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Appetizer											
Antipasti Plate - Roasted Tomato	998	614	68	21	3	221	60	2601	11	13	40
Bruschette Of The Day - Roasted Tomato	346	215	24	5	0	5	30	1132	2	4	7
Calamari - Regular	941	594	66	13	6	326	57	1960	9	7	32
Calamari - Small	673	438	49	10	5	247	38	1172	4	2	22
Calamari Ricardo - Regular	1540	1137	126	53	8	459	55	2320	5	5	29
Calamari Ricardo - Small	1264	963	107	48	6	371	42	1802	4	4	22
Chicken and Zucchini Flatbread	633	331	37	13	0	77	45	1204	3	5	31
Bacon And Caramelized Onion Flatbread	651	327	36	14	0	65	52	1309	3	9	30
Cozze In Bianco - Regular	1015	681	76	43	2	229	32	1158	1	9	54
Cozze In Bianco - Small	594	369	41	22	1	139	18	734	1	5	40
Crab Cakes	254	161	18	6	0	71	10	519	2	2	14
Mozzarella Marinara - Regular	888	540	60	27	1	180	41	2369	11	15	48
Mozzarella Marinara - Small	563	351	39	18	1	120	23	1334	5	8	31
Shrimp Scampi	603	413	46	23	1	201	27	2107	1	4	24
Tomatoes Caprese	445	338	38	18	0	81	10	336	2	7	22
Zucchini Fritte - Regular	830	622	69	12	4	20	45	951	5	7	9
Zucchini Fritte - Small	459	352	39	7	2	14	23	514	3	4	5
Bread Herb And Oil	300	124	14	2	0	0	39	475	1	0	6
Soup And Salads											
Soup And Salad	206	77	9	2	0	0	28	859	7	10	6
Soup And Salad With Light Balsamic Vinaigrette	223	79	9	3	0	0	31	976	9	9	7
Soup Fire Roasted Tomato Basil - Bowl	493	292	32	16	0	93	35	2221	4	16	13
Soup Fire Roasted Tomato Basil- Cup	246	146	16	8	0	47	18	1111	2	8	6
Soup Fish Chowder - Bowl	294	119	13	4	0	48	24	1859	5	6	16
Soup Fish Chowder - Cup	147	59	7	2	0	24	12	930	2	3	8
Soup Minestrone - Bowl	235	85	9	5	0	0	33	1363	9	0	9
Soup Minestrone - Cup	118	42	5	2	0	0	16	682	5	0	5
Soup Pasta Fagioli - Bowl	530	380	42	7	0	22	29	2461	3	6	14
Soup Pasta Fagioli - Cup	265	190	21	4	0	11	15	1230	2	3	7
Soup Sausage And Lentil - Bowl	446	183	20	5	0	46	41	2626	17	7	27
Soup Sausage And Lentil - Cup	223	92	10	2	0	23	20	1313	9	4	14
Soup Sicilian Chicken - Bowl	242	43	5	1	0	22	32	1992	6	4	18
Soup Sicilian Chicken - Cup	121	22	2	1	0	11	16	996	3	2	9
Caesar Salad (Side)	307	248	28	5	0	21	8	491	3	2	8
Caesar Salad With Light Balsamic Vinaigrette (Side)	106	48	5	1	0	5	11	278	4	5	5
House Salad (Side)	278	222	25	4	0	16	9	374	5	4	6
House Salad With Light Balsamic Vinaigrette (Side)	93	39	4	0	0	0	12	293	5	7	2
Italian Salad (Side)	342	293	33	5	0	11	12	570	4	6	4
Italian Salad With Light Balsamic Vinaigrette (Side)	105	37	4	0	0	0	15	294	4	9	3
Carrabba Caesar Salad	612	493	55	11	0	41	15	974	7	4	15
Carrabba Caesar Salad With Chicken	791	531	59	12	0	125	16	1513	7	4	47



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Carrabba Caesar Salad With Chicken With Light Balsamic Vinaigrette	363	117	13	4	0	95	20	978	7	9	41
Carrabba Caesar Salad With Shrimp	712	516	57	11	0	252	15	2064	7	4	35
Carrabba Caesar Salad With Shrimp With Light Balsamic Vinaigrette	284	102	11	3	0	222	19	1529	7	9	29
Italian Cobb Salad	697	437	49	12	0	114	15	1555	5	7	50
Italian Cobb Salad No Protein	518	399	44	11	0	30	14	1016	5	7	18
Italian Cobb Salad No Protein With Light Balsamic Vinaigrette	390	390	43	10	0	-54	18	693	5	12	-14
