

# Carrabba's Italian Grill Nutrition Information

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	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrate	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>SMALL PLATES</b>											
Bruschette Scotty Thompson	520	200	22	8	0	30	62	1270	5	10	18
Grilled Asparagus With Prosciutto	250	140	16	9	0	70	6	1090	2	3	22
Meatballs And Ricotta	380	200	22	10	0	85	17	1190	6	10	26
Three-Cheese And Sausage Stuffed Mushrooms	290	200	22	9	0	15	10	1310	3	4	15
<b>APPETIZERS</b>											
Calabrian Roasted Wings	850	620	69	24	0.5	300	2	1440	0	1	53
Calamari	900	580	64	13	6	320	53	1670	5	7	29
Calamari, Small (Amore Monday)	630	380	42	9	4	210	43	1450	3	3	20
Calamari with Marinara & Ricardo Sauce (Regional)	1210	800	89	28	6	375	72	3450	9	14	30
Mozzarella Marinara	990	610	68	31	1	210	43	2350	7	16	53
Cozze In Bianco	300	140	15	6	0	50	21	480	1	7	20
Shrimp Scampi	700	270	30	11	0	150	80	2680	3	4	31
Tomato Caprese With Fresh Burrata	500	380	43	18	1	80	20	1460	3	14	14
Zucchini Fritte	910	670	74	13	5	15	51	1130	6	7	11
<b>WOOD-FIRED PIZZAS</b>											
Carnevale Pizza	700	340	38	14	0	60	58	1710	4	7	32
Chicken Bryan Pizza	790	370	41	22	0.5	110	59	1430	2	3	42
Margherita Pizza	620	320	35	12	0	45	56	1820	4	6	23
Pepperoni Pizza	680	340	38	14	0	80	56	1720	3	5	29
Create Your Own Pizza: Cheese Pizza (Regional)	680	250	28	10	0	45	79	1540	4	6	27
Create Your Own: Pizza Topping: Italian Sausage (Regional)	150	100	12	4.5	0	0	1	490	0	0	11
Create Your Own: Pizza Topping: Kalamata Olives (Regional)	40	40	4.5	1	0	0	0	320	0	0	0
Create Your Own: Pizza Topping: Meatballs (Regional)	230	130	14	6	0	70	6	470	2	2	20
Create Your Own: Pizza Topping: Mushrooms (Regional)	40	25	3	0	0	0	2	160	2	0	2
Create Your Own: Pizza Topping: Onions (Regional)	0	0	0	0	0	0	1	0	0	0	0
Create Your Own: Pizza Topping: Pepperoni (Regional)	120	100	11	3.5	0	30	0	430	0	0	6
Create Your Own: Pizza Topping: Roasted Red Bell Peppers (Regional)	0	0	0	0	0	0	<1	0	0	<1	0
Create Your Own: Pizza Topping: Sun-Dried Tomatoes (Regional)	90	50	6	6	0	0	6	10	0	0	2
<b>SOUPS, ENTREE SALADS and SIDE SALADS</b>											
Entree Salad: Caesar Salad With Chicken	750	510	56	10	0	105	18	1330	6	4	40
Entree Salad: Caesar Salad With Shrimp	650	490	54	9	0	175	18	1640	6	4	24
Entree Salad: Italian Salad With Chicken	870	610	68	12	0	100	24	1590	9	11	37
Entree Salad: Italian Salad With Shrimp	780	590	66	10	0	170	24	1900	9	11	21
Entree Salad: Johnny Rocco Salad	540	380	42	9	0	160	11	1750	5	3	28
Salad Add-On: Add Crumbled Gorgonzola	110	70	8	5	0	30	0	280	0	0	6
Salad Add-On: Light Balsamic Dressing, 1.5 Ounce	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: Caesar Salad	320	250	28	6	0	20	9	500	3	2	7
Side Salad: House Salad	260	210	23	3.5	0	10	12	410	5	5	3
Side Salad: Italian Salad	350	290	32	5	0	10	12	570	4	6	4
