

Carrabba's Italian Grill Nutrition Analysis

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from a supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. Menus may vary by location. Updated January 2016.

| | 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) |
|---|----------|-------------------|---------------|-------------------|---------------|------------------|------------------------|-------------|-------------------|------------|-------------|
| SMALL PLATES | | | | | | | | | | | |
| BRUSCHETTE SICILIANI | 317 | 214 | 24 | 4 | 0 | 6 | 22 | 798 | 1 | 2 | 5 |
| GRILLED ASPARAGUS WITH PROSCIUTTO | 139 | 74 | 8 | 4 | 0 | 35 | 4 | 630 | 1 | 2 | 12 |
| ITALIAN LETTUCE WRAPS | 213 | 95 | 11 | 6 | 0 | 44 | 11 | 455 | 2 | 5 | 18 |
| MEATBALLS & RICOTTA | 374 | 201 | 22 | 9 | 0 | 85 | 17 | 1179 | 6 | 10 | 26 |
| MOZZARELLA RUSTICA | 303 | 158 | 18 | 6 | 0 | 23 | 24 | 841 | 2 | 6 | 13 |
| THREE-CHEESE AND SAUSAGE STUFFED MUSHROOMS | 297 | 196 | 22 | 9 | 0 | 45 | 10 | 1414 | 3 | 5 | 18 |
| APPETIZERS | | | | | | | | | | | |
| ARANCINI | 442 | 203 | 23 | 6 | 0 | 31 | 48 | 2462 | 3 | 6 | 12 |
| CALAMARI (REGULAR) | 619 | 388 | 43 | 9 | 4 | 211 | 39 | 1262 | 4 | 7 | 20 |
| CALAMARI (SMALL) | 462 | 296 | 33 | 7 | 3 | 164 | 27 | 852 | 2 | 3 | 15 |
| MOZZARELLA MARINARA | 991 | 614 | 68 | 32 | 1 | 208 | 43 | 2353 | 7 | 16 | 53 |
| MUSSELS IN WHITE WINE LEMON BUTTER | 646 | 529 | 59 | 34 | 2 | 169 | 13 | 643 | 2 | 4 | 19 |
| SHRIMP SCAMPI | 707 | 501 | 56 | 26 | 1 | 234 | 28 | 2312 | 0 | 2 | 26 |
| TOMATO CAPRESE WITH FRESH BURRATA | 498 | 383 | 43 | 18 | 1 | 81 | 21 | 1457 | 3 | 15 | 14 |
| WOOD-FIRED ITALIAN WINGS | 901 | 637 | 71 | 25 | 1 | 345 | 3 | 1453 | 1 | 2 | 61 |
| ZUCCHINI FRITTE | 917 | 674 | 75 | 14 | 5 | 17 | 51 | 1121 | 6 | 7 | 11 |
| WOOD-FIRED PIZZA | | | | | | | | | | | |
| CREATE YOUR OWN: CHEESE PIZZA | 569 | 157 | 17 | 6 | 0 | 24 | 80 | 1200 | 3 | 6 | 21 |
| MARGHERITA | 699 | 280 | 31 | 11 | 0 | 46 | 81 | 1809 | 4 | 6 | 26 |
| PROSCIUTTO ARUGULA | 693 | 260 | 29 | 10 | 0 | 50 | 77 | 1532 | 2 | 5 | 29 |
