



The nutrition analysis is comprised of data from an independent testing facility commissioned by Carrabba's Italian Grill, nutrient data from Carrabba's Italian Grill suppliers and the United States Department of Agriculture nutrient analysis database using nutritional analysis software. The nutritional values provided herein are based on standard company recipes that may vary depending on portion size or substitution of ingredients. Menu items are hand prepared and nutritional values may vary from the stated amount due to differences inherent in the preparation of menu items, suppliers, region of the country and season of the year. This listing is updated periodically in an attempt to reflect the current status of Carrabba's Italian Grill products.

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Updated: June-14

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Antipasti / Appetizers											
Arancini	433	200	22	6	0	31	46	2439	4	4	12
Bacon and Caramelized Onion Flatbread	651	327	36	14	0	65	52	1309	3	9	30
Bread, Herbs and Oil	300	124	14	2	0	0	39	475	1	0	6
Calamari with Marinara Sauce - Regular	941	594	66	13	6	326	57	1960	9	7	32
Calamari with Marinara Sauce - Small	673	438	49	10	5	247	38	1172	4	2	22
Calamari with Spicy Italian Peppers and Lemon Butter - Small	1264	963	107	48	6	371	42	1800	4	4	22
Calamari with Spicy Italian Peppers and Lemon Butter - Regular	1506	1136	126	53	8	459	53	2130	4	5	29
Cozze In Bianco	818	527	59	32	1	184	29	947	3	8	48
Mozzarella Marinara	888	540	60	27	1	180	41	2369	11	15	48
Shrimp Diavolo	626	425	47	23	1	172	26	1764	2	3	18
Tomatoes Caprese	445	338	38	18	0	81	10	336	2	7	22
Zucchini Fritte	642	486	54	10	3	17	33	732	4	5	7
Seasonal Bruschette: Brick Oven Baked Fontina	572	354	39	15	1	67	30	1029	2	2	23
Seasonal Bruschette: Paolo	498	294	33	11	0	48	37	849	2	7	14
Seasonal Flatbread: Chicken, Bacon and Sundried Tomato	742	369	41	21	0	116	45	2039	1	6	47
Seasonal Flatbread: Meatball and Ricotta	723	375	42	21	0	113	43	1603	3	4	41
Antipasti Plate: with Bruschette Paolo	916	553	61	22	2	200	53	2245	11	14	40
Roman Style Pizze / Pizza											
Build Your Own Pizza - Cheese Only	651	209	23	10	0	38	83	887	6	5	27
Build Your Own Pizza Topping - Black Olives	45	41	5	0	0	0	1	273	0	0	0
Build Your Own Pizza Topping - Meatballs	231	128	14	6	0	71	6	471	2	2	20
Build Your Own Pizza Topping - Pepperoni	79	66	7	2	0	20	0	277	0	0	4
Build Your Own Pizza Topping - Red Onions	13	0	0	0	0	0	3	1	1	1	0
Build Your Own Pizza Topping - Roasted Red Peppers	7	1	0	0	0	0	2	1	1	1	0
Build Your Own Pizza Topping - Sausage	166	95	11	3	0	53	1	384	1	0	17
Build Your Own Pizza Topping - Sautéed Mushrooms	39	25	3	0	0	0	2	154	2	0	2
Build Your Own Pizza Topping - Sundried Tomatoes	85	77	9	9	0	0	9	17	0	0	3
Build Your Own Pizza Topping - Tomato Roma	45	5	1	0	0	0	10	13	3	7	2
Build Your Own Pizza Topping - Whole Milk Mozzarella	243	192	21	12	0	61	0	46	0	0	15
