



The nutrition analysis is comprised of data from an independent testing facility commissioned by Carrabba's Italian Grill, nutrient data from Carrabba's Italian Grill suppliers and the United States Department of Agriculture nutrient analysis database using nutritional analysis software. The nutritional values provided herein are based on standard company recipes that may vary depending on portion size or substitution of ingredients. Menu items are hand prepared and nutritional values may vary from the stated amount due to differences inherent in the preparation of menu items, suppliers, region of the country and season of the year. This listing is updated periodically in an attempt to reflect the current status of Carrabba's Italian Grill products. The United States Department of Health and Human Services recommended limits for a 2000 calorie daily diet are 20g of saturated fat and 2300mg of sodium.

Updated: January-13

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	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	total carbs (g)	sodium (mg)	fiber (g)	sugars (g)	protein (g)
<b>APPETIZER</b>											
<b>Antipasti Plate With Bruschette</b>											
Antipasti Plate - Agrodolce	1353	773	86	24	5	334	96	3082	14	16	53
Antipasti Plate - Bruschette Carrabba	1430	867	96	29	5	357	84	3022	13	12	58
Antipasti Plate - Checca	1278	795	88	26	5	341	73	2746	12	12	51
Antipasti Plate - Con Pesto	1397	852	95	27	5	344	85	2936	12	13	54
Antipasti Plate - Paolo	1380	820	91	27	5	351	88	2910	13	14	55
Antipasti Plate - Roasted Tomato	1343	802	89	26	5	336	87	3148	12	13	52
Antipasti Plate - Scotty Thompson	1390	821	91	29	5	359	87	3054	13	14	58
Antipasti Plate - Siciliani	1413	859	95	28	5	352	87	3425	12	13	54
<b>Bruschette</b>											
Bruschette Of The Day - Agrodolce	464	136	15	3	0	1	74	1238	8	11	12
Bruschette Of The Day - Bruschette Carrabba	617	322	36	13	0	48	50	1117	4	2	24
Bruschette Of The Day - Checca	476	271	30	8	0	23	42	856	4	5	13
Bruschette Of The Day - Con Pesto	552	294	33	8	0	22	52	945	4	3	15
Bruschette Of The Day - Paolo	517	228	25	8	0	36	57	893	4	7	17
Bruschette Of The Day - Roasted Tomato	444	193	21	5	0	5	56	1369	4	4	12
Bruschette Of The Day - Scotty Thompson	538	231	26	11	1	53	55	1180	5	6	23
Bruschette Of The Day - Siciliani	584	306	34	9	0	37	55	1922	4	4	15
Calamari - Regular	1354	871	97	19	9	486	78	2558	10	7	45
Calamari - Small	948	623	69	14	7	353	52	1570	5	2	31
Calamari Ricardo - Regular	1953	1414	157	60	11	619	76	2919	6	5	43
Calamari Ricardo - Small	1539	1148	128	52	8	478	56	2200	4	4	31
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	702	391	43	23	1	201	53	2343	3	4	29
Shrimp Scampi (Without Bread)	413	312	35	22	1	201	9	1871	1	4	21
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
<b>Wood-Fired Flatbreads</b>											
Bacon And Caramelized Onion Flatbread	651	327	36	14	0	65	52	1309	3	9	30
Slow-Roasted Tomato and Ricotta Flatbread	589	300	33	14	0	55	48	827	3	9	25
<b>Soups</b>											
Soup Fire Roasted Tomato Basil - Bowl	493	292	32	16	0	93	35	1795	4	16	13
Soup Fire Roasted Tomato Basil- Cup	246	146	16	8	0	47	18	897	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	929	2	3	8
Soup Minestrone - Bowl	235	85	9	5	0	0	33	1363	9	0	9



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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	1324	3	6	14
Soup Pasta Fagioli - Cup	265	190	21	4	0	11	15	662	2	3	7
Soup Sausage And Lentil - Bowl	446	183	20	5	0	46	41	1205	17	7	27
Soup Sausage And Lentil - Cup	223	92	10	2	0	23	20	602	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
<b>Salads: Nutrition Analysis Of Salads Includes Dressing</b>											
Soup And Salad With Light Balsamic Vinaigrette	217	78	9	3	0	0	30	973	8	9	7
Caesar Salad (Side)	297	246	27	5	0	21	6	486	2	1	7
Caesar Salad With Light Balsamic Vinaigrette (Side)	96	46	5	1	0	5	9	273	2	5	4
Carrabba Caesar Salad	591	490	54	11	0	41	11	964	4	3	14
Carrabba Caesar Salad With Chicken	770	527	59	12	0	125	12	1503	4	3	46
Carrabba Caesar Salad With Chicken With Light Balsamic Vinaigrette	342	113	13	4	0	95	16	968	4	7	39
Carrabba Caesar Salad With Shrimp	691	512	57	11	0	252	11	2054	4	3	34
Carrabba Caesar Salad With Shrimp With Light Balsamic Vinaigrette	263	98	11	3	0	222	15	1519	4	7	27
House Salad (Side)	268	221	25	4	0	16	7	370	3	3	6
House Salad With Light Balsamic Vinaigrette (Side)	82	37	4	0	0	0	10	288	3	6	2
Italian Cobb Salad	690	435	48	12	0	114	14	1544	4	7	49
Italian Cobb Salad With Light Balsamic Vinaigrette	466	187	21	8	0	103	18	1322	4	11	48
Italian Cobb Salad With Salmon	950	679	75	16	0	136	13	1322	4	7	54
Italian Cobb Salad With Salmon With Light Balsamic Vinaigrette	726	431	48	12	0	124	17	1100	4	11	53
Italian Cobb Salad With Shrimp	611	419	47	11	0	241	13	2095	4	7	37
Italian Cobb Salad With Shrimp With Light Balsamic Vinaigrette	387	172	19	6	0	230	17	1873	4	11	36
Italian Cobb Salad With Sirloin	785	545	61	17	0	88	13	1349	4	7	46
Italian Cobb Salad With Sirloin With Light Balsamic Vinaigrette	561	297	33	13	0	77	18	1127	4	11	45
Italian Salad (Side)	337	292	32	5	0	11	11	568	3	5	3
Italian Salad With Light Balsamic Vinaigrette (Side)	100	36	4	0	0	0	14	292	3	9	2
Seasonal Salad - Citrus Arugula Salad	417	236	26	4	0	0	46	362	16	15	9
Seasonal Salad - Citrus Arugula Salad with Sirloin	691	384	43	10	0	58	47	707	16	15	38
Seasonal Salad - Citrus Arugula Salad with Salmon	857	518	58	9	0	106	46	679	16	15	47
Seasonal Salad - Citrus Arugula Salad with Shrimp	517	258	29	4	0	211	46	1452	16	15	29
Seasonal Salad - Citrus Arugula Salad with Chicken	575	252	28	4	0	82	47	935	16	16	42
<b>Salad Dressings And Add Ons</b>											
Blue Cheese Add On (1 oz)	104	77	9	6	0	14	0	312	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
House Vinaigrette Dressing (1 oz)	275	277	31	5	0	11	1	439	0	0	1
<b>Panini: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
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



