

# WELCOME TO CARRABBA'S LUNCH

FRESH INGREDIENTS, MADE FROM SCRATCH



## SMALL PLATES

Different tastes, sized just right. Mix and match to create your perfect lunch!

### GRILLED ASPARAGUS WITH PROSCIUTTO <sup>GF</sup>

Wood-grilled asparagus wrapped in prosciutto and fontina, drizzled with balsamic glaze (210 calories) | 6.29

### THREE-CHEESE & SAUSAGE STUFFED MUSHROOMS

Stuffed with sausage, spinach, ricotta, romano, mozzarella and Italian breadcrumbs served over our tomato cream sauce (300 calories) | 6.49

### BRUSCHETTA SICILIANI

Oven-baked bread served with diced tomatoes, fresh basil, oregano, red onions and kalamata olives, topped with ricotta salata (320 calories) | 4.99

### MEATBALLS & RICOTTA

Simmered in our pomodoro sauce with ricotta and romano cheese (370 calories) | 6.29

## APPETIZERS

### CALAMARI

Hand-breaded to order and served with our marinara sauce (900 calories) | 11.79

### CALABRIAN ROASTED WINGS

Seasoned with spicy Italian peppers. Served with our gorgonzola dipping sauce (890 calories) | 11.59

### TOMATO CAPRESE

#### WITH FRESH BURRATA <sup>GF</sup>

Creamy burrata mozzarella, tomatoes, fresh basil, red onions, balsamic glaze, drizzled with extra-virgin olive oil (500 calories) | 9.49

### MOZZARELLA MARINARA

Hand-cut and breaded, served with our marinara sauce (990 calories) | 10.49

### SHRIMP SCAMPI

Simmered in garlic, white wine and our lemon butter sauce served with baked bread (720 calories) | 10.99

## \$7.99 ENDLESS SOUP & SALAD COMBO

### Choose a Cup of Soup:

- MAMA MANDOLA'S SICILIAN CHICKEN SOUP (110 calories)
- MINISTRONE (120 calories)
- SAUSAGE & LENTIL (220 calories)

### Then Choose a Fresh Side Salad:

- ITALIAN SALAD (350 calories)
- HOUSE SALAD (290 calories)
- CAESAR SALAD (350 calories)



## \$9.99 LUNCH COMBOS

Create your quick and perfect lunch by picking one lunch favorite item from the first section and one item from the second section.

### Choose One From Here:

- ITALIAN SIDE SALAD (350 calories)
- HOUSE SIDE SALAD (290 calories)
- CAESAR SIDE SALAD (350 calories)
- CUP OF MAMA MANDOLA'S SICILIAN CHICKEN SOUP (110 calories)

### Choose One From Here:

- MEDITERRANEAN CHICKEN PIADINA (630 calories)
- MEATBALL SANDWICH (740 calories)
- LUNCH MEZZALUNA (250 calories)

- CUP OF MINISTRONE SOUP (120 calories)
- CUP OF SAUSAGE & LENTIL SOUP (220 calories)
- BRUSCHETTA SICILIANI (320 calories)
- GRILLED ASPARAGUS WITH PROSCIUTTO (210 calories)
- THREE-CHEESE & SAUSAGE STUFFED MUSHROOMS (300 calories)

- MARGHERITA FLATBREAD (680 calories)
- SAUSAGE & PEPPERS FLATBREAD (630 calories)
- LUNCH LASAGNE (390 calories)
- FETTUCINE ALFREDO (650 calories)

## ITALIAN SANDWICHES

Served with your choice of Tomato Cucumber Salad (140 calories) or Sicilian Orzo (210 calories). Substitute Zucchini Fritte (340 calories) as a side for \$1.00.

