

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 August 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	490	260	29	12	0	120	20	1410	7	11	36
Four-Cheese And Sausage Stuffed Mushrooms	350	250	27	12	0	15	12	1470	3	6	16
Calamari	1030	680	76	21	6	345	59	2400	6	9	29
Calamari with Marinara & Ricardo Sauce (Regional)	890	570	64	13	6	320	52	1620	4	6	29
Ricardo Sauce (Regional)	120	90	10	6	0	25	6	550	<1	3	0
Mozzarella Marinara	980	610	68	31	1	205	42	2300	7	16	53
Cozze In Bianco	490	370	41	11	0	25	27	370	3	9	3
Shrimp Scampi	870	410	45	20	0	180	87	3210	3	8	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	1290	840	93	34	4	280	59	3430	9	17	56
CLASSIC COMBO (Regional)	1390	930	103	29	6	270	72	2520	9	15	46
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	930	580	65	14	0	175	19	1870	4	4	65
Entree Salad: Caesar Salad With Shrimp	720	540	60	11	0	185	18	1850	4	4	27
Entree Salad: Italian Salad With Chicken	990	640	71	12	0	155	25	2110	9	10	58
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	130	50	5	2.5	0	0	19	780	5	0	5
Soup: Minestrone, Cup	70	25	2.5	1.5	0	0	9	390	3	0	3
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	1730	920	102	64	2.5	160	111	2530	10	9	77
Fettuccine Carrabba With Gluten-Free Pasta	1820	940	104	63	3	150	148	2560	16	9	69
Fettuccine Carrabba With Whole Grain Spaghetti	1730	950	106	63	2.5	150	115	2810	20	9	77
Fettuccine Weesie	1730	1000	111	70	2.5	225	112	3760	9	10	63
Fettuccine Weesie With Gluten-Free Pasta	1540	790	88	53	2.5	150	144	2920	15	8	42
Fettuccine Weesie With Whole Grain Spaghetti	1450	810	90	53	2	150	111	3160	19	9	51
Lasagne	800	430	48	25	0	140	49	2680	7	23	46
Linguine Pescatore	850	110	12	1	0	160	124	2070	7	15	57
Linguine Pescatore With Gluten-Free Pasta	900	100	11	2	0	165	148	2110	17	15	50
Linguine Pescatore With Whole Grain Spaghetti	810	110	12	2	0	160	115	2360	20	16	59
Linguine Positano	880	300	33	4	0	0	121	2170	4	13	23
Linguine Positano With Chicken	1170	360	40	6	0	135	122	2960	4	13	75
Linguine Positano With Chicken With Gluten-Free Pasta	1240	350	39	7	0	140	152	3030	14	13	70
Spaghetti	1120	360	40	7	0	135	114	3250	17	14	77
Linguine Positano With Shrimp	950	310	35	4	0	150	121	2940	4	13	38
Linguine Positano With Shrimp With Gluten-Free Pasta	1000	300	34	5	0	150	146	2980	14	13	31
Linguine Positano With Shrimp With Whole Grain Pasta	910	320	35	5	0	150	113	3230	17	14	39
Lobster Ravioli	790	410	45	27	1	110	70	930	1	6	22
Mezzaluna	890	440	49	28	0.5	140	68	2100	5	8	43
Rigatoni Campagnolo	1200	540	60	27	0.5	80	103	3320	11	19	62
Rigatoni Campagnolo With Gluten-Free Pasta	1420	540	60	28	1	85	155	3560	21	20	62
Rigatoni Campagnolo With Whole Grain Spaghetti	1330	560	62	28	0.5	80	122	3800	25	21	70

Rigatoni Martino	1250	690	77	41	1	75	103	2950	11	17	40
Rigatoni Martino With Chicken	1520	740	82	43	1.5	200	104	3680	11	17	91
Rigatoni Martino With Sausage	1580	910	101	50	1.5	65	105	3970	11	18	64