| PIZZA TOPPING: ITALIAN SAUSAGE | 166 | 95 | 11 | 3 | 0 | 53 | 1 | 384 | 1 | 0 | 17 |
| PIZZA TOPPING: KALAMATA OLIVES | 42 | 39 | 4 | 1 | 0 | 0 | 0 | 317 | 0 | 0 | 0 |
| PIZZA TOPPING: MEATBALLS | 231 | 128 | 14 | 6 | 0 | 71 | 6 | 471 | 2 | 2 | 20 |
| PIZZA TOPPING: MUSHROOMS | 37 | 23 | 3 | 0 | 0 | 0 | 2 | 146 | 1 | 0 | 1 |
| PIZZA TOPPING: ONIONS | 4 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| PIZZA TOPPING: PEPPERONI | 58 | 48 | 5 | 2 | 0 | 15 | 0 | 204 | 0 | 0 | 3 |
| PIZZA TOPPING: ROASTED RED BELL PEPPERS | 4 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 |
| PIZZA TOPPING: SUN-DRIED TOMATOES | 86 | 51 | 6 | 6 | 0 | 0 | 6 | 11 | 0 | 0 | 2 |
| SOUPS, ENTREE SALADS & SIDE SALADS | | | | | | | | | | | |
| CAESAR SALAD WITH CHICKEN | 774 | 532 | 59 | 12 | 0 | 112 | 16 | 1400 | 7 | 4 | 43 |
| CAESAR SALAD WITH SHRIMP | 701 | 517 | 57 | 11 | 0 | 193 | 15 | 1772 | 7 | 4 | 31 |
| CAESAR SIDE SALAD | 350 | 270 | 30 | 7 | 0 | 30 | 8 | 585 | 3 | 2 | 11 |
| HOUSE SIDE SALAD | 277 | 215 | 24 | 4 | 0 | 15 | 11 | 465 | 5 | 4 | 6 |
| ITALIAN CHOPPED SALAD | 748 | 508 | 56 | 16 | 0 | 141 | 15 | 1527 | 7 | 6 | 46 |
| ITALIAN SIDE SALAD | 344 | 291 | 32 | 5 | 0 | 11 | 11 | 553 | 4 | 5 | 4 |
| JOHNNY ROCCO SALAD | 537 | 378 | 42 | 8 | 0 | 160 | 13 | 1790 | 6 | 4 | 29 |
| MAMA MANDOLA'S SICILIAN CHICKEN SOUP (BOWL) | 194 | 41 | 5 | 1 | 0 | 22 | 22 | 1957 | 5 | 4 | 16 |
| MAMA MANDOLA'S SICILIAN CHICKEN SOUP (CUP) | 97 | 20 | 2 | 1 | 0 | 11 | 11 | 978 | 3 | 2 | 8 |
| MINESTRONE (BOWL) | 235 | 85 | 9 | 5 | 0 | 0 | 33 | 1363 | 9 | 0 | 9 |
| MINESTRONE (CUP) | 118 | 42 | 5 | 2 | 0 | 0 | 16 | 682 | 5 | 0 | 5 |
| SAUSAGE & LENTIL (BOWL) | 416 | 168 | 19 | 5 | 0 | 43 | 38 | 2422 | 16 | 7 | 25 |
| SAUSAGE & LENTIL (CUP) | 208 | 85 | 9 | 2 | 0 | 21 | 19 | 1211 | 8 | 3 | 13 |
| TUSCAN STRAWBERRY SALAD WITH CHICKEN | 516 | 284 | 32 | 7 | 0 | 85 | 24 | 781 | 8 | 13 | 35 |
| TUSCAN STRAWBERRY SALAD WITH SHRIMP | 443 | 269 | 30 | 6 | 0 | 166 | 24 | 1154 | 8 | 13 | 23 |

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| PASTA: DINNER PORTIONS | | | | | | | | | | | |
| CAVATAPPI FRANCO | 1266 | 688 | 76 | 17 | 0 | 80 | 103 | 1917 | 7 | 1 | 48 |