### CAPRESE\*\*

Fresh milk mozzarella, tomatoes, fresh basil, pesto with pine nuts and walnuts on a baked ciabatta roll (480 calories) | 8.29

### MEATBALL

Our meatballs with ricotta, romano and fontina cheese on a baked ciabatta roll (740 calories) | 9.99

### New! SIRLOIN MARSALA\*

Thinly sliced wood-grilled sirloin Marsala, layered with fontina cheese on a baked ciabatta roll (740 calories) | 10.49

### CHICKEN PARMESAN

Coated with Mama Mandola's breadcrumbs, sautéed and topped with our pomodoro sauce and mozzarella, served on a baked ciabatta roll (620 calories) | 10.49

### New! MEDITERRANEAN CHICKEN PIADINA

Wood-grilled chicken tossed with lemon vinaigrette, roasted red bell peppers and diced vegetables, mozzarella cheese and arugula, wrapped and seared in a thin Italian flatbread (630 calories) | 8.79

## SOUPS & SALADS

Fresh soups and salads made from scratch every day. All salads may be made with light balsamic dressing <sup>GF</sup> (80 calories). Add crumbled gorgonzola <sup>GF</sup> (110 calories) to any salad for \$2.00.

### MAMA MANDOLA'S SICILIAN CHICKEN SOUP

Spicy chicken soup that has soothed the family for generations cup (110 calories) | 4.99 bowl (220 calories) | 6.99

### MINISTRONE <sup>GF</sup>

Traditional Italian vegetable soup cup (120 calories) | 4.99 bowl (240 calories) | 6.99

### SAUSAGE & LENTIL

Hearty lentil soup with our Italian fennel sausage cup (220 calories) | 4.99 bowl (430 calories) | 6.99

### SIDE SALADS

Italian <sup>GF</sup> (350 calories), House <sup>GF</sup> (290 calories) or Caesar (350 calories) | 4.99

### ITALIAN SALAD <sup>GF</sup>

Mixed greens, garden vegetables, kalamata olives and our Italian vinaigrette dressing Chicken (850 calories) | 11.99 Shrimp (780 calories) | 13.99 Salmon\* (1010 calories) | 14.99

### JOHNNY ROCCO SALAD <sup>GF</sup>

Wood-grilled shrimp and sea scallops served over mixed greens tossed with roasted red peppers, kalamata olives and ricotta salata in our Italian vinaigrette (540 calories) | 14.79

### CAESAR SALAD

Wood-grilled chicken, shrimp or salmon served over romaine, croutons, parmesan cheese and caesar dressing Chicken (780 calories) | 11.99 Shrimp (700 calories) | 13.99 Salmon\* (930 calories) | 14.99

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.

<sup>GF</sup> Indicates Dishes Under 600 Calories. Entrées are under 600 calories when paired with freshly steamed broccoli (40 Calories) as a side item. Calorie count does not include soup or salad.

<sup>GF</sup> This dish is gluten-free. Caesar Salads are gluten-free without croutons. Mama Mandola's Sicilian Chicken Soup is gluten-free without pasta. Food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any menu item is completely free of gluten. When placing your order, please let your server know you are ordering a gluten-free menu item.

\* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

\*\* Item contains or may contain nuts.

# DINNER FAVORITES



## CHICKEN PARMESAN

Coated with Mama Mandola's breadcrumbs, sautéed and topped with our pomodoro sauce and mozzarella (690 calories) | **16.29**

## TUSCAN-GRILLED CHICKEN

Wood-grilled and seasoned with our signature grill baste, olive oil and herbs (290 calories) | **13.49**

## CHICKEN BRYAN

Wood-grilled and topped with goat cheese, sun-dried tomatoes, basil and our lemon butter sauce (680 calories) | **17.49**

Dinner Favorites are served with your choice of side (except pasta dishes).

Add a cup of soup or a side salad for \$2.00.

Substitute Grilled Asparagus or Fettuccine Alfredo for an additional \$2.50.

Ask your server about **GF** Gluten-Free Casarecce pasta or Whole Grain spaghetti options.

