

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	306	210	23	9	0	21	10	1312	2	5	17
APPETIZERS											
ARANCINI	442	203	23	6	0	31	48	2462	3	6	12
CALAMARI (REGULAR)	899	575	43	9	4	319	53	1667	5	7	29
MOZZARELLA MARINARA	991	614	68	32	1	208	43	2353	7	16	53
MUSSELS IN WHITE WINE LEMON BUTTER	645	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	497	383	43	18	1	81	20	1456	3	14	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
PIZZA TOPPING: ITALIAN SAUSAGE	198	134	15	6	0	0	1	624	0	0	15
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	41	26	3	0	0	0	2	160	2	0	2
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	755	529	59	12	0	112	12	1394	4	3	41
CAESAR SALAD WITH SHRIMP	682	515	57	11	0	193	11	1766	4	3	29
CAESAR SIDE SALAD	340	269	30	7	0	30	6	582	2	1	11
HOUSE SIDE SALAD	268	213	24	4	0	15	9	463	4	3	6
ITALIAN CHOPPED SALAD	730	505	56	16	0	141	12	1517	5	5	45
ITALIAN SIDE SALAD	335	289	32	5	0	11	9	548	3	4	3
JOHNNY ROCCO SALAD	519	375	42	8	0	160	9	1780	4	3	28
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
MINISTRONE (BOWL)	235	85	9	5	0	0	33	1363	9	0	9
MINISTRONE (CUP)	118	42	5	2	0	0	16	682	5	0	5
SAUSAGE & LENTIL (BOWL)	432	191	21	6	0	10	38	2562	16	7	24
SAUSAGE & LENTIL (CUP)	216	95	11	3	0	5	19	1281	8	3	12
TUSCAN STRAWBERRY SALAD WITH CHICKEN	510	293	33	7	0	85	21	770	6	12	33
TUSCAN STRAWBERRY SALAD WITH SHRIMP	437	279	31	6	0	166	20	1143	6	12	21
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	2634	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	452	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
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
FILET (7 OZ) WITH PROSCIUTTO WRAPPED SHRIMP	774	524	58	26	1	252	2	1432	0	0	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
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	165	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	275	172	19	9	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	30	5	1	0	0	0	5	365	3	1	4
SEASONAL VEGETABLE: ITALIAN GREEN BEANS	102	56	6	1	0	0	12	274	4	3	2
SEASONAL VEGETABLE: SAUTEED BROCCOLI	155	122	14	2	0	0	8	304	3	2	3
SEASONAL VEGETABLE: SAUTEED SPINACH	178	133	15	2	0	0	11	368	3	1	5
SEASONAL VEGETABLE : ZUCCHINI STEFANO	152	109	12	2	0	2	9	643	2	5	4
DESSERTS											
BRULEE RICOTTA CHEESECAKE	557	212	24	13	0	29	59	217	1	58	22
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"	1054	594	66	35	0	210	110	682	6	79	8
TIRAMISU	1012	701	78	43	0	232	62	103	4	40	13
LUNCH SOUPS & SALADS											
TUSCAN STRAWBERRY SALAD WITH SALMON	698	473	53	10	0	91	23	646	9	12	35
CAESAR SALAD WITH SALMON	913	691	77	15	0	117	11	1217	4	3	41
SHRIMP, ORZO & ARUGULA SALAD	519	212	24	3	0	148	57	1381	3	5	24
LUNCH ITALIAN SANDWICHES											
CAPRESE	483	177	20	8	0	32	56	653	3	2	18
CAPRESE (HALF)	242	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	633	266	30	10	0	82	57	783	3	3	30
CHICKEN BRYAN (HALF)	317	132	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)	356	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 6 OZ	319	173	19	8	0	68	1	401	0	0	34
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
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	255	28	13	1	67	44	1553	1	10	22
GRILLED CHICKEN BREAST WITH STEAMED BROCCOLI (Kids LiveWell)	244	26	3	1	0	74	23	121	2	19	33
GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS (Kids LiveWell)	253	25	3	1	0	74	25	108	3	20	34
GRILLED CHICKEN BREAST WITH STEAMED SPINACH (Kids LiveWell)	262	28	3	1	0	74	27	207	3	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)	246	23	3	1	0	0	44	739	10	6	11
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