

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 June 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													
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	1220	340	38	18	0	85	2440	154	7	6	37
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	1070	640	72	28	1	525	2890	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	390	180	20	8	0	70	1120	29	2	6	22
Four-Cheese & Sausage Stuffed Mushrooms	1	Serving	290	200	23	9	0	25	1180	8	2	4	15
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	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
Johnny Rocco Salad--Shrimp & Scallops	1	Serving	550	370	42	10	0	140	4200	16	5	3	31
Johnny Rocco Salad--All Scallops	1	Serving	570	390	44	11	0	75	3640	17	5	3	30
Johnny Rocco Salad--All Shrimp	1	Serving	570	380	43	11	0	225	4880	15	6	3	35
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
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	340	280	31	8	0	25	630	8	2	2	9
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	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, 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	2020	1110	124	75	0	535	2680	134	9	10	94
Lasagne	1	Serving	1050	540	60	31	1.5	185	2550	68	9	15	57
Vegetarian Ravioli	1	Serving	670	310	35	16	0.5	95	1760	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	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	1030	300	33	3	0	115	4070	148	9	13	39
Linguine Positano with Grilled Chicken	1	Serving	1160	310	35	4	0	120	2140	145	8	13	70
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
Fettuccine Weesie	1	Serving	2040	1230	137	79	0	615	2880	137	8	11	71
Fettuccine Weesie, Gluten Free	1	Serving	2020	1200	134	80	0.5	510	2650	165	17	11	53
Fettuccine Weesie with Whole Grain Spaghetti	1	Serving	1980	1250	139	79	0	575	2220	138	24	14	74
Rigatoni Alla Norma with Grilled Eggplant	1	Serving	770	140	15	2.5	0	0	2740	134	18	26	25
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
Lobster Ravioli	1	Serving	710	340	38	22	0.5	195	1110	70	3	7	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	1070	310	35	13	0	185	2130	120	10	11	49
Mezzaluna	1	Serving	730	340	38	21	0	135	1610	62	4	8	33
Rigatoni Martino, no protein	1	Serving	1380	690	76	44	1	160	3210	125	15	20	49
Rigatoni Martino with Chicken	1	Serving	1610	720	80	45	1	285	3580	125	15	20	95
Rigatoni Martino with Sausage	1	Serving	1650	870	96	51	1	160	4040	127	15	20	69
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	1380	690	76	44	1	160	3210	125	15	20	49
Penne Martino with Chicken (Regional)	1	Serving	1610	720	80	45	1	285	3580	125	15	20	95
Penne Martino with Sausage (regional)	1	Serving	1650	870	96	51	1	160	4040	127	15	20	69
Linguine Sostanza	1	Serving	1050	310	35	3	0	0	2300	158	14	14	29
CHICKEN & HOUSE SPECIALTIES													
Chicken Bryan	1	Serving	490	220	25	15	0	180	1080	12	2	6	54
Chicken Marsala	1	Serving	400	180	20	11	0	160	720	3	2	1	47
Chicken Parmesan	1	Serving	760	400	45	16	0.5	310	1890	19	4	9	68
Tuscan-Grilled Chicken	1	Serving	320	50	6	2.5	0	170	520	0	0	0	64
Pollo Rosa Maria	1	Serving	510	240	26	13	0	185	1350	4	2	2	60
Eggplant Parmesan	1	Serving	1230	580	64	26	1.5	110	3490	122	16	20	46
Veal Marsala	1	Serving	500	180	21	10	0	200	900	18	3	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	480	270	31	11	0	220	4830	24	3	4	28
Spiedino Di Mare All Scallops	1	Serving	480	280	31	11	0	70	3590	27	2	4	23
Spiedino Di Mare Shrimp & Scallops	1	Serving	480	270	31	11	0	145	4210	26	3	4	25
Mahi Wulfe, 8oz	1	Serving	490	180	20	10	0	145	1670	22	4	6	54
Salmon Capperi	1	Serving	760	510	57	16	0	175	1360	9	1	3	51
Salmon Vazzano (Regional)	1	Serving	650	440	49	13	0	150	1030	5	1	2	46
Simply Grilled Salmon	1	Serving	540	350	39	7	0	130	680	1	0	0	45

TRIOS													
Chicken Trio	1	Serving	700	320	36	19	0	265	1570	10	3	5	81
The Johnny Trio w/7oz Sirloin	1	Serving	1040	520	58	29	0.5	285	2880	41	5	8	83
The Johnny Trio w/10oz Sirloin	1	Serving	1180	580	65	32	0.5	330	2970	41	5	9	100
Carrabba's Italian Classics w/Fettuccine	1	Serving	1600	940	105	57	1	435	2740	87	6	12	77
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
Ardenite 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	170	130	14	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	810	530	59	36	0	200	1010	53	2	4	20
DESSERTS													
Sogno Di Cioccolata, "Chocolate Dream"	1	Serving	1040	640	72	29	0	190	580	96	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	1040	660	73	45	2	265	100	88	4	64	14
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	810	530	59	36	0	200	1010	53	2	4	20
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
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
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	Ounces	110	0	0	0	0	0	0	7	0	0	1
Blue Moon	12	Ounces	170	0	0	0	0	0	15	14	0	0	2
Samuel Adams	12	Ounces	180	0	0	0	0	0	0	0	0	0	0
MICHELOB ULTRA	12	Ounces	100	0	0	0	0	0	10	3	0	0	1
Coors Light	12	Ounces	100	0	0	0	0	0	10	5	0	0	1
Stella Artois	1	Bottle	140	0	0	0	0	0	0	11	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													
Pomegranate Martini	1	Serving	200	0	0	0	0	0	0	25	0	25	1
Sicilian Prickly Pear Margarita	1	Serving	280	0	0	0	0	0	0	36	0	33	0
Sangria Rita	1	Serving	240	0	0	0	0	0	0	31	0	28	0
Italian Old Fashioned	1	Serving	170	0	0	0	0	0	0	9	1	8	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
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	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	340	130	15	8	0	150	600	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	1080	670	75	45	0	285	1370	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	Container	13840	8790	979	529	6	4400	24130	561	68	131	746
Lasagne and Chicken Bryan	1	Container	11460	5900	656	359	12	2660	25470	589	66	135	774
Lasagne and Chicken Marsala	1	Container	10950	5320	594	315	13	2720	22810	525	70	101	836
Lasagne and Penne Carrabba	1	Container	17160	10480	1166	675	11	3995	29100	934	95	157	780
Salmon Saporito and Chicken Marsala	1	Container	7250	4000	447	164	3	2375	13170	65	20	26	698
Salmon Saporito and Chicken Bryan	1	Container	7750	4570	509	208	2.5	2315	15830	129	16	61	637
Penne with Meatballs and Penne Carrabba	1	Container	14290	8180	910	504	6	3100	26700	1000	111	181	574
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: Family Bundles													
Chicken Parmesan Family Bundle	1 Container	3020	1950	219	55	2.5	935	5680	56	11	26	204	
Chicken Marsala	1 Container	1190	530	60	33	1.5	485	2150	10	7	4	142	
Lasagne	1 Container	4360	2260	252	131	5	765	10830	280	36	65	238	
Penne Carrabba	1 Container	6240	4170	463	284	1	1790	7640	293	23	43	262	
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 Container	7640	5280	587	364	1.5	1845	9010	453	24	49	189	
Bread, Herbs and Oil	1 Container	1380	540	61	7	0	0	2470	148	6	0	31	
Caesar Salad	1 Container	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 - 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	