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	1180	370	42	15	0	155	124	2350	9	15	54
Pasta	1230	370	41	16	0.5	160	149	2390	18	15	48
Grain Spaghetti	1280	390	43	16	0	210	119	2900	22	16	83
Spaghetti With Bolognese Meat Sauce	960	300	33	10	0.5	60	123	2150	11	17	36
Pasta	1010	290	32	10	1	60	148	2200	20	18	29
Spaghetti	920	300	34	10	0.5	60	115	2440	24	19	38
Spaghetti With Meatballs	1230	390	44	15	0	155	138	3100	17	23	67
Spaghetti With Meatballs With Gluten-Free Pasta	1060	380	42	15	0	160	115	2960	21	24	56
Spaghetti With Meatballs With Whole Grain Spaghetti	1190	400	44	15	0	155	130	3380	30	25	69
Spaghetti With Pomodoro Sauce	710	110	12	1.5	0	0	126	2050	12	19	22
Spaghetti With Pomodoro Sauce With Gluten-Free Pasta	790	100	12	2	0	<5	156	2120	22	20	16
Spaghetti	670	110	13	2	0	0	117	2340	25	21	23
SPECIALTIES											
Chicken Bryan	560	270	30	15	0	190	12	1410	1	6	59
Chicken Marsala	530	260	29	15	0.5	180	7	1240	2	1	54
Chicken Parmesan	710	320	35	15	0.5	200	29	2090	7	14	70
Eggplant Parmesan	660	270	30	14	1	70	71	3360	13	14	29
Pollo Rosa Maria	590	290	32	18	0	195	8	1750	2	2	65
Tuscan-Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
NEW Veal Piccata	420	170	19	11	0	180	13	900	<1	3	46
Veal Marsala	510	250	28	15	0.5	195	12	830	2	1	47
NEW Chicken Piccata	1020	340	38	13	0	295	48	1990	2	4	113
SEAFOOD											
Mahi Wulfe 8 oz	400	170	19	9	0	105	18	1520	2	5	38
Spiedino Di Mare	460	230	26	10	0	215	16	1290	1	4	39
Grouper DiNisco (Florida Only)	990	470	52	14	0	170	36	2620	4	6	79
Salmon Saporito	780	510	57	16	0	195	8	980	<1	4	57
Simply Grilled Salmon	620	390	43	8	0	145	5	440	1	1	52
Salmon Vazzano (Regional)	760	510	57	16	0	175	7	910	0	3	52
COMBINATIONS											
New! Italian Classics Trio w/ Fettuccine	1490	830	92	53	1.5	220	82	3350	10	22	81
Chicken Marsala	880	440	49	26	0.5	290	15	2320	3	5	90
New! The Johnny Trio w/7oz Sirloin	1090	560	62	30	0.5	245	43	2070	4	7	83
New! The Johnny Trio w/10oz Sirloin	1240	640	72	34	0.5	275	43	2260	4	7	99
STEAKS and CHOPS											
Topping: Bryan Topping	210	160	18	11	0	45	9	550	<1	4	4
Topping: Marsala Sauce	240	200	22	12	0.5	45	6	450	2	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 Ouce)	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	300	150	16	3.5	0	<5	35	1070	5	2	6
Grilled Asparagus	60	20	2.5	0	0	0	6	240	3	3	3
Penne Pomodoro	230	60	6	1	0	0	39	1050	6	12	6
Sauteed Broccoli	140	80	9	1	0	0	13	630	4	3	5
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	50	0	0.5	0	0	0	9	45	4	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	800	310	34	16	0	140	69	1560	7	9	50
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)	600	390	43	21	0.5	120	7	900	2	1	40
Mahi Wulfe (Regional)	400	170	19	9	0	105	18	1520	2	5	38
Salmon Vazzano (Regional)	760	510	57	16	0	175	7	910	0	3	52
LUNCH: CHICKEN SPECIALTIES (REGIONAL)											