Soup: Mama Mandola's Sicilian Chicken Soup, Bowl	200	50	5	1.5	0	20	22	3750	5	4	16

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Soup: Mama Mandola's Sicilian Chicken Soup, Cup	100	25	2.5	0.5	0	10	11	1870	3	2	8
Soup: Minestrone, Bowl	240	80	9	4.5	0	0	33	1360	9	0	9
Soup: Minestrone, Cup	120	40	4.5	2.5	0	0	16	680	5	0	5
Soup: Sausage & 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
<b>PASTA</b>											
Fettuccine Carrabba	1470	710	79	49	2	145	107	2250	10	7	70
Fettuccine Carrabba With Gluten-Free Pasta	1500	690	77	45	2	120	144	2100	16	7	57
Fettuccine Carrabba With Whole Grain Spaghetti	1480	740	83	49	2	135	111	2530	20	8	70
Fettuccine Weesie	1420	750	83	53	2	200	104	3290	8	8	55
Fettuccine Weesie With Gluten-Free Pasta	1350	640	71	43	2	175	139	3050	14	7	42
Fettuccine Weesie With Whole Grain Spaghetti	1420	780	87	52	2	185	108	3570	18	8	55
Lasagne	780	420	47	25	0	140	47	2530	6	21	45
Linguine Pescatore	840	100	11	1	0	160	122	1960	7	12	57
Linguine Pescatore With Gluten-Free Pasta	890	90	10	1.5	0	165	147	2010	16	13	50
Linguine Pescatore With Whole Grain Spaghetti	800	100	11	2	0	160	114	2250	20	13	59
Linguine 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	320	36	21	1	110	68	910	1	5	21
Mezzaluna	650	270	30	16	0	100	64	1380	4	7	29
Rigatoni Campagnolo	1040	450	50	22	0.5	65	98	2790	10	17	52
Rigatoni Campagnolo With Gluten-Free Pasta	1260	450	50	23	1	65	150	3030	20	17	51
Rigatoni Campagnolo With Whole Grain Spaghetti	1170	460	51	23	0.5	65	117	3270	24	18	59
Shrimp And Scallop Linguine Alla Vodka	1100	320	36	12	0	155	119	2010	7	10	53
Shrimp And Scallop Linguine Alla Vodka With Gluten-Free Pasta	1080	260	29	10	0.5	155	139	1760	16	8	46
Shrimp And Scallop Linguine Alla Vodka With Whole Grain Spaghetti	1060	320	36	13	0	155	110	2290	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
<b>SPECIALTIES</b>											

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Chicken Bryan	540	240	27	17	0	175	12	1160	0	3	59
Chicken Marsala	440	180	20	10	0	165	5	1080	1	<1	54
Chicken Parmesan	690	310	34	15	0.5	200	26	1950	7	12	69
Eggplant Parmesan	650	250	27	13	0.5	60	75	3530	15	16	28
Parmesan-Crusted Chicken Arugula	600	270	30	9	0	165	24	1240	6	9	60
Pollo Rosa Maria	540	240	27	15	0	185	6	1560	1	1	65
Prosciutto and Fontina Stuffed Pork Chop (Regional)	1080	590	66	31	0	365	8	2190	2	2	108
Prosciutto Wrapped Pork Tenderloin (Regional)	350	150	17	9	0	105	8	770	<1	6	43
Tuscan-Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
Veal Marsala	410	170	19	10	0	180	10	670	2	<1	47
<b>SEAFOOD</b>											
Mahi Wulfe	370	150	16	9	0	95	17	1340	2	3	38
Salmon Cetriolini (Regional)	710	470	52	13	0	165	5	760	0	3	52
Simply Grilled Mahi	210	50	6	1	0	145	3	2080	1	<1	37
Spiedino Di Mare	410	190	21	7	0	205	14	1140	1	3	38
Tomato Basil Salmon	690	460	51	9	0	145	4	840	0	3	52
Tilapia Bellimbusto	300	130	15	3	0	80	4	790	0	3	45
<b>COMBINATIONS</b>											
