



Nutritional Information Guide

APPETIZERS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Nachos - Combo	1,005	358	40	18	0	164	2,951	93	9	2	66
Italian Nachos - Chicken	957	293	33	15	0	165	2,741	92	8	2	70
Italian Nachos - Sausage	1,052	424	47	20	0	163	3,161	93	9	2	61
Italian Nachos - Mini	464	176	20	9	0	61	1,473	46	4	1	25
Hand-Breaded Calamari	1,233	231	26	6	0	653	5,264	176	7	5	68
Hand-Breaded Calamari - Mini	589	74	8	2	0	326	2,884	91	4	4	34
Baked Stuffed Mushrooms	463	332	37	23	1	173	1,095	20	2	4	13
Sicilian Fire Sticks with Ranch Dressing	1,564	849	94	32	0	180	4,601	115	13	9	58
Sicilian Fire Sticks with Ranch Dressing - Mini	713	475	53	14	0	81	1,906	39	4	4	20
Mozzarella with Marinara	922	478	53	24	1	126	2,663	70	3	11	41
Mozzarella with Marinara - Mini	496	219	24	13	1	76	1,821	44	2	7	25
Italian Meatball Sliders	1,293	605	67	25	0	232	3,301	107	10	28	62

PIZZAS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Create Your Own Pizza — no toppings (Toppings will change nutritional information)	474	198	24	12	0	54	2,112	72	6	6	36
Classic Pizza Margherita	481	193	21	12	0	52	2,071	75	7	7	35

PANINIS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Parmesan - not including fries	927	355	39	17	0	158	1,668	83	3	1	59
Smoked Turkey and Bacon - not including fries	822	337	37	17	0	141	2,145	67	3	3	57
Italian Meatball - not including fries	1,332	554	62	24	0	168	3,589	134	10	9	57

SOUPS/SALADS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pecan Crusted Chicken	953	415	46	15	0	164	3,216	86	6	16	44
Classic Caesar - Grilled Chicken	689	418	46	6	0	99	1,526	34	6	6	38
Classic Caesar - Shrimp and Artichokes	515	299	33	8	0	201	1,280	23	4	6	33
Zesty Calamari	852	284	32	5	0	338	3,677	103	12	6	37
Italian Wedge	794	595	66	15	0	69	1,392	34	6	25	18
Caesar Salad — Add on	264	189	21	3	0	19	649	15	2	2	6
House Salad — Add on	171	66	7	1	0	5	908	22	2	7	6
Garlic Potato Soup	549	319	35	19	0	97	1,796	38	2	3	19
Italian Chili Soup	246	109	12	4	0	24	879	23	4	6	11
Minestrone Soup	159	8	1	1	0	3	1,720	30	7	7	10

SIGNATURE ITALIAN DRINKS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bellini	344	0	0	0	0	0	16	46	0	39	0
Italian Sangria	259	0	0	0	0	0	13	35	0	30	0
Amalfi Strawberry Lemonade	320	1	0	0	0	0	21	54	2	51	0
Italian Margarita	216	0	0	0	0	0	486	26	0	25	0
Italian Margarita — On the rocks with Sauza	257	1	0	0	0	0	483	35	0	28	0
Premium Italian Margarita	263	1	0	0	0	0	483	27	0	20	0
Pomegranate Granita	461	0	0	0	0	0	1	74	0	62	0
Italian Sodas without cream*	101	0	0	0	0	0	10	26	0	25	0
Italian Sodas with cream*	116	10	1	1	0	6	21	27	0	26	0

* Nutritional information may vary slightly depending on flavor selection

LUNCH ENTRÉES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spicy Shrimp and Chicken	938	449	50	26	0	222	1,149	72	3	8	47
Spicy Romano Chicken	888	438	49	25	0	143	1,236	73	4	10	38
Homemade 16-Layer Lasagna	902	417	46	23	0	243	2,251	62	6	19	57
Chicken Scallopini	1,221	845	94	50	0	278	811	51	3	4	39
Jalapeño Garlic Tilapia	1,146	811	90	48	0	259	904	51	3	3	31