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Steak Panini	790	403	45	21	0	123	48	1179	2	1	44
<b>Wood-Fired Pizza</b>											
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
<b>Marsala: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
Chicken Marsala - Regular	473	225	25	13	0	181	3	1009	1	0	53
Chicken Marsala - Small	342	181	20	11	0	124	3	732	1	0	33
Pork Chop Marsala - Regular	962	525	58	25	0	345	5	1687	2	1	96
Pork Chop Marsala - Small	481	262	29	12	0	172	3	844	1	1	48
Sirloin Marsala - Regular	734	460	51	24	0	163	3	910	1	0	59
Sirloin Marsala - Small	547	350	39	19	0	122	3	676	1	0	41
Veal Marsala - Small	337	176	20	11	0	139	6	442	1	0	31
Veal Marsala - Regular	450	214	24	14	0	196	8	597	1	0	46
<b>Classics And Combinations: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
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	963	531	59	33	1	327	10	1724	1	2	94
Italian Classics	699	338	38	18	0	167	34	2194	7	13	59
The Johnny	700	426	47	26	1	188	6	989	1	1	60
Veal Piccata - Regular	490	264	29	18	1	199	9	575	0	1	46
Veal Piccata - Small	363	212	24	15	1	140	7	414	0	1	30
<b>Wood Burning Grill: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
Chicken Bryan - Regular	651	378	42	26	1	211	9	1054	0	2	60
Chicken Bryan - Small	435	267	30	19	1	138	6	738	0	1	36
Filet Bryan	1044	777	86	47	1	242	13	941	0	2	60
Filet Fiorentina	638	421	47	19	0	166	1	666	0	0	50
Filet Marsala	824	585	65	30	0	212	3	887	1	0	51
Filet Scampi	841	575	64	30	0	250	8	1404	2	2	59
Filet Spiedino	912	590	66	28	0	284	7	1181	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



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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
<b>Stuffed Pasta: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
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
<b>Signature Pasta: Nutrition Analysis Does Not Include Soup, Salad Or Side Dish Additions</b>											
Linguine Pescatore	735	84	9	0	0	174	95	1837	8	8	62
Linguine Pescatore With Whole Grain Spaghetti	702	60	7	1	0	174	88	2048	18	9	63
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	572	128	14	4	0	31	86	1330	6	6	26
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



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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
<b>Sides</b>											
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)	35	7	1	0	0	1	5	108	3	1	4
<b>VEGETABLE OF THE QUARTER</b>											
Asparagi Alla Romano	153	120	13	8	0	38	3	366	2	2	5
Broccoli Alla Gratinatta	203	125	14	7	0	26	13	559	3	5	8
Cauliflower Arrosto	186	162	18	3	0	5	5	534	1	0	3
Green Beans Stefano	141	81	9	2	0	3	13	542	3	5	5
Grilled Vegetables	92	45	5	1	0	0	12	368	5	5	3
Italian Green Beans	190	157	17	3	0	0	10	1116	4	2	2
Primavera Arrosto	70	33	4	1	0	0	9	446	4	4	2
Roasted Primavera Vegetables	328	151	17	5	0	0	41	2201	9	17	9
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	172	124	14	2	0	0	11	358	3	1	5
Squash Casserole	336	211	23	9	0	42	23	669	5	3	10
Vegetables In Padella	167	122	14	2	0	0	12	295	3	3	3
Zucchini Stefano	166	120	13	2	0	3	10	705	2	5	4
<b>Dessert</b>											
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
<b>Coffee and Italian Soda</b>											
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
Espresso	1	1	0	0	0	0	0	6	0	0	0
Cappuccino	43	16	2	1	0	7	4	41	0	4	3
Orange Italian Soda	236	0	0	0	0	0	57	0	0	57	0
Raspberry Italian Soda	189	0	0	0	0	0	47	0	0	47	0
<b>Kids' Menu</b>											
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
Penne Butter (Kids' Menu)	339	209	23	14	0	61	28	645	1	0	5
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



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## Nutrition Analysis

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	total carbs (g)	sodium (mg)	fiber (g)	sugars (g)	protein (g)
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
Spaghetti Pomodoro Spinach (Kids Livewell)	320	17	2	0	0	0	64	740	11	22	12
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
Sundae	432	227	25	15	0	82	47	147	1	44	8