Carrabba's Italian Classics: Chicken Parmesan and Lasagne	730	370	41	20	0	170	36	2240	6	16	57
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	780	350	39	22	0	265	12	1950	2	3	89
The Johnny: Tuscan-Grilled Sirloin Marsala And Chicken Bryan	670	360	40	20	0	170	9	1130	<1	2	64
<b>STEAKS and CHOPS</b>											
Topping: Bryan Topping	180	140	15	10	0	30	8	350	0	2	4
Topping: Marsala Sauce	150	120	14	7	0	30	4	290	1	<1	2
Topping: Spicy Sicilian Butter	80	80	8	4.5	0	10	0	190	0	0	0
Topping: Spiedino (Regional)	240	110	12	4	0	120	8	650	<1	2	23
Topping: Garlic Aioli	220	200	22	3.5	0	15	3	240	0	1	<1
Topping: Scampi	250	170	19	7	0	110	6	960	0	2	13
Tuscan-Grilled Filet (9 Ounce)	640	420	47	19	0	165	1	670	0	0	50
Tuscan-Grilled Pork Chop (1 Chop)	390	180	20	7	0	150	1	730	0	0	47
Tuscan-Grilled Pork Chop (2 Chops)	780	360	40	14	0	300	3	1470	<1	<1	95
Tuscan-Grilled Ribeye (13 Ounce)	710	370	41	19	3	205	0	1050	0	0	86
Tuscan-Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Tuscan-Grilled Sirloin (9 Ounce)	490	270	30	12	0	105	<1	620	0	0	52
<b>SIDES</b>											
Fettuccine Alfredo	700	430	48	31	1.5	40	43	910	3	3	19
Garlic Mashed Potatoes	280	130	15	3.5	0	<5	32	970	4	2	6
Garlic Rosemary Fries	540	270	30	6	0	0	59	1390	5	0	10
Grilled Asparagus	60	20	2.5	0	0	0	6	240	3	3	3
Grilled Vegetables (Seasonal)	50	15	1.5	0	0	0	9	250	3	4	3
Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Sauteed Broccoli	100	60	7	1	0	0	10	450	3	2	4
Sauteed Spinach	180	130	15	2	0	0	11	370	3	<1	5
Steamed Asparagus	25	0	0	0	0	0	4	0	2	2	2
Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
<b>DESSERTS</b>											
Cannoli Cake for Two	1450	820	91	40	1.5	220	181	720	5	128	19
John Cole	870	420	46	17	1	90	108	580	3	86	11
Sogno Di Cioccolata "Chocolate Dream"	1070	580	65	34	0	195	106	360	4	71	7
Strawberry Cheesecake	1000	560	62	37	3	320	96	660	2	81	17
Tiramisu	790	490	55	34	1.5	190	66	70	4	42	10
Traditional Cannoli	950	630	70	40	1.5	130	74	180	3	43	13
Traditional Cannoli (Amore Monday)	510	340	38	22	1	70	40	90	2	24	7
<b>LUNCH: SOUPS and SALADS (Available at Lunch in Select Locations)</b>											
Caesar Salad With Salmon	1180	860	95	17	0	170	18	1300	6	4	61
Italian Salad With Salmon	1310	960	107	18	0	165	24	1570	9	11	58
<b>LUNCH: ITALIAN SANDWICHES (Available at Lunch in Select Locations)</b>											
Caprese Sandwich	480	180	20	8	0	30	56	650	3	2	18
Caprese Sandwich, Half (Regional)	240	90	10	4	0	15	28	330	2	1	9
Caprese Sandwich With Chicken	580	200	22	9	0	80	56	930	3	2	36
Caprese Sandwich With Chicken, Half (Regional)	290	100	11	4.5	0	40	28	460	2	1	18
Cheeseburger (Regional)	500	280	31	16	0.5	75	36	3500	3	3	19
Chicken Parmesan Sandwich	620	160	18	7	0	100	66	1260	6	7	44
Chicken Parmesan Sandwich, Half (Regional)	310	80	9	3.5	0	50	33	630	3	4	22
Meatball Sandwich	690	250	27	13	0	105	66	1350	6	8	40
Meatball Sandwich, Half (Regional)	340	120	14	7	0	55	33	680	3	4	20
