

# NUTRITION INFORMATION

## ABBREVIATION KEY

CAL: CALORIES    S-FAT: SATURATED FAT    T-FAT: TRANS FAT    CARBS: CARBOHYDRATES

The dietary guidelines for recommended limits for a 2,000 calorie diet are 20 grams of saturated fat (including trans fat) & 2,300 milligrams of sodium. Recommended limits may vary depending upon daily calorie consumption. The actual nutritional value of menu items may vary based on servings, overall size, quantities, of ingredients & special orders. The nutrition information provided is comprised of data from independent testing facilities commissioned by Romano's Macaroni Grill combined with results from ESHA Genesis Nutritional Software. This listing is updated periodically to reflect the current status of products.

TAPAS & ANTIPASTI	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BAKED PROSCIUTTO & MOZZARELLA	710	21	0	1950	42	3	42
BRUSCHETTA CROSTINI	460	6	0	1060	30	3	8
CALAMARI FRITTI	860	9	1	1220	58	3	39
CRISPY FRESH MOZZARELLA	800	22	.5	790	20	2	31
GOAT CHEESE PEPPADEW PEPPERS	260	6	0	450	21	1	7
MAC & CHEESE BITES, TRUFFLE DIP	980	26	1.5	1140	44	2	31
MEDITERRANEAN OLIVES (WITHOUT BREAD)	150	3	0	910	4	3	1
OVEN-FIRED ARTICHOKE HEARTS	560	15	0	1050	15	7	5
PARMESAN FRIES	800	18	1	1730	61	4	16
SPICY RICOTTA MEATBALLS	370	8	1	1240	17	3	20
STUFFED MUSHROOMS	640	15	0	1060	21	3	21
SHRIMP, CANNELLINI BEAN & AVOCADO CROSTINI	650	7	0	950	41	8	18
SPICY HERB-ROASTED MUSSELS	1240	12	0	2750	92	5	57
PEASANT BREAD	480	0	0	2150	89	4	14

SANDWICHES	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CAPRESE PANINI	920	18	0	1300	62	5	29
RICOTTA MEATBALL SLIDERS	740	14	2.5	1890	62	7	30
ROASTED TURKEY	620	10	0	1920	53	4	39
SIDE OF PARMESAN FRIES	700	12	1	1530	59	4	11
SIDE CAESAR SALAD (INCLUDES DRESSING)	100	2	0	190	3	2	3
SIDE FRESH GREENS SALAD (INCLUDES DRESSING)	80	1	0	70	3	1	2

COMBINATIONS	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
HALF CAPRESE PANINI	460	9	0	650	31	3	14
HALF ROASTED TURKEY	310	5	0	960	26	2	19
POMODORINA SOUP	240	4	0	990	14	4	4
ARTICHOKE SOUP	310	3.5	0	880	19	7	5
LENTIL SOUP	440	4	0	790	28	11	15
ROASTED MUSHROOM SOUP	220	3	0	1010	13	1	6
SAUSAGE & KALE SOUP	170	2.5	0	1210	14	5	10
CAESAR SALAD (INCLUDES DRESSING)	110	2	0	190	3	2	3
FRESH GREENS SALAD (INCLUDES DRESSING)	80	1	0	70	3	1	2
MARKET CHOP (INCLUDES DRESSING)	480	9	0	1200	13	4	26
CAPPELLINI POMODORO	440	1	0	860	48	6	7
CARMELA'S CHICKEN	410	6	0	760	55	4	22
WHOLE WHEAT FETTUCCINE	430	4.5	0	670	45	9	32

PANTRY	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BIBB & BLUE (INCLUDES DRESSING)	680	14	1	2070	22	4	22
CAESAR (INCLUDES DRESSING)	220	4	0	370	6	3	4
CAPRESE	480	15	0	610	10	2	17
MARKET CHOP (INCLUDES DRESSING)	1020	18	0	2400	38	10	56
PARMESAN-CRUSTED CHICKEN (INCLUDES DRESSING)	970	17	1	1970	54	5	51
SALAD SAMPLER (INCLUDES DRESSING)	1030	19	1	2740	38	9	42
WARM SPINACH & SHRIMP (INCLUDES DRESSING)	340	5	0	1210	17	6	43
ADD CHICKEN	180	0	0	440	2	1	41
ADD SCALLOPS	280	1	0	280	4	0	29
ADD SHRIMP	100	0	0	390	1	0	18
POMODORINA SOUP	240	4	0	990	14	4	4
ARTICHOKE SOUP	310	3.5	0	880	19	7	5
LENTIL SOUP	440	4	0	790	28	11	15
ROASTED MUSHROOM SOUP	220	5	0	1180	18	1	6
SAUSAGE & KALE SOUP	200	3	0	1010	13	5	10

