

## Carrabba's Italian Grill Nutrition Analysis

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SMALL PLATES</b>											
Arancini	310	140	15	4	0	20	33	1720	3	5	9
Bruschette Siciliani	320	210	5	5	0	5	22	800	1	2	5
Grilled Asparagus With Prosciutto	210	110	6	6	0	55	5	940	2	3	18
Italian Lettuce Wraps	210	90	10	6	0	45	11	450	2	5	18
Meatballs & Ricotta	370	200	22	9	0	85	17	1180	6	10	26
Mozzarella Rustica (Regional)	300	160	17	6	0	25	24	840	2	6	13
Three-Cheese And Sausage Stuffed Mushrooms	300	200	23	9	0	20	10	1290	2	5	16
<b>APPETIZERS</b>											
Calamari (Regular)	900	580	64	13	6	320	53	1670	5	7	29
Mozzarella Marinara	990	610	68	31	1	210	43	2350	7	16	53
Mussels In White Wine Lemon Butter	640	520	58	33	2	170	12	600	2	4	19
Shrimp Scampi	700	500	55	26	1	235	28	2280	0	2	26
Tomato Caprese With Fresh Burrata	500	380	43	18	1	80	20	1460	3	14	14
Wood-Fired Italian Wings	900	640	71	25	1	345	3	1450	<1	2	61
Zucchini Fritte	920	670	75	14	5	15	51	1120	6	7	11
<b>WOOD-FIRED PIZZA</b>											
Create Your Own: Cheese Pizza	570	160	17	6	0	25	80	1200	3	6	21
Create Your Own: Pizza Topping: Italian Sausage	150	110	12	5	0	0	1	490	0	0	11
Create Your Own: Pizza Topping: Kalamata Olives	40	40	5	1	0	0	0	320	0	0	0
Create Your Own: Pizza Topping: Meatballs	230	130	14	6	0	70	6	470	2	2	20
Create Your Own: Pizza Topping: Mushrooms	45	25	3	0	0	0	2	170	2	0	2
Create Your Own: Pizza Topping: Onions	5	0	0	0	0	0	1	0	0	0	0
Create Your Own: Pizza Topping: Pepperoni	60	50	6	2	0	15	0	220	0	0	3
Create Your Own: Pizza Topping: Roasted Red Bell Peppers	5	0	0	0	0	0	<1	0	0	<1	0
Create Your Own: Pizza Topping: Sun-Dried Tomatoes	90	50	6	6	0	0	6	10	0	0	2
Margherita Pizza	700	280	31	11	0	45	81	1810	4	6	26
Pepperoni Pizza	640	220	24	8	0	40	80	1460	3	6	25
Prosciutto & Arugula Pizza (Regional)	690	260	29	9	0	50	77	1530	2	5	29

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<b>SOUPS, ENTREE SALADS &amp; SIDE SALADS</b>											
Entree Salad: Caesar Salad With Chicken	780	530	59	12	0	110	16	1400	7	4	43
Entree Salad: Caesar Salad With Salmon	930	690	77	15	0	115	15	1230	7	4	43
Entree Salad: Caesar Salad With Shrimp	700	520	58	11	0	195	15	1780	7	4	31
Entree Salad: Johnny Rocco Salad	540	380	42	8	0	160	13	1790	6	4	29
Entree Salad: Tuscan Strawberry Salad With Chicken	530	300	33	7	0	85	24	780	8	13	34
Entree Salad: Tuscan Strawberry Salad With Salmon	680	460	51	10	0	90	23	600	8	13	34
Entree Salad: Tuscan Strawberry Salad With Shrimp	450	280	31	6	0	165	23	1150	8	13	22
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	1	0	0	8	330	0	7	0
Side Salad: Caesar Side Salad	350	270	30	7	0	30	8	590	3	2	11
Side Salad: House Side Salad	290	220	24	5	0	15	13	480	6	5	7
Side Salad: Italian Side Salad	350	290	32	5	0	10	13	570	5	6	4
Soup: Mama Mandola's Sicilian Chicken Soup (Bowl)	190	40	5	2	0	20	22	2980	5	4	16
Soup: Mama Mandola's Sicilian Chicken Soup (Cup)	100	20	2	1	0	10	11	1490	3	2	8
Soup: Minestrone, Bowl	240	80	9	5	0	0	33	1360	9	0	9
Soup: Minestrone, Cup	120	40	5	3	0	0	16	680	5	0	5
Soup: Sausage & Lentil, Bowl	430	190	21	6	0	10	38	2560	16	7	24
