

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)
SMALL PLATES											
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
APPETIZERS											
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
WOOD-FIRED PIZZA											
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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SOUPS, ENTREE SALADS & SIDE SALADS											
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
PASTA											
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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PASTA											
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
CHICKEN, PORK & VEAL											
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
SEAFOOD											
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
COMBINATIONS											
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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STEAKS & CHOPS											
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
SIDES											
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
DESSERTS											
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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LUNCH											
LUNCH: SOUPS & SALADS											
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
LUNCH: ITALIAN SANDWICHES											
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
LUNCH COMBO: PASTA PORTIONS											
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
LUNCH PASTA: LUNCH PORTIONS											
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
LUNCH: ENTREES											
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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LUNCH: SIDES											
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
LUNCH: FLATBREADS											
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
KID'S MENU											
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
CATERING MENU: SOUP, SALAD AND BREAD											
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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CATERING MENU											
CATERING MENU: ENTREES											
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
CATERING MENU: ENTREES											
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
CATERING MENU: SIDES											
Cavatappi Amatriciana - Calories Per Serving	260	90	10	5	0	15	33	780	1	3	10
Cavatappi Amtriciana - 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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CATERING MENU: DESSERT											
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
CATERING MENU: PACKAGES											
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
FAMILY BUNDLES											
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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	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)
FAMILY BUNDLES											
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
BEVERAGES											
BEVERAGES: NON - ALCOHOLIC											
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
BEVERAGES: BEER											
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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BEVERAGES: WINE & SANGRIA											
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
BEVERAGES: COCKTAILS											
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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MIAMI SURFSIDE TIKI MENU											
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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AIRPORT BREAKFAST MENU											
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