Italian Cobb Salad With Light Balsamic Vinaigrette	473	188	21	8	0	103	20	1333	5	12	48
Italian Cobb Salad With Salmon	957	680	76	16	0	136	14	1333	5	7	55
Italian Cobb Salad With Salmon With Light Balsamic Vinaigrette	733	432	48	12	0	125	19	1111	5	12	54
Italian Cobb Salad With Shrimp	618	421	47	11	0	241	14	2106	5	7	38
Italian Cobb Salad With Shrimp With Light Balsamic Vinaigrette	394	173	19	7	0	230	19	1884	5	12	36
Italian Cobb Salad With Sirloin	792	546	61	17	0	89	15	1360	5	7	47
Italian Cobb Salad With Sirloin With Light Balsamic Vinaigrette	568	299	33	13	0	77	19	1138	5	12	45
Harvest Salad with Chicken	731	426	47	13	0	135	27	1686	8	16	52
Harvest Salad with Chicken and Light Balsamic vinaigrette	598	270	30	10	0	128	32	1610	8	21	51
Harvest Salad with Sirloin	798	521	58	18	0	104	26	1456	8	16	46
Harvest Salad with Sirloin and Light Balsamic vinaigrette	665	365	41	15	0	96	31	1380	8	21	45
Salad Dressings And Add Ons											
Blue Cheese Add On (1 oz)	101	77	9	6	0	15	0	334	0	0	6
Caesar Dressing (1 oz)	240	221	25	4	0	15	1	376	0	0	3
Light Balsamic Vinaigrette (1 oz)	76	43	5	1	0	0	8	325	0	7	0
Parmesan Dressing (1 oz)	224	206	23	4	0	16	0	244	0	0	4
Vinaigrette Dressing (1 oz)	275	277	31	5	0	11	1	439	0	0	1
Panini: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Caprese Panini	518	256	28	11	0	44	48	857	3	2	20
Caprese With Chicken Panini	697	293	33	12	0	128	49	1396	3	2	52
Chicken Parmesan Panini	577	176	20	6	0	97	57	1424	5	5	44
Steak Panini	746	374	42	20	0	113	47	1131	2	1	41
Wood-Fired Pizza											
Build Your Own Pizza - Cheese Only	651	209	23	10	0	38	83	887	6	5	27
Build Your Own Pizza Topping - Black Olives	45	41	5	0	0	0	1	273	0	0	0
Build Your Own Pizza Topping - Meatballs	231	128	14	6	0	71	6	471	2	2	20
Build Your Own Pizza Topping - Pepperoni	79	66	7	2	0	20	0	277	0	0	4
Build Your Own Pizza Topping - Red Onions	13	0	0	0	0	0	3	1	1	1	0
Build Your Own Pizza Topping - Roasted Red Peppers	7	1	0	0	0	0	2	1	1	1	0
Build Your Own Pizza Topping - Sausage	166	95	11	3	0	53	1	384	1	0	17
Build Your Own Pizza Topping - Sauteed Mushrooms	39	25	3	0	0	0	2	154	2	0	2
Build Your Own Pizza Topping - Sundried Tomatoes	85	77	9	9	0	0	9	17	0	0	3
Build Your Own Pizza Topping - Tomato Roma	45	5	1	0	0	0	10	13	3	7	2
Build Your Own Pizza Topping - Whole Milk Mozzarella	243	192	21	12	0	61	0	46	0	0	15
Marsala: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Chicken Marsala - Regular	455	208	23	12	0	176	3	994	1	0	53
Chicken Marsala - Small	326	167	19	10	0	120	3	719	1	0	33



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Pork Chop Marsala - Regular	944	508	56	24	0	340	5	1672	2	1	96
Pork Chop Marsala - Small	472	254	28	12	0	170	3	836	1	1	48
Sirloin Marsala - Regular	660	413	46	22	0	146	3	825	1	0	53
Sirloin Marsala - Small	530	336	37	18	0	118	3	663	1	0	41
Veal Marsala - Small	321	162	18	10	0	135	6	429	1	0	31
Veal Marsala - Regular	431	198	22	13	0	191	8	583	1	0	46
Classics And Combinations: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Chicken Parmesan - Regular	643	265	29	11	0	194	23	1904	7	9	72
Chicken Parmesan - Small	321	132	15	5	0	97	12	952	4	4	36