| CAVATAPPI FRANCO WITH GLUTEN FREE PASTA | 1317 | 674 | 75 | 17 | 0 | 80 | 130 | 1646 | 14 | 4 | 44 |
| CAVATAPPI FRANCO WITH WHOLE GRAIN SPAGHETTI | 1211 | 663 | 74 | 18 | 0 | 80 | 87 | 2180 | 17 | 2 | 49 |
| FETTUCCINE CARRABBA | 1150 | 551 | 61 | 38 | 1 | 212 | 82 | 1699 | 9 | 5 | 57 |
| FETTUCCINE CARRABBA WITH GLUTEN FREE PASTA | 1235 | 562 | 62 | 37 | 1 | 201 | 124 | 1353 | 13 | 7 | 51 |
| FETTUCCINE CARRABBA WITH WHOLE GRAIN SPAGHETTI | 998 | 464 | 52 | 31 | 1 | 179 | 72 | 1753 | 15 | 5 | 53 |
| FETTUCCINE WEESIE | 1221 | 693 | 77 | 49 | 2 | 333 | 77 | 2980 | 6 | 5 | 49 |
| FETTUCCINE WEESIE WITH GLUTEN FREE PASTA | 1306 | 704 | 78 | 48 | 2 | 322 | 119 | 6175 | 11 | 7 | 43 |
| FETTUCCINE WEESIE WITH WHOLE GRAIN SPAGHETTI | 1201 | 693 | 77 | 48 | 2 | 322 | 75 | 3168 | 13 | 5 | 48 |
| LASAGNE | 772 | 418 | 46 | 24 | 0 | 140 | 46 | 2514 | 6 | 21 | 46 |
| LINGUINE & WHITE CLAM SAUCE | 1044 | 533 | 59 | 27 | 1 | 138 | 87 | 1873 | 4 | 3 | 35 |
| LINGUINE & WHITE CLAM SAUCE WITH WHOLE GRAIN SPAGHETTI | 985 | 488 | 54 | 26 | 1 | 133 | 80 | 2065 | 14 | 4 | 36 |
| LINGUINE POSITANO | 821 | 266 | 30 | 4 | 0 | 68 | 94 | 2116 | 3 | 10 | 44 |
| LINGUINE POSITANO WITH GLUTEN FREE PASTA | 891 | 254 | 28 | 4 | 0 | 68 | 129 | 1792 | 10 | 13 | 41 |
| LINGUINE POSITANO WITH WHOLE GRAIN SPAGHETTI | 785 | 243 | 27 | 5 | 0 | 68 | 86 | 2327 | 13 | 11 | 45 |
| LOBSTER RAVIOLI | 709 | 346 | 38 | 22 | 0 | 167 | 64 | 960 | 1 | 3 | 20 |
| MEZZALUNA | 628 | 259 | 29 | 14 | 0 | 111 | 61 | 1238 | 2 | 6 | 29 |
| SHRIMP & SCALLOP LINGUINE ALLA VODKA | 845 | 266 | 30 | 13 | 0 | 125 | 87 | 1392 | 4 | 7 | 36 |
| SHRIMP & SCALLOP LINGUINE ALLA VODKA WITH GLUTEN FREE PASTA | 916 | 253 | 28 | 13 | 0 | 114 | 123 | 1074 | 11 | 9 | 33 |
| SHRIMP & SCALLOP LINGUINE ALLA VODKA WITH WHOLE GRAIN SPAGHETTI | 810 | 242 | 27 | 14 | 0 | 114 | 80 | 1608 | 14 | 8 | 38 |
| SPAGHETTI WITH BOLOGNESE MEAT SAUCE | 675 | 201 | 22 | 6 | 1 | 40 | 89 | 1380 | 7 | 11 | 25 |
| SPAGHETTI WITH BOLOGNESE MEAT SAUCE WITH GLUTEN FREE PASTA | 751 | 188 | 21 | 6 | 1 | 40 | 126 | 1061 | 14 | 13 | 22 |
