



Johnny Carino's Nutrition Data

Appetizers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Stuffed Mushrooms (1 serving)	477	334	37	23	1	173	1134	22	3	4	14
Bruschetta, Grandioso (1 serving)	2182	1172	130	38	0	3	3380	208	14	15	49
Bruschetta, Solo (1 serving)	1099	591	66	19	0	3	1716	104	7	7	25
Fried Calamari, Grandioso (1 serving)	1048	248	28	7	0	1346	2846	104	5	2	96
Fried Calamari, Grandioso (1 serving) with Spicy Marinara Sauce	1098	256	28	8	0	1346	3885	113	6	7	97
Fried Calamari, Mini (1 serving)	266	63	7	2	0	337	716	27	1	1	24
Fried Calamari, Mini (1 serving) with Spicy Marinara Sauce	291	67	7	2	0	337	1235	31	2	3	25
Fried Calamari, Solo (1 serving)	532	128	14	4	0	675	1449	52	2	1	48
Fried Calamari, Solo (1 serving) with Spicy Marinara Sauce	557	133	15	4	0	675	1968	57	3	4	49
Fried Mozzarella, Grandioso (1 serving)	1781	929	103	48	3	254	4339	131	4	15	82
Fried Mozzarella, Grandioso (1 serving) with Spicy Marinara Sauce	1832	938	104	48	3	254	5377	141	6	21	83
Fried Mozzarella, Mini (1 serving)	535	279	31	14	1	76	1303	39	1	5	25
Fried Mozzarella, Mini (1 serving) with Spicy Marinara Sauce	560	283	31	14	1	76	1823	44	2	7	25
Fried Mozzarella, Solo (1 serving)	899	469	52	24	1	129	2195	66	2	8	41
Fried Mozzarella, Solo (1 serving) with Spicy Marinara Sauce	924	474	53	24	1	129	2715	71	3	11	42
Italian Chicken Nachos, Grandioso (1 serving)	1694	557	62	27	0	210	3936	183	15	4	100
Italian Chicken Nachos, Solo (1 serving)	847	278	31	14	0	105	1968	91	7	2	50
Italian Combo Nachos, Grandioso (1 serving)	1842	728	81	34	0	221	4488	184	15	5	94
Italian Combo Nachos, Mini (1 serving)	461	182	20	8	0	55	1122	46	4	1	24
Italian Combo Nachos, Solo (1 serving)	921	364	40	17	0	110	2244	92	8	2	47
Italian Sausage Nachos, Grandioso (1 serving)	1990	899	100	40	0	232	5041	185	16	5	89

Italian Sausage Nachos, Solo (1 serving)	995	449	50	20	0	116	2520	93	8	2	44
Sicilian Fire Sticks (1 serving)	1349	658	73	29	0	152	3322	107	12	3	57
Sicilian Fire Sticks (1 serving) with Ranch Dressing	1649	955	106	34	0	182	4132	110	12	6	57
Sicilian Fire Sticks (1 serving) with Spicy Marinara Sauce	1375	662	74	30	0	152	3841	112	13	6	58
Sicilian Fire Sticks (1 serving) with Ranch Dressing, Spicy Marinara Sauce	1675	959	107	34	0	182	4651	115	13	9	58
Sicilian Fire Sticks, Mini (1 serving)	460	226	25	10	0	53	1143	36	4	1	20
Sicilian Fire Sticks, Mini (1 serving) with Ranch Dressing	760	523	58	15	0	83	1953	39	4	4	20

Salads and Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli Parmesan Cream Soup (1 bowl)	309	214	24	12	1	59	1218	14	2	3	9
Caesar Salad, Grande (1 salad)	1089	789	88	14	0	80	2681	60	7	8	26
Caesar Salad, Solo (1 salad)	521	380	42	6	0	35	1262	30	4	4	11
Chicken Risotto Soup (1 bowl)	199	110	12	6	0	34	1326	16	2	2	7
Grilled Chicken Caesar Salad, Combo (1 salad)	365	226	25	4	0	53	833	17	3	3	20
Grilled Chicken Caesar Salad, Grandioso (1 salad)	1412	875	97	13	0	201	3182	68	12	11	76
Grilled Chicken Caesar Salad, Solo (1 salad)	691	428	48	6	0	97	1541	34	6	5	37
Honey Pecan Crusted Salmon Salad (1 salad)	487	214	24	4	0	84	702	35	6	24	32
Honey Pecan Crusted Salmon Salad (1 salad) with Chianti Dressing	547	234	26	4	0	84	1662	44	6	31	32
Honey Pecan Crusted Salmon Salad (1 salad) with Creamy Gorgonzola Dressing	727	430	48	9	0	114	1062	36	6	25	35
Honey Pecan Crusted Salmon Salad (1 salad) with Ranch Dressing	637	363	40	6	0	99	1107	36	6	25	32
Honey Pecan Crusted Salmon Salad (1 salad) with Roasted Garlic Ranch Dressing	618	336	37	6	0	96	1029	37	7	25	33
Honey Pecan Crusted Salmon Salad (1 salad) with Spicy Ranch Dressing	585	305	34	5	0	93	1020	37	7	25	33
Honey Pecan Crusted Salmon Salad (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	688	390	43	7	0	84	849	41	6	29	33
House Salad, Grandioso (1 salad)	475	183	20	2	0	10	1039	63	8	10	19

House Salad, Grandioso (1 salad) with Chianti Dressing	635	237	26	2	0	10	3599	87	8	30	19
House Salad, Grandioso (1 salad) with Creamy Gorgonzola Dressing	1115	759	84	16	0	90	1999	67	8	14	27
House Salad, Grandioso (1 salad) with Ranch Dressing	875	579	64	8	0	50	2119	67	8	14	19
House Salad, Grandioso (1 salad) with Roasted Garlic Ranch Dressing	824	508	56	7	0	44	1911	71	8	14	20
House Salad, Grandioso (1 salad) with Spicy Ranch Dressing	736	426	47	6	0	34	1886	69	9	14	20
House Salad, Grandioso (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	1012	651	72	10	0	10	1430	80	8	25	19
House Salad, Solo (1 salad)	239	92	10	1	0	5	522	32	4	5	10
House Salad, Solo (1 salad) with Chianti Dressing	319	119	13	1	0	5	1802	44	4	15	10
House Salad, Solo (1 salad) with Creamy Gorgonzola Dressing	559	380	42	8	0	45	1002	34	4	7	14
House Salad, Solo (1 salad) with Ranch Dressing	439	290	32	4	0	25	1062	34	4	7	10
House Salad, Solo (1 salad) with Roasted Garlic Ranch Dressing	413	254	28	4	0	22	958	36	4	7	10
House Salad, Solo (1 salad) with Spicy Ranch Dressing	369	214	24	3	0	17	946	35	4	7	10
House Salad, Solo (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	507	326	36	5	0	5	718	40	4	12	10
Italian Chili (1 bowl)	259	115	13	4	0	26	927	24	4	6	12
Italian Wedge Salad (1 salad)	566	403	45	11	0	47	851	27	6	19	15
Italian Wedge Salad (1 salad) with Chianti Dressing	646	430	48	11	0	47	2131	39	6	29	15
Italian Wedge Salad (1 salad) with Creamy Gorgonzola Dressing	886	691	77	18	0	87	1331	29	6	21	19
Italian Wedge Salad (1 salad) with Ranch Dressing	766	601	67	14	0	67	1391	29	6	21	15
Italian Wedge Salad (1 salad) with Roasted Garlic Ranch Dressing	741	566	63	14	0	63	1287	30	6	21	16
Italian Wedge Salad (1 salad) with Spicy Ranch Dressing	697	525	58	13	0	59	1275	30	6	21	16
Italian Wedge Salad (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	835	637	71	15	0	47	1047	35	6	26	16

