NUTRITION INFORMATION

ABBREVIATION KEY

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

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. The dietary guidelines for Americans recommended limits for a 2,000 calorie diet are 20 grams of saturated fat (including trans fat) and 2,300 milligrams of sodium. Recommended limits may be higher or lower depending upon the daily calorie consumption. The actual nutritional value of menu items may vary based on servings, overall size, quantities of ingredients and special orders.

TAPAS & ANTIPASTI	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BAKED PROSCIUTTO & MOZZARELLA	800	21	0	46	1990	53	3	42
BRUSCHETTA CROSTINI	460	6	0	34	1060	30	3	8
CALAMARI FRITTI	850	9	0	51	1220	58	3	39
CHIANTI SAUSAGE & CRISPY POTATOES	810	16	0	67	2810	19	3	27
CRISPY ARTICHOKE POTATO CAKES	820	12	0	72	1130	41	6	7
CRISPY FRESH MOZZARELLA	790	22	0	66	790	20	2	31
GOAT CHEESE PEPPADEW PEPPERS	360	7	0	18	670	42	1	7
ITALIAN NACHOS	1510	43	0	112	2280	74	6	56
MAC & CHEESE BITES, TRUFFLE DIP	990	28	.5	78	1170	45	2	31
MEDITERRANEAN OLIVES (WITHOUT BREAD)	150	3	0	16	910	4	3	1
OVEN-FIRED FETA	600	13	0	40	1770	19	2	22
PARMESAN FRIES	790	18	0	57	1710	61	4	16
PEASANT BREAD	480	0	0	6	2150	89	4	14
PESTO SHRIMP & AVOCADO CROSTINI	640	7	0	46	920	41	8	18
SPICY RICOTTA MEATBALLS	370	8	1	29	1240	17	3	20
STUFFED MUSHROOMS	640	15	0	66	1060	21	3	21
ZUCCHINI FRITTI	840	11	0	51	630	81	5	18

ARTISAN SANDWICHES	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CAPRESE PANINI	920	18	0	61	1300	62	5	29
RICOTTA MEATBALL SLIDERS	740	14	2.5	45	1890	62	7	30
ROASTED TURKEY	600	9	0	25	1690	52	4	39
SIDE OF PARMESAN FRIES	700	12	1	48	1530	59	4	11
SIDE CAESAR SALAD (WITH DRESSING)	160	3	0	13	330	8	2	3
SIDE FRESH GREENS SALAD (WITH DRESSING)	110	1	0	8	120	9	1	2

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PANTRY	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BIBB & BLUE (WITH DRESSING)	680	14	.5	56	2020	23	4	22
CAESAR (WITH DRESSING)	420	8	0	39	740	11	4	7
CAPRESE	480	15	0	40	740	10	2	17
MARKET CHOP (WITH DRESSING)	1010	19	0	71	2300	33	10	56
PARMESAN-CRUSTED CHICKEN (WITH DRESSING)	930	15	1	58	1720	53	5	51
SALAD SAMPLER (WITH DRESSING)	1030	20	1	80	2720	36	9	42
WARM SPINACH SALAD (WITH DRESSING, NO PROTEIN)	340	5	0	25	1210	17	6	16
ADD CHICKEN	180	0	0	.5	440	2	1	41
ADD SCALLOPS	280	1	0	15	280	4	0	29
ADD SHRIMP	100	0	0	1.5	390	1	0	18
CLAM CHOWDER	520	20	0	40	1300	30	1	10
LENTIL SOUP	440	4	0	12	790	28	11	15
MINESTRONE SOUP	310	5	0	14	1240	32	5	15
POMODORINA SOUP	190	3	0	12	820	16	4	4
ROASTED MUSHROOM SOUP	220	5	0	10	1160	18	1	6

LUNCH COMBINATIONS	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CLAM CHOWDER	520	20	0	40	1300	30	1	10
LENTIL SOUP	440	4	0	12	790	28	11	15
MINESTRONE SOUP	310	5	0	14	1240	32	5	15
POMODORINA SOUP	190	3	0	12	820	16	4	4
ROASTED MUSHROOM SOUP	220	5	0	10	1160	18	1	6
HALF CAESAR SALAD (WITH DRESSING)	160	3	0	13	330	8	2	3
HALF FRESH GREENS SALAD (WITH DRESSING)	110	1	0	8	120	9	1	2
HALF MARKET CHOP (WITH DRESSING)	480	10	0	37	1200	11	4	26
CAPELLINI POMODORO	340	1	0	11	760	55	6	7
CARMELA'S CHICKEN	460	6	0	15	770	56	4	22
SAUSAGE QUADRATINI	590	9	0	28	1420	55	4	25
HALF CAPRESE PANINI	460	9	0	31	650	31	3	14
HALF ROASTED TURKEY	300	4.5	0	13	840	26	2	19