Steak Sandwich	740	310	34	17	0.5	100	58	1030	4	2	41
Steak Sandwich, Half (Regional)	370	150	17	8	0	50	29	520	2	<1	21
<b>LUNCH COMBO: PASTA (Available at Lunch in Select Locations)</b>											
Fettuccine Alfredo	700	430	48	31	1.5	40	43	910	3	3	19
Fettuccine Weesie	1290	740	82	52	2	155	87	2670	7	7	45
Fettuccine Weesie With Gluten-Free Pasta	1350	640	71	43	2	175	139	3050	14	7	42
Fettuccine Weesie With Whole Grain Pasta	980	540	60	36	1.5	125	73	2430	13	6	37
Lasagne	390	210	24	12	0	70	23	1260	3	11	23
Mezzaluna	590	260	28	15	0	85	56	1290	4	6	26
Spaghetti With Meatballs	930	230	26	7	0	70	129	2360	13	19	41
Spaghetti With Meatballs With Gluten-Free Pasta	930	210	23	8	0	75	148	2080	21	16	34
Spaghetti With Meatballs With Whole Grain Spaghetti	880	230	26	8	0	70	120	2650	26	21	43
Spaghetti With Sausage	860	220	24	7	0	45	121	2170	10	16	35
Spaghetti With Sausage With Gluten-Free Pasta	860	190	21	7	0	50	141	1880	18	13	27
Spaghetti With Sausage With Whole Grain Spaghetti	820	220	24	7	0	45	113	2450	23	17	36
<b>LUNCH: ENTREES (Available at Lunch in Select Locations)</b>											

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Tuscan-Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Tuscan-Grilled Sirloin Marsala (6 Ounce)	470	300	33	15	0	100	4	690	1	<1	35
<b>LUNCH: SIDES (Available at Lunch in Select Locations)</b>											
Tomato Cucumber Salad (Regional)	140	90	10	1.5	0	<5	9	150	2	6	2
Zucchini Fritte Side (Regional)	340	230	26	5	2.5	0	23	440	2	2	5
<b>KIDS</b>											
Bambini Sundae	430	240	26	16	0.5	85	44	95	1	35	6
Cheese Ravioli	330	110	12	6	0	65	37	770	3	6	19
Chicken Fingers	450	180	20	3.5	0	60	43	1110	3	10	25
Grilled Cheese	580	320	36	21	1	110	43	1040	1	4	21
Grilled Chicken Breast With Steamed Broccoli	260	30	3	1	0	75	25	140	2	20	34
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
Pizza: Cheese	210	120	13	5	0	20	16	510	1	2	9
Pizza: Pepperoni	320	200	22	8	0	45	16	860	1	2	14
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: French Fries	490	200	23	4	0	0	64	1080	6	0	7
Side:: Penne Pomodoro	210	45	5	0.5	0	0	36	890	5	10	6
Side: Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Side: Steamed Spinach	30	0	0	0	0	0	5	100	3	<1	4
<b>KIDS BEVERAGES</b>											
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
<b>CATERING: APPETIZERS</b>											
Bruschette Siciliani (Regional) - Serves 10	2660	1160	129	23	0	25	323	6310	19	18	59
Calabrian Roasted Wings ) - Serves 10	5100	3730	414	146	3	1810	10	8650	1	7	317
Meatballs & Ricotta ) - Serves 10	1900	1030	114	49	0	475	75	5310	25	41	143
Three-Cheese & Sausage Stuffed Mushrooms ) - Serves 10	1760	1210	135	55	1.5	95	58	7830	15	26	90
Shrimp Scampi ) - Serves 10	5070	1990	221	67	0	1600	487	11150	17	21	270
<b>CATERING: SOUP, SALAD and BREAD</b>											
Bread Herbs And Oil - Serves 10	3190	1070	119	17	0	0	466	5690	17	6	78