Soup: Sausage & Lentil, Cup	220	100	11	3	0	<5	19	1280	8	3	12
<b>PASTA</b>											
Fettuccine Carrabba	1390	670	74	46	2	250	100	2030	10	6	65
Fettuccine Carrabba With Gluten Free Pasta	1420	650	72	43	2	220	147	5680	15	8	53
Fettuccine Carrabba With Whole Grain Spaghetti	1390	700	78	45	2	235	103	2300	20	7	65
Fettuccine Weesie	1460	810	90	57	2	365	96	3330	8	6	58
Fettuccine Weesie With Gluten Free Pasta	1310	700	78	47	2	320	119	6200	11	7	44
Fettuccine Weesie With Whole Grain Spaghetti	1460	840	93	56	2	355	98	3610	18	6	58
Lasagne	770	420	46	24	0	140	46	2510	6	21	46
Linguine Pescatore	850	100	11	1	0	160	123	1970	7	12	57
Linguine Pescatore With Gluten Free Pasta	880	80	9	1	0	160	157	5790	15	15	51
Linguine Pescatore With Whole Grain Spaghetti	790	100	11	2	0	160	113	2240	20	13	58
Linguine Positano	950	270	30	5	0	70	119	2220	4	10	48
Linguine Positano With Gluten Free Pasta	980	260	28	5	0	70	152	6040	12	13	43
Linguine Positano With Whole Grain Spaghetti	900	280	31	5	0	70	108	2500	17	12	50
Lobster Ravioli	710	350	38	22	0	165	64	960	1	3	20
Mezzaluna	630	260	29	14	0	110	61	1240	2	6	29

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<b>PASTA</b>											
Rigatoni Campagnolo	1190	430	47	18	0	60	135	2840	11	16	58
Rigatoni Campagnolo With Gluten Free Pasta	1210	410	45	18	0	60	158	6730	19	19	52
Rigatoni Campagnolo With Whole Grain Spaghetti	1120	430	48	19	0	60	114	3190	24	18	59
Shrimp & Scallop Linguine Alla Vodka	1120	350	39	17	0	175	117	1850	5	10	53
Shrimp & Scallop Linguine Alla Vodka With Gluten Free Pasta	1090	280	31	15	0	170	146	5420	13	10	46
Shrimp & Scallop Linguine Alla Vodka With Whole Grain Spaghetti	1070	350	39	18	0	175	106	2120	18	11	55
Spaghetti With Bolognese Meat Sauce	880	250	28	8	1	50	119	1790	10	14	33
Spaghetti With Bolognese Meat Sauce With Gluten Free Pasta	920	240	26	8	1	50	153	5620	18	17	27
Spaghetti With Bolognese Meat Sauce With Whole Grain Spaghetti	840	260	29	9	1	50	109	2070	22	15	34
Spaghetti With Meatballs	1040	300	33	10	0	105	131	2590	14	20	52
Spaghetti With Meatballs With Whole Grain Spaghetti	990	300	33	11	0	105	122	2870	27	21	53
Spaghetti With Pomodoro Sauce	670	100	11	1	0	0	120	1720	10	15	21
Spaghetti With Pomodoro Sauce With Gluten Free Pasta	710	80	9	1	0	0	155	5550	18	18	15
Spaghetti With Pomodoro Sauce With Whole Grain Spaghetti	630	100	11	2	0	0	111	2010	23	17	22
Spaghetti With Sausage	1040	340	38	12	0	95	122	2600	10	16	49
Spaghetti With Sausage With Whole Gluten Free Pasta	1080	320	36	12	0	95	157	6430	18	19	43
Spaghetti With Sausage With Whole Grain Spaghetti	1000	340	38	13	0	95	113	2880	23	18	50
<b>CHICKEN, PORK &amp; VEAL</b>											
Chicken Bryan	680	390	44	27	1	225	9	1040	0	1	59
Chicken Marsala	480	230	26	13	1	180	4	1020	1	0	54
Chicken Parmesan	690	310	34	15	0	195	25	2060	7	11	70
Parmesan-Crusted Chicken Arugula	660	310	34	8	0	165	25	1380	7	6	60
Pollo Rosa Maria	620	330	37	19	1	215	4	1440	1	0	65
Prosciutto-Wrapped Pork Tenderloin	410	220	24	13	1	125	7	710	<1	6	43
Tuscan Grilled Chicken	290	60	7	2	0	135	<1	790	0	0	52