## CHICKEN MARSALA

Wood-grilled and topped with mushrooms and our Lombardo Marsala wine sauce (480 calories) | **17.49**

## PARMESAN-CRUSTED CHICKEN ARUGULA

Sautéed chicken breast crusted with grated parmesan and panko breadcrumbs topped with fresh arugula, tomatoes and parmesan cheese in our Mediterranean lemon vinaigrette (660 calories) | **16.29**

## TUSCAN-GRILLED SIRLOIN

Prepared with our signature grill baste, olive oil and herbs. Served simply grilled (320 calories) or with your choice of Spicy Sicilian Butter (60 calories) or Gorgonzola Sauce (190 calories) 6oz | **13.99**  
Marsala Sauce (190 calories) or Bryan Topping (320 calories) (add **\$3.80**)

## SALMON CETRIOLINI

Wood-grilled and topped with diced tomato, cucumber and dill in our lemon white wine sauce (850 calories) | **18.29**

## WOOD-GRILLED TILAPIA

With olive oil and our signature grill seasoning, topped with roasted tomatoes, basil and balsamic glaze (310 calories) | **14.99**

## LINGUINE POSITANO

Crushed tomatoes, garlic, olive oil and basil (810 calories) | **10.99**  
Chicken (950 calories) | **13.99**  
Shrimp (880 calories) | **15.99**

## MEZZALUNA

Half-moon ravioli with chicken, ricotta, romano and spinach in our tomato cream sauce (630 calories) | **14.79**

## RIGATONI CAMPAGNOLO

Large rigatoni tossed with Italian sausage, red bell peppers, our pomodoro sauce, topped with warm caprino cheese (1190 calories) | **14.99**

## LINGUINE PESCATORE

Shrimp, sea scallops, mussels and spicy marinara sauce (850 calories) | **18.49**

## SPAGHETTI

Pomodoro sauce (670 calories) | **11.49**  
Bolognese meat sauce (880 calories), Meatballs (920 calories) or Sausage (860 calories) | **13.99**

## LASAGNE

Pasta layered with our pomodoro sauce, meat sauce, ricotta, romano and mozzarella cheese (770 calories) | **13.99**

## FETTUCCINE WEESIE

Fettuccine Alfredo with sautéed shrimp, scallions, basil, garlic and mushrooms in our white wine lemon butter sauce (1420 calories) | **16.99**

## FETTUCCINE CARRABBA

Fettuccine Alfredo with wood-grilled chicken, sautéed mushrooms and peas (1390 calories) | **15.49**

# WOOD-FIRED FLATBREADS

Add a cup of soup or a side salad for \$2.00.

## New! CHICKEN BRYAN

Crispy oven-baked flatbread topped with wood-grilled chicken, goat cheese, sun-dried tomatoes, fresh basil and our lemon butter sauce (770 calories) | **8.79**

## New! MARGHERITA

Crispy oven-baked flatbread topped with fresh milk mozzarella, roasted red tomatoes and fresh basil (680 calories) | **8.29**

## New! SAUSAGE & PEPPERS

Crispy oven-baked flatbread topped with fennel sausage, sautéed bell peppers, mozzarella and romano cheeses (630 calories) | **8.29**



## SIDES

SAUTÉED BROCCOLI **GF** (160 calories) | **3.99**

PENNE POMODORO (330 calories) | **3.99**

GARLIC MASHED POTATOES **GF** (330 calories) | **3.99**

## PREMIUM SIDES

GRILLED ASPARAGUS **GF** (70 calories) | **4.99**

FETTUCCINE ALFREDO (650 calories) | **4.99**

# BEVERAGES

## SPARKLING ITALIAN SODAS

Orange (180 calories) or Raspberry (190 calories)

## FRESH BREWED ICED TEA

(0/50 calories)


## MINUTE MAID COUNTRY STYLE LEMONADE

(120 calories)