Caesar Salad - Serves 10	2310	1920	213	40	0	130	54	3540	17	12	42
House Salad - Serves 10	1970	1640	182	26	0	60	72	2770	31	29	18
Italian Salad - Serves 10	2690	2280	253	41	0	85	73	4260	26	34	23
Mama Mandola's Sicilian Chicken Soup - Serves 10	870	240	26	9	0	105	88	15170	21	14	69
Minestrone Soup, Serves 10	1130	470	52	29	0	45	133	6020	38	0	51

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Sausage And Lentil Soup - Serves 10	1970	890	99	33	0	80	162	11150	62	34	111
<b>CATERING: ENTREES</b>											
Caesar Salad With Chicken - Serves 10	2740	1890	210	32	0	405	54	4830	17	12	147
Chicken Bryan - Serves 10	3760	1870	208	130	2	1150	90	8480	2	26	357
Chicken Bryan (6 oz). Regional - Serves 10	4050	1930	214	132	2	1290	91	9280	2	26	410
Chicken Marsala - Serves 10	2930	1360	151	73	3.5	1050	36	7060	12	5	325
Chicken Marsala (6 oz), Regional - Serves 10	3220	1420	158	75	3.5	1190	37	7860	12	5	377
Chicken Grilled 6 oz Catering	2010	430	48	15	0.5	945	7	5520	0	0	365
Chicken Parmesan - Serves 10	3460	1550	172	74	3	1010	131	9760	33	59	347
Italian Salad With Chicken - Serves 10	3410	2430	270	46	0	425	75	6230	26	34	153
Lasagne - Serves 10	6000	3280	364	195	0	1110	350	18730	44	153	356
Mezzaluna - Serves 10	3870	1830	203	110	2.5	540	339	8860	25	46	163
Penne Carrabba - Serves 10	6220	4180	464	279	12	540	267	9000	23	39	237
Penne Pomodoro With Meatballs - Serves 10	3330	1300	145	52	0	470	332	11130	56	96	184
Penne Positano with Chicken - Serves 10	3240	1400	155	32	0	380	272	10100	10	51	198
Penne Weesie - Serves 10	6490	4240	471	266	10	1525	274	10980	13	29	281
Pollo Rosa Maria - Serves 10	3440	1610	179	99	1.5	1140	48	10010	13	10	391
Rigatoni Campagnolo - Serves 10	3730	1550	172	86	2.5	320	368	9190	30	51	184
Sliced Sirloin Marsala - Serves 10	3760	2370	263	121	3	785	35	5550	12	5	283
Tomato Basil Salmon - Serves 10	4680	3190	355	60	0	870	45	7480	6	34	313
Tuscan-Grilled Chicken (6 oz), Regional - Serves 10	2010	430	48	15	0.5	945	7	5520	0	0	365
<b>CATERING: Sandwiches</b>											
Caprese Sandwich with Chicken - Serves 10	7720	3340	371	112	2	1030	646	16470	43	87	453
Caprese Sandwich with Prosciutto - Serves 10	7130	3450	383	120	1.5	660	641	19180	43	87	300
Caprese Sandwich without Protein - Serves 10	6410	3060	340	102	1.5	415	641	12860	43	87	215
Chicken Salad Sandwich - Serves 10	7210	2790	309	98	2	910	634	12950	37	50	453
Italian Sandwich - Serves 10	7370	4020	447	126	3	715	562	19840	32	37	311
<b>CATERING: SIDES</b>											
Chips with Gorgonzola - Serves 10	1900	1270	141	33	1.5	125	136	6120	12	8	24
Garlic Mashed Potatoes - Serves 10	2750	1330	147	33	2	35	318	9650	43	23	57
Pasta Salad - Serves 10	3350	1760	195	41	0	110	319	5610	25	32	74
Penne Pomodoro - Serves 10	1330	390	43	13	0	45	196	5510	27	54	45
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1050	600	66	9	0	0	95	910	32	24	35