Veal Marsala	460	220	25	14	1	195	9	600	2	0	47
<b>SEAFOOD</b>											
Fresh Catch Of The Day: Trout Alla Nocciola	740	480	53	21	1	185	15	1050	10	3	49
Mahi Wulfe	530	330	37	20	1	145	12	1140	0	1	38
Salmon Cetriolini	840	620	69	24	1	210	2	630	0	1	52
Shrimp & Sea Scallop Spiedino	550	340	38	18	1	250	11	1010	1	2	38
Wood-Grilled Tilapia	310	120	13	3	0	80	9	980	<1	7	45
<b>COMBINATIONS</b>											
Carrabba'S Italian Classics: Chicken Parmesan & Lasagne	730	360	40	19	0	170	35	2290	6	16	58
Chicken Trio : Chicken Bryan, Pollo Rosa Maria, And Chicken Marsala	930	520	58	33	2	320	8	1780	2	1	89
The Johnny: Tuscan Grilled Sirloin Marsala & Chicken Bryan	760	460	51	27	1	200	7	1030	<1	<1	64

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<b>STEAKS &amp; CHOPS</b>											
Topping: Bryan Topping	320	280	32	21	1	75	5	220	0	<1	4
Topping: Gorgonzola Sauce	200	180	20	7	0	40	1	310	0	<1	2
Topping: Marsala Sauce	190	170	19	11	1	45	3	230	1	0	2
Topping: Spicy Sicilian Butter	60	60	7	4	0	20	<1	125	0	<1	0
Topping: Spiedino	270	170	19	9	0	125	5	500	<1	<1	19
Tuscan Grilled Filet (7 Ounce, Regional)	590	390	44	17	0	155	<1	620	0	0	47
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 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
Tuscan Grilled Veal Chop (14 Ounce)	450	220	24	10	1	190	0	450	0	0	57
<b>SIDES</b>											
Cavatappi Amatriciana	420	130	14	6	0	15	60	1140	2	5	14
Fettuccine Alfredo	650	410	45	29	1	115	38	800	2	3	18
Garlic Mashed Potatoes	330	190	21	11	0	20	31	710	4	1	5
Grilled Asparagus	70	40	5	1	0	0	4	200	2	2	2
Italian Green Beans	100	60	6	1	0	0	12	270	4	3	2
Plain Asparagus	25	0	0	0	0	0	4	0	2	2	2
Plain Freshly Steam Green Beans	30	0	0	0	0	0	6	5	3	1	2
Plain Freshly Steamed Broccoli	40	0	0	0	0	0	8	35	3	2	3
Plain Freshly Steamed Spinach	30	0	0	0	0	0	5	370	3	<1	4
Sauteed Broccoli	160	120	14	2	0	0	8	300	3	2	3
Sauteed Spinach	180	130	15	2	0	0	11	370	3	<1	5
Zucchini Stefano	150	110	12	2	0	<5	9	630	2	5	4
<b>DESSERTS</b>											
Brulee Ricotta Cheesecake	550	210	24	13	0	30	59	220	<1	58	22
John Cole	870	420	46	17	1	90	108	580	3	86	11
Mini Cannoli	380	220	25	12	0	50	35	65	<1	23	7
Sogno Di Cioccolata "Chocolate Dream"	1040	580	65	34	0	205	110	680	6	78	8
Tiramisu	1010	700	78	43	0	230	62	105	4	40	13

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<b>LUNCH</b>											
<b>LUNCH: SOUPS &amp; SALADS</b>											
Tuscan Strawberry Salad With Salmon	680	460	51	10	0	90	23	600	8	13	34
Caesar Salad With Salmon	930	690	77	15	0	115	15	1230	7	4	43
Shrimp, Orzo & Arugula Salad	520	210	24	3	0	150	57	1380	3	5	24
<b>LUNCH: ITALIAN SANDWICHES</b>											
Caprese (Regional)	410	180	20	8	0	30	42	580	2	2	16
Caprese	480	180	20	8	0	30	55	650	3	2	18
Caprese (Half)	240	90	10	4	0	15	28	330	2	1	9
Caprese With Chicken	580	200	22	8	0	80	56	950	3	2	36
Caprese With Chicken (Half)	290	100	11	4	0	40	28	480	2	1	18
Chicken Bryan	630	260	29	10	0	80	57	780	3	3	30
Chicken Bryan (Half)	320	130	15	5	0	40	29	390	1	1	15
Chicken Parmesan (Regional)	550	160	18	7	0	100	52	1240	5	7	42
Chicken Parmesan	620	160	18	7	0	100	66	1310	6	7	44
