

# 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 November 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)
<b>SMALL PLATES</b>											
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
ARANCINI	310	140	15	4	0	20	33	1720	3	5	9
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	650	530	59	34	2	170	13	640	2	4	19
SHRIMP SCAMPI	710	500	56	26	1	235	28	2310	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
MARGHERITA	700	280	31	11	0	45	81	1810	4	6	26
PIZZA TOPPING: ITALIAN SAUSAGE	150	110	12	5	0	0	1	490	0	0	11
PIZZA TOPPING: KALAMATA OLIVES	40	40	5	1	0	0	0	320	0	0	0
PIZZA TOPPING: MEATBALLS	230	130	14	6	0	70	6	470	2	2	20
PIZZA TOPPING: MUSHROOMS	40	25	3	0	0	0	2	160	2	0	2
PIZZA TOPPING: ONIONS	0	0	0	0	0	0	1	0	0	0	0
PIZZA TOPPING: PEPPERONI	60	50	5	2	0	15	0	200	0	0	3
PIZZA TOPPING: ROASTED RED BELL PEPPERS	0	0	0	0	0	0	<1	0	0	<1	0
PIZZA TOPPING: SUN-DRIED TOMATOES	90	50	6	6	0	0	6	10	0	0	2
<b>SOUPS, ENTREE SALADS &amp; SIDE SALADS</b>											
CAESAR SALAD WITH CHICKEN	780	530	59	12	0	110	16	1400	7	4	43
CAESAR SALAD WITH SHRIMP	700	520	58	11	0	195	15	1780	7	4	31
CAESAR SIDE SALAD	350	270	30	7	0	30	8	590	3	2	11
HOUSE SIDE SALAD	280	220	24	5	0	15	11	470	5	4	6
ITALIAN SIDE SALAD	340	290	32	5	0	10	10	550	4	5	4
JOHNNY ROCCO SALAD	540	380	42	8	0	160	13	1790	6	4	29
MAMA MANDOLA'S SICILIAN CHICKEN SOUP (BOWL)	190	40	5	2	0	20	20	1960	5	4	16
MAMA MANDOLA'S SICILIAN CHICKEN SOUP (CUP)	100	20	2	1	0	10	11	1490	3	2	8
MINISTRONE (BOWL)	240	80	9	5	0	0	33	1360	9	0	9
MINISTRONE (CUP)	120	40	5	3	0	0	16	680	5	0	5
SAUSAGE & LENTIL (BOWL)	430	190	21	6	0	10	38	2560	16	7	24
SAUSAGE & LENTIL (CUP)	220	100	11	3	0	<5	19	1280	8	3	12
TUSCAN STRAWBERRY SALAD WITH CHICKEN	530	300	33	7	0	85	24	780	8	13	34
TUSCAN STRAWBERRY SALAD WITH SHRIMP	450	280	31	6	0	165	23	1150	8	13	22
<b>PASTA</b>											
FETTUCINE CARRABBA	1390	670	74	46	2	250	100	2030	10	6	65
FETTUCINE CARRABBA WITH GLUTEN FREE PASTA	1420	650	72	43	2	220	147	5680	15	8	53
FETTUCINE CARRABBA WITH WHOLE GRAIN SPAGHETTI	1390	670	74	45	2	235	103	2300	20	7	65
FETTUCINE WEESIE	1460	810	90	57	2	365	96	3330	8	6	58
FETTUCINE WEESIE WITH GLUTEN FREE PASTA	1310	700	78	47	2	320	119	6200	11	7	44
FETTUCINE WEESIE WITH WHOLE GRAIN SPAGHETTI	1460	810	90	56	2	355	98	3610	18	6	58
LASAGNE	770	420	46	24	0	140	46	2510	6	21	46
LINGUINE & WHITE CLAM SAUCE	1270	630	70	34	1	160	113	2060	5	4	40
LINGUINE & WHITE CLAM SAUCE WITH WHOLE GRAIN SPAGHETTI	1210	600	66	34	1	160	102	2330	18	5	41
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	240	27	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
SHRIMP & SCALLOP LINGUINE ALLA VODKA	1060	340	38	17	0	130	116	1750	5	10	42
SHRIMP & SCALLOP LINGUINE ALLA VODKA WITH GLUTEN FREE PASTA	1030	280	31	15	0	125	145	5320	13	10	35
SHRIMP & SCALLOP LINGUINE ALLA VODKA WITH WHOLE GRAIN SPAGHETTI	1010	310	35	18	0	130	105	2020	18	11	43
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	220	25	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	260	29	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	60	7	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	310	34	13	0	95	113	2880	23	18	50
SEASONAL PASTA : RIGATONI CAMPAGNOLO	1070	420	47	18	0	60	111	2760	10	16	54
SEASONAL PASTA : RIGATONI CAMPAGNOLO WITH GLUTEN FREE PASTA	1210	410	45	18	0	60	158	6730	19	19	52
SEASONAL PASTA : RIGATONI CAMPAGNOLO WITH WHOLE GRAIN SPAGHETTI	1500	100	11	3	0	0	318	13340	50	14	68
<b>CHICKEN, PORK &amp; VEAL</b>											
CHICKEN MARSALA	450	210	24	12	1	175	3	960	<1	0	53
CHIANTI CHICKEN	550	250	27	6	0	140	14	1140	3	7	57
CHICKEN BRYAN	680	400	44	28	1	225	9	1060	0	1	59
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	20	1	220	3	1410	<1	0	64
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	430	200	22	13	1	190	8	550	1	0	46
<b>SEAFOOD</b>											
CIOPPINO	580	260	29	9	0	180	27	1160	1	7	49