Seasonal Vegetable : Sautéed Green Beans - Serves 10	1030	560	62	9	0	0	114	610	39	32	23
<b>CATERING: SAUCES &amp; DRESSINGS</b>											
Alfredo Sauce, 16 oz	2040	1730	192	123	5	145	33	2940	0	12	44
Alfredo Sauce, 32 oz	4080	3460	384	246	10	290	65	5880	<1	24	89
Campagnolo Sauce, 16 oz	700	400	44	14	0	0	39	3110	12	25	35
Campagnolo Sauce, 32 oz	1390	790	88	27	0	0	77	6220	23	50	70
Lemon Butter Sauce, 16 oz	1070	890	99	60	0	220	42	3410	2	21	4
Lemon Butter Sauce, 32 oz	2140	1780	198	120	0	435	85	6820	3	42	7

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	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrate	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Lobster Cream Sauce, 16 oz	1420	1240	138	86	3.5	40	31	1070	2	12	10
Lobster Cream Sauce, 32 oz	2830	2480	276	171	7	80	62	2130	4	23	20
Marsala Sauce, 16 oz	1920	1670	186	117	6	495	34	2580	2	10	3
Marsala Sauce, 32 oz	3830	3350	372	234	11	990	67	5160	4	20	6
Meat Sauce, 16 oz	940	610	68	24	1.5	160	29	2440	9	20	44
Meat Sauce, 32 oz	1870	1220	136	48	3.5	315	58	4870	18	40	89
Marinara Sauce, 16 oz	280	90	10	1.5	0	<5	38	1910	7	24	9
Marinara Sauce, 32 oz	560	180	20	3	0	5	76	3810	14	48	18
Mushroom Marsala Sauce, 16 oz	1200	980	109	59	3	240	30	2320	12	5	13
Mushroom Marsala Sauce, 32 oz	2410	1970	219	119	6	480	60	4640	24	10	25
Pic Pac Sauce, 16 oz	590	420	47	7	0	0	36	2800	2	20	10
Pic Pac Sauce, 32 oz	1180	850	94	13	0	0	72	5590	3	40	21
Pomodoro Sauce, 16 oz	330	130	14	2	0	0	43	2600	13	31	7
Pomodoro Sauce, 32 oz	650	260	29	4	0	0	87	5210	27	62	14
Sugo Rosa Sauce, 16 oz	880	700	78	42	1.5	10	37	2730	9	24	7
Sugo Rosa Sauce, 32 oz	1750	1400	156	85	2.5	15	74	5470	18	47	15
Caesar Dressing, 16 oz	2340	2240	248	34	0	90	8	3320	<1	2	6
Caesar Dressing, 32 oz	4680	4470	497	69	0	180	16	6640	1	4	11
Parmesan Dressing, 16 oz	2110	2060	229	32	0	85	5	1690	0	1	4
Parmesan Dressing, 32 oz	4220	4120	458	63	0	165	10	3380	<1	3	7
Vinagrette Dressing, 16 oz	3070	2920	324	51	0	115	7	4630	1	2	11
Vinagrette Dressing, 16 oz	6140	5830	648	102	0	230	14	9250	3	3	23
Herb Mix & Oil, 2 oz	510	470	52	8	0	0	11	2070	3	1	2
<b>CATERING: DESSERT</b>											
Brownies - Serves 10	3770	1440	160	69	1.5	405	534	1620	12	349	39
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	2120	1340	149	79	4	295	180	380	9	124	35
Sogno Di Cioccolata "Chocolate Dream" - Serves 10	12800	6990	777	414	3	2365	1267	4310	47	857	88
Tiramisu - Serves 10	9470	5930	659	404	19	2305	792	830	43	503	123
<b>CATERING: BEVERAGE</b>											
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
Blackberry Flavored 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
<b>FAMILY BUNDLES</b>											
Bread Herbs And Oil Family Bundle - Calories Per Serving	270	90	10	1.5	0	0	39	500	1	0	6
Bread Herbs And Oil Family Bundle - Serves 4	1070	360	40	6	0	0	156	1980	6	2	26
Caesar Family Bundle - Calories Per Serving	290	240	27	5	0	15	7	440	2	1	5