Chicken Parmesan (Half)	310	80	9	4	0	50	33	660	3	3	22
Meatball (Regional)	640	260	29	14	0	110	52	1280	6	7	40
Meatball	710	260	29	14	0	110	65	1360	6	8	42
Meatball (Half)	350	130	15	7	0	55	33	680	3	4	21
Mediterranean Chicken Piadina (Regional)	630	310	34	12	0	65	47	1110	3	3	33
Sirloin Marsala (Regional)	770	400	44	23	1	130	44	970	3	1	43
Steak	740	330	37	18	1	105	57	870	4	1	39
Steak (Half)	370	170	18	9	0	50	28	440	2	<1	19
<b>LUNCH COMBO: PASTA PORTIONS</b>											
Mezzaluna (Regional)	250	120	13	7	0	45	22	520	<1	3	11
Lasagne (Regional)	390	210	23	12	0	70	23	1260	3	11	23
Fettuccine Alfredo (Regional)	650	410	45	29	1	115	38	800	2	3	18
<b>LUNCH PASTA: LUNCH PORTIONS</b>											
Fettuccine Weesie	1420	800	89	56	2	315	95	2690	8	5	50
Fettuccine Weesie With Gluten Free Pasta	1310	700	78	47	2	320	119	6200	11	7	44
Fettuccine Weesie With Whole Grain Spaghetti	1030	620	68	41	2	245	66	2420	12	4	38
Lasagne	740	400	44	23	0	135	44	2410	6	20	43
Mezzaluna	570	250	27	14	0	100	53	1140	2	6	26
Spaghetti With Meatballs	920	230	26	7	0	70	129	2360	13	19	41
Spaghetti With Meatballs With Whole Grain Spaghetti	880	230	26	8	0	70	119	2640	26	21	43
Spaghetti With Sausage	860	220	24	7	0	45	121	2160	10	16	35
Spaghetti With Sausage With Whole Grain Spaghetti	810	220	24	7	0	45	112	2440	23	17	36
<b>LUNCH: ENTREES</b>											
Tuscan-Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Tuscan-Grilled Sirloin Marsala (6 Ounce)	510	340	38	19	1	110	3	630	1	0	35

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<b>LUNCH: SIDES</b>											
Sicilian Orzo	210	60	6	1	0	0	33	530	2	2	5
Tomato Cucumber Salad (Regional)	60	0	0	0	0	0	12	340	2	9	2
Tomato Cucumber Salad	140	90	10	2	0	<5	9	150	2	6	2
Zucchini Fritte Side	340	230	26	5	3	0	23	440	2	2	5
<b>LUNCH: FLATBREADS</b>											
Chicken Bryan Flatbread (Regional)	770	330	37	20	0	100	71	1220	3	4	39
Margherita Flatbread (Regional)	630	310	34	12	0	65	47	1110	3	3	33
Sausage And Peppers Flatbread (Regional)	630	260	29	10	0	25	69	1280	4	6	27
<b>KID'S MENU</b>											
Bambini Sundae	430	240	26	16	1	85	44	95	1	35	6
Cheese Pizza	360	110	12	5	0	15	48	750	2	3	13
Cheese Ravioli	350	120	13	7	0	65	33	820	3	5	19
Chicken Fingers	520	250	28	13	2	65	44	1550	<1	10	22
Grilled Chicken Breast With Steamed Broccoli (Kids Live Well)	240	25	3	1	0	75	23	120	2	19	33
Grilled Chicken Breast With Steamed Green Beans (Kids Live Well)	250	25	3	1	0	75	25	110	3	20	34
Grilled Chicken Breast With Steamed Spinach (Kids Live Well)	250	30	3	1	0	75	24	200	3	19	35
Grilled Sirloin (6 Ounce)	320	170	19	8	0	70	<1	400	0	0	34
Pepperoni Pizza	410	150	17	6	0	30	48	940	2	3	16
Spaghetti And Meatballs	450	110	12	4	0	35	63	1100	6	9	21
Spaghetti And Meatballs With Whole Grain Spaghetti	430	110	13	4	0	35	58	1240	13	9	21
Whole Grain Spaghetti Pomodoro With Spinach	330	50	6	1	0	0	59	1070	13	9	14
<b>CATERING MENU: SOUP, SALAD AND BREAD</b>											
Bread Herbs And Oil - Calories Per Serving	320	110	12	2	0	0	47	570	2	<1	8
Bread Herbs And Oil - Serves 10	3190	1070	119	17	0	0	466	5690	17	6	78