LUNCH ENTREES (CONTINUED)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Homemade Parmigiana — Chicken	641	158	18	6	0	128	1,160	74	4	9	45
Homemade Parmigiana — Eggplant	680	278	31	15	0	100	1,241	67	9	14	33
Baked Cheese Tortelloni	741	311	35	21	0	140	2,244	61	5	10	43
Chicken Fettuccine	681	216	24	15	0	120	1,354	72	3	5	39
Spaghetti and Handmade Meatballs	744	226	25	8	0	128	1,739	92	8	14	37
Angel Hair with Artichokes	445	77	9	1	0	5	973	75	7	9	15
Skilletini — Combo	1,161	583	65	14	0	113	1,915	94	6	10	50
Skilletini — Chicken	1,037	432	48	8	0	105	1,404	93	5	10	56
Skilletini — Sausage	1,285	734	82	20	0	120	2,427	95	7	10	43
Grilled Chicken Bowtie Festival	941	471	52	27	0	150	1,184	72	4	6	42
Create Your Own Pasta — Alfredo	506	148	17	10	0	49	783	70	4	4	18
Create Your Own Pasta — Tomato	359	29	3	0	0	0	421	71	5	8	12
Create Your Own Pasta — Spicy Marinara	355	30	3	0	0	0	338	68	5	7	13

DINNER

ONLY AT CARINO'S	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Skilletini — Chicken	1,157	550	61	10	0	105	1,591	93	6	10	56
Skilletini — Sausage	1,404	853	95	22	0	120	2,614	95	7	10	43
Skilletini — Shrimp	1,187	554	62	10	0	184	1,654	114	7	11	44
Skilletini — Combo	1,280	702	78	16	0	113	2,103	94	6	10	50
Angel Hair with Artichokes	661	126	14	1	0	5	1,718	112	11	13	22
Angel Hair with Artichokes — Chicken	754	136	15	1	0	54	1,774	112	11	13	41
Angel Hair with Artichokes — Shrimp	726	137	15	1	0	104	1,814	112	11	13	35
Spicy Romano Chicken	1,212	581	65	33	1	159	1,853	110	7	15	47
Spicy Shrimp and Chicken	1,259	594	66	34	1	257	1,577	106	5	9	58
Grilled Chicken Bowtie Festival	1,185	569	63	31	0	150	1,444	103	6	7	47
Shredded Beef Pappardelle	1,194	597	66	32	0	178	2,938	94	8	12	46

BEEF AND CHICKEN	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Flat Iron Steak - Gorgonzola Sauce	572	352	39	18	0	158	922	5	1	1	46
Italian Flat Iron Steak - Marsala Sauce	653	424	47	17	0	154	536	7	0	1	41
Italian Pot Roast with Rosemary Potatoes	1,067	651	72	17	0	99	2,823	47	6	12	54
Lemon Rosemary Chicken	607	58	6	1	0	132	1,455	67	8	15	64
Chicken Scallopini	1,612	1,096	122	63	0	401	1,311	53	3	5	69
Chicken Milano	1,313	668	74	39	0	268	2,642	63	3	5	90
Pinot Grigio Chicken	888	420	47	24	0	152	1,310	54	5	5	46
Chicken Marsala	1,264	693	77	26	0	194	1,411	62	3	4	63

SEAFOOD	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Shrimp Scampi	1,920	1,220	136	81	0	492	1,115	114	7	10	46
Jalapeño Garlic Tilapia	1,488	1,025	114	60	0	363	1,579	58	3	3	56
Lobster Ravioli	912	542	60	34	1	198	1,905	64	5	7	26
Lemon Pepper Mahi Mahi with Angel Hair	859	473	53	21	0	196	1,147	38	5	8	51

CLASSIC ITALIAN	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Homemade 16-Layer Lasagna	902	417	46	23	0	243	2,251	62	6	19	57
Carino's Favorites Combo	1,497	563	63	29	0	367	3,141	129	10	24	101
Chicken Fettuccine	930	288	32	19	0	144	1,898	106	5	7	48
Spaghetti & Handmade Meatballs	1,116	339	38	12	0	192	2,609	138	12	21	56
Baked Cheese Tortelloni	1,004	405	45	27	0	189	2,979	87	7	13	57
Homemade Parmigiana — Chicken	1,060	303	34	12	0	257	2,136	102	6	14	84
Homemade Parmigiana — Eggplant	680	278	31	15	0	100	1,241	67	9	14	33
Create Your Own Pasta — Meat Sauce	575	57	6	1	0	11	687	107	7	15	23
Create Your Own Pasta — Italian Sausage	1,004	412	46	15	0	157	1,591	95	6	5	53
Create Your Own Pasta — Spicy Marinara	532	45	5	0	0	0	508	102	7	10	20
Create Your Own Pasta — Alfredo	766	227	25	15	0	75	1200	105	6	7	28
Create Your Own Pasta — Tomato	538	44	5	0	0	0	632	106	7	13	18