Carnevale Pizza	706	243	27	11	0	58	82	1602	6	6	32
Chicken Bryan Pizza	897	401	45	25	1	123	80	1505	2	3	44
Margherita Pizza	652	219	24	10	0	48	83	1829	5	8	27
Quattro Formaggi Pizza	820	354	39	22	1	90	79	1347	2	2	38



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Zuppe E Insalate / Housemade Soups and Salads											
Caesar Salad	612	493	55	11	0	41	15	974	7	4	15
Caesar Salad - Side	307	248	28	5	0	21	8	491	3	2	8
Caesar Salad with Chicken	791	531	59	12	0	125	16	1513	7	4	47
Caesar Salad with Chicken with Light Balsamic Vinaigrette	363	117	13	4	0	95	20	978	7	9	41
Caesar Salad with Light Balsamic Vinaigrette	184	79	9	3	0	11	19	439	7	9	9
Caesar Salad with Light Balsamic Vinaigrette - Side	106	48	5	1	0	5	11	278	4	5	5
Caesar Salad with Shrimp	712	516	57	11	0	252	15	2064	7	4	35
Caesar Salad with Shrimp with Light Balsamic Vinaigrette	284	102	11	3	0	222	19	1529	7	9	29
House Salad - Side	273	222	25	4	0	16	8	349	4	3	6
House Salad with Light Balsamic Vinaigrette - Side	93	39	4	0	0	0	12	293	5	7	2
Italian Salad - Side	343	293	33	5	0	11	12	545	4	6	4
Italian Salad with Light Balsamic Vinaigrette - Side	105	37	4	0	0	0	15	294	4	9	3
Johnny Rocco Salad	592	400	44	8	0	220	15	2148	6	4	38
Johnny Rocco Salad with Light Balsamic Vinaigrette	386	164	18	4	0	215	19	2048	5	9	38
Seasonal Salad: Parmesan Crusted Chicken	559	358	40	8	0	85	17	1187	4	7	33
Soup: Fish Chowder - Bowl	294	119	13	4	0	48	24	1859	5	6	16
Soup: Fish Chowder - Cup	147	59	7	2	0	24	12	930	2	3	8
Soup: Mama Mandola's Sicilian Chicken - Bowl	242	43	5	1	0	22	32	1992	6	4	18
Soup: Mama Mandola's Sicilian Chicken - Cup	121	22	2	1	0	11	16	996	3	2	9
Soup: Minestrone - Bowl	235	85	9	5	0	0	33	1363	9	0	9
Soup: Minestrone - Cup	118	42	5	2	0	0	16	682	5	0	5
Soup: Pasta Fagioli - Bowl	530	380	42	7	0	22	29	2461	3	6	14
Soup: Pasta Fagioli - Cup	265	190	21	4	0	11	15	1230	2	3	7
Soup: Sausage and Lentil - Bowl	446	183	20	5	0	46	41	2626	17	7	27
Soup: Sausage and Lentil - Cup	223	92	10	2	0	23	20	1313	9	4	14
Soup: Fire Roasted Tomato Basil - Bowl	493	292	32	16	0	93	35	2221	4	16	13
Soup: Fire Roasted Tomato Basil - Cup	246	146	16	8	0	47	18	1111	2	8	6
Pollo / Chicken											
Chicken Bryan - Regular	622	356	40	25	1	205	8	1041	0	2	59
Chicken Bryan - Small	421	257	29	18	1	136	5	732	0	1	36
Chicken Marsala - Regular	455	208	23	12	0	176	3	994	1	0	53
Chicken Marsala - Small	326	167	19	10	0	120	3	719	1	0	33
Pollo La Scala	419	185	21	11	0	142	7	455	0	1	41
Pollo Rosa Maria - Regular	728	389	43	22	1	247	7	1317	2	2	74
Pollo Rosa Maria - Small	433	257	29	15	0	137	4	744	1	1	38
Pollo Sorrento - Regular	638	350	39	22	1	196	10	1385	2	5	54
Pollo Sorrento - Small	339	190	21	12	0	103	6	706	1	3	27
Wood-Grilled Chicken - Regular	287	61	7	2	0	135	1	788	0	0	52
Wood-Grilled Chicken - Small	179	38	4	1	0	84	1	539	0	0	32



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Carne / Beef, Pork and Veal											