Caesar Salad - Calories Per Serving	260	210	23	5	0	20	5	420	2	1	7
Caesar Salad - Serves 10	2570	2060	229	49	0	210	47	4220	21	13	75
House Salad - Calories Per Serving	220	170	19	4	0	10	8	340	3	3	5
House Salad - Serves 10	2150	1690	188	35	0	125	77	3370	34	31	46
Italian Salad - Calories Per Serving	270	230	26	4	0	10	8	430	3	4	3
Italian Salad - Serves 10	2680	2300	255	40	0	85	77	4280	29	35	26
Mama Mandola's Sicilian Chicken Soup - Calories Per Serving	90	20	2	1	0	10	10	1290	2	2	7
Mama Mandola's Sicilian Chicken Soup - Serves 10	860	180	20	6	0	100	98	12860	23	16	73
Minestrone Soup, Serves 10	1090	430	48	25	0	35	132	5950	38	0	51
Minestrone Soup - Calories Per Serving	110	45	5	3	0	<5	13	590	4	0	5
Sausage And Lentil Soup - Calories Per Serving	190	90	10	3	0	10	15	1070	6	3	11
Sausage And Lentil Soup - Serves 10	1880	860	95	30	0	75	152	10740	63	27	108

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<b>CATERING MENU</b>											
<b>CATERING MENU: ENTREES</b>											
Caesar Salad With Chicken - Calories Per Serving	300	210	23	5	0	50	5	560	2	1	18
Caesar Salad With Chicken - Serves 10	3040	2070	230	45	0	490	49	5600	21	13	182
Cavatappi Carrabba - Calories Per Serving	640	360	40	23	1	120	42	910	3	3	28
Cavatappi Carrabba - Serves 10	6420	3590	399	234	8	1205	419	9100	29	26	284
Cavatappi Pomodoro With Meatballs - Calories Per Serving	470	150	17	6	0	50	57	1260	6	10	25
Cavatappi Pomodoro With Meat Sauce - Calories Per Serving	410	140	15	5	0	35	50	840	4	6	17
Cavatappi Pomodoro With Meat Sauce - Serves 10	4060	1380	153	52	3	330	501	8400	39	58	174
Cavatappi Pomodoro With Meatballs - Serves 10	470	150	17	6	0	50	57	1260	6	10	25
Cavatappi Pomodoro With Sausage - Calories Per Serving	500	190	21	8	0	55	53	1320	5	8	26
Cavatappi Pomodoro With Sausage - Serves 10	5030	1890	210	76	0	575	531	13220	45	78	260
Chicken Bryan - Calories Per Serving	520	350	38	24	1	165	6	710	0	1	36
Chicken Bryan - Serves 10	5210	3460	384	242	12	1650	57	7120	2	11	357
Chicken Marsala - Calories Per Serving	330	180	19	10	1	115	3	660	1	0	32
<b>CATERING MENU: ENTREES</b>											
Chicken Marsala - Serves 10	3280	1750	195	101	6	1165	29	6560	12	1	325
Lasagne - Calories Per Serving	390	210	23	12	0	70	23	1260	3	11	23
Lasagne - Serves 10	6110	3340	371	197	0	1145	348	19140	44	153	370
Parmesan Crusted Chicken Arugula - Calories Per Serving	360	180	19	5	0	85	15	700	4	4	30
Parmesan Crusted Chicken Arugula - Serves 10	3590	1750	195	44	0	830	146	7020	41	36	305
Salmon Cetriolini - Calories Per Serving	560	410	45	15	1	140	1	420	0	<1	36
Salmon Cetriolini - Serves 10	5630	4060	451	149	5	1405	12	4170	3	7	364
Tuscan Strawberry Salad - Calories Per Serving	320	200	23	5	0	45	13	460	3	8	17
Tuscan Strawberry Salad - Serves 10	3220	2030	225	45	0	450	126	4640	33	77	170
<b>CATERING MENU: SIDES</b>											
Cavatappi Amatriciana - Calories Per Serving	260	90	10	5	0	15	33	780	1	3	10
Cavatappi Amatriciana - Serves 10	2600	920	102	49	0	130	330	7800	11	34	99
Cavatappi Pomodoro - Calories Per Serving	210	45	5	1	0	<5	35	610	3	5	8
Cavatappi Pomodoro - Serves 10	2110	430	48	12	0	50	355	6100	32	54	76