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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Caesar Salad Family Bundle - Serves 4	1160	960	106	20	0	65	27	1770	9	6	21
Chicken Marsala Family Bundle - Calories Per Serving	330	140	15	7	0	125	4	810	1	0	40
Chicken Marsala Family Bundle - Serves 4	1310	550	61	29	1.5	495	14	3230	4	2	161
Chicken Parmesan Family Bundle - Serves 4	2070	930	103	45	1.5	605	78	5860	20	36	208
Chicken Parmesan Family Bundle- Calories Per Serving	520	230	26	11	0	150	20	1460	5	9	52
House Salad Family Bundle - Calories Per Serving	250	210	23	3.5	0	10	9	350	4	4	2
House Salad Family Bundle - Serves 4	990	820	91	13	0	30	36	1390	15	15	9
Italian Salad Family Bundle - Calories Per Serving	340	280	32	5	0	10	9	530	3	4	3
Italian Salad Family Bundle - Serves 4	1350	1140	127	20	0	45	36	2130	13	17	12
Lasagne Family Bundle - Calories Per Serving	1080	530	59	27	0	145	89	2900	7	19	54
Lasagne Family Bundle - Serves 4	4120	2040	227	108	0	575	326	11310	26	75	210
Penne Alfredo Family Bundle - Calories Per Serving	840	620	69	44	2	45	38	1040	<1	4	18
Penne Alfredo Family Bundle - Serves 4	3370	2490	277	175	7	175	151	4170	4	18	70
Penne Carrabba Family Bundle - Calories Per Serving	1030	670	75	45	2	105	44	1610	4	6	45
Penne Carrabba Family Bundle - Serves 4	4140	2690	299	180	8	425	177	6430	15	24	180
Rigatoni Campagnolo Family Bundle - Calories Per Serving	3020	1380	154	67	1.5	190	263	9190	32	61	150
Rigatoni Campagnolo Family Bundle - Serves 4	760	350	38	17	0	50	66	2300	8	15	37
Spaghetti Meat Sauce Family Bundle - Calories Per Serving	630	200	23	8	0	40	79	1530	7	12	24
Spaghetti Meat Sauce Family Bundle - Serves 4	2520	810	90	30	1.5	165	314	6140	29	47	97
Spaghetti Pomodoro Family Bundle - Calories Per Serving	510	110	12	4	0	15	79	1450	7	12	18
Spaghetti Pomodoro Family Bundle - Serves 4	2020	450	50	16	0	60	315	5810	29	47	71
Spaghetti With Meatballs Family Bundle - Calories Per Serving	770	250	28	10	0	90	88	2120	11	16	40
Spaghetti With Meatballs Family Bundle - Serves 4	3090	1010	113	41	0	360	352	8470	43	64	160
Spaghetti With Sausage Family Bundle - Calories Per Serving	780	290	33	12	0	85	80	2110	7	13	39
Spaghetti With Sausage Family Bundle - Serves 4	3130	1170	130	49	0	340	321	8440	29	50	155
Side: Sautéed Broccoli Family Bundle - Calories Per Serving	100	60	7	1	0	0	10	450	3	2	4
Side: Sautéed Broccoli Family Bundle - Serves 4	420	240	27	3.5	0	0	38	1820	13	9	14
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
<b>BEVERAGES: HOT</b>											
Caffé Carrabba	230	35	4	3	0	15	24	80	0	20	6
Caffé Godiva (Regional)	300	70	8	4.5	0	25	32	90	0	26	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
<b>BEVERAGES: COLD</b>											
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



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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
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