Chicken Bryan (Regional)	560	270	30	15	0	190	12	1410	1	6	59
Chicken Marsala (Regional)	530	260	29	15	0.5	180	7	1240	2	1	54
Tuscan-Grilled Chicken (Regional)	290	60	7	2	0	135	<1	790	0	0	52
Chicken Parmesan (Regional)	710	320	35	15	0.5	200	29	2090	7	14	70
LUNCH: PASTAS											
Fettucine Carrabba (Regional)	1490	870	96	60	2	185	99	3240	9	12	49
Fettucine Weesie (Regional)	1350	770	86	54	2	160	90	2790	7	8	47
Lasagne (Regional)	800	430	48	25	0	140	49	2680	7	23	46
Linguine Positano (Regional)	880	300	33	4	0	0	121	2170	4	13	23
Mezzaluna (Regional)	890	440	49	28	0.5	140	68	2100	5	8	43
Spaghetti With Pomodoro Sauce (Regional)	960	300	33	10	0.5	60	123	2150	11	17	36
Spaghetti With Bolognese Meat Sauce (Regional)	960	300	33	10	0.5	60	123	2150	11	17	36
Spaghetti With Meatballs (Regional)	1230	390	44	15	0	155	138	3100	17	23	67
LUNCH TRIO--APPETIZERS & SMALL PLATES											
Fettuccine Alfredo	690	430	47	31	1.5	40	43	860	3	3	20
Meatballs And Ricotta	490	260	29	12	0	120	20	1410	7	11	36
Shrimp Scampi	430	200	23	10	0	90	43	1600	2	4	16
Mozzarella Marinara	490	310	34	16	0.5	105	21	1150	4	8	26
Calamari (Regional)	1030	680	76	21	6	345	59	2400	6	9	29
Bruschette Scotty Thompson (Regional)	530	220	24	9	0	40	62	1340	5	9	18
Tomato Caprese With Fresh Burrata (Regional)	500	340	38	18	0	70	23	1350	3	13	16
PIZZAS-Regional											
Margherita	700	300	34	6	0	5	85	1270	5	7	17
Pepperoni	860	400	45	16	0	75	84	1210	4	7	33
Chicken Bryan	770	360	40	17	0.5	115	60	1550	4	6	42
KIDS											
Cheese Ravioli	350	110	12	6	0	65	40	920	4	8	19
Chicken Fingers with Steamed Broccoli	630	220	25	4.5	0	60	69	2740	8	13	35
Grilled Chicken Breast With Steamed Broccoli	280	30	3.5	1	0	75	29	160	4	21	36
Apple Juice	280	30	3.5	1	0	75	29	160	4	21	36
Grilled Chicken Breast With Steamed Spinach	180	30	3	1	0	75	5	190	3	<1	35
Apple Juice	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	530	150	17	5	0	50	67	1370	8	11	26
Spaghetti And Meatballs With Whole Grain Spaghetti	510	150	17	5	0	50	63	1520	14	12	27
Side: Fettucine Alfredo	190	0	0	0.5	0	5	35	170	2	0	8
Side: Penne Pomodoro	230	60	6	1	0	0	39	1050	6	12	6
Side: Steamed Broccoli	50	0	0.5	0	0	0	9	45	4	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	2570	1390	155	66	0	680	91	6650	32	46	202
Four-Cheese & Sausage Stuffed Mushrooms - Serves 10	2090	1470	163	70	2	95	72	8810	19	35	93
Shrimp Scampi - Serves 10	6050	2810	312	122	0	1800	526	14280	19	40	273
Cozze en Bianco - Serves 10	3650	2680	298	82	0	185	218	2970	23	73	26

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	310-1150	35-128	20-69	0-3	40-80	77-162	3610-11080	15-62	0-87	36-112
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	3810	1970	218	117	2.5	1245	88	9900	8	42	355
Chicken Marsala - Serves 10	4010	2250	250	129	6	1255	63	8990	20	10	334
Chicken Parmesan - Serves 10	3550	1580	175	74	3	1005	144	10460	37	69	352