PIZZAS AND FLATBREADS	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
ITALIAN SAUSAGE PIZZA	1100	23	0	1930	100	7	57
MARGHERITA PIZZA	840	14	0	1310	101	7	39
PRIMO PEPPERONI PIZZA	970	17	0	1870	99	6	53
ROASTED CHICKEN & ARUGULA FLATBREAD	1160	18	0	2050	103	6	69
SMOKY SHRIMP FLATBREAD	1230	20	1	2300	97	6	68
WILD MUSHROOM & GOAT CHEESE FLATBREAD	1020	20	0	1770	103	6	41

FRESH PASTA	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CARBONARA	1260	28	0.5	3360	101	4	62
EGGPLANT QUADRATINI	910	9	0	1870	115	11	33
PASTA DI MARE	1320	16	0	1770	118	18	64
PESTO SPAGHETTI	1140	14	0	1630	103	7	68
WHOLE WHEAT FETTUCCINE	860	9	0.5	1340	90	6	56

CLASSICS	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CARMELA'S CHICKEN	810	11	0	1460	89	8	45
EGGPLANT PARMESAN	950	12	0.5	1250	76	12	32
FETTUCCINE ALFREDO	940	33	1	1500	73	6	39
FETTUCCINE ALFREDO WITH CHICKEN	1210	34	1	2060	77	6	71
FETTUCCINE ALFREDO WITH SHRIMP	1110	34	1	1860	74	6	50
LASAGNA BOLOGNESE	720	18	0.5	1860	46	4	41
LOBSTER RAVIOLI	710	25	1	1030	39	2	36
MAMA'S TRIO	1530	33	1	3600	96	9	82
MOM'S RICOTTA MEATBALLS & SPAGHETTI WITH BOLOGNESE	1190	19	1.5	3310	95	10	65
MOM'S RICOTTA MEATBALLS & SPAGHETTI WITH POMODORO	960	14	1.5	2660	91	9	43
MUSHROOM RAVIOLI	900	31	1.5	1020	52	5	21
PASTA MILANO	890	15	1	1590	88	7	47
PENNE RUSTICA	1160	18	1	2490	110	7	72
SHRIMP PORTOFINO (LUNCH)	770	26	0	710	57	5	30
SHRIMP PORTOFINO (DINNER)	780	26	0	730	58	6	36

PRINCIPALE	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHICKEN MARSALA	810	10	0	1070	61	5	52
CHICKEN PARMESAN	940	12	0.5	1330	74	7	30
CHICKEN SCALOPPINE	1180	38	0	1420	55	8	61
CHICKEN UNDER A BRICK	1180	18	0.5	2590	23	3	76
GRILLED CHICKEN SPIEDINI	490	2.5	0	1140	24	10	39
POLLO CAPRESE	550	5	0	1660	45	5	60
ROASTED CHICKEN CANNELLONI	820	20	0	2330	39	4	58
GRILLED KING SALMON	1160	25	0	1270	72	4	54
GRILLED SHRIMP SPIEDINI	300	2.5	0	960	22	9	31
PAN-SEARED BRANZINO	570	3	0	920	29	5	37
PARMESAN-CRUSTED SOLE	1550	44	0.5	1220	99	5	19
FLORENTINE STEAK & FRITES	1700	34	1	2760	65	6	89
PAN-ROASTED PORK CHOP	1370	40	0.5	2060	58	7	76
VEAL SALTIMBOCCA	850	15	0	1270	29	3	58

