

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 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 2021.

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
APPETIZERS											
Bruschette Scotty Thompson (Regional)	530	220	24	9	0	40	62	1340	5	9	18
Meatballs And Ricotta	380	200	22	10	0	85	17	1180	6	10	26
Four-Cheese And Sausage Stuffed Mushrooms	290	200	22	9	0	15	10	1300	3	4	15
Calamari	890	570	64	13	6	320	52	1620	4	6	29
Calamari with Marinara & Ricardo Sauce (Regional)	890	570	64	13	6	320	52	1620	4	6	29
Ricardo Sauce (Regional)	70	40	4.5	3	0	10	6	570	2	2	0
Mozzarella Marinara	980	610	68	31	1	205	42	2300	7	16	53
Cozze In Bianco	440	340	38	9	0	20	23	300	3	8	3
Shrimp Scampi	720	280	32	12	0	150	81	2730	3	5	31
Tomato Caprese With Fresh Burrata	500	340	38	18	0	70	23	1350	3	13	16
Zucchini Fritte	910	670	74	13	5	15	51	1130	6	7	11
Classics Combination	1230	800	88	31	4	280	57	3260	9	16	56
NEW! Bread and Dipping Sauce Trio	1020	240	27	15	0.5	10	164	2360	7	7	30
SOUPS, ENTREE SALADS and SIDE SALADS											
Entree Salad: Caesar Salad With Chicken	810	560	62	13	0	115	19	1550	4	4	43
Entree Salad: Caesar Salad With Shrimp	720	540	60	11	0	185	18	1850	4	4	27
Entree Salad: Italian Salad With Chicken	860	610	68	11	0	100	22	1780	8	9	36
Entree Salad: Italian Salad With Shrimp	760	590	66	10	0	170	22	2080	8	9	20
Entree Salad: Johnny Rocco Salad	530	380	42	8	0	160	10	1700	4	3	28
Salad Add-On: Add Crumbled Gorgonzola	80	50	6	3.5	0	20	0	210	0	0	4
Salad Add-On: Light Balsamic Dressing, 1.5 Ounce	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: Caesar Salad	350	280	31	7	0	25	9	600	2	2	8
Side Salad: House Salad	290	230	25	4.5	0	15	11	470	4	4	5
Side Salad: Italian Salad	350	290	32	5	0	10	11	660	4	4	3
Soup: Mama Mandola's Sicilian Chicken Soup, Bowl	310	50	6	1.5	0	20	44	3750	6	5	20
Soup: Mama Mandola's Sicilian Chicken Soup, Cup	150	25	3	0.5	0	10	22	1870	3	2	10
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 & Lentil, Bowl	450	190	21	6	0	10	40	2640	15	8	24
Soup: Sausage & Lentil, Cup	220	90	11	3	0	<5	20	1320	8	4	12
Soup: Tomato Basil, Cup	210	130	14	7	0	<5	17	760	2	11	4
Soup: Tomato Basil, Bowl	420	260	29	15	0.5	<5	34	1530	4	22	9
PASTA											
Fettuccine Carrabba	1470	700	78	49	2	145	107	2180	10	7	71
Fettuccine Carrabba With Gluten-Free Pasta	1500	680	76	45	2.5	120	144	2050	16	7	58
Fettuccine Carrabba With Whole Grain Spaghetti	1480	740	82	48	2	130	111	2460	20	8	71
Fettuccine Weesie	1420	740	83	53	2	200	105	3240	8	8	57
Fettuccine Weesie With Gluten-Free Pasta	1360	640	71	43	2	175	139	3020	14	7	43
Fettuccine Weesie With Whole Grain Spaghetti	1430	780	86	52	2	185	108	3520	18	8	56
Lasagne	780	420	47	25	0	140	47	2520	6	21	46
Linguine Pescatore	820	100	11	1	0	160	119	1860	7	12	56
Linguine Pescatore With Gluten-Free Pasta	870	90	10	1.5	0	165	144	1900	16	12	49
Linguine Pescatore With Whole Grain Spaghetti	780	100	11	2	0	160	111	2150	20	13	58