| SPAGHETTI WITH BOLOGNESE MEAT SAUCE WITH WHOLE GRAIN SPAGHETTI | 645 | 177 | 20 | 7 | 1 | 40 | 83 | 1596 | 17 | 12 | 27 |
| SPAGHETTI WITH MEATBALLS | 870 | 271 | 30 | 10 | 0 | 106 | 101 | 2161 | 12 | 16 | 47 |
| SPAGHETTI WITH MEATBALLS WITH WHOLE GRAIN SPAGHETTI | 840 | 248 | 28 | 11 | 0 | 106 | 95 | 2377 | 22 | 17 | 48 |
| SPAGHETTI WITH POMODORO SAUCE | 503 | 72 | 8 | 1 | 0 | 0 | 90 | 1293 | 8 | 12 | 15 |
| SPAGHETTI WITH POMODORO SAUCE WITH GLUTEN FREE PASTA | 579 | 59 | 7 | 1 | 0 | 0 | 127 | 974 | 15 | 14 | 12 |
| SPAGHETTI WITH POMODORO SAUCE WITH WHOLE GRAIN SPAGHETTI | 473 | 49 | 5 | 1 | 0 | 0 | 84 | 1509 | 17 | 13 | 17 |
| SPAGHETTI WITH SAUSAGE | 872 | 314 | 35 | 12 | 0 | 95 | 92 | 2171 | 8 | 13 | 43 |
| SPAGHETTI WITH SAUSAGE WITH WHOLE GLUTEN FREE PASTA | 948 | 302 | 34 | 12 | 0 | 95 | 129 | 1852 | 15 | 15 | 40 |
| SPAGHETTI WITH SAUSAGE WITH WHOLE GRAIN SPAGHETTI | 842 | 291 | 32 | 12 | 0 | 95 | 86 | 2386 | 17 | 14 | 45 |
| CHICKEN, PORK & VEAL | | | | | | | | | | | |
| CHICKEN MARSALA | 453 | 212 | 24 | 12 | 1 | 176 | 3 | 965 | 1 | 0 | 53 |
| CHIANTI CHICKEN | 554 | 247 | 27 | 6 | 0 | 141 | 14 | 1137 | 3 | 7 | 57 |
| CHICKEN BRYAN | 684 | 396 | 44 | 28 | 1 | 223 | 9 | 1058 | 0 | 1 | 59 |
| CHICKEN PARMESAN | 696 | 311 | 35 | 15 | 0 | 196 | 25 | 2067 | 7 | 11 | 71 |
| PARMESAN-CRUSTED CHICKEN ARUGULA | 665 | 309 | 34 | 8 | 0 | 166 | 25 | 1376 | 7 | 6 | 60 |
| POLLO ROSA MARIA | 617 | 333 | 37 | 20 | 1 | 219 | 3 | 1407 | 1 | 0 | 64 |
| PROSCIUTTO-WRAPPED PORK TENDERLOIN | 444 | 248 | 28 | 15 | 1 | 134 | 8 | 738 | 1 | 7 | 43 |
| TUSCAN GRILLED CHICKEN | 287 | 61 | 7 | 2 | 0 | 135 | 1 | 788 | 0 | 0 | 52 |
| VEAL MARSALA | 952 | 302 | 34 | 18 | 1 | 489 | 19 | 1301 | 1 | 0 | 136 |
| SEAFOOD | | | | | | | | | | | |
| CIOPPINO | 581 | 265 | 29 | 9 | 0 | 180 | 27 | 1159 | 1 | 7 | 49 |
| MAHI WULFE | 537 | 335 | 37 | 20 | 1 | 144 | 12 | 1163 | 0 | 1 | 38 |
| PROSCIUTTO-WRAPPED SHRIMP | 490 | 186 | 21 | 8 | 0 | 150 | 50 | 2295 | 4 | 5 | 30 |

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| SALMON CETRIOLINI | 848 | 622 | 69 | 24 | 1 | 213 | 2 | 649 | 0 | 1 | 52 |