Filet Bryan	972	716	80	41	1	236	8	918	0	2	57
Filet Fiorentina	638	421	47	19	0	166	1	666	0	0	50
Filet Marsala	806	568	63	29	0	207	3	872	1	0	51
Filet Spiedino	904	582	65	27	0	283	7	1174	1	1	69
Grilled Tuscan Sirloin Skewers	420	203	23	9	0	70	11	674	2	5	35
Pork Chop Marsala - Regular	944	508	56	24	0	340	5	1672	2	1	96
Pork Chop Marsala - Small	472	254	28	12	0	170	3	836	1	1	48
Prosciutto Wrapped Pork Tenderloin	464	243	27	15	0	133	8	737	1	6	43
Sirloin Marsala - 6 oz.	530	336	37	18	0	118	3	663	1	0	41
Sirloin Marsala - 9 oz.	660	413	46	22	0	146	3	825	1	0	53
Veal Marsala - Small	321	162	18	10	0	135	6	429	1	0	31
Veal Marsala - Regular	431	198	22	13	0	191	8	583	1	0	46
Frutti Di Mare / Seafood											
Mahi Wulfe	475	281	31	16	1	118	13	1177	0	1	38
Shrimp Risotto	539	197	22	11	0	118	68	2421	8	6	22
Spiedino Di Mare - Shrimp and Scallops	495	286	32	14	1	225	12	982	1	2	38
Tilapia Nocciola	669	429	48	19	1	154	15	960	9	4	44
Wood-Grilled Salmon - 6 oz.	478	316	35	6	0	106	1	521	0	1	38
Wood-Grilled Salmon - 8 oz.	643	427	47	8	0	141	2	728	0	1	50
Al Forno / Oven-Baked											
Baked Ravioli Parmesan	808	376	42	15	1	67	76	2433	9	8	34
Chicken Parmesan - Regular (without Cavatappi Amatriciana)	643	265	29	11	0	194	23	1904	7	9	72
Chicken Parmesan - Small (without Cavatappi Amatriciana)	321	132	15	5	0	97	12	952	4	4	36
Lasagne	756	412	46	24	0	141	44	2484	7	18	46
Lobster Mac & Cheese	799	456	51	28	1	212	39	1127	2	2	39
Contorni / Sides											
Cavatappi Amatriciana	233	112	12	6	0	28	23	788	2	2	8
Fettuccine Alfredo	675	513	57	37	1	142	21	857	1	3	17
Freshly Steamed Spinach	26	4	0	0	0	0	4	354	3	0	3
Garlic Mashed Potatoes	444	253	28	15	0	40	41	1085	6	1	7
Vegetable of the Day - Asparagi Alla Romano	153	120	13	8	0	38	3	366	2	2	5
Vegetable of the Day - Broccoli Alla Gratinata	94	49	5	2	0	5	9	251	3	2	4
Vegetable of the Day - Cauliflower Arrosto	186	162	18	3	0	5	5	534	1	0	3
Vegetable of the Day - Green Beans Stefano	188	108	12	3	0	14	13	654	3	5	9
Vegetable of the Day - Grilled Vegetables	92	45	5	1	0	0	12	368	5	5	3
Vegetable of the Day - Italian Green Beans	190	157	17	3	0	0	10	562	4	2	2
Vegetable of the Day - Primavera Arrosto	70	33	4	1	0	0	9	446	4	4	2
Vegetable of the Day - Roasted Primavera Vegetables	104	49	5	1	0	0	14	495	5	5	2
Vegetable of the Day - Sautéed Broccoli	271	242	27	4	0	0	9	304	3	2	3
Vegetable of the Day - Sautéed Broccoli and Cauliflower	317	283	31	5	0	0	10	313	4	4	4
Vegetable of the Day - Sautéed Spinach	285	243	27	4	0	0	11	358	3	1	5
Vegetable of the Day - Squash Casserole	337	211	23	9	0	42	24	669	5	3	10
Vegetable of the Day - Vegetables In Padella	167	122	14	2	0	0	12	295	3	3	3



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Vegetable of the Day - Zucchini Stefano	244	202	22	4	0	3	10	1102	1	5	4
Signature Combinations											
Carrabba's Italian Classics	699	338	38	18	0	167	34	2194	7	13	59
