320	200	22	13	0	30	160		26	1	14	5
Catering: A La Carte Menu, Serves 10													
Meatballs and Ricotta	1 Container	2410	1490	166	72	4	630	7250		73	16	33	148
Shrimp Scampi	1 Container	6370	2920	327	116	1	1485	12830		528	21	31	244
Four-Cheese & Sausage Stuffed Mushrooms	1 Container	2030	1480	165	72	2	190	8040		61	16	33	91
Mama Mandola's Soup	1 Container	2010	530	59	21	0	290	10780		234	22	19	132
Sausage & Lentil Soup	1 Container	1910	890	100	35	0.5	75	10400		151	49	34	108
Tomato Basil Soup	1 Container	1670	1160	130	68	0	360	6720		106	21	76	35
Minestrone Soup	1 Container	1020	400	45	22	0	40	3970		126	24	21	35
Caesar Salad	1 Container	2390	2030	226	48	3.5	165	4320		46	13	11	43
House Salad	1 Container	2520	2000	223	44	3	145	4250		102	32	45	42
Italian Salad	1 Container	2310	2030	229	38	0.5	70	4210		58	21	24	19
Bread, Herbs and Oil	1 Container	2070	810	91	11	0	0	3700		222	9	0	47
Side Penne Pomodoro	1 Container	2170	460	51	15	0	40	6950		349	42	67	78
Sauteed Broccoli	1 Container	1430	950	108	14	0	0	5240		99	49	26	50
Garlic Mashed Potatoes	1 Container	2800	1200	133	29	0	30	8760		365	32	26	46
Chicken Bryan	1 Container	3420	1720	192	114	2	1195	7840		83	10	43	329
Chicken Marsala	1 Container	2920	1150	129	70	2.5	1255	5180		19	14	9	391
Chicken Parmesan	1 Container	4720	2480	278	99	4.5	1870	12660		133	29	66	411
Pollo Rosa Maria	1 Container	5480	2370	263	124	0	2085	13920		28	13	9	714
Penne Positano with Chicken	1 Container	4460	1600	180	25	0	345	11890		480	38	55	220
Sliced Sirloin Marsala	1 Container	3670	2090	234	103	2.5	1060	12740		38	17	13	321
Salmon Saporito	1 Container	4330	2840	317	94	0.5	1115	7990		45	5	18	308
Penne Pomodoro with Meat Sauce	1 Container	3930	1270	142	49	3	265	8670		486	52	73	161
Penne Pomodoro with Meatballs	1 Container	5160	1870	209	73	4.5	570	15230		572	72	116	239
Rigatoni Campagnolo	1 Container	5440	2190	245	111	3.5	345	13250		546	54	103	270
Lasagne	1 Container	8030	4170	464	245	10	1465	17630		506	56	92	445

Rigatoni Martino with Chicken	1 Container	7060	3350	373	211	5	1095	16960	562	79	121	362
Rigatoni Martino with Sausage	1 Container	7690	4140	461	244	6	725	19990	572	81	124	322
Mezzaluna	1 Container	4240	2180	243	135	3	775	9800	326	26	51	184
Penne Carrabba	1 Container	9120	6310	701	430	1.5	2530	11470	428	39	65	335
Penne Weesie	1 Container	8980	6020	670	391	1.5	2850	12240	481	34	56	315
Caesar Salad With Chicken	1 Container	2960	2120	237	53	3.5	470	5260	46	13	11	158
Italian Salad with Chicken	1 Container	2880	2120	239	42	0.5	380	5150	58	21	24	133
Sogno Di Cioccolata "Chocolate Dream"	1 Container	13550	8430	943	401	6	2425	7080	1262	63	1001	123
Tiramisu	1 Container	12440	7870	874	536	26	3155	1180	1035	35	766	159
Fresh Baked Chocolate Chunk Cookies	1 Container	4490	1930	214	104	3.5	425	2290	622	23	366	52
Fresh Baked Oatmeal Raisin Cookies	1 Container	4190	1610	179	72	4	420	2430	623	26	334	56
Mini Cannoli	1 Container	3880	2390	266	154	1	375	1900	316	12	167	62
Fresh Brewed Iced Tea Sweet, Gallon	1 Container	1790	0	0	0	0	0	120	465	0	453	0
Fresh Brewed Iced Tea Unsweetened, Gallon	1 Container	40	0	0	0	0	0	115	11	0	0	0
Lemonade, Gallon	1 Container	2090	0	0	0	0	0	125	544	0	523	0
Raspberry Lemonade, Gallon	1 Container	2990	0	0	0	0	0	115	767	0	748	0
Strawberry Lemonade, Gallon	1 Container	2690	0	0	0	0	0	115	692	0	669	0
Fresh-Brewed Blackberry Tea, Gallon	1 Container	690	0	0	0	0	0	105	171	0	157	0
Catering: Perfect Bundles												
Chicken Parmesan	1 Container	3020	1950	219	55	2.5	935	5680	56	11	26	204
Chicken Marsala	1 Serving	1390	610	69	38	1.5	575	2410	11	6	5	168
Lasagne	1 Container	4360	2260	252	131	5	765	10830	280	36	65	238
Penne Carrabba	1 Serving	6310	4130	459	284	10	1565	7300	283	23	38	268
Salmon Saporito	1 Container	2880	1900	212	63	0	745	5330	30	4	12	205
Spaghetti with Meat Sauce	1 Container	2520	780	87	31	1.5	160	5760	322	34	48	103
Spaghetti with Meatballs	1 Container	3700	1410	157	57	3.5	440	11070	390	50	83	175
Spaghetti with Pomodoro Sauce	1 Container	2300	530	59	18	0	50	7750	358	45	74	84
Penne Alfredo	1 Serving	8650	6110	679	425	16	1830	9370	447	24	50	204
Bread, Herbs and Oil	1 Container	1380	540	61	7	0	0	2470	148	6	0	31
Caesar Salad	1 Serving	1350	1080	121	25	2	85	2550	42	7	8	25
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	870	580	64	13	1	130	1610	27	5	5	47
Side Caesar Salad	1 Serving	390	300	33	8	0.5	25	750	14	2	2	10
Chicken Bryan	1 Serving	490	220	25	15	0	180	1080	12	2	6	54
Tuscan-Grilled Chicken	1 Serving	270	45	5	2	0	145	440	0	0	0	53
Tuscan Grilled Sirloin, 10 oz.	1 Serving	480	230	26	9	0	150	1450	3	1	1	56
Bryan Topping	1 Serving	210	160	17	11	0	45	590	9	1	4	4
Spaghetti with Meatballs	1 Serving	1220	420	46	16	1	135	3230	141	16	24	56
Caprese Sandwich - No Chicken	1 Serving	510	230	26	12	1	60	980	44	3	3	23
Caprese Sandwich with Grilled Chicken	1 Serving	740	270	30	14	1	185	1360	44	3	3	69
Meatball Sandwich	1 Serving	730	340	38	18	1	140	1780	54	4	7	40
Penne Pomodoro	1 Serving	350	50	6	1	0	0	1020	62	7	10	12
Diet Pepsi (Dulles Airport)	1 Serving	0	0	0	0	0	0	25	0	0	0	0
Pepsi (Dulles Airport)	1 Serving	110	0	0	0	0	0	25	31	0	31	0
Sierra Mist (Dulles Airport)	1 Serving	110	0	0	0	0	0	25	28	0	28	0
Ginger Ale (Dulles Airport)	1 Serving	90	0	0	0	0	0	45	25	0	24	0