| SHRIMP & SEA SCALLOP SPIEDINO | 550 | 345 | 38 | 18 | 1 | 252 | 11 | 1029 | 1 | 2 | 38 |
| WOOD-GRILLED TILAPIA | 312 | 119 | 13 | 3 | 0 | 78 | 9 | 984 | 1 | 7 | 45 |
| COMBINATIONS | | | | | | | | | | | |
| CARRABBA'S ITALIAN CLASSICS: Chicken Parmesan & Lasagne | 734 | 365 | 41 | 20 | 0 | 168 | 35 | 2290 | 6 | 16 | 58 |
| THE JOHNNY: Tuscan Grilled Sirloin Marsala & Chicken Bryan | 748 | 448 | 50 | 27 | 1 | 200 | 6 | 1019 | 1 | 1 | 64 |
| TUSCAN GRILLED SIRLOIN (6 OZ) & PROSCIUTTO WRAPPED SHRIMP | 417 | 225 | 25 | 11 | 0 | 143 | 1 | 1142 | 0 | 0 | 45 |

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|---|----------|-------------------|---------------|-------------------|---------------|------------------|------------------------|-------------|-------------------|------------|-------------|
| STEAKS & CHOPS | | | | | | | | | | | |
| TOPPING: BRYAN TOPPING | 323 | 287 | 32 | 21 | 1 | 78 | 5 | 242 | 0 | 1 | 4 |
| TOPPING: GORGONZOLA SAUCE | 205 | 183 | 20 | 7 | 0 | 41 | 1 | 308 | 0 | 1 | 2 |
| TOPPING: MARSALA SAUCE | 166 | 151 | 17 | 10 | 1 | 41 | 2 | 177 | 1 | 0 | 1 |
| TOPPING: SPICY SICILIAN BUTTER | 64 | 61 | 7 | 4 | 0 | 18 | 1 | 123 | 0 | 1 | 0 |
| TOPPING: SPIEDINO | 282 | 179 | 20 | 10 | 1 | 126 | 6 | 515 | 1 | 1 | 19 |
| TUSCAN GRILLED FILET (7 OZ) | 594 | 392 | 44 | 18 | 0 | 154 | 1 | 620 | 0 | 0 | 47 |
| TUSCAN GRILLED PORK CHOP (1 CHOP) | 388 | 181 | 20 | 7 | 0 | 150 | 1 | 733 | 0 | 0 | 47 |
| TUSCAN GRILLED PORK CHOP (2 CHOPS) | 776 | 361 | 40 | 14 | 0 | 299 | 3 | 1466 | 1 | 1 | 95 |
| TUSCAN GRILLED SIRLOIN (6 OZ) | 319 | 173 | 19 | 8 | 0 | 68 | 1 | 401 | 0 | 0 | 34 |
| TUSCAN GRILLED SIRLOIN (9 OZ) | 492 | 266 | 30 | 12 | 0 | 105 | 1 | 619 | 0 | 0 | 52 |
| TUSCAN GRILLED VEAL CHOP (14 OZ) | 454 | 215 | 24 | 10 | 1 | 191 | 0 | 454 | 0 | 0 | 57 |
| SIDES | | | | | | | | | | | |
| CAVATAPPI AMATRICIANA | 333 | 100 | 11 | 5 | 0 | 11 | 48 | 881 | 2 | 4 | 12 |
| FETTUCCINE ALFREDO | 745 | 494 | 55 | 36 | 1 | 139 | 39 | 876 | 2 | 3 | 19 |
| GARLIC MASHED POTATOES | 334 | 192 | 21 | 12 | 0 | 19 | 31 | 712 | 4 | 1 | 5 |