Minestrone Soup (1 bowl)	146	11	1	1	0	3	1401	26	6	6	9
Roasted Garlic and Potato Soup (1 bowl)	429	248	28	15	0	74	1398	31	1	2	15

Beef and Pork Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Baby Back Ribs (1 serving)	1422	853	95	35	0	322	1706	69	2	60	67
Italian Baby Back Ribs (1 serving) with Balsamic Barbeque Sauce	1509	854	95	35	0	322	2081	90	3	79	68
Italian Baby Back Ribs (1 serving) with Parmesan Fries	1808	1031	115	42	0	329	2454	116	6	60	74
Italian Baby Back Ribs (1 serving) with Balsamic Barbeque Sauce, Parmesan Fries	1895	1032	115	42	0	329	2829	137	7	79	74
Italian Pot Roast, Dinner (1 serving)	864	572	64	16	0	99	2745	20	3	11	50
Italian Pot Roast, Dinner (1 serving) with Roasted Rosemary Potatoes	1065	650	72	19	0	99	3292	48	6	12	53
Italian Pot Roast, Dinner (1 serving) with Spaghetti	1084	599	67	17	0	99	2850	61	5	14	58
Italian Pot Roast, Grandioso (1 serving)	1468	895	99	27	0	194	5324	40	5	21	98
Italian Pot Roast, Grandioso (1 serving) with Roasted Rosemary Potatoes	1870	1050	117	33	0	194	6418	95	12	25	105
Italian Pot Roast, Grandioso (1 serving) with Spaghetti	1912	949	105	28	0	194	5555	121	10	27	115
Johnny's Chop (1 serving)	1033	690	77	38	0	420	1034	31	1	10	40
Johnny's Chop (1 serving) with Rosemary Potatoes	1234	767	85	41	0	420	1581	59	4	12	43
New York Strip (1 serving)	882	564	63	27	0	220	514	3	1	0	71
New York Strip (1 serving) with Vegetable Medley	958	596	66	28	0	220	757	11	3	3	74
Scampi with Scallops Topping (1 serving)	316	169	19	11	0	152	333	7	0	2	22
Tuscan Ribeye (1 serving)	994	589	65	27	0	451	521	3	1	0	91
Tuscan Ribeye (1 serving) with Vegetable Medley	1070	621	69	28	0	451	763	11	3	3	94

Chicken Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Balsamico, Dinner (1 serving)	675	111	12	3	0	137	1044	71	4	23	65
Chicken Balsamico, Grandioso (1 serving)	1351	221	25	6	0	273	2087	142	8	46	130
Chicken Balsamico, Lunch (1 serving)	673	110	12	3	0	137	679	70	4	23	65
Chicken Marsala, Dinner (1 serving)	592	215	24	11	0	162	1336	23	1	1	57
Chicken Marsala, Dinner (1 serving) with Fettuccine	803	239	27	11	0	162	1373	62	3	3	65
Chicken Marsala, Dinner (1 serving) with Garlic Sauteed Spinach	624	225	25	11	0	162	1688	27	2	2	59
Chicken Marsala, Grandioso (1 serving)	1184	430	48	21	0	324	2673	47	2	3	114
Chicken Marsala, Grandioso (1 serving) with Fettuccine	1607	478	53	22	0	324	2746	125	6	7	130
Chicken Marsala, Grandioso (1 serving) with Garlic Sauteed Spinach	1249	450	50	22	0	324	3377	54	5	3	118
Chicken Marsala, Lunch (1 serving)	412	182	20	10	0	96	866	16	1	1	29
Chicken Marsala, Lunch (1 serving) with Fettuccine	623	206	23	11	0	96	903	55	3	3	37
Chicken Marsala, Lunch (1 serving) with Garlic Sauteed Spinach	444	192	21	10	0	96	1218	20	2	1	31
Chicken Milano, Dinner (1 serving)	860	498	55	28	0	205	1644	13	0	1	72
Chicken Milano, Dinner (1 serving) with Fettuccine Alfredo	1274	655	73	38	0	254	2454	60	3	5	87
Chicken Milano, Grandioso (1 serving)	1537	813	90	46	0	409	3065	27	1	3	143
Chicken Milano, Grandioso (1 serving) with Fettuccine Alfredo	2365	1127	125	67	0	507	4686	121	5	9	173
Chicken Milano, Lunch (1 serving)	626	386	43	22	0	136	1415	13	0	1	44
Chicken Milano, Lunch (1 serving) with Fettuccine Alfredo	1038	543	60	33	0	185	2226	59	2	4	59
Chicken Scallopini, Dinner (1 serving)	1615	1113	124	68	0	407	1285	50	3	5	68
Chicken Scallopini, Grandioso (1 serving)	3135	2119	235	130	0	775	2441	102	7	10	137
Chicken Scallopini, Lunch (1 serving)	1233	867	96	54	0	284	816	48	3	4	39
Lemon Rosemary Chicken, Dinner (1 serving)	564	70	8	1	0	132	1057	55	5	11	63
Lemon Rosemary Chicken, Dinner (1 serving) with Italian Green Beans	618	72	8	1	0	132	1507	65	8	15	65

Lemon Rosemary Chicken, Dinner (1 serving) with Pasta with Alfredo Sauce	977	227	25	12	0	181	1848	102	7	14	78
Lemon Rosemary Chicken, Dinner (1 serving) with Pasta with Marinara Sauce	812	103	11	2	0	132	1443	99	8	16	72
Lemon Rosemary Chicken, Dinner (1 serving) with Pasta with Tomato Sauce	811	104	12	2	0	132	1407	100	8	16	72
Lemon Rosemary Chicken, Dinner (1 serving) with Roasted Rosemary Potatoes	766	147	16	4	0	132	1604	83	8	13	66
Lemon Rosemary Chicken, Dinner (1 serving) with Vegetable Medley	641	102	11	2	0	132	1299	63	8	14	66
Lemon Rosemary Chicken, Grandioso (1 serving)	1124	138	15	3	0	264	2107	109	10	22	125
Lemon Rosemary Chicken, Grandioso (1 serving) with Italian Green Beans	1231	143	16	3	0	264	3007	129	15	30	131
Lemon Rosemary Chicken, Grandioso (1 serving) with Pasta with Alfredo Sauce	1949	452	50	23	0	361	3690	203	14	28	155
Lemon Rosemary Chicken, Grandioso (1 serving) with Pasta with Marinara Sauce	1619	204	23	4	0	264	2879	198	16	32	143
Lemon Rosemary Chicken, Grandioso (1 serving) with Pasta with Tomato Sauce	1617	206	23	4	0	264	2808	199	16	32	143
Lemon Rosemary Chicken, Grandioso (1 serving) with Roasted Rosemary Potatoes	1526	293	33	8	0	264	3202	165	16	25	132
Lemon Rosemary Chicken, Grandioso (1 serving) with Vegetable Medley	1277	203	23	4	0	264	2592	125	15	27	132
Lemon Rosemary Chicken, Lunch (1 serving)	564	70	8	1	0	132	1057	55	5	11	63
Lemon Rosemary Chicken, Lunch (1 serving) with Italian Green Beans	618	72	8	1	0	132	1507	65	8	15	65
Lemon Rosemary Chicken, Lunch (1 serving) with Pasta with Alfredo Sauce	977	227	25	12	0	181	1848	102	7	14	78
Lemon Rosemary Chicken, Lunch (1 serving) with Pasta with Marinara Sauce	812	103	11	2	0	132	1443	99	8	16	72
Lemon Rosemary Chicken, Lunch (1 serving) with Pasta with Tomato Sauce	811	104	12	2	0	132	1407	100	8	16	72
Lemon Rosemary Chicken, Lunch (1 serving) with Roasted Rosemary Potatoes	766	147	16	4	0	132	1604	83	8	13	66
Lemon Rosemary Chicken, Lunch (1 serving) with Vegetable Medley	641	102	11	2	0	132	1299	63	8	14	66
Wood Roasted Chicken (1 serving)	374	46	5	2	0	171	990	6	0	1	68