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 Chicken With Whole Grain Spaghetti	930	280	31	5	0	80	109	2570	17	12	54
Linguine Positano With Shrimp	870	260	29	3.5	0	150	117	2590	4	10	36
Linguine Positano With Shrimp With Gluten-Free Pasta	920	250	28	4	0	150	141	2630	13	11	30
Linguine Positano With Shrimp With Whole Grain Pasta	830	260	29	4	0	150	108	2880	17	12	38
Lobster Ravioli	690	330	37	22	1	110	68	880	1	5	21
Mezzaluna	650	270	30	16	0	95	64	1360	4	7	30
Rigatoni Campagnolo	1050	450	50	22	0.5	70	98	2760	10	16	53
Rigatoni Campagnolo With Gluten-Free Pasta	1270	450	50	23	1	70	150	3000	20	17	52
Rigatoni Campagnolo With Whole Grain Spaghetti	1180	470	52	23	0.5	70	117	3240	24	18	61
Rigatoni Martino	1080	560	63	33	1	60	98	2450	10	14	34
Rigatoni Martino With Chicken	1250	600	67	34	1	140	99	2910	10	14	65
Rigatoni Martino With Sausage	1420	800	88	43	1	60	101	3520	10	15	59
Penne Martino (Regional)	970	570	63	33	1	60	73	2390	9	15	30
Penne Martino With Sausage (Regional)	1310	800	89	43	1	60	76	3470	10	16	56
Penne Martino With Chicken (Regional)	1140	600	67	34	1	140	74	2850	9	15	61
Shrimp And Scallop Linguine Alla Vodka	1100	320	36	12	0	155	118	1970	7	10	53
Shrimp And Scallop Linguine Alla Vodka With Gluten-Free Pasta	1070	260	29	10	0.5	155	138	1730	15	8	45
Shrimp And Scallop Linguine Alla Vodka With Whole Grain Spaghetti	1060	320	36	13	0	155	109	2250	20	12	55
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	2120	23	15	35
Spaghetti With Meatballs	1040	290	33	10	0	105	131	2600	14	20	52
Spaghetti With Meatballs With Gluten-Free Pasta	950	270	30	11	0	110	130	2240	20	17	43
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

SPECIALTIES											
Chicken Bryan	530	240	26	13	0	185	11	1300	1	5	59
Chicken Marsala	450	200	22	10	0	165	5	1090	1	<1	54
Chicken Parmesan	690	310	34	15	0.5	200	26	1930	7	12	70
Eggplant Parmesan	640	260	29	14	1	70	68	3200	12	13	28
Pollo Rosa Maria	540	250	28	16	0	185	6	1580	1	1	65
Tuscan-Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
NEW Veal Piccata	380	140	16	9	0	175	12	780	<1	2	46
Veal Marsala	430	180	21	11	0	180	10	680	2	<1	47
NEW Chicken Piccata	300	150	17	10	0	100	9	710	<1	3	28
SEAFOOD											
Mahi Wulfe	360	140	16	7	0	95	17	1400	2	4	38
Spiedino Di Mare	420	200	22	8	0	205	14	1170	1	3	38
Grouper DiNisco (Florida Only)	950	440	49	12	0	160	35	2500	4	6	79
Salmon Saporito	740	480	54	14	0	185	6	860	<1	3	57
Simply Grilled Salmon	620	390	43	8	0	145	5	440	1	1	52
Salmon Vazzano (Regional)	720	480	53	14	0	170	5	790	0	3	52
COMBINATIONS											
Carrabba's Italian Classics: Chicken Parmesan and Lasagne	730	360	41	20	0	170	36	2220	6	16	58
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	780	350	39	21	0.5	275	12	2040	2	4	89
The Johnny w/ 7 oz Sirloin	700	380	42	19	0	185	8	1240	1	3	68
STEAKS and CHOPS											
Topping: Bryan Topping	170	130	15	9	0	35	7	420	<1	3	4