CREATE YOUR OWN PASTA	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CAPELLINI	340	1	0	370	61	4	3
FARFALLE	450	0.5	0	300	91	6	13
GLUTEN-FREE PENNE	810	0	0	0	182	4	12
PENNE	450	0.5	0	300	91	6	13
RIGATONI	340	0	0	220	68	6	13
SPAGHETTI	340	1	0	370	71	4	9
WHOLE WHEAT FETTUCCINE	410	1.5	0	100	74	13	21
ALFREDO SAUCE	600	32	1	1140	12	0	28
ARRABBIATA SAUCE	230	1.5	0	820	21	4	5
BASIL PESTO SAUCE	560	21	0	720	4	1	7
BOLOGNESE SAUCE	430	7	0	1540	20	4	27
GARLIC CREAM SAUCE	270	12	0	930	14	2	8
POMODORO SAUCE	190	1	0	860	15	4	4
ASPARAGUS	5	0	0	0	1	1	1
BROCCOLINI	10	0	0	10	2	0	1
CANNELLINI BEANS	15	0	0	55	3	1	1
FRESH SPINACH	5	0	0	20	1	1	1
ROASTED MUSHROOMS	25	0	0	40	1	0	1
ROASTED PEPPERS	5	0	0	65	2	0	0
ROASTED TOMATOES	15	0	0	80	1	0	0
SNAP PEAS	10	0	0	0	2	1	1
ITALIAN SAUSAGE	430	10	0	740	2	1	17
PANCETTA	400	12	0	1530	2	1	14
RICOTTA MEATBALLS	290	7	1	990	9	1	19
ROASTED CHICKEN	290	1.5	0	560	3	0	31
ROSEMARY HAM	260	4	0	610	2	0	17
SHRIMP	180	1	0	360	0	0	13

KIDS	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHICKEN STRIPS WITH BROCCOLINI	310	1.5	0	770	28	3	25
CHICKEN STRIPS WITH FRIES	660	10	0	1220	64	5	25
CHICKEN STRIPS WITH SALAD	460	6	0	670	21	2	24
GRILLED CHICKEN & PASTA	310	1.5	0	770	28	5	30
MAC & CHEESE	690	21	1	1500	66	4	27
PEPPERONI PIZZA	440	10	0	1190	48	3	23
SPAGHETTI & POMODORO	270	2	0	620	46	5	8
SPAGHETTI & MEATBALLS	440	6	0	1150	54	5	19
SPAGHETTI & MEAT SAUCE	390	4	0	530	48	5	19

DOLCE	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
GELATO: DARK CHOCOLATE	260	8	15	40	36	3	2
GELATO: DOUBLE VANILLA	290	9	0	40	40	0	6
GHIRARDELLI CHOCOLATE CAKE	990	27	5	660	114	7	10
LEMON PASSION	580	18	1	370	65	1	7
NEW YORK STYLE CHEESECAKE	760	32	2	520	61	2	11
QUATTRO CANNOLI	320	5	5	110	45	1	9
WHITE PEACH SORBET	160	0	0	0	39	0	0
TIRAMISU	690	28	15	160	54	1	7

BEVANDE	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
COCA-COLA®	140	0	0	50	39	0	0
DIET COKE®	0	0	0	40	0	0	0
CAFFEINE FREE DIET COKE®	0	0	0	40	0	0	0
DR. PEPPER®	150	0	0	53	41	0	0
PIBB EXTRA®	150	0	0	50	41	0	0
SPRITE®	150	0	0	68	39	0	0
WHITE PEACH ITALIAN SODA	130	0	0	40	31	0	0
BLOOD ORANGE ITALIAN SODA	130	0	0	40	31	0	0
POMEGRANATE ITALIAN SODA	130	0	0	40	31	0	0
MINUTE MAID® LEMONADE	150	0	0	50	46	0	0
SAN PELLEGRINO® SPARKLING MINERAL WATER	0	0	0	10	0	0	0
ACQUA PANNA® NATURAL SPRING WATER	0	0	0	0	0	0	0
COFFEE	0	0	0	0	0	0	0

SENZA	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
GINGER ROOT SODA	150	1	0	20	36	1	1
LIMONATA NOJITO	170	0	0	25	47	2	0
CRANBERRY ORANGE SPRITZ	140	0	0	30	36	1	0

ALCOHOLIC BEVERAGES	CAL	S-FAT (g)	T-FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BELLINI CIPRIANI	120	0	0	0	7	0	0
BLOOD ORANGE COSMO	200	0	0	0	14	0	0
ITALIAN MOJITO	290	0	0	0	33	1	0
MARGARITA PRIMA	440	0	0	960	52	0	0
PERFECT MARTINI	290	0	0	470	4	1	1
SORRENTO LEMONADE	390	0	0	0	35	0	0
WINE - 6 OUNCES	150	0	0	10	5	0	0
BEER - 12 OUNCES	150	0	0	10	11	0	1
LIGHT BEER - 12 OUNCES	110	0	0	10	7	0	1