Wood Roasted Chicken (1 serving) with Vegetable Medley	424	67	7	2	0	171	1149	11	2	3	70
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Seafood Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jalapeno Garlic Tilapia, Dinner (1 serving)	1471	1053	117	66	0	346	1102	58	4	5	46
Jalapeno Garlic Tilapia, Lunch (1 serving)	1149	838	93	53	0	253	682	49	3	4	27
Lemon Pepper Salmon (1 serving)	652	462	51	21	0	113	693	9	2	4	30
Lemon Pepper Salmon (1 serving) with Roasted Rosemary Potatoes	853	539	60	24	0	113	1240	37	5	5	33
Lobster Ravioli, Dinner (1 serving)	916	542	60	34	1	199	1908	65	5	7	27
Lobster Ravioli, Grandioso (1 serving)	1830	1085	121	68	2	397	3815	129	11	14	53
Lobster Ravioli, Lunch (1 serving)	756	454	50	28	1	155	1524	53	4	5	21
Seafood Pasta Medley with Red Sauce (1 serving)	1229	463	51	9	0	411	1982	113	8	15	72
Seafood Pasta Medley with White Sauce (1 serving)	1528	699	78	27	0	505	2333	113	5	9	83
Shrimp Florentine (1 serving)	1134	408	45	23	0	379	821	105	8	11	64

Pastas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angel Hair Pasta with Artichokes, Dinner (1 serving)	691	164	18	2	0	5	1863	107	14	9	23
Angel Hair Pasta with Artichokes, Dinner (1 serving) with Grilled Shrimp	752	174	19	2	0	97	1953	108	14	9	35
Angel Hair Pasta with Artichokes, Dinner (1 serving) with Grilled Sliced Chicken	789	178	20	3	0	54	1918	107	14	9	43
Angel Hair Pasta with Artichokes, Grandioso (1 serving)	1382	328	36	5	0	10	3726	215	29	18	46
Angel Hair Pasta with Artichokes, Grandioso (1 serving) with Grilled Shrimp	1503	347	39	5	0	194	3905	216	29	18	71
Angel Hair Pasta with Artichokes, Grandioso (1 serving) with Grilled Sliced Chicken	1577	356	40	5	0	109	3837	215	29	18	85
Angel Hair Pasta with Artichokes, Lunch (1 serving)	464	101	11	2	0	5	1052	72	9	7	16

Angel Hair Pasta with Artichokes, Lunch (1 serving) with Grilled Shrimp	514	109	12	2	0	82	1127	73	9	7	26
Angel Hair Pasta with Artichokes, Lunch (1 serving) with Grilled Sliced Chicken	561	115	13	2	0	54	1108	72	9	7	36
Bacon, Mac and Cheese (1 serving)	2117	1313	146	75	0	409	2605	123	6	4	77
Baked Cheese Tortelloni, Dinner (1 serving)	1005	447	50	28	0	184	2796	81	6	8	56
Baked Cheese Tortelloni, Grandioso (1 serving)	2010	895	99	55	0	368	5592	162	11	16	111
Baked Cheese Tortelloni, Lunch (1 serving)	745	345	38	21	0	136	2099	56	4	6	42
Bowtie Festival, Dinner (1 serving)	1182	571	63	32	0	151	1447	103	5	7	47
Bowtie Festival, Grandioso (1 serving)	2190	965	107	56	0	303	2687	206	11	15	94
Bowtie Festival, Lunch (1 serving)	933	468	52	28	0	151	1176	71	4	6	41
Create Your Own Pasta, Dinner (1 serving)	499	60	7	1	0	0	260	92	5	7	19
Create Your Own Pasta, Dinner (1 serving) with Alfredo Sauce	680	183	20	10	0	45	973	98	5	8	24
Create Your Own Pasta, Dinner (1 serving) with Marinara Sauce	548	72	8	2	0	0	775	99	6	11	20
Create Your Own Pasta, Dinner (1 serving) with Meat Sauce	619	141	16	5	0	18	802	98	7	10	23
Create Your Own Pasta, Dinner (1 serving) with Sausage	1053	452	50	16	0	157	1846	94	7	7	56
Create Your Own Pasta, Dinner (1 serving) with Tomato Sauce	547	74	8	2	0	0	704	100	7	11	20
Create Your Own Pasta, Dinner (1 serving) with Vegetable Medley	652	125	14	2	0	0	744	107	10	12	25
Create Your Own Pasta, Grandioso (1 serving)	986	117	13	3	0	0	408	181	10	12	37
Create Your Own Pasta, Grandioso (1 serving) with Alfredo Sauce	1258	301	33	16	0	68	1479	192	10	14	45
Create Your Own Pasta, Grandioso (1 serving) with Marinara Sauce	1060	135	15	3	0	1	1181	192	12	19	39
Create Your Own Pasta, Grandioso (1 serving) with Meat Sauce	1166	237	26	8	0	26	1221	190	12	17	43
Create Your Own Pasta, Grandioso (1 serving) with Sausage	1263	313	35	10	0	79	1201	183	11	12	56
Create Your Own Pasta, Grandioso (1 serving) with Tomato Sauce	1057	138	15	3	0	0	1075	193	12	19	39
Create Your Own Pasta, Grandioso (1 serving) with Vegetable Medley	1292	246	27	5	0	0	1376	212	20	24	50
Create Your Own Pasta, Lunch (1 serving)	329	39	4	1	0	0	136	60	3	4	12

Create Your Own Pasta, Lunch (1 serving) with Alfredo Sauce	510	161	18	10	0	45	850	67	3	5	18
Create Your Own Pasta, Lunch (1 serving) with Marinara Sauce	378	51	6	1	0	0	652	68	5	9	14
Create Your Own Pasta, Lunch (1 serving) with Meat Sauce	449	119	13	4	0	18	678	66	5	7	17
Create Your Own Pasta, Lunch (1 serving) with Sausage	606	235	26	8	0	79	929	62	4	4	31
Create Your Own Pasta, Lunch (1 serving) with Tomato Sauce	376	53	6	1	0	0	581	68	5	9	13
Create Your Own Pasta, Lunch (1 serving) with Vegetable Medley	405	71	8	1	0	0	378	68	6	7	16
Smoked Chicken and Jalapeno Cream Ravioli, Dinner (1 serving)	1491	1005	112	56	0	375	2447	61	7	8	56
Smoked Chicken and Jalapeno Cream Ravioli, Grandioso (1 serving)	2801	1829	203	103	0	750	4670	122	14	16	111
Smoked Chicken and Jalapeno Cream Ravioli, Lunch (1 serving)	1086	742	82	41	0	282	1564	39	4	5	43
Spicy Romano Chicken, Dinner (1 serving)	1219	589	65	34	1	162	1974	110	10	10	46
Spicy Romano Chicken, Grandioso (1 serving)	2258	995	111	60	1	323	3732	220	19	21	92
Spicy Romano Chicken, Lunch (1 serving)	895	446	50	27	0	146	1306	73	6	8	37
Spicy Romano Shrimp and Chicken, Dinner (1 serving)	1268	602	67	35	1	254	1652	107	5	10	57
Spicy Romano Shrimp and Chicken, Grandioso (1 serving)	2355	1022	114	61	1	507	3088	214	10	21	114
Spicy Romano Shrimp and Chicken, Lunch (1 serving)	942	456	51	27	0	223	1176	72	3	8	47

Classics	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carinos Combo, Lunch (1 serving)	1031	376	42	16	0	227	2413	94	7	14	68
Carinos Combo, Solo (1 serving)	1386	559	62	25	0	322	3328	116	9	18	88
Chicken Parmesan, Dinner (1 serving)	960	259	29	9	0	235	2115	94	6	12	78
Chicken Parmesan, Grandioso (1 serving)	1879	491	55	16	0	458	4177	188	12	24	153
Chicken Parmesan, Lunch (1 serving)	593	142	16	5	0	117	1163	69	4	8	43
Eggplant Parmesan, Dinner (1 serving)	630	241	27	10	0	84	1497	71	10	15	26