Garlic Mashed Potatoes - Calories Per Serving	330	190	21	11	0	20	31	710	4	1	5
Garlic Mashed Potatoes - Serves 10	3340	1910	213	115	0	185	308	7120	44	10	50
Seasonal Vegetable : Sautéed Broccoli - Calories Per Serving	150	120	14	2	0	0	8	90	3	2	3
Seasonal Vegetable : Sautéed Broccoli - Serves 10	1550	1230	136	19	0	0	83	910	31	23	33
Seasonal Vegetable : Sautéed Green Beans - Calories Per Serving	100	60	6	1	0	0	11	60	4	3	2
Seasonal Vegetable : Sautéed Green Beans - Serves 10	1020	560	62	9	0	0	114	610	39	32	23

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<b>CATERING MENU: DESSERT</b>											
Mini Cannoli - Calories Per Serving	380	220	25	12	0	50	35	65	<1	23	7
Mini Cannoli - Serves 12	3790	2210	245	116	0	500	347	650	9	225	67
Sogno Di Cioccolata "Chocolate Dream" - Calories Per Serving	1250	700	77	40	0	245	132	810	7	94	9
Sogno Di Cioccolata "Chocolate Dream" - Serves 12	12460	6970	774	404	1	2450	1316	8150	70	940	91
Tiramisu - Calories Per Serving	1010	700	78	43	0	230	62	105	4	40	13
Tiramisu - Serves 12	12110	8410	935	518	0	2780	748	1240	46	480	153
<b>CATERING MENU: PACKAGES</b>											
Cavatappi Pomodoro With Meatballs	470	150	17	6	0	50	57	1260	6	10	25
Cavatappi Pomodoro With Meat Sauce	410	140	15	5	0	35	50	840	4	6	17
Cavatappi Pomodoro With Sausage	500	190	21	8	0	55	53	1320	5	8	26
Tuscan Grilled Chicken	170	35	4	2	0	80	<1	470	0	0	31
Chicken Marsala	330	180	19	10	1	115	3	660	1	0	32
Chicken Bryan	520	350	38	24	1	165	6	710	0	1	36
Parmesan Crusted Chicken Arugula	360	180	19	5	0	85	15	700	4	4	30
Salmon Cetriolini	560	410	45	15	1	140	1	420	0	<1	36
<b>FAMILY BUNDLES</b>											
Bread Herbs And Oil Family Bundle - Calories Per Serving	270	90	10	2	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	25	6	530	3	2	9
Caesar Salad Family Bundle - Serves 4	1280	1030	114	24	0	105	23	2110	11	7	37
Cavatappi Alfredo Family Bundle - Calories Per Serving	970	610	68	42	2	160	66	1060	2	3	24
Cavatappi Alfredo Family Bundle - Serves 4	3880	2450	273	169	6	645	265	4230	8	13	95
Cavatappi Carrabba Family Bundle - Calories Per Serving	1130	660	73	43	2	210	73	1550	5	5	46
Cavatappi Carrabba Family Bundle - Serves 4	4540	2630	292	173	6	845	290	6190	19	18	186
Chicken Marsala Family Bundle - Calories Per Serving	360	180	19	10	1	135	3	760	1	0	40
Chicken Marsala Family Bundle - Serves 4	1440	700	78	39	3	540	11	3050	4	0	161
Chicken Parmesan Family Bundle - Serves 4	2080	930	103	44	0	585	74	6180	20	34	211
Chicken Parmesan Family Bundle- Calories Per Serving	520	230	26	11	0	145	18	1550	5	9	53
House Salad Family Bundle - Calories Per Serving	260	210	23	5	0	15	8	410	4	3	6
House Salad Family Bundle - Serves 4	1050	840	94	17	0	60	32	1630	15	13	23
Italian Salad Family Bundle - Calories Per Serving	330	290	32	5	0	10	8	520	3	4	3
Italian Salad Family Bundle - Serves 4	1310	1150	127	20	0	45	31	2090	13	14	12
Side: Cavatappi Amatriciana Family Bundle - Calories Per Serving	420	130	14	6	0	15	60	1140	2	5	14
Side: Cavatappi Amatriciana Family Bundle - Serves 4	1670	510	56	25	0	50	240	4540	8	21	57