DESSERTS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Chocolate Cake	591	172	19	11	0	50	395	94	3	77	10
Mini Chocolate Cake	141	40	4	2	0	11	95	23	1	18	2
Lemon Cream Cake	556	277	31	14	1	96	307	63	1	39	6
Turtle Cheesecake	1,033	567	63	38	2	215	771	105	2	84	12
Mascarpone Bread Pudding	1,678	867	96	56	0	515	1,619	175	3	103	29
Tiramisu	773	488	54	29	0	328	84	59	0	42	12
Mini Tiramisu	311	228	25	14	0	145	37	16	0	13	5
Mini Cheesecake w/ Amerena Cherries	228	117	13	8	0	65	160	25	0	21	3

KIDS MENU	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Pasta — Butter and Cheese	458	209	23	10	0	5	310	52	3	3	11
Kids Pasta — Meatballs	471	117	13	4	0	64	870	66	5	8	22
Kids Pasta — Tomato Sauce	280	19	2	0	0	0	211	56	3	5	10
Kids Pasta — Alfredo	341	73	8	5	0	23	359	55	3	3	12
Kids Pizza — no toppings (Toppings will change nutritional information)	421	166	18	10	0	49	1426	68	5	3	33
Kids Pizza Pasta	427	91	10	4	0	44	592	59	4	7	25
Kids Chicken and Broccoli Penne	458	111	12	7	0	59	800	60	3	4	24
Kids Panini — Turkey and Cheese	460	109	12	6	0	60	945	61	3	13	28
Kids Pizza Dippers with Tomato Sauce	483	171	19	11	0	49	1659	81	5	4	34
Kids Grilled Chicken with Spaghetti	404	32	4	0	0	66	285	56	3	5	36
Kids Cheese Stuffed Pasta	279	67	7	4	0	38	772	39	4	6	13
Kids Ice Cream Sundae	335	72	8	6	0	35	97	58	0	51	5
Kids Milk	188	90	10	6	0	44	156	15	0	15	10
Kids Apple Juice	145	0	0	0	0	0	18	36	0	35	0

REGIONAL MENU ITEMS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Chicken Pizza	767	184	20	11	0	102	3171	125	6	41	55
Bruschetta Appetizer	1,074	567	63	16	0	3	1,665	104	7	7	25
Bruschetta - Mini	537	283	31	8	0	1	833	52	4	4	12