| GRILLED ASPARAGUS | 66 | 41 | 5 | 1 | 0 | 0 | 4 | 203 | 2 | 2 | 2 |
| PLAIN ASPARAGUS | 26 | 1 | 0 | 0 | 0 | 0 | 4 | 2 | 2 | 2 | 2 |
| PLAIN FRESHLY STEAM BROCCOLI | 39 | 4 | 0 | 0 | 0 | 0 | 8 | 37 | 3 | 2 | 3 |
| PLAIN FRESHLY STEAM GREEN BEANS | 28 | 1 | 0 | 0 | 0 | 0 | 6 | 5 | 3 | 1 | 2 |
| PLAIN FRESHLY STEAMED SPINACH | 26 | 4 | 0 | 0 | 0 | 0 | 4 | 354 | 3 | 0 | 3 |
| SEASONAL VEGETABLE: ITALIAN GREEN BEANS | 71 | 33 | 4 | 1 | 0 | 0 | 9 | 273 | 4 | 2 | 2 |
| SEASONAL VEGETABLE: SAUTEED BROCCOLI | 156 | 122 | 14 | 2 | 0 | 0 | 8 | 304 | 3 | 2 | 3 |
| SEASONAL VEGETABLE: SAUTEED SPINACH | 174 | 132 | 15 | 2 | 0 | 0 | 10 | 357 | 3 | 1 | 4 |
| DESSERTS | | | | | | | | | | | |
| BRULEE RICOTTA CHEESECAKE | 383 | 133 | 15 | 8 | 0 | 18 | 45 | 137 | 1 | 44 | 14 |
| GELATO: CHOCOLATE HAZELNUT | 684 | 358 | 40 | 13 | 0 | 170 | 81 | 114 | 2 | 65 | 13 |
| GELATO: VANILLA | 553 | 245 | 27 | 17 | 0 | 98 | 57 | 146 | 0 | 53 | 10 |
| MINI CANNOLI | 380 | 221 | 25 | 12 | 0 | 50 | 35 | 65 | 1 | 23 | 7 |
| RASPBERRY SORBET | 170 | 7 | 1 | 0 | 0 | 2 | 38 | 14 | 0 | 15 | 1 |
| SOGNO DI CIOCCOLATA "CHOCOLATE DREAM" | 1135 | 619 | 69 | 35 | 0 | 220 | 124 | 789 | 6 | 88 | 9 |
| TIRAMISU | 1012 | 701 | 78 | 43 | 0 | 232 | 62 | 103 | 4 | 40 | 13 |
| LUNCH SOUPS & SALADS | | | | | | | | | | | |
| CAESAR SALAD WITH SALMON | 932 | 694 | 77 | 15 | 0 | 117 | 15 | 1223 | 7 | 4 | 42 |
| SHRIMP, ORZO & ARUGULA SALAD | 519 | 212 | 24 | 3 | 0 | 148 | 57 | 1381 | 3 | 5 | 24 |

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| LUNCH ITALIAN SANDWICHES | | | | | | | | | | | |
| CAPRESE | 483 | 177 | 20 | 8 | 0 | 32 | 56 | 653 | 3 | 2 | 18 |
| CAPRESE (HALF) | 241 | 89 | 10 | 4 | 0 | 16 | 28 | 326 | 2 | 1 | 9 |
| CAPRESE WITH CHICKEN | 583 | 199 | 22 | 8 | 0 | 79 | 56 | 953 | 3 | 2 | 36 |
| CAPRESE WITH CHICKEN (HALF) | 291 | 99 | 11 | 4 | 0 | 39 | 28 | 476 | 2 | 1 | 18 |
| CHICKEN BRYAN | 636 | 267 | 30 | 10 | 0 | 82 | 57 | 783 | 3 | 3 | 30 |
| CHICKEN BRYAN (HALF) | 318 | 134 | 15 | 5 | 0 | 41 | 29 | 391 | 1 | 1 | 15 |
| CHICKEN PARMESAN | 620 | 161 | 18 | 7 | 0 | 98 | 66 | 1317 | 6 | 7 | 44 |