Eggplant Parmesan, Grandioso (1 serving)	1234	467	52	20	0	162	2908	141	20	31	51
Eggplant Parmesan, Lunch (1 serving)	630	241	27	10	0	84	1497	71	10	15	26
Signature Lasagna, Dinner (1 serving)	850	462	51	23	0	221	2208	48	5	10	48
Signature Lasagna, Grandioso (1 serving)	2350	1250	139	62	0	622	5975	137	13	26	136
Signature Lasagna, Lunch (1 serving)	850	462	51	23	0	221	2208	48	5	10	48
Skilletini Combo with Shrimp, Dinner (1 serving)	1274	621	69	13	0	104	2779	126	9	20	37
Skilletini Combo with Shrimp, Dinner (1 serving) with Grilled Sliced Chicken	1368	630	70	13	0	153	2834	126	9	20	57
Skilletini Combo with Shrimp, Dinner (1 serving) with Italian Sausage	1492	782	87	19	0	161	3346	127	10	20	50
Skilletini Combo with Shrimp, Dinner (1 serving) with Marinated Sirloin Tips	1450	723	80	16	0	165	2869	126	9	20	55
Skilletini Combo with Shrimp, Grandioso (1 serving)	1818	825	92	18	0	203	4910	187	15	33	60
Skilletini Combo with Shrimp, Grandioso (1 serving) with Grilled Sliced Chicken	2005	844	94	19	0	302	5021	187	15	33	99
Skilletini Combo with Shrimp, Grandioso (1 serving) with Italian Sausage	2252	1146	127	30	0	316	6044	189	16	34	86
Skilletini Combo with Shrimp, Grandioso (1 serving) with Marinated Sirloin Tips	2170	1029	114	25	0	325	5090	188	15	33	95
Skilletini Combo with Shrimp, Lunch (1 serving)	1146	502	56	11	0	89	2577	126	9	20	35
Skilletini Combo with Shrimp, Lunch (1 serving) with Grilled Sliced Chicken	1240	512	57	11	0	138	2632	126	9	20	55
Skilletini Combo with Shrimp, Lunch (1 serving) with Italian Sausage	1363	663	74	17	0	145	3144	127	10	20	48
Skilletini Combo with Shrimp, Lunch (1 serving) with Marinated Sirloin Tips	1322	604	67	14	0	150	2667	126	9	20	53
Skilletini Combo, Dinner (1 serving)	1419	770	86	19	0	118	3303	107	9	19	54
Skilletini Combo, Grandioso (1 serving)	2212	1134	126	30	0	231	5967	169	15	33	97
Skilletini Combo, Lunch (1 serving)	1301	653	73	17	0	118	3116	107	9	19	54
Skilletini with Chicken, Dinner (1 serving)	1295	619	69	13	0	111	2792	106	8	19	60
Skilletini with Chicken, Grandioso (1 serving)	1965	832	92	19	0	216	4944	167	14	32	110
Skilletini with Chicken, Lunch (1 serving)	1177	502	56	11	0	111	2605	106	8	19	60
Skilletini with Sausage, Dinner (1 serving)	1543	921	102	25	0	125	3815	108	10	19	47
Skilletini with Sausage, Grandioso (1 serving)	2460	1437	160	42	0	245	6990	171	16	33	84
Skilletini with Sausage, Lunch (1 serving)	1425	804	89	23	0	125	3628	108	10	19	47
Skilletini with Shrimp, Dinner (1 serving)	1305	626	70	13	0	150	2824	126	9	20	43

Skilletini with Shrimp, Grandioso (1 serving)	1879	834	93	18	0	295	5000	188	15	33	72
Skilletini with Shrimp, Lunch (1 serving)	1146	502	56	11	0	89	2577	126	9	20	35
Spaghetti with Meatballs, Dinner (1 serving)	1103	416	46	16	0	153	2279	119	9	16	53
Spaghetti with Meatballs, Grandioso (1 serving)	2182	824	92	31	0	305	4335	234	18	30	105
Spaghetti with Meatballs, Lunch (1 serving)	731	276	31	11	0	102	1482	79	6	10	35

Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Parmesan Panini (1 sandwich)	744	243	27	11	0	136	1636	74	3	3	51
Chicken Parmesan Panini (1 sandwich) with Parmesan Fries	1130	421	47	17	0	143	2384	121	7	3	58
Chicken Parmesan Sliders (1 serving)	879	321	36	12	0	127	1449	87	4	14	49
Chicken Parmesan Sliders (1 serving) with Parmesan Fries	1265	499	55	19	0	134	2196	134	8	14	56
Chicken Parmesan Sliders (1 serving) with Tomato Sauce	914	331	37	13	0	127	1782	93	5	18	50
Chicken Parmesan Sliders (1 serving) with Parmesan Fries, Tomato Sauce	1301	509	57	19	0	134	2530	140	9	18	57
Crispy Pepperoni Burger (1 sandwich)	1047	589	65	27	0	199	1806	48	1	7	63
Crispy Pepperoni Burger (1 sandwich) with Ketchup	1130	591	66	27	0	199	2446	68	2	23	64
Crispy Pepperoni Burger (1 sandwich) with Parmesan Fries	1433	767	85	33	0	206	2554	95	5	7	70
Crispy Pepperoni Burger (1 sandwich) with Ketchup, Parmesan Fries	1516	768	85	33	0	206	3194	115	6	23	71
Grilled Chicken Caesar Panini (1 serving)	826	339	38	9	0	159	1434	53	2	3	67
Grilled Chicken Caesar Panini (1 serving) with Parmesan Fries	1213	517	57	15	0	166	2181	100	6	3	74
Italian Meatball Hoagie (1 serving)	915	510	57	24	0	124	3978	63	4	6	37
Italian Meatball Hoagie (1 serving) with Parmesan Fries	1301	687	76	30	0	131	4725	110	8	6	43
Italian Meatball Hoagie (1 serving) with Tomato Sauce	950	520	58	24	0	124	4311	68	6	10	38
Italian Meatball Hoagie (1 serving) with Parmesan Fries, Tomato Sauce	1337	698	78	30	0	131	5059	116	10	10	44
Italian Meatball Panini (1 sandwich)	816	395	44	19	0	128	2050	64	4	4	42

Italian Meatball Panini (1 sandwich) with Parmesan Fries	1202	573	64	25	0	135	2798	111	8	4	49
Italian Sausage Hoagie (1 serving)	810	454	50	20	0	86	4099	57	5	6	30
Italian Sausage Hoagie (1 serving) with Parmesan Fries	1196	632	70	26	0	93	4847	104	9	6	37
Italian Sausage Hoagie (1 serving) with Tomato Sauce	845	465	52	20	0	86	4433	63	6	10	31
Italian Sausage Hoagie (1 serving) with Parmesan Fries, Tomato Sauce	1232	643	71	26	0	93	5181	110	10	10	38
Italian Sausage Sliders (1 serving)	1063	563	63	23	0	144	2537	75	6	17	48
Italian Sausage Sliders (1 serving) with Marinara Sauce	1100	572	64	23	0	144	2924	81	7	20	49
Italian Sausage Sliders (1 serving) with Parmesan Fries	1449	741	82	29	0	151	3285	122	10	17	55
Italian Sausage Sliders (1 serving) with Marinara Sauce, Parmesan Fries	1487	750	83	29	0	152	3672	128	11	20	56
Meatball Sandwich (1 sandwich)	914	509	57	24	0	124	3975	63	4	6	37
Meatball Sandwich (1 sandwich) with Parmesan Fries	1300	687	76	30	0	131	4723	110	8	6	43
Meatball Sandwich (1 sandwich) with Tomato Sauce	950	520	58	24	0	124	4309	68	6	10	38
Meatball Sandwich (1 sandwich) with Parmesan Fries, Tomato Sauce	1336	698	78	30	0	131	5057	116	10	10	44
Meatball Sliders (1 serving)	1137	587	65	25	0	176	2291	83	6	17	52
Meatball Sliders (1 serving) with Parmesan Fries	1523	764	85	31	0	183	3039	130	10	17	58
Meatball Sliders (1 serving) with Tomato Sauce	1173	597	66	25	0	176	2625	89	7	20	53
Meatball Sliders (1 serving) with Parmesan Fries, Tomato Sauce	1559	775	86	31	0	183	3373	136	11	20	59
Sausage Sandwich (1 sandwich)	869	495	55	22	0	103	4176	58	5	7	34
Sausage Sandwich (1 sandwich) with Parmesan Fries	1255	673	75	28	0	110	4924	105	9	7	41
Sausage Sandwich (1 sandwich) with Tomato Sauce	904	506	56	23	0	103	4510	64	6	10	35
Sausage Sandwich (1 sandwich) with Parmesan Fries, Tomato Sauce	1291	684	76	29	0	110	5258	111	10	10	42
Turkey and Applewood Bacon Panini (1 sandwich)	616	255	28	13	0	91	1598	52	3	2	39