PIZZA & FLATBREAD	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
ITALIAN SAUSAGE PIZZA	1100	23	0	52	1930	100	7	57
MARGHERITA PIZZA	840	14	0	31	1310	101	7	39
PRIMO PEPPERONI PIZZA	980	19	0	41	1960	97	6	53
ROASTED CHICKEN & ARUGULA FLATBREAD	1060	18	0	50	1930	83	6	69
WILD MUSHROOM & GOAT CHEESE FLATBREAD	910	20	0	46	1640	83	6	41

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ITALIAN CLASSICS	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHICKEN PARMESAN	940	12	.5	57	1330	74	7	30
EGGPLANT PARMESAN	950	12	.5	56	1250	76	12	32
FETTUCCINE ALFREDO	1180	41	0	73	2000	91	6	46
FETTUCCINE ALFREDO WITH CHICKEN	1470	43	.5	88	2560	94	6	77
FETTUCCINE ALFREDO WITH SHRIMP	1350	42	.5	87	2340	91	6	56
LASAGNA BOLOGNESE	630	16	0	40	1810	27	4	36
MOM'S RICOTTA MEATBALLS & SPAGHETTI W/ BOLOGNESE	1190	19	1.5	70	3310	95	10	65
MOM'S RICOTTA MEATBALLS & SPAGHETTI W/ POMODORO	960	14	1.5	55	2660	91	9	43

PASTA	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CARBONARA	1260	29	1	68	3690	101	4	62
CARMELA'S CHICKEN	930	11	0	31	1540	111	8	45
LOBSTER RAVIOLI	710	25	1	41	1030	39	2	36
MAMA'S TRIO	1430	30	1	99	3430	77	9	73
MUSHROOM RAVIOLI	900	31	1.5	62	1020	52	5	21
PASTA DI MARE	1310	16	0	57	1900	118	7	11
PASTA MILANO	1010	15	1	42	1660	111	7	47
PENNE RUSTICA	1160	18	1	49	2490	110	7	72
QUADRATINI W/ ROASTED EGGPLANT	910	9	0	33	2170	115	11	33
QUADRATINI W/ ITALIAN SAUSAGE	1170	18	0	56	2850	111	9	49
SHRIMP PORTOFINO	900	24	0	60	760	57	6	36

POLLO	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHICKEN MARSALA	810	10	0	35	1070	61	5	52
CHICKEN MILANESE	1570	36	.5	107	1710	91	7	64
CHICKEN & MUSHROOM CANNELLONI	780	19	0	68	2100	39	4	51
CHICKEN SCALOPPINE	1180	38	0	81	1420	55	8	61
CHICKEN UNDER A BRICK	1440	23	1	115	3640	24	3	76
GRILLED CHICKEN SPIEDINI	410	2	0	11	990	38	10	39
POLLO CAPRESE	560	7	0	22	1530	31	5	60

PESCE	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
GRILLED KING SALMON	1110	25	0	68	1220	71	4	54
GRILLED SHRIMP SPIEDINI	380	1.5	0	9	1830	41	9	31
MEDITERRANEAN SEA BASS	570	3	0	36	920	29	5	37
PARMESAN-CRUSTED SOLE	1550	44	.5	104	1220	99	5	56

CARNE	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHIANTI BBQ STEAK	1920	42	.5	121	3130	81	9	120
PAN-ROASTED PORK CHOP	1370	39	1	91	1900	58	7	76
PARMESAN-CRUSTED VEAL CHOP	1660	42	1	107	1640	100	7	77

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CREATE YOUR OWN PASTA	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CAPELLINI	340	1	0	6	370	61	4	9
FARFALLE	450	.5	0	4	300	91	6	13
FOUR CHEESE RAVIOLI	410	10	.5	18	710	41	2	21
GLUTEN-FREE PENNE	400	0	0	2	350	91	2	6
PENNE	450	.5	0	4	300	91	6	13
RIGATONI	450	.5	0	4	300	91	6	13
SPAGHETTI	340	1	0	6	370	61	4	9
WHOLE WHEAT FETTUCCINE	490	1.5	0	7	420	88	15	26
ALFREDO SAUCE	880	41	.5	79	1550	14	0	34
ARRABBIATA SAUCE	230	1.5	0	11	820	21	4	5
BASIL PESTO SAUCE	560	21	0	59	720	4	1	7
BOLOGNESE SAUCE	430	7	0	25	1540	20	4	27
GARLIC CREAM SAUCE	270	12	0	20	930	14	2	8
GARLIC OLIVE OIL	510	8	0	54	260	5	0	1
POMODORO SAUCE	190	1	0	10	860	15	4	4
ARTICHOKES	15	0	0	0	15	4	2	1
ASPARAGUS	5	0	0	0	0	1	1	1
BROCCOLINI	10	0	0	0	10	2	0	1
CANNELLINI BEANS	15	0	0	0	55	3	1	1
CARAMELIZED ONIONS	25	.5	0	1.5	115	2	0	0
FRESH SPINACH	5	0	0	0	20	1	1	1
ROASTED GARLIC	40	0	0	.5	35	8	0	1
ROASTED MUSHROOMS	25	0	0	2	40	1	0	1
ROASTED PEPPERS	5	0	0	0	65	2	0	0
ROASTED TOMATOES	15	0	0	1	80	1	0	0
SNAP PEAS	10	0	0	0	0	2	1	1
SUN-DRIED TOMATOES	20	0	0	2	10	1	0	0
ITALIAN SAUSAGE	430	10	0	39	740	2	1	17
PANCETTA	400	12	0	37	1530	2	1	14
PARMESAN-CRUSTED CHICKEN	310	3.5	0	18	290	16	1	21
RICOTTA MEATBALLS	290	7	1	19	990	9	1	19
ROASTED CHICKEN	290	1.5	0	16	560	3	0	31
ROASTED EGGPLANT	35	0	0	1.5	50	5	3	1
SHRIMP	180	1	0	15	360	0	0	13