Chicken Trio	939	512	57	32	1	322	9	1709	1	2	93
The Damian	763	494	55	15	0	222	8	1130	1	2	57
The Johnny	778	459	51	26	1	205	6	1106	1	1	71
Pasta											
Conchiglie ai Formaggi	929	660	73	46	2	188	35	1195	1	3	31
Conchiglie ai Formaggi and Whole Grain Spaghetti	1086	617	69	44	2	175	72	1545	12	4	37
Conchiglie ai Formaggi with Chicken	1187	671	75	45	2	259	62	1735	2	3	64
Conchiglie ai Formaggi with Chicken and Whole Grain Spaghetti	1265	654	73	45	2	259	73	2084	12	4	69
Fettuccine Carrabba	1062	622	69	42	1	241	46	1757	6	5	56
Fettuccine Weesie	1179	824	92	57	2	341	44	2938	4	6	43
Fettuccine Weesie with Whole Grain Spaghetti	1349	824	92	57	2	336	77	3301	14	6	50
Fettuccini Carrabba with Whole Grain Pasta	1015	487	54	33	1	186	71	1748	14	5	53
Lobster Ravioli	511	194	22	14	0	135	59	1211	3	8	19
Mezzaluna	763	437	49	28	0	121	49	1699	7	3	31
Rigatoni Martino	1028	477	53	27	0	159	80	2320	4	8	60
Rigatoni Martino and Whole Grain Spaghetti	1072	459	51	28	0	159	84	2647	14	9	64
Shrimp and Scallop Linguine alla Vodka	857	284	32	14	0	114	85	1401	5	6	37
Shrimp and Scallop Linguine alla Vodka with Whole Grain Spaghetti	824	261	29	15	0	114	78	1613	15	7	38
Spaghetti Meat Sauce	531	112	12	4	0	31	80	887	4	4	24
Spaghetti Meat Sauce with Whole Grain Spaghetti	539	105	12	4	0	31	79	1542	16	7	27
Spaghetti Meatball	825	252	28	9	0	106	95	2058	12	9	48
Spaghetti Meatball with Whole Grain Spaghetti	792	230	26	10	0	106	88	2270	22	10	49
Spaghetti Pomodoro	464	56	6	0	0	0	85	1205	8	5	16
Spaghetti Pomodoro with Whole Grain Spaghetti	431	32	4	1	0	0	78	1416	18	6	18
Spaghetti Sausage	833	298	33	11	0	95	87	2082	8	6	44
Spaghetti Sausage with Whole Grain Spaghetti	800	275	31	12	0	95	80	2294	18	7	46
Tag Pic Pac	668	264	29	4	0	29	87	1011	8	2	17
Tag Pic Pac with Chicken	847	302	34	5	0	113	88	1550	8	2	49
Tag Pic Pac with Chicken and Whole Grain Spaghetti	826	253	28	5	0	84	87	2575	13	12	52
Tag Pic Pac with Shrimp	768	286	32	4	0	240	87	2101	8	2	37
Tag Pic Pac with Shrimp and Whole Grain Spaghetti	747	238	26	4	0	211	86	3126	13	12	40
Tag Pic Pac with Whole Grain Spaghetti	647	216	24	4	0	0	86	2036	13	12	20
Dolci / Dessert											
Dessert Rosa	595	199	22	13	0	68	93	572	3	65	6
John Cole	650	292	32	9	0	61	82	302	3	69	12
Mini Cannoli, Two	497	294	33	34	0	60	33	86	1	49	27
Panna Cotta	561	403	45	27	0	178	27	52	3	24	1
Signature Dessert Trio	1475	856	95	57	2	254	146	545	7	107	13
Sogno Di Cioccolata	1185	619	69	35	0	230	130	810	6	93	9
Tiramisu	1060	747	83	53	3	222	72	83	0	58	11



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Bevande / Beverages											
Acqua Panna Still	0	0	0	0	0	0	0	0	0	0	0
Arnold Palmer with Sweet Tea	113	0	0	0	0	0	28	0	0	28	0
Arnold Palmer with Unsweetened Iced Tea	79	0	0	0	0	0	20	0	0	20	0
Caffè Latte (includes almond biscotti)	112	38	4	2	0	16	12	92	0	11	6
Cappuccino (includes almond biscotti)	96	31	3	2	0	11	12	75	0	9	4
Coffee - Decaf	0	0	0	0	0	0	0	5	0	0	0