Topping: Marsala Sauce	160	130	15	8	0	30	4	300	1	<1	2
Topping: Spicy Sicilian Butter	80	80	9	4.5	0	10	<1	200	0	0	0
Topping: Ardente	230	160	18	5	0	20	9	910	0	5	7
Tuscan-Grilled Sirloin (7 Ounce)	350	190	21	8	0	75	<1	440	0	0	37
Tuscan-Grilled Sirloin (10 Ounce)	500	270	30	12	0	105	<1	630	0	0	53
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 (16 Ounce)	820	560	63	25	0	230	0	150	0	0	60
SIDES											
Fettuccine Alfredo	690	430	47	31	1.5	40	43	860	3	3	20
Garlic Mashed Potatoes	280	130	15	3.5	0	<5	32	970	4	2	6
Grilled Asparagus	60	20	2.5	0	0	0	6	240	3	3	3
Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6
Sauteed Broccoli	120	70	8	1	0	0	11	520	4	3	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
Steamed Broccoli	45	0	0	0	0	0	9	40	3	2	4
Parmesan Truffle Fries	500	230	26	8	0.5	10	57	1570	6	<1	10
Garlic & Rosemary Fries (Regional)	540	270	30	6	0	0	59	1390	5	0	10
DESSERTS											
Cannoli Cake for Two	1450	810	90	40	1.5	200	182	720	5	128	19
John Cole	720	320	35	16	1	90	96	510	2	75	10
Sogno Di Cioccolata "Chocolate Dream"	1090	590	66	36	1.5	105	116	360	4	76	10
Strawberry Cheesecake	1000	560	62	37	3	320	96	660	2	81	17
Tiramisu	790	490	54	33	1.5	180	67	70	4	42	10
Traditional Cannoli	950	620	69	40	1	120	74	180	3	43	13
LUNCH: ITALIAN SANDWICHES											
Caprese Sandwich	480	180	20	8	0	30	55	650	3	2	18
Caprese Sandwich With Chicken	580	200	22	9	0	80	56	930	3	2	36
Chicken Parmesan Sandwich	620	160	18	7	0	100	66	1250	6	7	44
Meatball Sandwich	690	240	27	13	0	105	66	1340	6	8	40
Steak Sandwich (Regional)	920	420	47	23	1	145	59	1330	4	2	57
LUNCH: ENTREES											
Tuscan Sirloin, 7 oz (Regional)	350	190	21	8	0	75	<1	440	0	0	37
Tuscan Sirloin Marsala, 7 oz (Regional)	510	320	36	17	0	105	5	750	1	<1	39
Fettuccine Carrabba (Regional)	1100	570	63	39	1.5	110	70	1690	7	6	54
Fettuccine Weesie (Regional)	1140	610	67	43	1.5	135	85	2360	7	7	41
LUNCH TRIO											
Fettuccine Alfredo	690	430	47	31	1.5	40	43	860	3	3	20
Meatballs And Ricotta	380	200	22	10	0	85	17	1180	6	10	26
Shrimp Scampi	360	140	16	6	0	75	40	1370	1	2	15
Mozzarella Marinara	490	310	34	16	0.5	105	21	1150	4	8	26
KIDS											
Cheese Ravioli	330	100	12	6	0	65	37	760	3	6	19
Chicken Fingers	290	15	2	0	0	70	35	1640	2	12	31
Grilled Chicken Breast With Steamed Broccoli	260	30	3	1	0	75	26	140	3	20	35
Grilled Chicken Breast With Steamed Broccoli And 100% 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 100% Apple Juice (Kids Live Well)	260	30	3.5	1	0	75	24	210	3	19	35
Mac N' Cheese	260	100	12	7	0	35	29	710	<1	4	10
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
Side: Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6
Side: Steamed Broccoli	45	0	0	0	0	0	9	40	3	2	4
Side: Steamed Spinach	30	0	0	0	0	0	5	100	3	<1	4
KIDS BEVERAGES											
100% Apple Juice (with ice)	80	0	0	0	0	0	20	20	0	19	0
100% Orange Juice (with ice)	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 (with ice)	70	0	0	0	0	0	20	5	0	20	0