| CHICKEN PARMESAN (HALF) | 310 | 80 | 9 | 4 | 0 | 49 | 33 | 658 | 3 | 3 | 22 |
| MEATBALL | 709 | 262 | 29 | 14 | 0 | 112 | 65 | 1356 | 6 | 8 | 42 |
| MEATBALL (HALF) | 355 | 131 | 15 | 7 | 0 | 56 | 33 | 678 | 3 | 4 | 21 |
| STEAK | 713 | 310 | 34 | 17 | 1 | 101 | 56 | 820 | 3 | 1 | 38 |
| STEAK (HALF) | 357 | 155 | 17 | 9 | 0 | 50 | 28 | 410 | 2 | 1 | 19 |
| LUNCH PASTA: LUNCH PORTIONS | | | | | | | | | | | |
| FETTUCCINE CARRABBA | 965 | 464 | 52 | 31 | 1 | 187 | 64 | 1538 | 7 | 5 | 52 |
| FETTUCCINE CARRABBA WITH GLUTEN FREE PASTA | 1052 | 473 | 53 | 30 | 1 | 179 | 101 | 1278 | 11 | 6 | 49 |
| FETTUCCINE CARRABBA WITH WHOLE GRAIN SPAGHETTI | 998 | 464 | 52 | 31 | 1 | 179 | 72 | 1753 | 15 | 5 | 53 |
| FETTUCCINE WEESIE | 996 | 596 | 66 | 42 | 2 | 255 | 58 | 2178 | 5 | 4 | 37 |
| FETTUCCINE WEESIE WITH GLUTEN FREE PASTA | 1083 | 605 | 67 | 41 | 2 | 247 | 95 | 1919 | 9 | 5 | 33 |
| FETTUCCINE WEESIE WITH WHOLE GRAIN SPAGHETTI | 1030 | 596 | 66 | 41 | 2 | 247 | 66 | 2394 | 12 | 4 | 38 |
| LASAGNE | 737 | 399 | 44 | 23 | 0 | 133 | 44 | 2415 | 6 | 20 | 43 |
| LINGUINE POSITANO WITH CHICKEN | 705 | 211 | 23 | 4 | 0 | 68 | 81 | 1730 | 3 | 8 | 41 |
| LINGUINE POSITANO WITH CHICKEN WITH GLUTEN FREE PASTA | 727 | 199 | 22 | 4 | 0 | 68 | 103 | 1443 | 8 | 9 | 38 |
| LINGUINE POSITANO WITH CHICKEN AND WHOLE GRAIN SPAGHETTI | 746 | 243 | 27 | 5 | 0 | 68 | 79 | 2267 | 12 | 11 | 44 |
| MEZZALUNA | 568 | 246 | 27 | 14 | 0 | 99 | 53 | 1140 | 2 | 6 | 26 |
| SPAGHETTI WITH MEAT SAUCE | 633 | 198 | 22 | 6 | 1 | 40 | 81 | 1345 | 7 | 11 | 24 |
| SPAGHETTI WITH MEAT SAUCE WITH GLUTEN FREE PASTA | 659 | 186 | 21 | 6 | 1 | 40 | 104 | 1061 | 12 | 13 | 20 |
| SPAGHETTI WITH MEAT SAUCE WITH WHOLE GRAIN SPAGHETTI | 606 | 177 | 20 | 7 | 1 | 40 | 76 | 1536 | 16 | 12 | 25 |
| SPAGHETTI WITH MEATBALLS | 712 | 205 | 23 | 7 | 0 | 71 | 90 | 1891 | 10 | 15 | 35 |
| SPAGHETTI WITH MEATBALLS WITH WHOLE GRAIN SPAGHETTI | 685 | 185 | 21 | 7 | 0 | 71 | 85 | 2082 | 19 | 16 | 36 |
| SPAGHETTI WITH POMODORO SAUCE | 461 | 69 | 8 | 1 | 0 | 0 | 82 | 1258 | 7 | 12 | 14 |
| SPAGHETTI WITH POMODORO SAUCE WITH GLUTEN FREE PASTA | 487 | 58 | 6 | 1 | 0 | 0 | 105 | 974 | 13 | 14 | 10 |