Chicken Trio	939	512	57	32	1	322	9	1709	1	2	93
Italian Classics	699	338	38	18	0	167	34	2194	7	13	59
The Johnny	786	466	52	27	1	207	6	1112	1	1	71
Veal Piccata - Regular	492	266	30	18	1	199	9	685	0	2	46
Veal Piccata - Small	363	212	24	15	1	140	7	414	0	1	30
Wood Burning Grill: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Chicken Bryan - Regular	622	356	40	25	1	205	8	1041	0	2	59
Chicken Bryan - Small	421	257	29	18	1	136	5	732	0	1	36
Filet Bryan	972	716	80	41	1	236	8	918	0	2	57
Filet Fiorentina	638	421	47	19	0	166	1	666	0	0	50
Filet Marsala	806	568	63	29	0	207	3	872	1	0	51
Filet Scampi	841	575	64	30	0	250	8	1404	2	2	59
Filet Spiedino	904	582	65	27	0	283	7	1174	1	1	69
Grilled Chicken - Regular	287	61	7	2	0	135	1	788	0	0	52
Grilled Chicken - Small	179	38	4	1	0	84	1	539	0	0	32
Grilled Salmon - Regular	643	427	47	8	0	141	2	728	0	1	50
Grilled Salmon - Small	478	316	35	6	0	106	1	521	0	1	38
Pollo Rosa Maria - Regular	728	389	43	22	1	247	7	1317	2	2	74
Pollo Rosa Maria - Small	433	257	29	15	0	137	4	744	1	1	38
Spiedino Di Mare (Shrimp And Scallops)	495	286	32	14	1	225	12	982	1	2	38
Spiedino Di Mare (Shrimp)	495	286	32	14	1	225	12	982	1	2	38
Tilapia Nocciola	669	429	48	19	1	154	15	960	9	4	44
Stuffed Pasta: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Chicken And Spinach Cannelloni	464	207	23	12	0	106	32	1806	4	5	35
Lasagne	756	412	46	24	0	141	44	2484	7	18	46
Lobster Ravioli	511	194	22	14	0	135	59	1211	3	8	19
Manicotti	565	240	27	18	0	149	48	1218	6	6	33
Mezzaluna	763	437	49	28	0	121	49	1699	7	3	31
Seafood Cannelloni	539	185	21	11	0	198	45	1724	2	5	38
Signature Pasta: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions											
Linguine Pescatore	729	83	9	0	0	172	95	1826	8	8	61
Linguine Pescatore With Whole Grain Spaghetti	697	59	7	1	0	172	88	2038	18	9	62



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Pasta Carrabba	1062	622	69	42	1	241	46	1757	6	5	56
Pasta Carrabba With Whole Grain Spaghetti	1232	622	69	42	1	235	80	2120	16	6	63
Pasta Sostanza	655	325	36	6	0	9	65	2249	7	12	18
Pasta Sostanza With Chicken	834	363	40	7	0	93	66	2788	7	12	50
Pasta Sostanza With Chicken And Whole Grain Spaghetti	1004	363	40	7	0	87	100	3152	17	12	57
Pasta Sostanza With Shrimp	755	347	39	6	0	220	65	3339	7	12	38
Pasta Sostanza With Shrimp And Whole Grain Spaghetti	925	347	39	6	0	214	99	3703	17	12	45
Pasta Sostanza With Whole Grain Spaghetti	825	325	36	6	0	3	99	2613	17	12	25
Pasta Weesie	1179	824	92	57	2	341	44	2938	4	6	43
Pasta Weesie With Whole Grain Spaghetti	1349	824	92	57	2	336	77	3301	14	6	50
Penne Franco	688	275	31	4	0	57	92	1452	11	4	15
Penne Franco With Chicken	867	313	35	5	0	141	93	1991	11	4	47
Penne Franco With Chicken And Whole Grain Spaghetti	1057	490	54	17	0	100	91	2212	15	1	55
Penne Franco With Shrimp	788	298	33	4	0	268	92	2542	11	4	35
Penne Franco With Shrimp And Whole Grain Spaghetti	978	474	53	16	0	227	90	2763	15	1	43
Penne Franco With Whole Grain Spaghetti	878	452	50	16	0	16	90	1673	15	1	23
Spaghetti Meat Sauce	531	112	12	4	0	31	80	887	4	4	24
Spaghetti Meat Sauce With Whole Grain Spaghetti	539	105	12	4	0	31	79	1542	16	7	27