CATERING: APPETIZERS											
Meatballs & Ricotta - Serves 10	1900	1030	114	49	0	475	75	5300	25	41	144
Four-Cheese & Sausage Stuffed Mushrooms - Serves 10	1760	1210	134	54	1.5	95	58	7790	15	26	91
Shrimp Scampi - Serves 10	5160	2070	230	72	0	1620	491	11440	17	23	270
CATERING: SOUP, SALAD and BREAD											
Bread Herbs And Oil - Serves 10	3190	1070	119	17	0	0	466	5690	17	6	78
Caesar Salad - Serves 10	2570	2100	234	50	1	170	57	4340	13	11	55
House Salad - Serves 10	2170	1790	199	36	0	115	66	3310	24	26	32
Italian Salad - Serves 10	2660	2280	253	38	0	85	66	4810	24	27	20
Mama Mandola's Sicilian Chicken Soup - Serves 10	1290	250	28	9	0	100	177	15150	25	18	84
Soup of the Day - Serves 10	720-1970										
Minestrone Soup, Serves 10	720	310	35	20	0	40	77	3610	21	0	36
Sausage And Lentil Soup - Serves 10	1970	880	98	33	0.5	80	162	11080	62	34	112
Tomato Basil Soup - Serves 10	1860	1150	128	68	3	60	136	6610	15	87	48
CATERING: ENTREES											
Caesar Salad With Chicken - Serves 10	3180	2200	244	51	1	490	59	6130	13	11	175
Chicken Bryan - Serves 10	3670	1840	205	109	2.5	1215	82	9420	8	39	355
Chicken Marsala - Serves 10	3030	1440	161	80	4	1065	38	7160	12	6	325
Chicken Parmesan - Serves 10	3450	1540	171	73	3	1005	131	9650	33	59	349
Italian Salad With Chicken - Serves 10	3370	2430	270	44	0	425	68	6780	24	27	150
Lasagne - Serves 10	6000	3270	363	194	0	1110	350	18660	44	153	357
Mezzaluna - Serves 10	3870	1810	201	109	2.5	530	339	8670	25	46	166
Penne Carrabba - Serves 10	6210	4150	461	277	12	535	267	8790	23	39	241
Penne Pomodoro - Serves 10	1330	380	42	13	0	40	196	5440	27	54	46
Penne Pomodoro With Meatballs - Serves 10	3330	1290	144	51	0	465	332	11060	56	96	185
Penne Pomodoro With Meat Sauce - Serves 10	2600	1090	121	41	2.5	240	268	7210	33	62	107
Penne Positano with Chicken - Serves 10	3230	1390	154	31	0	380	272	10030	31	10	199
Penne Weesie - Serves 10	6510	4220	469	265	10	1520	275	10690	13	30	287
Pollo Rosa Maria - Serves 10	3480	1650	183	102	1.5	1155	50	10150	13	11	391
Rigatoni Campagnolo - Serves 10	3780	1560	173	87	3	340	367	9050	30	50	193
Sliced Sirloin Marsala - Serves 10	4130	2600	289	134	3.5	855	37	5980	12	6	311
Tuscan-Grilled Chicken - Serves 10	2010	430	48	15	0.5	945	7	5520	0	0	365
Salmon Saporito - Serves 10	4500	2890	321	84	0	1150	37	5350	4	18	347
Rigatoni Martino With Chicken - Serves 10	5020	2480	276	145	4	515	395	11650	38	57	242
Rigatoni Martino With Sausage - Serves 10	6230	3530	393	191	4.5	280	406	15650	42	61	277
CATERING: SIDES											
Garlic Mashed Potatoes - Serves 10	2750	1330	147	33	2	35	318	9650	43	23	57
Penne Pomodoro - Serves 10	1330	380	42	13	0	40	196	5440	27	54	46
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1200	680	76	10	0	0	109	5190	37	27	40
CATERING: DESSERT											
Fresh Baked Chocolate Chunk Cookies - Serves 10	4490	1930	214	104	3.5	425	623	2290	23	366	52