Italian Salad With Chicken - Serves 10	3370	2430	270	44	0	425	68	6780	24	27	150
Lasagne - Serves 10	6330	3400	378	196	0	1110	393	21270	57	184	364
Mezzaluna - Serves 10	4450	2230	247	137	3.5	605	353	10350	28	53	193
Penne Carrabba - Serves 10	2890	970	107	55	1.5	615	198	6650	23	10	274
Penne Pomodoro - Serves 10	1330	380	42	13	0	40	196	5440	27	54	46
Penne Pomodoro With Meatballs - Serves 10	4160	1730	192	69	0	670	370	13710	69	116	247
Penne Pomodoro With Meat Sauce - Serves 10	2860	1250	139	47	3	275	278	7980	36	69	119
Penne Positano with Chicken - Serves 10	3600	1650	184	35	0	380	294	11780	10	63	205
Penne Weesie - Serves 10	8500	5920	658	383	15	1630	315	13470	16	44	319
Pollo Rosa Maria - Serves 10	3580	1730	192	106	1.5	1165	54	10500	14	12	393
Rigatoni Campagnolo - Serves 10	5250	2420	269	123	3.5	395	436	15150	51	94	273
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	4720	3080	342	97	0	1195	45	6060	5	22	348
Rigatoni Martino With Chicken - Serves 10	6550	3570	397	201	6	550	480	15770	58	106	272
Rigatoni Martino With Sausage - Serves 10	7810	4660	518	250	6	325	491	19940	62	109	312
Linguine Pescatore	3729	600	67	15	0	780	507	9704	33	70	252
Penne Alfredo	6650	4970	553	349	15	345	274	7990	7	35	148
Shrimp & Scallop alla Vodka	5790	1960	218	86	2.5	1165	522	13230	38	73	334
CATERING: SIDES											
Garlic Mashed Potatoes - Serves 10	2440	1180	131	29	2	30	282	8560	38	20	50
Penne Pomodoro - Serves 10	1430	420	47	13	0	40	210	6250	31	64	48
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1450	830	92	12	0	0	132	6260	45	33	49
Penne Alfredo - Serves 10	6650	4970	553	349	15	345	274	7990	7	35	148
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
CATERING, INDIVIDUALLY PACKAGED ENTREES											
Chicken Marsala Catering Package	310	160	17	9	0	105	4	730	1	<1	32
Chicken Bryan Catering Package	340	170	19	10	0	115	7	890	<1	4	34
Tuscan Grilled Chicken Catering Package	170	35	4	1.5	0	80	<1	460	0	0	30
Chicken Parmesan Catering Package	360	160	18	7	0	100	14	1050	4	7	35
Lasagne Catering Package	1200	630	70	34	0	175	83	5050	17	46	64
Penne Pomodoro Catering Package	210	45	5	0.5	0	0	36	890	5	10	6
Penne Carrabba Catering Package	850	560	62	37	1.5	75	38	1270	3	5	34
Caesar Salad Catering Package	250	190	21	5	0	20	7	440	2	1	7
Italian Salad Catering Package	190	150	17	3	0	10	8	310	3	3	3
House Salad Catering Package	230	190	21	3	0	5	8	430	3	3	2
Side Garlic Mashed	300	150	16	3.5	0	<5	35	1070	5	2	6

Side Penne Pomodoro	150	35	4	0.5	0	0	26	700	4	8	4
Penne Pomodoro w/ Meat Sauce	310	130	14	4	0	25	35	940	5	9	12
Penne Pomodoro w Meatballs	510	220	24	9	0	90	43	1520	8	12	32
Penne Positano	320	160	18	3.5	0	5	34	1030	1	6	9
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	400	200	22	11	0.5	135	5	930	2	<1	41
Chicken Marsala Family Bundle - Serves 4	1590	790	87	44	2	545	21	3720	6	3	163
Chicken Parmesan Family Bundle - Serves 4	2130	950	105	44	1.5	605	87	6280	22	41	211