Side: Garlic Mashed Potatoes Family Bundle - Calories Per Serving	330	190	21	11	0	20	31	710	4	1	5
Side: Garlic Mashed Potatoes Family Bundle - Serves 4	1340	770	85	46	0	75	123	2850	17	4	20



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<b>FAMILY BUNDLES</b>											
Side Sautéed Broccoli Family Bundle - Calories Per Serving	160	120	14	2	0	0	8	300	3	2	3
Side Sautéed Broccoli Family Bundle - Serves 4	620	490	55	7	0	0	34	1210	13	9	13
Spaghetti Meat Sauce Family Bundle - Calories Per Serving	670	230	25	8	0	50	79	1620	8	12	27
Spaghetti Meat Sauce Family Bundle - Serves 4	2670	910	101	33	2	200	317	6470	30	50	109
Spaghetti Pomodoro Family Bundle - Calories Per Serving	490	100	11	3	0	10	78	1420	7	12	18
Spaghetti Pomodoro Family Bundle - Serves 4	1970	400	45	11	0	50	313	5700	29	47	72
Spaghetti With Meatballs Family Bundle - Calories Per Serving	770	250	28	10	0	90	87	2080	10	15	41
Spaghetti With Meatballs Family Bundle - Serves 4	3070	1000	111	39	0	370	346	8300	42	61	165
Spaghetti With Sausage Family Bundle - Calories Per Serving	770	280	31	11	0	85	80	2080	7	13	39
Spaghetti With Sausage Family Bundle - Serves 4	3070	1130	125	44	0	335	319	8330	29	50	155
<b>BEVERAGES</b>											
<b>BEVERAGES: NON - ALCOHOLIC</b>											
Coffee, Decaf	0	0	0	0	0	0	0	0	0	0	0
Coffee, Regular	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
Diet Coke, With Ice	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
Fresh Brewed Iced Tea, Sweet, With Ice	50	0	0	0	0	0	13	0	0	13	0
Fresh Brewed Iced Tea, Unsweet, With Ice	0	0	0	0	0	0	0	0	0	0	0
Hi -C Fruit Punch, With Ice	90	0	0	0	0	0	23	5	0	23	0
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Minute Maid Lemonade, With Ice	120	0	0	0	0	0	30	0	0	29	0
Orange Italian Soda, With Ice	180	0	0	0	0	0	43	0	0	43	0
Raspberry Italian Soda, With Ice	190	0	0	0	0	0	47	0	0	47	0
Sprite, With Ice	80	0	0	0	0	0	23	20	0	23	0
<b>BEVERAGES: BEER</b>											
Craft/Higher Alcohol, 13 Ounce	150	0	0	0	0	0	11	10	0	0	1
Craft/Higher Alcohol, 19 Ounce (Regional)	310	0	0	0	0	0	1	20	0	0	5
Light Beer, 13 Ounce	110	0	0	0	0	0	5	10	0	0	<1
Light Beer, 19 Ounce (Regional)	160	0	0	0	0	0	7	15	0	0	1
Regular Beer, 13 Ounce	150	0	0	0	0	0	11	10	0	0	1
Regular Beer, 19 Ounce (Regional)	220	0	0	0	0	0	16	15	0	0	2

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<b>BEVERAGES: WINE &amp; SANGRIA</b>												
Blackberry Sangria, 9 Ounce	330	0	0	0	0	0	47	10	1	41	<1	
Blackberry Sangria, Glass 6 Ounce	220	0	0	0	0	0	31	10	1	27	<1	
Blackberry Sangria, Pitcher	1050	0	0	0	0	0	148	45	1	133	<1	
Classic Red Sangria, 6 Ounce	250	0	0	0	0	0	30	5	1	24	<1	
Classic Red Sangria, 9 Ounce	390	0	0	0	0	0	44	10	1	37	1	
Classic Red Sangria, Pitcher	1310	0	0	0	0	0	139	30	2	120	3	
Peach Sangria, 9 Ounce	270	0	0	0	0	0	25	10	<1	21	0	
Peach Sangria, Glass 6 Ounce	170	0	0	0	0	0	17	10	<1	14	0	
Peach Sangria, Pitcher	880	0	0	0	0	0	84	45	<1	75	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, 9 Ounce	230	0	0	0	0	0	7	10	0	3	0	
<b>BEVERAGES: COCKTAILS</b>												
Blackberry Bellini	160	0	0	0	0	0	22	0	0	18	0	