Spaghetti Meatball	825	252	28	9	0	106	95	2058	12	9	48
Spaghetti Meatball With Whole Grain Spaghetti	792	230	26	10	0	106	88	2270	22	10	49
Spaghetti Pomodoro	464	56	6	0	0	0	85	1205	8	5	16
Spaghetti Pomodoro With Whole Grain Spaghetti	431	32	4	1	0	0	78	1416	18	6	18
Spaghetti Sausage	833	298	33	11	0	95	87	2082	8	6	44
Spaghetti Sausage With Whole Grain Spaghetti	800	275	31	12	0	95	80	2294	18	7	46
Tag Pic Pac	668	264	29	4	0	29	87	1011	8	2	17
Tag Pic Pac With Chicken	847	302	34	5	0	113	88	1550	8	2	49
Tag Pic Pac With Chicken And Whole Grain Spaghetti	826	253	28	5	0	84	87	2575	13	12	52
Tag Pic Pac With Shrimp	768	286	32	4	0	240	87	2101	8	2	37
Tag Pic Pac With Shrimp And Whole Grain Spaghetti	747	238	26	4	0	211	86	3126	13	12	40
Tag Pic Pac With Whole Grain Spaghetti	647	216	24	4	0	0	86	2036	13	12	20
Sides											
Cavatappi Amatriciana	233	112	12	6	0	28	23	788	2	2	8
Chips	491	315	35	6	0	0	42	543	4	2	4
Cucumber Tomato Salad	115	75	8	1	0	3	9	118	1	6	2
Fettuccine Alfredo	675	513	57	37	1	142	21	857	1	3	17
Garlic Mashed Potatoes	459	253	28	15	0	40	45	1080	5	3	6
Sauteed Spinach (Plain)	26	4	0	0	0	0	4	354	3	0	3
Vegetable Of The Day											
Asparagi Alla Romano	153	120	13	8	0	38	3	366	2	2	5
Broccoli Alla Gratinatta	100	53	6	2	0	5	9	275	3	2	4
Cauliflower Arrosto	186	162	18	3	0	5	5	534	1	0	3
Green Beans Stefano	188	108	12	3	0	14	13	654	3	5	9
Grilled Vegetables	92	45	5	1	0	0	12	368	5	5	3



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Italian Green Beans	190	157	17	3	0	0	10	562	4	2	2
Primavera Arrosto	70	33	4	1	0	0	9	446	4	4	2
Roasted Primavera Vegetables	104	49	5	1	0	0	14	495	5	5	2
Sauteed Broccoli	271	242	27	4	0	0	9	304	3	2	3
Sauteed Broccoli And Cauliflower	317	283	31	5	0	0	10	313	4	4	4
Sauteed Spinach	285	243	27	4	0	0	11	358	3	1	5
Squash Casserole	337	211	23	9	0	42	24	669	5	3	10
Vegetables In Padella	167	122	14	2	0	0	12	295	3	3	3
Zucchini Stefano	244	202	22	4	0	3	10	1102	1	5	4
Dessert											
Dessert Rosa	576	199	22	13	0	68	88	570	3	61	6
John Cole	650	292	32	9	0	61	82	302	3	69	12
Sogno Di Cioccolata	1302	709	79	41	0	269	134	863	6	97	9
Tiramisu	1060	747	83	53	3	222	72	83	0	58	11
Coffee											
Coffee	2	0	0	0	0	0	0	5	0	0	0
Coffee (Decaf)	0	0	0	0	0	0	0	5	0	0	0
Cappuccino	96	31	3	2	0	11	12	75	0	9	4
Espresso	28	8	1	0	0	2	4	26	0	3	1
Kids' Menu											
100% Apple Juice	163	0	0	0	0	0	42	34	0	35	0
100% Orange Juice	149	0	0	0	0	0	35	0	0	30	3
2% Milk	163	58	6	4	0	26	15	134	0	16	11
Cheese Pizza	413	141	16	7	0	28	50	550	3	3	18
Cheese Ravioli	337	113	13	7	0	67	32	807	3	3	20
Chicken Fingers	513	258	29	13	2	67	37	1192	3	9	26
Grilled Chicken	149	24	3	1	0	74	0	90	0	0	32
Grilled Chicken With Carrots (Kids Livewell)	255	25	3	1	0	74	27	144	1	21	32
Grilled Chicken With Spinach (Kids Livewell)	259	28	3	1	0	74	26	196	2	19	35
Pepperoni Pizza	466	185	21	8	0	41	50	735	3	3	20
Spaghetti Meatball	348	92	10	3	0	35	45	838	5	4	18
Spaghetti Meatball With Whole Grain Spaghetti	331	80	9	3	0	35	42	943	10	4	19
Spaghetti Pomodoro Spinach (Kids Livewell)	320	17	2	0	0	0	64	740	11	22	12
Sundae	432	227	25	15	0	82	47	147	1	44	8