## ITALIAN BOTTLED WATER

Acqua Panna Still or San Pellegrino Sparkling (0 calories)

## SOFT DRINKS

 (90 | 0 | 80 | 90 | 80 calories)



# SANGRIA

## BLACKBERRY SANGRIA

6oz (250 calories) | **7.99**  
9oz (370 calories) | **11.99**

## PEACH SANGRIA

6oz (210 calories) | **7.99**  
9oz (300 calories) | **11.99**

## CLASSIC RED SANGRIA

6oz (200 calories) | **6.99**  
9oz (290 calories) | **10.49**

# BEERS

**PERONI**  
ITALY



Domestic, craft & imported bottled beers available.  
Bud Light, 13oz (110 calories)  
Blue Moon, 13oz (180 calories)  
Peroni, 13oz (150 calories)  
Stella Artois, 13oz (170 calories)

# VINO

White, Rosé or Red: 6oz (150 calories)  
9oz (230 calories) | Bottle (650 calories)  
Sparkling: 6oz (140 calories) | Bottle (600 calories)

## SPARKLING & SWEET

*Light, Refreshing, Crisp*

**Riondo** Prosecco, Italy

**Copper Ridge** White Zinfandel, California

**Rosatello** Moscato, Italy

**Saint M** Riesling, Germany

## ITALIAN WHITES

*Dry and Delicate*

**Bonizio Bianco** Italian White Blend

**Ecco Domani** Pinot Grigio, Italy

**Chloe** Pinot Grigio, Italy

**Santa Margherita** Pinot Grigio, Italy

## SAUVIGNON BLANC

*Zesty, Aromatic, Fresh*

**Kim Crawford**, Marlborough, New Zealand

## CHARDONNAY

*Citrus, Apples, Oak*

**William Hill**, California

**Kendall-Jackson**, California

**Decoy by Duckhorn**, Sonoma County, California

**New! Antica**, California

## ROSÉ

*Elegant and Crisp*

**Belleruche**, Côtes-du-Rhône, France

## PINOT NOIR

*Juicy, Silky, Red Berries*

**Mark West**, California

**Coppola Votre Santé**, California

**Elouan**, Oregon

## WORLDLY REDS

*Smooth and Velvety*

**Apothic** Red Blend, California

**Joel Gott** Zinfandel, California

**Layer Cake** Malbec, Argentina

**Stags' Leap Winery** Petite Sirah, Napa Valley, California

## MERLOT

*Sultry and Sumptuous Dark Fruit*

**Ecco Domani**, Italy

**Markham**, California

## ITALIAN REDS

*Cherries, Berries and Spice*

**Bonizio Rosso** Italian Red Blend

**Gabbiano** Chianti, Tuscany

**Santa Cristina** Chianti Superiore, Tuscany

**Pian di Nova** Super Tuscan, Tuscany

**Marchesi di Barolo** Barolo Tradizione, Piedmont

**Gaja Ca' Marcanda Promis** Red Blend, Tuscany

## CABERNET SAUVIGNON

*Big, Bold, Robust*

**Beringer Founders' Estate**, California

**Dark Horse**, California

**Coppola Diamond**, California

**Louis Martini**, California

**J. Lohr "Seven Oaks"**, California

**Sequoia Grove**, Napa Valley, California

**Drink Responsibly. Drive Responsibly.**

**Wines contain sulfites.**

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## INTERESTING GEMS

HAND-PICKED AND UNDISCOVERED

**New! Hanna** Sauvignon Blanc, California

Crisp and vibrant flavors of tropical mango, fresh peach and zesty citrus, produced by Chris Hanna, an expert in Sonoma winemaking and lifestyle **44**

**Guado al Tasso "Il Bruciato"** Cabernet Blend, Bolgheri, Italy

*92 points Wine Spectator*

Antinori, 26 generation vintners, produce this wine at their family estate on the Tuscan coast which boasts enticing aromas of red berry fruit, sweet spice