REGIONAL MENU ITEMS (CONTINUED)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cedar Planked Salmon	1,264	750	83	33	0	178	1,481	76	5	28	49
Chicken Balsamico - Lunch and Dinner	790	175	19	4	0	137	752	83	4	24	66
Chicken Caesar Panini	850	341	38	10	0	125	1,523	69	4	5	57
Chicken Diavolo - Lunch and Dinner	526	40	4	1	0	132	960	55	5	9	62
Chicken Penne Gorgonzola - Lunch	946	480	53	29	0	154	1,351	72	4	6	42
Chicken Penne Gorgonzola - Dinner	1,361	722	80	43	0	213	1,812	106	6	8	52
Chicken Primavera - Lunch	503	44	5	1	0	54	640	75	6	10	35
Chicken Primavera - Dinner	684	52	6	1	0	54	980	112	9	14	43
Chicken, Gorgonzola and Tomato Salad	627	320	36	9	0	77	1,282	46	6	14	35
Five Meat Tuscan Pasta - Lunch	815	445	49	14	0	64	1,539	63	4	8	28
Five Meat Tuscan Pasta - Dinner	1,168	615	68	17	0	78	1,921	99	7	13	38
Florentine Pasta - Lunch	782	418	46	24	0	91	1,185	71	4	5	19
Florentine Pasta - Lunch - With Chicken	875	428	48	25	0	140	1,241	71	4	5	38
Florentine Pasta - Lunch - With Shrimp	832	426	47	25	0	168	1,260	71	4	5	29
Florentine Pasta - Dinner	1,118	570	63	33	0	110	1,605	106	6	7	29
Florentine Pasta - Dinner - With Chicken	1,211	580	64	33	0	159	1,660	106	6	7	48
Florentine Pasta - Dinner - With Shrimp	1,178	580	64	33	0	202	1,694	107	6	7	41
Fresh Caprese Salad	491	345	38	19	0	84	631	7	1	5	22
Grilled New York Strip	1,020	726	81	37	0	281	864	3	1	0	65
Honey Pecan Salmon Salad	794	403	45	7	0	117	1,661	52	7	38	45
Jalapeno Garlic Tilapia Panini	887	407	45	21	0	197	1,679	70	3	2	51
Italian Chopped Club Salad	1,337	835	93	38	0	204	4,025	60	10	17	60
Kids Pepperoni Mac and Cheese	433	150	17	5	0	40	1,097	55	2	13	15
Lemon Pepper Salmon	937	631	70	25	0	163	1,397	21	5	10	53
Roasted Vegetable Skilletini - Lunch	1,171	598	66	11	0	7	1,884	119	12	22	25
Roasted Vegetable Skilletini - Lunch - Chicken	1,265	607	67	11	0	57	1,939	119	12	22	45
Roasted Vegetable Skilletini - Dinner	1,288	715	79	13	0	7	1,924	119	12	22	25
Roasted Vegetable Skilletini - Dinner - Chicken	1,382	724	80	13	0	57	1,979	119	12	22	45
Seafood Fettuccine with Marinara	1,081	413	46	7	0	310	1,470	118	7	12	47
Seafood Fettuccine with Marinara - Mussels	1,113	421	47	7	0	321	1,580	119	7	12	52
Seafood Fettuccine with Marinara - Crawfish	1,139	420	47	7	0	401	1,523	118	7	12	60

REGIONAL MENU ITEMS (CONTINUED)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Seafood Fettuccine with Alfredo	1,121	444	49	23	0	355	1,497	114	5	6	52
Seafood Fettuccine with Alfredo - Mussels	1,153	452	50	23	0	366	1,607	115	5	6	56
Seafood Fettuccine with Alfredo - Crawfish	1,179	452	50	23	0	446	1,549	114	5	6	64
Shrimp Scampi with Garlic Toast	1,942	1,346	150	90	0	541	1,789	91	5	8	40
Spinach with Artichoke Dip	1,200	623	69	34	0	98	2,772	105	6	7	43
Stuffed Vegetable Rigatoni - Lunch	670	300	33	15	0	80	2,040	67	8	10	23
Stuffed Vegetable Rigatoni - Dinner	886	359	40	19	0	116	2,708	96	12	15	32
Timballo - Combo	1,591	850	94	27	0	174	3,173	115	11	13	69
Timballo - Grilled Chicken	1,403	709	79	22	0	127	2,698	114	10	13	58
Timballo - Italian Sausage	1,498	840	93	27	0	125	3,117	115	11	13	49
Veal Parmesan - Lunch	777	299	33	13	0	153	1,454	77	5	13	42
Veal Parmesan - Dinner	1,178	505	56	21	.0	282	2,145	98	6	15	68
Vegetable Primavera - Lunch	399	34	4	1	0	5	569	73	5	9	15
Vegetable Primavera - Lunch - With Chicken	492	43	5	1	0	54	624	73	5	9	35
Vegetable Primavera - Lunch - With Shrimp	449	42	5	1	0	82	643	74	5	9	26
Vegetable Primavera - Dinner	577	42	5	1	0	5	904	109	8	13	23
Vegetable Primavera - Dinner - With Chicken	671	51	6	1	0	54	960	109	8	13	43
Vegetable Primavera - Dinner - With Shrimp	638	51	6	1	0	97	994	110	8	13	36

Disclaimers

The nutritional and allergen information disseminated by Fired Up Restaurant Concepts, Inc./Johnny Carino's and/or posted on the Fired Up Restaurant Concepts, Inc./Johnny Carino's website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: eggs, fish, milk, MSG, peanuts, shellfish, soy, sulfites, tree nuts, and wheat. (Be further advised that the designation "wheat" includes the grains Barley, Oats, Rye and Triticale.)

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This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at (1.512.263.0800).

Nutritional data may not include recent revisions to recipes based on supplier, portion or operational changes.

Certain items shown on our current menu were added after this data was collected and nutritional information for those items are not available at this time.