Fresh Baked Oatmeal Raisin Cookies - Serves 10	4200	1610	179	72	4	420	624	2430	26	334	56
Mini Cannoli - Serves 10	2140	1320	147	80	2.5	300	180	370	8	124	34
Sogno Di Cioccolata "Chocolate Dream" - Serves 10	13130	7090	788	435	19	1250	1392	4310	47	907	122
Tiramisu - Serves 10	9420	5880	653	401	20	2175	799	840	43	506	126
CATERING: BEVERAGE											
Fresh Brewed Iced Tea Sweet, Gallon	950	0	0	0	0	0	246	150	0	246	0
Fresh Brewed Iced Tea, Unsweet, Gallon	0	0	0	0	0	0	0	150	0	0	0
Housemade Lemonade, Gallon	1930	0	0	0	0	0	503	120	0	483	0
Flavored Iced Tea & Lemonade Range	1040-2810	0	0	0	0	0	250-719	110-135	0	239-702	0
Fresh-Brewed Blackberry, Unsweet Tea, Gallon	1040	0	0	0	0	0	250	135	0	239	0
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
FAMILY BUNDLES, SERVES 4											
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	320	260	29	6	0	20	7	540	2	1	7
Caesar Salad Family Bundle - Serves 4	1280	1050	117	25	0	85	29	2170	6	6	28
Chicken Marsala Family Bundle - Calories Per Serving	340	150	16	8	0	125	4	820	1	<1	40
Chicken Marsala Family Bundle - Serves 4	1350	590	65	31	1.5	500	15	3270	4	2	161
Chicken Parmesan Family Bundle - Serves 4	2070	920	102	44	1.5	605	78	5790	20	36	210
Chicken Parmesan Family Bundle- Calories Per Serving	520	230	26	11	0	150	20	1450	5	9	52
House Salad Family Bundle - Calories Per Serving	270	220	25	4.5	0	15	8	410	3	3	4
House Salad Family Bundle - Serves 4	1080	900	100	18	0	55	33	1660	12	13	16
Italian Salad Family Bundle - Calories Per Serving	330	280	32	5	0	10	9	520	3	4	3
Italian Salad Family Bundle - Serves 4	1340	1140	126	19	0	45	34	2090	11	16	11
Lasagne Family Bundle - Calories Per Serving	1080	530	59	27	0	145	89	2880	7	19	54
Lasagne Family Bundle - Serves 4	4120	2040	226	107	0	575	326	11240	26	75	211
Penne Alfredo Family Bundle - Calories Per Serving	840	620	69	43	2	40	38	990	<1	4	19
Penne Alfredo Family Bundle - Serves 4	3370	2470	275	173	8	165	152	3960	4	18	74
Penne Carrabba Family Bundle - Calories Per Serving	1030	670	74	45	2	105	44	1550	4	6	46
Penne Carrabba Family Bundle - Serves 4	4130	2660	296	178	8	420	177	6210	15	23	184
Rigatoni Campagnolo Family Bundle - Calories Per Serving	760	350	39	17	0	50	66	2280	8	15	39
Rigatoni Campagnolo Family Bundle - Serves 4	3050	1390	155	68	2	205	262	9110	32	61	155
Salmon Saporito Family Bundle - Calories Per Serving	560	360	40	11	0	145	5	670	<1	2	43
Salmon Saporito Family Bundle - Serves 4	2250	1450	161	42	0	575	18	2670	2	9	174
Spaghetti Meat Sauce Family Bundle - Calories Per Serving	630	200	22	7	0	40	79	1520	7	12	25
Spaghetti Meat Sauce Family Bundle - Serves 4	2520	810	89	30	1.5	165	314	6070	29	47	99
Spaghetti Pomodoro Family Bundle - Calories Per Serving	510	110	12	4	0	15	79	1430	7	12	18
Spaghetti Pomodoro Family Bundle - Serves 4	2020	440	49	15	0	55	315	5710	29	47	73
Spaghetti With Meatballs Family Bundle - Calories Per Serving	770	250	28	10	0	90	88	2100	11	16	40