Turkey and Applewood Bacon Panini (1 sandwich) with Parmesan Fries	1002	432	48	19	0	98	2346	99	7	2	46
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Pizzas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barbeque Chicken Pizza (1 piece)	203	46	5	2	0	11	561	29	0	7	9
Barbeque Chicken Pizza (6 pieces)	1216	278	31	12	0	69	3365	176	2	44	53
Chicken Alfredo Pizza (1 piece)	199	66	7	3	0	18	477	22	0	1	10
Chicken Alfredo Pizza (6 pieces)	1192	396	44	19	0	106	2862	134	1	4	58
Chicken Ranch Pizza (1 piece)	221	85	9	3	0	20	510	23	0	1	11
Chicken Ranch Pizza (6 pieces)	1325	511	57	16	0	120	3062	137	2	7	63
Create Your Own Pizza (1 piece)	153	38	4	1	0	5	404	22	0	1	6
Create Your Own Pizza (1 piece) with Artichokes	156	38	4	1	0	5	439	23	1	1	6
Create Your Own Pizza (1 piece) with Diced Bacon	168	48	5	2	0	7	444	22	0	1	7
Create Your Own Pizza (1 piece) with Diced Ham	160	40	4	2	0	8	466	22	0	1	7
Create Your Own Pizza (1 piece) with Diced Red Onions	156	38	4	1	0	5	404	23	0	1	6
Create Your Own Pizza (1 piece) with Olives	159	43	5	1	0	5	526	22	0	1	6
Create Your Own Pizza (1 piece) with Pepperoni	162	45	5	2	0	7	434	22	0	1	6
Create Your Own Pizza (1 piece) with Red Bell Peppers	155	38	4	1	0	5	404	23	0	1	6
Create Your Own Pizza (1 piece) with Roma Tomato Slices	154	38	4	1	0	5	404	23	0	1	6
Create Your Own Pizza (1 piece) with Sauteed Mushrooms	156	40	4	2	0	5	409	22	0	1	6
Create Your Own Pizza (1 piece) with Sliced Chicken	161	39	4	1	0	9	408	22	0	1	8
Create Your Own Pizza (1 piece) with Sun Dried Tomatoes	158	38	4	1	0	5	432	23	0	2	6
Create Your Own Pizza (1 piece) with Timbo Sausage	169	50	6	2	0	9	443	22	0	1	7
Create Your Own Pizza (6 pieces)	918	227	25	9	0	30	2423	134	2	7	36
Create Your Own Pizza (6 pieces) with Artichokes	933	227	25	9	0	30	2633	137	4	7	37

Create Your Own Pizza (6 pieces) with Diced Bacon	1008	290	32	11	0	45	2663	134	2	7	41
Create Your Own Pizza (6 pieces) with Diced Ham	960	242	27	9	0	49	2794	134	2	7	42
Create Your Own Pizza (6 pieces) with Diced Red Onions	936	227	25	9	0	30	2424	138	3	8	36
Create Your Own Pizza (6 pieces) with Olives	954	258	29	9	0	30	3156	134	2	7	36
Create Your Own Pizza (6 pieces) with Pepperoni	971	271	30	11	0	43	2602	134	2	7	38
Create Your Own Pizza (6 pieces) with Red Bell Peppers	930	228	25	9	0	30	2424	136	3	8	36
Create Your Own Pizza (6 pieces) with Roma Tomato Slices	927	227	25	9	0	30	2425	135	3	8	36
Create Your Own Pizza (6 pieces) with Sauteed Mushrooms	935	238	26	9	0	30	2456	134	2	7	37
Create Your Own Pizza (6 pieces) with Sliced Chicken	965	231	26	9	0	55	2451	134	2	7	46
Create Your Own Pizza (6 pieces) with Sun Dried Tomatoes	946	227	25	9	0	30	2591	139	2	12	36
Create Your Own Pizza (6 pieces) with Timbo Sausage	1012	297	33	11	0	53	2661	134	2	7	42
Italian Cheesesteak Pizza (1 piece)	222	79	9	4	0	23	508	23	0	1	12
Italian Cheesesteak Pizza (6 pieces)	1333	475	53	22	0	136	3050	140	2	8	70
Margherita Pizza (1 piece)	160	41	5	2	0	6	423	23	0	1	6
Margherita Pizza (6 pieces)	962	248	28	10	0	37	2541	136	3	8	39
Ranch and Roasted Vegetable Pizza (1 piece)	220	91	10	3	0	14	550	23	0	1	8
Ranch and Roasted Vegetable Pizza (6 pieces)	1318	546	61	19	0	81	3302	140	3	9	51
Spicy Romano Chicken Pizza (1 slice)	190	58	6	3	0	16	494	23	1	1	9
Spicy Romano Chicken Pizza (6 slices)	1143	347	39	17	0	95	2967	140	3	8	54
Three Meat Pizza (1 piece)	208	76	8	3	0	20	602	23	0	1	10
Three Meat Pizza (6 pieces)	1250	457	51	19	0	119	3611	136	3	7	59

Kids Pastas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Pasta (1 serving)	264	30	3	1	0	0	21	49	3	3	10
Kids Pasta (1 serving) with Alfredo Sauce	355	91	10	5	0	23	378	52	3	3	13

Kids Pasta (1 serving) with Butter	472	227	25	11	0	5	328	49	3	3	12
Kids Pasta (1 serving) with Grilled Chicken	312	34	4	1	0	25	195	49	3	3	20
Kids Pasta (1 serving) with Meatball	441	141	16	5	0	51	471	54	3	3	21
Kids Pasta (1 serving) with Tomato Sauce	288	37	4	1	0	0	243	53	3	5	11
Kids Pasta (1 serving) with Alfredo Sauce, Grilled Chicken	402	96	11	5	0	47	552	52	3	3	23
Kids Pasta (1 serving) with Alfredo Sauce, Meatball	532	202	22	10	0	74	828	57	3	4	24
Kids Pasta (1 serving) with Butter, Grilled Chicken	519	232	26	11	0	30	503	50	3	3	22
Kids Pasta (1 serving) with Butter, Meatball	649	339	38	16	0	56	779	55	3	3	23
Kids Pasta (1 serving) with Grilled Chicken, Tomato Sauce	336	41	5	1	0	25	418	53	3	5	20
Kids Pasta (1 serving) with Meatball, Tomato Sauce	465	148	16	5	0	51	694	58	4	6	21