Bloody Mary (Regional)	140	0	0	0	0	0	15	1150	2	5	2	
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	
Mr. C's Dirty Martini	120	10	1	0	0	0	<1	230	0	0	0	
Pomegranate Martini	200	0	0	0	0	0	24	20	0	23	0	
Prickly Pear Margarita	330	0	0	0	0	0	52	560	<1	49	0	
Raspberry Limoncello Drop	160	0	0	0	0	0	6	0	<1	5	0	
Sparkling Tuscan Lemonade	180	0	0	0	0	0	21	10	<1	20	0	
Tiramisu Martini	300	60	7	4	0	20	33	30	<1	27	2	

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<b>MIAMI SURFSIDE TIKI MENU</b>											
Ahi Tuna Sashimi	600	290	33	5	0	60	40	4590	8	9	36
Bruschette: Bruschette Siciliani	490	330	36	7	0	10	33	1260	2	4	8
Carrabbas Housemade Meatballs & Ricotta	680	380	42	19	0	175	24	1740	8	13	52
Carrabba Style Chicken Wings	1050	770	85	24	2	230	29	2450	3	16	45
Ceviche	250	120	13	2	0	40	21	560	5	4	13
Chicken Tenders	1200	700	77	23	3	115	91	2850	5	9	34
Classic Caesar Wrap	410	190	22	7	0	25	38	860	3	1	14
Classic Caesar Wrap Add-On: Chicken Tenders	730	360	40	15	1	65	60	1630	3	1	29
Classic Caesar Wrap Add-On: Grilled Chicken	560	220	25	8	0	90	39	1250	3	1	40
Classic Caesar Wrap Add-On: Grilled Shrimp	480	210	23	7	0	170	38	1620	3	1	28
Classic Caesar Wrap: Add-On: Fish Of The Day (Mahi)	620	250	27	8	0	165	40	2640	4	1	51
Classic Caesar Wrap: Add-On: Seared Ahi Tuna	800	350	39	9	0	85	61	3160	8	2	50
Classic Hamburger	360	180	20	10	1	55	34	1200	3	3	12
Classic Hamburger Add-On: American Cheese	100	80	9	5	0	25	<1	510	0	<1	5
Classic Hamburger Add-On: Avocado	35	30	3	0	0	0	2	0	1	0	0
Classic Hamburger Add-On: Mozzarella Cheese	150	110	12	8	0	35	0	440	0	0	10
Classic Hamburger Add-On: Bacon	60	40	5	2	0	15	0	210	0	0	0
Crispy Mahi Tenders	850	400	45	8	2	175	64	2150	6	4	46
Fish Of The Day Sandwich (Mahi)	700	370	41	11	1	195	40	2850	4	7	45
Fish Tacos (Mahi)	650	310	35	7	0	165	42	2640	5	6	45
Grilled Chicken Sandwich	570	280	31	11	0	110	37	980	3	5	33
Mediterranean Salad	440	340	38	7	0	15	19	1120	8	6	7
Orzo And Arugula Salad	450	200	22	3	0	0	57	610	3	5	10
Salad Add-On: Avocado	35	30	3	0	0	0	2	0	1	0	0
Salad Add-On: Bacon Pieces	50	45	5	2	0	10	0	95	0	0	1
Salad Add-On: Crumbled Blue Cheese	100	80	9	6	0	15	0	330	0	0	6
Salad Protein Add-On: Grilled Chicken	180	40	4	2	0	85	1	540	0	0	32
Salad Protein Add-On: Grilled Fish (Mahi)	210	50	6	1	0	145	2	1780	<1	0	37
Salad Protein Add-On: Grilled Shrimp	70	15	2	0	0	150	0	770	0	0	14
Salad Protein Add-On: Seared Ahi Tuna	390	160	18	3	0	60	22	2300	4	0	35
Shrimp Tacos	530	280	31	6	0	195	40	1780	4	6	25
Side: Tomato Cucumber Salad	140	90	10	2	0	<5	9	150	2	6	2
Side: French Fries	310	120	14	3	1	5	40	580	5	1	5
Surfside Shrimp	520	370	41	7	2	130	19	1980	7	5	21

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<b>AIRPORT BREAKFAST MENU</b>											
Bacon And Egg Italian Sandwich	870	490	54	17	0	415	59	1700	3	4	32
Breakfast Plate	370	310	35	10	0	385	0	700	0	0	15
Fresh Fruit Bowl	110	5	1	0	0	0	28	20	5	22	2
Sausage, Spinach And Mozzarella Frittata	690	480	54	15	0	760	14	1670	6	5	41
Vegetable Frittata	570	410	45	12	0	730	13	1400	6	4	32
Yogurt Bowl	140	20	2	2	0	10	22	105	0	22	8