Coffee - Regular	2	0	0	0	0	0	0	5	0	0	0
Coke	186	0	0	0	0	0	51	5	0	51	0
Diet Coke	1	0	0	0	0	0	0	17	0	0	0
Diet Sprite	0	0	0	0	0	0	0	0	0	0	0
Espresso (includes almond biscotti)	28	8	1	0	0	2	4	26	0	3	1
Fresh Brewed Iced Tea - Sweet	115	0	0	0	0	0	29	0	0	29	0
Fresh Brewed Iced Tea - Unsweetened	0	0	0	0	0	0	0	0	0	0	0
Hi C Pink Lemonade	180	0	0	0	0	0	45	77	0	45	0
Homemade Lemonade	158	0	0	0	0	0	40	0	0	40	0
Italian Soda Orange	236	0	0	0	0	0	57	0	0	57	0
Italian Soda Raspberry	189	0	0	0	0	0	47	0	0	47	0
San Pellegrino Sparkling	0	0	0	0	0	0	0	40	0	0	0
Sprite	182	0	0	0	0	0	49	39	0	49	0
Cocktails											
Appletini	153	0	0	0	0	0	6	1	1	5	0
Blackberry Sangria	262	0	0	0	0	0	35	12	0	32	0
Cosmopolitan	133	0	0	0	0	0	2	2	0	1	0
Limonfresca	372	2	0	0	0	0	65	6	2	61	1
Peach Sangria	102	0	0	0	0	0	8	6	0	7	0
Pomegranate Martini	234	0	0	0	0	0	27	23	0	25	0
Razzmatini	147	0	0	0	0	0	2	0	0	2	0
Red Sangria	207	0	0	0	0	0	23	5	0	20	0
Skinny Rita	109	1	0	0	0	0	15	2	1	4	0
Limoncello Gimlet	245	4	0	0	0	0	37	4	2	30	1
Raspberry Limoncello Drop	214	1	0	0	0	0	27	1	1	24	1
Bambini/Kids' Menu											
Kid: Apple Juice	163	0	0	0	0	0	42	34	0	35	0
Kid: Cheese Pizza	413	142	16	7	0	28	50	550	3	3	18
Kid: Chicken Fingers	513	258	29	13	2	67	37	1192	3	9	26
Kid: Grilled Chicken	149	24	3	1	0	74	0	90	0	0	32
Kid: Grilled Chicken with Carrots and Apple Juice (Kids LiveWell)	255	25	3	1	0	74	27	144	1	21	32
Kid: Grilled Chicken with Spinach and Apple Juice (Kids LiveWell)	259	28	3	1	0	74	26	196	2	19	35
Kid: Milk	163	58	6	4	0	26	15	134	0	16	11
Kid: Orange Juice	149	0	0	0	0	0	35	0	0	30	3
Kid: Pepperoni Pizza	466	185	21	8	0	41	50	735	3	3	20
Kid: Quattro Formaggi Ravioli	337	113	13	7	0	67	32	807	3	3	20



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Kid: Spaghetti Meatball	348	92	10	3	0	35	45	838	5	4	18
Kid: Spaghetti Meatball with Whole Grain Pasta	331	80	9	3	0	35	42	943	10	4	19
Kid: Spaghetti Pomodoro with Whole Grain Spaghetti and Spinach (Kids LiveWell)	320	17	2	0	0	0	64	740	11	22	12
Kid: Sundae	432	227	25	15	0	82	47	147	1	44	8
Lunch Menu											
Antipasti / Appetizers Lunch											
Arancini	433	200	22	6	0	31	46	2439	4	4	12
Calamari with Marinara Sauce - Regular	941	594	66	13	6	326	57	1960	9	7	32
Calamari with Marinara Sauce - Small	673	438	49	10	5	247	38	1172	4	2	22
Calamari with Spicy Italian Peppers and Lemon Butter - Regular	1506	1136	126	53	8	459	53	2130	4	5	29
Calamari with Spicy Italian Peppers and Lemon Butter - Small	1264	963	107	48	6	371	42	1800	4	4	22
Cozze In Bianco	818	527	59	32	1	184	29	947	3	8	48
Tomatoes Caprese	445	338	38	18	0	81	10	336	2	7	22
Zucchini Fritte	642	486	54	10	3	17	33	732	4	5	7
Roman Style Pizze / Pizza Lunch											
Carnevale Pizza	497	188	21	9	0	46	53	1177	4	5	23
Margherita Pizza	521	224	25	10	0	45	55	1054	4	7	22
Quattro Formaggi Pizza	626	308	34	19	1	78	49	1073	1	1	30
Homemade Zuppe E Insalate / Soups and Salads Lunch											