Spaghetti With Meatballs Family Bundle - Serves 4	3090	1010	112	40	0	360	352	8400	43	64	162
Spaghetti With Sausage Family Bundle - Calories Per Serving	780	290	32	12	0	85	80	2090	7	13	39
Spaghetti With Sausage Family Bundle - Serves 4	3130	1160	129	48	0	340	321	8350	29	50	157
Side: Sautéed Broccoli Family Bundle - Calories Per Serving	120	70	8	1	0	0	11	520	4	3	4

Side: Sautéed Broccoli Family Bundle - Serves 4	480	270	30	4	0	0	44	2080	15	11	16
Side: Garlic Mashed Potatoes Family Bundle - Calories Per Serving	280	130	15	3.5	0	<5	32	970	4	2	6
Side: Garlic Mashed Potatoes Family Bundle - Serves 4	1100	530	59	13	1	15	127	3860	17	9	23
BEVERAGES: HOT											
Caffé Carrabba	230	35	4	3	0	15	24	80	0	20	6
Caffé Godiva (Regional)	300	80	8	4.5	0	25	32	90	0	27	6
Caffé Latte	90	30	3.5	2	0	10	10	65	0	9	5
Cappuccino	70	20	2.5	1.5	0	10	8	50	0	7	4
Coffee, Decaf	0	0	0	0	0	0	0	10	0	0	0
Coffee, Regular	0	0	0	0	0	0	0	10	0	0	0
Espresso	25	5	1	0	0	0	4	15	0	3	<1
Hot Tea	0	0	0	0	0	0	0	10	0	0	0
BEVERAGES: COLD											
Arnold Palmer, Unsweet Tea, With Ice	50	0	0	0	0	0	14	5	0	13	0
Arnold Palmer, Unsweet Tea, With Ice (To-Go)	80	0	0	0	0	0	20	10	0	19	0
Arnold Palmer, Sweet Tea, With Ice	90	0	0	0	0	0	22	5	0	22	0
Arnold Palmer, Sweet Tea, With Ice (To-Go)	120	0	0	0	0	0	32	10	0	31	0
Acqua Panna 1 liter	0	0	0	0	0	0	0	0	0	0	0
Acqua Panna 500 ml	0	0	0	0	0	0	0	0	0	0	0
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
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, VARIES BY LOCATION											
Angry Orchard Hard Cider, Bottle	200	0	0	0	0	0	29	10	0	23	0
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
Blue Moon, Bottle	170	0	0	0	0	0	14	15	0	0	2
Bud Light, 13 oz, Draft	110	0	0	0	0	0	7	10	0	0	<1
Bud Light, 19 oz, Draft	170	0	0	0	0	0	10	15	0	0	1
Budweiser, 12 oz, Bottle	140	0	0	0	0	0	10	10	0	0	1
Coors Light, Bottle	100	0	0	0	0	0	5	10	0	0	0
Corona Extra, 12 oz, Bottle	150	0	0	0	0	0	12	15	0	0	2
Flying Dog Snake Dog IPA, Bottle	160	0	0	0	0	0	13	15	0	0	2
Goose Island IPA, 19 oz, Draft	160	0	0	0	0	0	13	15	0	0	2
Heineken, Bottle	140	0	0	0	0	0	0	0	0	0	0
Lagunitas, 12 oz, Bottle	190	0	0	0	0	0	14	15	0	0	3
Michelob Ultra, 12 oz, Bottle	90	0	0	0	0	0	3	10	0	0	<1
Miller Lite, 12 oz, Botle	100	0	0	0	0	0	3	5	0	0	0
Moretti La Rossa, Bottle	150	0	0	0	0	0	12	15	0	0	2
New Belgium Glutiny Pale Ale (Gluten Reduced) 12 oz, Bottle	200	0	0	0	0	0	<1	15	0	0	3
O'Doul's Non-Alcoholic, Bottle	70	0	0	0	0	0	13	0	0	0	<1
Omission Pale Ale, Gluten-Free, Bottle	170	0	0	0	0	0	13	20	0	0	2
Peroni, 13 oz, Draft	160	0	0	0	0	0	13	15	0	0	2
Peroni, 19 oz, Draft	230	0	0	0	0	0	19	20	0	0	2
Pyramid, Bottle	160	0	0	0	0	0	13	15	0	0	2
Samuel Adams Boston Lager, 13 oz, Draft	190	0	0	0	0	0	19	30	0	0	2
Sameuel Adams Octoberfest, 12 oz	200	0	0	0	0	0	20	55	0	<1	2
Samuel Adams Sam '76, Bottle	150	0	0	0	0	0	12	15	0	0	2
Samuel Adams Sam '76, 19 oz, Draft	210	0	0	0	0	0	3	30	0	0	2