| SPAGHETTI WITH POMODORO SAUCE WITH WHOLE GRAIN SPAGHETTI | 434 | 49 | 5 | 1 | 0 | 0 | 76 | 1449 | 16 | 13 | 15 |
| SPAGHETTI WITH SAUSAGE | 645 | 190 | 21 | 6 | 0 | 47 | 83 | 1697 | 7 | 12 | 28 |
| SPAGHETTI WITH SAUSAGE WITH WHOLE GRAIN SPAGHETTI | 619 | 170 | 19 | 7 | 0 | 47 | 77 | 1888 | 16 | 13 | 29 |
| LUNCH STEAK | | | | | | | | | | | |
| TUSCAN-GRILLED SIRLOIN MARSALA 6 OZ | 485 | 323 | 36 | 18 | 1 | 109 | 3 | 578 | 1 | 0 | 35 |
| LUNCH SIDES | | | | | | | | | | | |
| SICILIAN ORZO | 208 | 59 | 7 | 1 | 0 | 0 | 33 | 528 | 2 | 2 | 5 |
| TOMATO CUCUMBER SALAD | 139 | 93 | 10 | 2 | 0 | 4 | 9 | 146 | 2 | 6 | 2 |
| ZUCCHINI FRITTE SIDE | 345 | 233 | 26 | 5 | 3 | 0 | 23 | 443 | 2 | 2 | 5 |

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| KIDS | | | | | | | | | | | |
| GRILLED SIRLOIN 6 OZ | 319 | 173 | 19 | 8 | 0 | 68 | 1 | 401 | 0 | 0 | 34 |
| CHEESE PIZZA | 359 | 106 | 12 | 4 | 0 | 17 | 48 | 751 | 2 | 3 | 13 |
| CHEESE RAVIOLI | 345 | 116 | 13 | 7 | 0 | 66 | 33 | 820 | 3 | 5 | 19 |
| CHICKEN FINGERS | 521 | 258 | 29 | 13 | 2 | 67 | 39 | 1178 | 3 | 11 | 26 |
| GRILLED CHICKEN BREAST WITH STEAMED BROCCOLI (Kids LiveWell) | 253 | 26 | 3 | 1 | 0 | 74 | 26 | 126 | 1 | 19 | 33 |
| GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS (Kids LiveWell) | 261 | 25 | 3 | 1 | 0 | 74 | 28 | 113 | 3 | 20 | 33 |
| GRILLED CHICKEN BREAST WITH STEAMED SPINACH (Kids LiveWell) | 259 | 28 | 3 | 1 | 0 | 74 | 26 | 196 | 2 | 19 | 35 |
| PEPPERONI PIZZA | 407 | 147 | 16 | 6 | 0 | 30 | 48 | 921 | 2 | 3 | 16 |
| SPAGHETTI AND MEATBALLS | 367 | 100 | 11 | 3 | 0 | 35 | 48 | 882 | 5 | 7 | 18 |
| SPAGHETTI AND MEATBALLS WITH WHOLE GRAIN SPAGHETTI | 352 | 88 | 10 | 4 | 0 | 35 | 45 | 990 | 10 | 7 | 19 |
| WHOLE GRAIN SPAGHETTI POMODORO WITH SPINACH (Kids Live Well) | 244 | 23 | 3 | 1 | 0 | 0 | 43 | 732 | 10 | 6 | 10 |
| GELATO CHOCOLATE HAZELNUT | 439 | 234 | 26 | 8 | 0 | 112 | 51 | 67 | 2 | 42 | 8 |
| GELATO VANILLA | 352 | 158 | 18 | 11 | 0 | 64 | 35 | 88 | 0 | 34 | 6 |
| RASPBERRY SORBET | 96 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 8 | 0 |