MAHI WULFE	540	340	37	20	1	145	12	1160	0	1	38
PROSCIUTTO-WRAPPED SHRIMP	490	190	21	8	0	150	50	2290	4	5	30
SALMON CETRIOLINI	850	620	69	24	1	215	2	650	0	1	52
SHRIMP & SEA SCALLOP SPIEDINO	550	340	38	18	1	250	11	1030	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
FILET (9 OZ) WITH PROSCIUTTO WRAPPED SHRIMP	10	730	470	53	22	0	240	1	1400	0	0
THE JOHNNY: Tuscan Grilled Sirloin Marsala & Chicken Bryan	750	450	50	27	1	200	6	1020	<1	<1	64
TUSCAN GRILLED SIRLOIN (6 OZ) & PROSCIUTTO WRAPPED SHRIMP	420	230	25	11	0	145	<1	1140	0	0	45
<b>STEAKS &amp; CHOPS</b>											
TOPPING: BRYAN TOPPING	320	290	32	21	1	80	5	240	0	1	4
TOPPING: GORGONZOLA SAUCE	200	180	20	7	0	40	1	310	0	<1	2
TOPPING: MARSALA SAUCE	170	150	17	10	1	40	2	180	<1	0	1
TOPPING: SPICY SICILIAN BUTTER	60	60	7	4	0	20	<1	125	0	<1	0
TOPPING: SPIEDINO	280	170	19	9	0	125	6	520	<1	<1	19
TUSCAN GRILLED FILET (9 OZ)	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 OZ)	320	170	19	8	0	70	<1	400	0	0	34
TUSCAN GRILLED SIRLOIN (9 OZ)	490	270	30	12	0	105	<1	620	0	0	52
TUSCAN GRILLED VEAL CHOP (14 OZ)	450	220	24	10	1	190	0	450	0	0	57
<b>SIDES</b>											
CAVATAPPI AMATRICIANA	417	126	14	6	0	13	60	1136	2	5	14
FETTUCINE ALFREDO	653	408	45	29	1	117	38	801	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
PLAIN ASPARAGUS	25	0	0	0	0	0	4	0	2	2	2
PLAIN FRESHLY STEAM BROCCOLI	40	0	0	0	0	0	8	35	3	2	3
PLAIN FRESHLY STEAM GREEN BEANS	30	0	0	0	0	0	6	5	3	1	2

PLAIN FRESHLY STEAMED SPINACH	30	4	0	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	160	120	14	2	0	0	8	300	3	2	3
SEASONAL VEGETABLE: SAUTEED SPINACH	180	130	15	2	0	0	11	370	3	<1	5
SEASONAL VEGETABLE : ZUCCHINI STEFANO	152	109	12	2	0	2	9	643	2	5	4
<b>DESSERTS</b>											
BRULEE RICOTTA CHEESECAKE	550	210	24	13	0	30	59	220	<1	58	22
MINI CANNOLI	380	220	25	12	0	50	35	65	<1	23	7
SOGNO DI CIOCCOLATA "CHOCOLATE DREAM"	1050	590	66	35	0	210	110	680	6	79	8
TIRAMISU	1010	700	78	43	0	230	62	105	4	40	13
<b>LUNCH SOUPS &amp; SALADS</b>											
TUSCAN STRAWBERRY SALAD WITH SALMON	684	459	51	10	0	90	23	602	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	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	270	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	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	710	260	29	14	0	110	65	1360	6	8	42
MEATBALL (HALF)	350	130	15	7	0	55	33	680	3	4	21
STEAK	720	310	34	17	1	100	56	820	3	1	38
STEAK (HALF)	360	150	17	9	0	50	28	410	2	<1	19
<b>LUNCH PASTA: LUNCH PORTIONS</b>											
FETTUCINE WEESIE	1000	600	66	42	2	255	58	2180	5	4	37
FETTUCINE WEESIE WITH GLUTEN FREE PASTA	1080	600	67	40	2	245	96	4780	9	5	34
FETTUCINE WEESIE WITH WHOLE GRAIN SPAGHETTI	1030	590	66	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	710	200	23	7	0	70	90	1890	10	15	35
SPAGHETTI WITH MEATBALLS WITH WHOLE GRAIN SPAGHETTI	880	200	22	8	0	70	119	2640	26	21	43
SPAGHETTI WITH SAUSAGE	650	190	21	6	0	45	83	1700	7	12	28
SPAGHETTI WITH SAUSAGE WITH WHOLE GRAIN SPAGHETTI	810	190	21	7	0	45	112	2440	23	17	36
<b>LUNCH STEAK</b>											
TUSCAN-GRILLED SIRLOIN 6 OZ	320	170	19	8	0	70	<1	400	0	0	34
TUSCAN-GRILLED SIRLOIN MARSALA 6 OZ	510	340	38	19	1	110	3	630	1	0	35
<b>LUNCH SIDES</b>											
SICILIAN ORZO	210	60	6	1	0	0	33	530	2	2	5
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>KIDS</b>											
GRILLED SIRLOIN 6 OZ	320	170	19	8	0	70	<1	400	0	0	34
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 LiveWell)	240	25	3	1	0	75	23	120	2	19	33
GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS (Kids LiveWell)	250	25	3	1	0	75	25	1170	3	20	34
GRILLED CHICKEN BREAST WITH STEAMED SPINACH (Kids LiveWell)	250	30	3	1	0	75	24	200	3	19	35
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	100	11	4	0	35	58	1240	13	9	21
WHOLE GRAIN SPAGHETTI POMODORO WITH SPINACH	330	35	4	1	0	0	59	1070	13	9	14
BANBINI SUNDAE	430	240	26	16	1	85	44	95	1	35	6