Kids Pizzas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Pizza (1 piece)	122	33	4	1	0	5	305	17	0	1	5
Kids Pizza (1 piece) with Artichokes	125	33	4	1	0	5	340	17	1	1	5
Kids Pizza (1 piece) with Diced Bacon	137	44	5	2	0	7	345	17	0	1	6
Kids Pizza (1 piece) with Diced Ham	129	36	4	1	0	8	367	17	0	1	6
Kids Pizza (1 piece) with Diced Red Onions	125	33	4	1	0	5	305	17	0	1	5
Kids Pizza (1 piece) with Olives	128	39	4	1	0	5	427	17	0	1	5
Kids Pizza (1 piece) with Pepperoni	126	37	4	2	0	6	320	17	0	1	5
Kids Pizza (1 piece) with Red Bell Peppers	124	34	4	1	0	5	305	17	0	1	5
Kids Pizza (1 piece) with Roma Tomato Slices	123	33	4	1	0	5	305	17	0	1	5
Kids Pizza (1 piece) with Sauteed Mushrooms	125	35	4	1	0	5	310	17	0	1	5
Kids Pizza (1 piece) with Sliced Chicken	130	34	4	1	0	9	309	17	0	1	7
Kids Pizza (1 piece) with Sun Dried Tomatoes	127	33	4	1	0	5	333	18	0	2	5
Kids Pizza (1 piece) with Timbo Sausage	138	45	5	2	0	9	344	17	0	1	6
Kids Pizza (6 pieces)	732	200	22	8	0	30	1829	100	1	4	31
Kids Pizza (6 pieces) with Artichokes	747	200	22	8	0	30	2039	103	3	5	32
Kids Pizza (6 pieces) with Diced Bacon	822	263	29	11	0	45	2069	100	1	4	36
Kids Pizza (6 pieces) with Diced Ham	774	215	24	9	0	49	2199	100	1	4	38

Kids Pizza (6 pieces) with Diced Red Onions	750	200	22	8	0	30	1830	104	2	6	32
Kids Pizza (6 pieces) with Olives	767	232	26	8	0	30	2561	100	1	4	31
Kids Pizza (6 pieces) with Pepperoni	759	222	25	9	0	36	1918	100	1	4	32
Kids Pizza (6 pieces) with Red Bell Peppers	744	201	22	8	0	30	1829	102	2	6	32
Kids Pizza (6 pieces) with Roma Tomato Slices	737	201	22	8	0	30	1830	101	2	5	32
Kids Pizza (6 pieces) with Sauteed Mushrooms	749	212	24	9	0	30	1862	100	1	4	32
Kids Pizza (6 pieces) with Sliced Chicken	779	205	23	8	0	54	1856	100	1	4	41
Kids Pizza (6 pieces) with Sun Dried Tomatoes	760	200	22	8	0	30	1996	105	1	10	31
Kids Pizza (6 pieces) with Timbo Sausage	826	271	30	11	0	53	2066	100	2	4	37

Kids Specialities	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Cheese Panini (1 serving)	354	178	20	10	0	30	630	31	1	0	14
Kids Cheese Panini (1 serving) with Ketchup	437	179	20	10	0	30	1269	51	2	16	15
Kids Cheese Panini (1 serving) with Shoestring Fries	705	334	37	14	0	30	1260	78	5	0	18
Kids Cheese Panini (1 serving) with Ketchup, Shoestring Fries	788	335	37	14	0	30	1900	97	6	16	19
Kids Chicken Strips with Fries (1 serving)	923	463	51	10	0	53	1621	79	6	5	37
Kids Chicken Strips with Fries (1 serving) with Ketchup	1006	464	52	10	0	53	2260	99	6	21	38
Kids Chicken and Broccoli Penne (1 serving)	458	113	13	7	0	59	813	60	3	4	24
Kids Grilled Chicken (1 serving)	253	27	3	1	0	132	295	0	0	0	52
Kids Grilled Chicken (1 serving) with Spaghetti	553	67	7	2	0	132	684	55	4	6	63
Kids Grilled Chicken (1 serving) with Vegetable Medley	306	50	6	1	0	132	465	6	2	2	55
Kids Ham and Cheese Panini (1 serving)	371	184	20	10	0	38	778	31	1	0	17
Kids Ham and Cheese Panini (1 serving) with Ketchup	454	185	21	10	0	38	1418	51	2	16	17
Kids Ham and Cheese Panini (1 serving) with Shoestring Fries	722	340	38	14	0	38	1409	78	5	0	21
Kids Ham and Cheese Panini (1 serving) with Ketchup, Shoestring Fries	805	341	38	14	0	38	2048	97	6	16	21
Kids Mac and Cheese (1 serving)	799	484	54	29	0	171	650	56	3	2	24
Kids Pizza Dippers (1 piece)	89	24	3	1	0	4	207	12	0	0	4

Kids Pizza Dippers (1 piece) with Tomato Sauce	92	25	3	1	0	4	235	13	0	1	4
Kids Pizza Dippers (8 pieces)	715	194	22	8	0	30	1658	97	1	3	31
Kids Pizza Dippers (8 pieces) with Tomato Sauce	739	201	22	8	0	30	1880	101	1	5	32

Kids Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Ice Cream Sundae (1 serving)	305	81	9	6	0	35	90	48	0	43	5

Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Birthday Ice Cream Sundae (1 serving)	800	162	18	12	0	70	210	142	0	122	10
Chocolate Cake (1 serving)	588	171	19	11	0	50	395	94	3	77	10
Lemon Cream Cake (1 serving)	513	285	32	15	1	91	346	53	0	33	5
Mascarpone Bread Pudding (1 serving)	1594	828	92	53	0	498	1648	168	3	97	28
Mini Cherry Cheesecake (1 serving)	226	117	13	8	0	65	160	24	0	21	3
Mini Chocolate Cake (1 serving)	241	64	7	3	0	15	175	41	1	32	3
Mini New York Cheesecake (1 serving)	0	0	0	0	0	0	0	0	0	0	0
Mini Tiramisu (1 serving)	311	228	25	14	0	145	46	16	0	13	5
Mini Turtle Cheesecake (1 serving)	259	148	16	8	0	65	181	24	0	20	4
Tiramisu (1 serving)	773	488	54	31	0	328	102	59	0	42	12
Turtle Cheesecake (1 serving)	1060	567	63	38	2	215	775	112	2	89	12

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad, Side (1 salad)	272	197	22	4	0	20	670	15	2	2	6
House Salad, Side (1 salad)	131	53	6	1	0	5	301	16	2	2	6
House Salad, Side (1 salad) with Chianti Dressing	171	67	7	1	0	5	941	22	2	7	6
House Salad, Side (1 salad) with Creamy Gorgonzola Dressing	291	197	22	5	0	25	541	17	2	3	8