Chicken Parmesan Family Bundle- Calories Per Serving	530	240	26	11	0	150	22	1570	6	10	53
Chicken Picatta Family Bundle - Calories per serving	320	190	21	6	0	45	15	930	3	4	17
Chicken Picatta Family Bundle - Serves 4	3180	1920	213	62	0.5	470	150	9350	29	41	168
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	1130	550	61	27	0	145	96	3290	9	24	55
Lasagne Family Bundle - Serves 4	4320	2120	235	109	0	575	353	12870	34	94	215
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	1390	920	102	62	2.5	160	49	2080	3	8	67
Penne Carrabba Family Bundle - Serves 4	5550	3670	407	247	11	645	195	8310	13	31	267
Serving	830	380	43	19	0.5	60	68	2540	9	17	42
Rigatoni Campagnolo Family Bundle - Serves 4	3300	1540	171	76	2	230	273	10150	35	68	170
Salmon Saporito Family Bundle - Calories Per Serving	790	510	57	16	0	200	7	1010	<1	3	58
Salmon Saporito Family Bundle - Serves 4	3140	2050	228	65	0	795	29	4040	3	14	232
serving	700	250	28	9	0.5	55	80	1690	8	13	28
Spaghetti Meat Sauce Family Bundle - Serves 4	2820	1010	112	38	2	220	322	6740	31	52	113
Spaghetti Pomodoro Family Bundle - Calories Per Serving	570	130	15	4.5	0	15	87	1940	10	18	20
Spaghetti Pomodoro Family Bundle - Serves 4	2280	540	60	17	0	55	349	7750	39	71	78
Serving	940	340	37	14	0	130	96	2680	14	21	52
Spaghetti With Meatballs Family Bundle - Serves 4	3750	1350	150	54	0	515	385	10710	55	83	209
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
Serving	140	80	9	1	0	0	13	630	4	3	5
Side: Sautéed Broccoli Family Bundle - Serves 4	580	330	37	5	0	0	53	2500	18	13	19
Per Serving	300	150	16	3.5	0	<5	35	1070	5	2	6
Side: Garlic Mashed Potatoes Family Bundle - Serves 4	1220	590	65	15	1	15	141	4280	19	10	25
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
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
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	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	320	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)	460	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

ATL AIRPORT

Pepperoni Pizza	860	400	45	16	0	75	84	1210	4	7	33
Margherita Pizza	700	300	34	6	0	5	85	1270	5	7	17
Side: French Fries	360	110	12	3	0	0	57	1170	5	0	6
Beer, Regular, Generic, Can/Bottle, 12 oz	140	0	0	0	0	0	10	10	0	0	1
Beer, High Alcohol, Generic, Can/Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Beer, Lite, Generic, Can/Bottle, 12 oz	100	0	0	0	0	0	3	5	0	0	0
Beer, Regular, Generic, 16 oz Aluminum Can	200	0	0	0	0	0	16	20	0	0	2
Beer, Lite, Generic, 16 oz Aluminum Can	130	0	0	0	0	0	6	15	0	0	1

DAY OF THE WEEK SPECIALS

Bruschette Scotty Thompson	740	290	33	12	0.5	55	87	1660	6	10	25
Chicken Piccata	1020	340	38	13	0	295	48	1990	2	4	113
Mezzaluna Carrabba	990	540	60	35	1.5	160	49	1800	5	6	60
Scampi Damian	1060	430	47	26	0	210	120	3790	5	10	37
Veal Piccata	420	170	19	11	0	180	13	900	<1	3	46