Caesar Salad - Side	307	248	28	5	0	21	8	491	3	2	8
Caesar Salad with Chicken - Lunch Portion	583	362	40	8	0	109	13	1173	5	3	42
Caesar Salad with Chicken And Light Balsamic - Lunch Portion	366	124	14	3	0	88	22	1106	5	12	37
Caesar Salad with Light Balsamic Vinaigrette - Side	106	48	5	1	0	5	11	278	4	5	5
Caesar Salad with Shrimp - Lunch Portion	504	347	39	7	0	236	12	1724	5	3	30
Caesar Salad with Shrimp And Light Balsamic - Lunch Portion	287	109	12	2	0	215	21	1657	5	12	25
House Salad - Side	273	222	25	4	0	16	8	349	4	3	6
House Salad with Light Balsamic Vinaigrette - Side	93	39	4	0	0	0	12	293	5	7	2
Italian Cobb Salad with Chicken	594	342	38	11	0	110	13	1383	4	6	48
Italian Cobb Salad with Chicken and Light Balsamic Vinaigrette	594	342	38	11	0	110	13	1383	4	6	48
Italian Salad - Side	343	293	33	5	0	11	12	545	4	6	4
Italian Salad with Light Balsamic Vinaigrette - Side	105	37	4	0	0	0	15	294	4	9	3
Mediterranean Salad with Salmon	893	639	71	12	0	121	17	1303	6	6	44
Mediterranean Salad with Salmon And Light Balsamic Vinaigrette	673	401	45	7	0	110	21	1142	6	10	42
Shrimp, Orzo and Arugula Salad	507	200	22	3	0	145	57	1364	3	5	24
Soup: Fire Roasted Tomato Basil - Cup	246	146	16	8	0	47	18	1111	2	8	6
Soup: Fish Chowder - Bowl	294	119	13	4	0	48	24	1859	5	6	16
Soup: Fish Chowder - Cup	147	59	7	2	0	24	12	930	2	3	8
Soup: Mama Mandola's Sicilian Chicken - Bowl	242	43	5	1	0	22	32	1992	6	4	18
Soup: Mama Mandola's Sicilian Chicken - Cup	121	22	2	1	0	11	16	996	3	2	9
Soup: Minestrone - Bowl	235	85	9	5	0	0	33	1363	9	0	9
Soup: Minestrone - Cup	118	42	5	2	0	0	16	682	5	0	5
Soup: Pasta Fagioli - Bowl	530	380	42	7	0	22	29	2461	3	6	14



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Updated: June-14

Nutrition Analysis

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	total carbs (g)	sodium (mg)	fiber (g)	sugars (g)	protein (g)
Soup: Pasta Fagioli - Cup	265	190	21	4	0	11	15	1230	2	3	7
Soup: Sausage and Lentil - Bowl	446	183	20	5	0	46	41	2626	17	7	27
Soup: Sausage and Lentil - Cup	223	92	10	2	0	23	20	1313	9	4	14
Soup: Fire Roasted Tomato Basil - Bowl	493	292	32	16	0	93	35	2221	4	16	13
Chicken, Steak and Seafood											
Chicken Bryan - Lunch Portion	421	257	29	18	1	136	5	732	0	1	36
Chicken Marsala - Lunch Portion	326	167	19	10	0	120	3	719	1	0	33
Chicken Parmesan - Lunch Portion	321	132	15	5	0	97	12	952	4	4	36
Sirloin Marsala - Lunch Portion	530	336	37	18	0	118	3	663	1	0	41
Wood-Grilled Chicken - Lunch Portion	179	38	4	1	0	84	1	539	0	0	32
Wood-Grilled Mahi	306	113	13	4	0	91	4	2414	1	1	41
Wood-Grilled Salmon - 6 oz.	478	316	35	6	0	106	1	521	0	1	38
Wood-Grilled Salmon - 8 oz.	643	427	47	8	0	141	2	728	0	1	50
Contorni / Sides Lunch											
Cavatappi Amatriciana	233	112	12	6	0	28	23	788	2	2	8
Garlic Mashed Potatoes	444	253	28	15	0	40	41	1085	6	1	7
Tomato Cucumber Salad	115	75	8	1	0	3	9	118	1	6	2