<b>BEVERAGES: FLAVORED TEA and FLAVORED LEMONADE</b>											
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
<b>BEVERAGES: BEER, VARIES BY LOCATION</b>											
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

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
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
<b>BEER: GENERAL</b>											
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
<b>BEVERAGES: WINE and SANGRIA</b>											
Blackberry Sangria, Glass, 6 Ounce	250	0	0	0	0	0	36	10	1	31	<1
Blackberry Sangria, Glass, 9 Ounce	370	0	0	0	0	0	52	15	1	45	<1
Blackberry Sangria, Pitcher	1050	0	0	0	0	0	148	45	1	133	<1
Classic Red Sangria, Glass, 6 Ounce	200	0	0	0	0	0	25	0	1	20	<1
Classic Red Sangria, Glass, 9 Ounce	290	0	0	0	0	0	34	5	1	28	1
Classic Red Sangria, Pitcher	1040	0	0	0	0	0	111	20	2	96	3
Peach Sangria, Glass, 6 Ounce	210	0	0	0	0	0	21	10	<1	18	0
Peach Sangria, Glass, 9 Ounce	310	0	0	0	0	0	29	10	<1	25	0

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
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
<b>BEVERAGES: COCKTAILS</b>											
Blackberry Bellini	160	0	0	0	0	0	28	5	0	18	0
Bloody Mary (Regional)	150	10	1	0	0	0	16	1190	2	5	2
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	290	0	0	0	0	0	39	2220	<1	37	0
Sparkling Tuscan Lemonade	180	0	0	0	0	0	24	15	<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	130	15	9	0	60	35	25	0	35	0
Sparkling Italian Soda: Orange (Regional)	330	130	15	9	0	60	43	25	0	43	0
Sparkling Italian Soda: Peach (Regional)	310	130	15	9	0	60	38	25	0	38	0
Sparkling Italian Soda: Raspberry (Regional)	190	0	0	0	0	0	47	10	0	47	0
Sparkling Italian Soda: Strawberry (Regional)	290	130	15	9	0	60	36	25	0	35	0

## 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 November 2019.

	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrate	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Sparkling Italian Soda: Vanilla (Regional)	300	130	15	9	0	60	37	25	0	35	0
<b>AIRPORT BREAKFAST MENU</b>											
Sausage, Spinach And Mozzarella Frittata	260	200	22	6	0	370	0	590	0	0	14
Sausage, Spinach And Mozzarella Frittata	740	520	57	18	0	775	15	1710	6	5	43
Fresh Fruit Bowl	110	5	0.5	0	0	0	28	20	5	22	2
Vegetable Frittata	620	440	49	14	0	745	14	1430	6	5	34
Yogurt Bowl	140	20	2	1.5	0	10	22	105	0	22	8
Bacon & Egg Italian Sandwich	690	310	35	10	0	395	59	1470	3	5	30
<b>AIRPORT BREAKFAST MENU: BEVERAGES</b>											
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

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>DAY OF THE WEEK SPECIALS</b>											
Bruschette Scotty Thompson	710	270	30	10	0	40	87	1570	6	10	24
Chicken Piccata	290	140	16	9	0	100	8	630	<1	2	27
Mezzaluna Carrabba	990	550	61	35	1.5	160	49	1840	5	6	59
Scampi Damian	1020	390	43	24	0	200	118	3650	5	9	37
Veal Piccata	370	130	15	8	0	170	11	700	<1	2	46