Samuel Adama Seasonal	150	0	0	0	0	0	12	15	0	0	2
Stella Artois, 13 oz, Draft	140	0	0	0	0	0	12	0	0	0	1
Stella Artois, 19 oz, Draft	210	0	0	0	0	0	17	0	0	0	2

BEER: GENERAL											
Craft/Higher Alcohol, 13 Ounce, Draft	210	0	0	0	0	0	<1	15	0	0	3
Craft/Higher Alcohol, 19 Ounce, Draft	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	160	0	0	0	0	0	7	15	0	0	1
Regular Beer, 13 Ounce, Draft	160	0	0	0	0	0	13	15	0	0	2
Regular Beer, 19 Ounce, Draft	230	0	0	0	0	0	19	20	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	134	<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	21	10	<1	18	0
Peach Sangria, Glass, 9 Ounce	310	0	0	0	0	0	29	10	<1	25	0
Peach Sangria, Pitcher	910	0	0	0	0	0	90	45	<1	81	<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
Rose Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1
Rose Wine, Glass, 6 Ounce	150	0	0	0	0	0	5	5	0	2	0
Rose Wine, Glass, 9 Ounce	230	0	0	0	0	0	7	10	0	3	0
Sparkling Wine, Bottle, 750 ml	600	0	0	0	0	0	20	0	0	0	0
Sparkling Wine, Glass, 6 Ounce	140	0	0	0	0	0	5	0	0	0	0
White Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1
White Wine, Glass, 6 Ounce	150	0	0	0	0	0	5	5	0	2	0
White Wine, Glass, 6 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	19	0
Bloody Mary (Regional)	150	10	1	0	0	0	16	1190	2	5	2
Sangria-Rita	300	0	0	0	0	0	38	0	0	37	0
Carrabbarita	360	0	0	0	0	0	42	2220	<1	28	0
Chianti Kiss	210	0	0	0	0	0	20	10	0	14	0
Cosopolitan	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	130	10	1	0	0	0	1	340	<1	0	0
Pomegranate Martini	200	0	0	0	0	0	24	20	0	23	0
Sicilian Prickly Pear Margarita	290	0	0	0	0	0	39	2220	<1	36	0
Sparkling Tuscan Lemonade	180	0	0	0	0	0	24	0	<1	23	0
Toast of Tuscany	240	0	0	0	0	0	47	15	1	38	0
Tiramisu Martini (Regional)	270	60	6	4	0	15	27	20	0	24	1
Frozen Lemonade: Mango (Regional)	270	0	0	0	0	0	67	5	4	54	0
Frozen Lemonade: Peach (Regional)	270	0	0	0	0	0	68	5	4	58	<1
Frozen Lemonade: Pina Colada (Regional)	25	0	0	0	0	0	10	0	3	2	<1
Frozen Lemonade: Raspberry (Regional)	430	0	0	0	0	0	58	5	0	53	0
Frozen Lemonade: Strawberry (Regional)	280	50	6	5	0	5	31	50	0	30	1
Smoothie: Peach Bellini (Regional)	440	5	1	0	0	0	90	20	10	74	1
Smoothie: Peaches and Cream (Regional)	150	0	0	0	0	0	39	0	7	29	<1
Smoothie: Pina Colada (Regional)	280	0	0	0	0	0	62	20	3	55	0
Smoothie: Raspberry Banana (Regional)	410	0	0	0	0	0	103	0	3	85	0
Smoothie: Strawberry Banana (Regional)	260	0	0	0	0	0	64	0	2	53	0
Smoothie: Strawberry Colada (Regional)	260	0	0	0	0	0	62	10	3	53	0
Sparkling Italian Soda: Chocolate (Regional)	290	150	16	10	0	50	37	20	0	37	1
Sparkling Italian Soda: Orange (Regional)	330	150	16	10	0	50	45	20	0	45	1
Sparkling Italian Soda: Peach (Regional)	310	150	16	10	0	50	39	20	0	39	1
Sparkling Italian Soda: Raspberry (Regional)	190	0	0	0	0	0	47	10	0	47	0
Sparkling Italian Soda: Strawberry (Regional)	300	150	16	10	0	50	37	20	0	37	1
Sparkling Italian Soda: Vanilla (Regional)	300	150	16	10	0	50	38	20	0	36	1