Zucchini Fritte - Side	185	125	14	3	1	0	13	238	1	1	3
Pasta Lunch											
Fettuccine Carrabba - Lunch Portion	839	487	54	33	1	190	36	1402	5	4	46
Fettuccine Carrabba - Lunch Portion With Whole Grain Spaghetti	1015	487	54	33	1	186	71	1748	14	5	53
Fettuccine Weesie - Lunch Portion	1029	719	80	48	1	283	36	2543	4	3	36
Fettuccine Weesie - Lunch Portion With Whole Grain Spaghetti	1205	719	80	48	1	279	71	2889	13	4	43
Four Cheese Ravioli - Lunch Portion	631	203	23	13	0	128	61	1368	5	5	37
Lasagne - Lunch Portion	680	370	41	22	0	126	39	2268	6	16	42
Mezzaluna - Lunch Portion	622	280	31	16	0	113	53	1320	2	6	31
Shrimp Risotto	539	197	22	11	0	118	68	2421	8	6	22
Spaghetti with Meat Sauce - Lunch Portion	516	119	13	4	0	29	77	1222	6	6	23
Spaghetti with Meat Sauce - Lunch Portion With Whole Grain Spaghetti	487	98	11	4	0	29	70	1410	15	7	25
Spaghetti with Meatballs - Lunch Portion	660	184	20	6	0	71	83	1714	10	8	36
Spaghetti with Meatballs - Lunch Portion With Whole Grain Spaghetti	792	230	26	10	0	106	88	2270	22	10	49
Spaghetti with Pomodoro Sauce - Lunch Portion	415	50	6	0	0	0	76	1095	7	5	15
Spaghetti with Pomodoro Sauce - Lunch Portion With Whole Grain Spaghetti	386	30	3	1	0	0	70	1284	16	6	16
Spaghetti with Sausage - Lunch Portion	599	171	19	6	0	47	77	1534	7	5	29
Spaghetti with Sausage - Lunch Portion With Whole Grain Spaghetti	570	151	17	6	0	47	71	1722	16	6	30
Tag Pic Pac - Lunch Portion	407	198	22	4	0	4	42	1506	3	10	11
Tag Pic Pac - Lunch Portion With Whole Grain Spaghetti	583	198	22	4	0	0	77	1852	12	11	17
Tag Pic Pac with Chicken - Lunch Portion	551	229	25	5	0	72	43	1900	3	10	37
Tag Pic Pac with Chicken - Lunch Portion With Whole Grain Spaghetti	727	229	25	5	0	68	78	2246	12	11	43
Tag Pic Pac with Shrimp - Lunch Portion	487	216	24	4	0	173	42	2378	3	10	27
Tag Pic Pac with Shrimp - Lunch Portion With Whole Grain Spaghetti	663	216	24	4	0	169	77	2724	12	11	34



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Panini											
Caprese Panini	518	256	28	11	0	44	48	857	3	2	20
Caprese Panini - Half	366	191	21	6	0	53	25	555	1	1	19
Caprese Panini with Chicken	697	293	33	12	0	128	49	1396	3	2	52
Caprese Panini with Chicken - Half	349	147	16	6	0	64	24	698	1	1	26
Chicken Bryan Panini	731	382	42	12	1	106	50	1109	2	3	37
Chicken Bryan Panini - Half	366	191	21	6	0	53	25	555	1	1	19
Chicken Parmesan Panini	731	382	42	12	1	106	50	1109	2	3	37
Chicken Parmesan Panini - Half	366	191	21	6	0	53	25	555	1	1	19
Meatball Panini	684	298	33	15	0	113	55	1531	6	5	41
Meatball Panini - Half	342	149	17	7	0	56	28	765	3	2	21
Steak Panini	746	374	42	20	0	113	47	1131	2	1	41
Steak Panini - Half	373	187	21	10	0	57	24	566	1	0	21
Dolci / Dessert Lunch											
Cannoli and Cappuccino To-Go	350	182	20	19	0	42	29	118	1	34	18
John Cole	650	292	32	9	0	61	82	302	3	69	12
Mini Cannoli, Two	497	294	33	34	0	60	33	86	1	49	27
Sogno Di Cioccolata, Chocolate Dream	1185	619	69	35	0	230	130	810	6	93	9