House Salad, Side (1 salad) with Ranch Dressing	231	152	17	3	0	15	571	17	2	3	6
House Salad, Side (1 salad) with Roasted Garlic Ranch Dressing	219	134	15	2	0	14	519	18	2	3	6
House Salad, Side (1 salad) with Spicy Ranch Dressing	197	114	13	2	0	11	513	18	2	4	6
House Salad, Side (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	266	170	19	3	0	5	399	20	2	6	6
Pecan Breaded Chicken Salad, Combo (1 salad)	232	79	9	3	0	60	517	24	3	3	15
Pecan Breaded Chicken Salad, Combo (1 salad) with Chianti Dressing	272	92	10	3	0	60	1157	30	3	8	15
Pecan Breaded Chicken Salad, Combo (1 salad) with Creamy Gorgonzola Dressing	392	223	25	7	0	80	757	25	3	4	17
Pecan Breaded Chicken Salad, Combo (1 salad) with Hot Bacon Dressing	383	176	20	6	0	78	1398	30	3	8	20
Pecan Breaded Chicken Salad, Combo (1 salad) with Ranch Dressing	332	178	20	5	0	70	787	25	3	4	15
Pecan Breaded Chicken Salad, Combo (1 salad) with Roasted Garlic Ranch Dressing	320	160	18	4	0	69	736	25	3	4	15
Pecan Breaded Chicken Salad, Combo (1 salad) with Spicy Ranch Dressing	298	140	16	4	0	66	729	25	3	4	15
Pecan Breaded Chicken Salad, Combo (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	367	196	22	5	0	60	615	28	3	7	15
Pecan Breaded Chicken Salad, Solo (1 salad)	464	157	17	6	0	121	1035	47	6	6	29
Pecan Breaded Chicken Salad, Solo (1 salad) with Chianti Dressing	544	184	20	6	0	121	2315	59	6	16	29
Pecan Breaded Chicken Salad, Solo (1 salad) with Creamy Gorgonzola Dressing	784	445	49	13	0	161	1515	49	6	8	33
Pecan Breaded Chicken Salad, Solo (1 salad) with Hot Bacon Dressing	766	352	39	13	0	155	2796	59	6	16	39
Pecan Breaded Chicken Salad, Solo (1 salad) with Ranch Dressing	664	355	39	9	0	141	1575	49	6	8	29
Pecan Breaded Chicken Salad, Solo (1 salad) with Roasted Garlic Ranch Dressing	638	320	36	9	0	138	1471	51	6	8	30
Pecan Breaded Chicken Salad, Solo (1 salad) with Spicy Ranch Dressing	595	279	31	8	0	133	1458	50	6	8	29
Pecan Breaded Chicken Salad, Solo (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	732	391	43	10	0	121	1230	55	6	13	29

Shrimp Artichoke Caesar Salad, Combo (1 salad)	402	237	26	4	0	96	1292	23	4	5	18
Shrimp Artichoke Caesar Salad, Grandioso (1 salad)	1530	918	102	14	0	343	4937	89	18	20	63
Shrimp Artichoke Caesar Salad, Solo (1 salad)	765	459	51	7	0	172	2468	45	9	10	31
Zesty Calamari Salad (1 salad)	369	113	13	2	0	337	1323	37	8	4	27
Zesty Calamari Salad (1 salad) with Chianti Dressing	449	140	16	2	0	337	2603	49	8	14	27
Zesty Calamari Salad (1 salad) with Creamy Gorgonzola Dressing	689	401	45	9	0	377	1803	39	8	6	31
Zesty Calamari Salad (1 salad) with Ranch Dressing	569	311	35	5	0	357	1863	39	8	6	27
Zesty Calamari Salad (1 salad) with Roasted Garlic Ranch Dressing	543	276	31	5	0	354	1759	41	8	6	27
Zesty Calamari Salad (1 salad) with Spicy Ranch Dressing	499	235	26	4	0	349	1746	40	9	6	27
Zesty Calamari Salad (1 salad) with Sun Dried Tomato Balsamic Vinaigrette	637	347	39	6	0	337	1518	46	8	11	27

Other Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Fettuccine, Dinner (1 serving)	951	318	35	20	0	144	1920	102	5	7	50
Chicken Fettuccine, Grandioso (1 serving)	1812	576	64	36	0	264	3482	201	9	13	98
Chicken Fettuccine, Lunch (1 serving)	696	236	26	15	0	120	1515	69	3	5	41
Chicken Penne Gorgonzola, Dinner (1 serving)	1376	736	82	46	0	218	1865	106	6	8	52
Chicken Penne Gorgonzola, Grandioso (1 serving)	2565	1288	143	83	0	436	3493	212	12	16	103
Chicken Penne Gorgonzola, Lunch (1 serving)	954	487	54	30	0	156	1530	72	4	6	42
Five Meat Tuscan Pasta, Dinner (1 serving)	1227	670	74	20	0	102	2323	96	7	10	42
Five Meat Tuscan Pasta, Grandioso (1 serving)	2225	1111	123	36	0	206	4574	192	13	20	85
Five Meat Tuscan Pasta, Lunch (1 serving)	835	473	53	15	0	73	1660	61	4	7	29
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving)	842	625	69	31	0	197	951	5	1	1	45
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Italian Green Beans	896	627	70	31	0	197	1400	15	3	5	48

Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Pasta with Alfredo Sauce	1255	782	87	42	0	246	1742	52	3	4	60
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Pasta with Marinara Sauce	1090	658	73	32	0	197	1336	50	4	7	54
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Pasta with Tomato Sauce	1089	659	73	32	0	197	1301	50	4	7	54
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Roasted Rosemary Potatoes	1043	702	78	34	0	197	1498	33	4	3	49
Flat Iron Steak with Mushroom Gorgonzola Sauce (1 serving) with Vegetable Medley	919	657	73	32	0	197	1193	13	3	4	48
Flat Iron Steak with Mushroom Marsala Sauce (1 serving)	923	697	77	31	0	193	565	7	0	1	40
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Italian Green Beans	977	699	78	31	0	193	1015	17	3	5	43
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Pasta with Alfredo Sauce	1336	854	95	41	0	242	1357	53	3	4	55
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Pasta with Marinara Sauce	1171	730	81	31	0	193	951	51	3	6	49
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Pasta with Tomato Sauce	1170	731	81	31	0	193	915	52	4	6	49
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Roasted Rosemary Potatoes	1124	774	86	33	0	193	1113	35	4	3	43
Flat Iron Steak with Mushroom Marsala Sauce (1 serving) with Vegetable Medley	1000	729	81	31	0	193	808	14	3	4	43
Lemon Pepper Mahi Mahi (1 serving)	607	377	42	19	0	195	932	7	1	3	42
Lemon Pepper Mahi Mahi (1 serving) with Angel Hair Pasta with Vegetable Medley	751	405	45	20	0	195	1061	30	3	5	48
Pasta Alfredo, Dinner (1 serving)	768	248	28	16	0	72	1169	99	5	6	28
Pasta Alfredo, Grandioso (1 serving)	1538	496	55	31	0	143	2337	198	10	12	56
Pasta Alfredo, Lunch (1 serving)	518	169	19	11	0	49	799	66	3	4	19
Pinot Grigio Chicken (1 serving)	909	420	47	24	0	152	1314	55	5	5	46
Shredded Beef Pappardelle, Dinner (1 serving)	1265	630	70	35	0	187	3710	103	8	16	46
Shredded Beef Pappardelle, Grandioso (1 serving)	2347	1077	120	62	0	374	7197	206	17	32	91
Shredded Beef Pappardelle, Lunch (1 serving)	912	469	52	27	0	142	2573	73	6	12	28
Shrimp Scampi, Dinner (1 serving)	1848	1174	130	76	0	428	1066	110	7	10	43

Shrimp Scampi, Grandioso (1 serving)	3666	2326	258	151	0	850	2067	220	14	21	84
Shrimp Scampi, Lunch (1 serving)	1093	673	75	43	0	238	604	71	4	6	26
Skilletini with Sirloin (1 serving)	1460	804	89	20	0	134	2861	106	8	19	56

Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garlic Sauteed Spinach (1 serving)	32	10	1	0	0	0	352	4	1	0	2
Italian Green Beans, Landing (1 serving)	54	2	0	0	0	0	450	10	3	4	3
Italian Green Beans, Side (1 serving)	106	5	1	0	0	0	899	19	5	8	5
Roasted Rosemary Potatoes, Landing (1 serving)	201	77	9	3	0	0	547	28	3	2	3
Roasted Rosemary Potatoes, Side (1 serving)	402	155	17	6	0	0	1094	56	6	3	7
Side of Meatballs with Tomato Sauce (1 serving)	556	341	38	14	0	153	1574	20	3	5	33
Vegetable Medley, Landing (1 serving)	77	32	4	1	0	0	242	8	3	3	3
Vegetable Medley, Side (1 serving)	153	65	7	1	0	0	484	15	5	6	7

Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Cheese Tortelloni (1 serving)	268	66	7	4	0	38	799	38	3	6	13
Kids Create Your Own Pasta (1 serving)	264	30	3	1	0	0	21	49	3	3	10
Kids Create Your Own Pasta (1 serving) with Alfredo Sauce	355	91	10	5	0	23	378	52	3	3	13
Kids Create Your Own Pasta (1 serving) with Butter	472	227	25	11	0	5	328	49	3	3	12
Kids Create Your Own Pasta (1 serving) with Grilled Chicken	360	39	4	1	0	49	370	49	3	3	30
Kids Create Your Own Pasta (1 serving) with Meatball	441	141	16	5	0	51	471	54	3	3	21
Kids Create Your Own Pasta (1 serving) with Tomato Sauce	288	37	4	1	0	0	243	53	3	5	11
Kids Create Your Own Pasta (1 serving) with Alfredo Sauce, Grilled Chicken	450	100	11	5	0	72	727	53	3	3	33
Kids Create Your Own Pasta (1 serving) with Alfredo Sauce, Meatball	532	202	22	10	0	74	828	57	3	4	24

Kids Create Your Own Pasta (1 serving) with Butter, Grilled Chicken	567	237	26	11	0	54	678	50	3	3	32
Kids Create Your Own Pasta (1 serving) with Butter, Meatball	649	339	38	16	0	56	779	55	3	3	23
Kids Create Your Own Pasta (1 serving) with Grilled Chicken, Tomato Sauce	383	46	5	1	0	49	592	53	3	5	30
Kids Create Your Own Pasta (1 serving) with Meatball, Tomato Sauce	465	148	16	5	0	51	694	58	4	6	21
Kids Fettuccine Alfredo (1 serving)	355	91	10	5	0	23	403	52	3	3	13
Kids Fettuccine Alfredo (1 serving) with Grilled Chicken	402	96	11	5	0	47	577	52	3	3	23
Kids Fettuccine Alfredo (1 serving) with Meatball	532	202	22	10	0	74	853	57	3	4	24
Kids Ice Cream Scoop (1 serving)	180	72	8	6	0	35	75	21	0	21	5
Kids Italian Cream Soda (1 serving)	64	10	1	1	0	6	22	13	0	13	0
Kids Italian Cream Soda (1 serving) with Blackberry Syrup	99	10	1	1	0	6	22	22	0	22	0
Kids Italian Cream Soda (1 serving) with Cherry Syrup	99	10	1	1	0	6	22	22	0	22	0
Kids Italian Cream Soda (1 serving) with Hazelnut Syrup	104	10	1	1	0	6	22	23	0	22	0
Kids Italian Cream Soda (1 serving) with Lemon Syrup	99	10	1	1	0	6	22	22	0	22	0
Kids Italian Cream Soda (1 serving) with Orange Syrup	99	10	1	1	0	6	22	22	0	22	0
Kids Italian Cream Soda (1 serving) with Raspberry Syrup	99	10	1	1	0	6	26	22	0	22	0
Kids Italian Cream Soda (1 serving) with Vanilla Syrup	99	10	1	1	0	6	22	22	0	22	0
Kids Italian Soda (1 serving)	49	0	0	0	0	0	11	13	0	13	0
Kids Italian Soda (1 serving) with Blackberry Syrup	84	0	0	0	0	0	11	22	0	22	0
Kids Italian Soda (1 serving) with Cherry Syrup	84	0	0	0	0	0	11	22	0	22	0
Kids Italian Soda (1 serving) with Hazelnut Syrup	89	0	0	0	0	0	11	23	0	22	0
Kids Italian Soda (1 serving) with Lemon Syrup	84	0	0	0	0	0	11	22	0	22	0
Kids Italian Soda (1 serving) with Orange Syrup	84	0	0	0	0	0	11	22	0	22	0
Kids Italian Soda (1 serving) with Raspberry Syrup	84	0	0	0	0	0	15	22	0	22	0
Kids Italian Soda (1 serving) with Vanilla Syrup	84	0	0	0	0	0	11	22	0	22	0

Kids Pizza Pasta (1 serving)	438	113	13	5	0	42	615	55	4	6	26
Kids Spaghetti (1 serving)	301	39	4	1	0	0	390	54	3	6	11
Kids Spaghetti (1 serving) with Grilled Sliced Chicken	350	46	5	1	0	25	417	54	3	6	21
Kids Spaghetti (1 serving) with Meatballs	656	262	29	10	0	102	1291	65	5	8	33
Kids Spaghetti with Butter (1 serving)	472	227	25	11	0	5	328	49	3	3	12
Kids Spaghetti with Meatball (1 serving)	477	152	17	6	0	51	805	60	4	7	22

Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Juice (1 drink)	145	0	0	0	0	0	18	36	0	35	0
Barqs Root Beer (1 serving)	183	0	0	0	0	0	40	50	0	50	0
Cafe Latte (1 serving)	83	29	3	2	0	13	81	8	0	8	5
Cappuccino (1 serving)	51	17	2	1	0	8	49	5	0	5	3
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0
Coke (1 serving)	163	0	0	0	0	0	10	45	0	45	0
Cranberry Juice (1 serving)	175	0	0	0	0	0	44	44	0	44	0
Diet Coke (1 serving)	0	0	0	0	0	0	17	0	0	0	0
Dr Pepper (1 serving)	182	0	0	0	0	0	58	45	0	45	0
Espresso (1 serving)	0	0	0	0	0	0	2	0	0	0	0
Grapefruit Juice (1 serving)	127	0	0	0	0	0	18	31	0	29	0
Hot Chocolate (1 serving)	80	9	1	0	0	0	84	17	0	13	0
Hot Tea (1 serving)	0	0	0	0	0	0	5	0	0	0	0
Iced Sweet Tea (1 serving)	119	0	0	0	0	0	0	30	0	30	0
Iced Tea (1 serving)	0	0	0	0	0	0	8	0	0	0	0
Italian Cream Soda (1 serving)	61	10	1	1	0	6	22	13	0	13	0
Italian Cream Soda (1 serving) with Blackberry Syrup	113	10	1	1	0	6	22	26	0	26	0
Italian Cream Soda (1 serving) with Cherry Syrup	113	10	1	1	0	6	22	26	0	26	0
Italian Cream Soda (1 serving) with Hazelnut Syrup	121	10	1	1	0	6	22	27	0	26	0
Italian Cream Soda (1 serving) with Lemon Syrup	113	10	1	1	0	6	22	26	0	26	0

Italian Cream Soda (1 serving) with Orange Syrup	113	10	1	1	0	6	22	26	0	26	0
Italian Cream Soda (1 serving) with Raspberry Syrup	113	10	1	1	0	6	28	25	0	25	0
Italian Cream Soda (1 serving) with Vanilla Syrup	113	10	1	1	0	6	22	26	0	26	0
Italian Soda (1 serving)	45	0	0	0	0	0	10	12	0	12	0
Italian Soda (1 serving) with Blackberry Syrup	98	0	0	0	0	0	10	26	0	26	0
Italian Soda (1 serving) with Cherry Syrup	98	0	0	0	0	0	10	26	0	26	0
Italian Soda (1 serving) with Hazelnut Syrup	105	0	0	0	0	0	10	26	0	26	0
Italian Soda (1 serving) with Lemon Syrup	98	0	0	0	0	0	10	26	0	26	0
Italian Soda (1 serving) with Orange Syrup	98	0	0	0	0	0	10	26	0	26	0
Italian Soda (1 serving) with Raspberry Syrup	98	0	0	0	0	0	16	25	0	25	0
Italian Soda (1 serving) with Vanilla Syrup	98	0	0	0	0	0	10	26	0	26	0
Milk (1 serving)	188	90	10	6	0	44	156	15	0	15	10
Minute Maid Lemonade (1 serving)	160	0	0	0	0	0	68	43	0	43	0
Orange Juice (1 serving)	138	0	0	0	0	0	19	34	0	30	0
Pineapple Juice (1 serving)	164	0	0	0	0	0	18	40	0	38	0
Sprite (1 serving)	160	0	0	0	0	0	36	43	0	43	0