DOLCE	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
GELATO: DARK CHOCOLATE	260	8	1.5	12	40	36	3	2
GELATO: DOUBLE VANILLA	290	9	0	12	40	40	0	6
GINGER PEACH TORTA	500	10	0	20	200	75	2	7
HOMEMADE CHOCOLATE CAKE	990	27	.5	56	660	114	7	10
LEMON PASSION	580	18	1	33	370	65	1	7
NEW YORK STYLE CHEESECAKE	760	32	2	52	520	61	2	11
QUATTRO CANNOLI	320	5	.5	12	110	45	1	9
SORBET: BLOOD ORANGE	170	0	0	0	5	41	1	0
TIRAMISU	690	28	1.5	48	160	54	1	7

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KIDS	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CHEESE RAVIOLI	450	9	0.5	22	1180	38	4	21
CHICKEN STRIPS WITH BROCCOLINI	380	4	0	20	480	25	3	25
CHICKEN STRIPS WITH FRIES	650	8	0	37	1420	58	5	25
CHICKEN STRIPS WITH CRISP SALAD	470	6	0	32	720	22	2	24
FETTUCCINE ALFREDO	550	17	0	32	1030	45	3	24
GRILLED CHICKEN & PASTA	350	1	0	6	840	43	5	30
MAC & CHEESE	630	16	1	29	1540	66	4	27
PEPPERONI PIZZA	440	8	0	17	760	48	3	23
SPAGHETTI & MEAT SAUCE	420	3.5	0	16	570	48	5	19
SPAGHETTI & MEATBALLS	460	5	.5	23	1170	51	5	19
SPAGHETTI & POMODORO	310	1..5	0	9	670	46	5	8
VANILLA GELATO	100	1	0	3.5	0	15	1	2

SENZA	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
CRANBERRY ORANGE SPRITZ	140	0	0	0	30	36	1	0
GINGER ROOT SODA	150	1	0	2	20	36	1	1
LIMONATA NOJITO	170	0	0	0	25	47	2	0
RASPBERRY PEACH LEMONADE	130	0	0	0	15	33	1	0

BEVANDE	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
ACQUA PANNA®	0	0	0	0	0	0	0	0
COCA-COLA®	140	0	0	0	50	39	0	0
COFFEE	5	0	0	0	0	0	0	0
DIET COKE®	0	0	0	0	40	0	0	0
DR PEPPER®	150	0	0	0	53	41	0	0
ITALIAN SODA (ALL FLAVORS)	130	0	0	0	40	31	0	0
LEMONADE (FLAVORED)	225	0	0	0	50	65	0	0
MINUTE MAID® LEMONADE	150	0	0	0	50	46	0	0
MINUTE MAID® LEMONADE LIGHT	10	0	0	0	5	1	0	0
SAN PELLEGRINO®	0	0	0	0	10	0	0	0
SPRITE®	150	0	0	0	68	39	0	0
TEA (FLAVORED)	80	0	0	0	0	19	0	0

ALCOHOLIC BEVERAGES	CAL	S-FAT (g)	T-FAT (g)	TOTAL FAT (g)	SODIUM (mg)	CARBS (g)	FIBER (g)	PROTEIN (g)
BELLINI CIPRIANI	120	0	0	0	0	7	0	0
BLOOD ORANGE COSMO	200	0	0	0	0	14	0	0
ITALIAN MOJITO	290	0	0	0	0	33	1	0
MARGARITA PRIMA	440	0	0	0	960	52	0	0
PERFECT MARTINI	290	0	0	3.5	470	4	1	1
SORRENTO LEMONADE	390	0	0	0	0	35	0	0
SPARKLING WHITE SANGRIA	210	0	0	0	0	20	1	0
WINE - GLASS	150	0	0	0	5	5	0	0
WINE - HALF QUARTINO	105	0	0	0	5	4	0	0
WINE - QUARTINO	210	0	0	0	10	8	0	0
BEER - 12 OUNCES	150	0	0	0	10	11	0	1
LIGHT BEER - 12 OUNCES	110	0	0	0	10	7	0	1

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