



ROMANO'S
Macaroni
GRILL®

ALLERGEN GUIDE

The following information was designed to assist our Guests who have food allergies. Because of our reliance on suppliers for accurate information, the shared cooking and preparation areas in our kitchens, and the fact that our food is prepared to order we cannot fully eliminate the risk of cross-contamination or guarantee that any item is free of any allergen. The information below details common allergens and in which menu items they may be present. Neither Macaroni Grill, nor its affiliated entities, warrant or guarantee that the following guide will eliminate or prevent allergic reactions.

Before placing your order, please inform your server if a person in your party has a food allergy.

ANTIPASTI	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Calamari Fritti	X		X		X		X	X	X
Caprese Salad			X						
Stuffed Mushrooms			X		X		X	X	
Spinach + Artichoke Dip			X		X			X	
Spinach + Artichoke Dip w/Shrimp			X		X		X	X	
Crispy Brussels Sprouts					X			X	X
Crispy Brussels Sprouts w/Crispy Prosciutto					X			X	X
Signature Mac + Cheese Bites	X		X		X			X	X
Bruschetta			X		X			X	
Crispy Fresh Mozzarella	X		X		X			X	X
SOUPS	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Tomato Basil					X				
Lobster Bisque		X	X		X		X	X	

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SALADS	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Italian Chopped		X	X		X			X	
Bibb + Bleu	X		X		X	X		X	X
Bibb + Bleu w/Chicken	X		X		X	X		X	X
Bibb + Bleu w/Shrimp	X		X		X	X	X	X	X
Bibb + Bleu w/Salmon	X	X	X		X	X		X	X
Parmesan-Crusted Chicken	X		X		X			X	X
Rosa's Signature Caesar	X	X	X		X			X	
Rosa's Signature Caesar w/Chicken	X	X	X		X			X	
Rosa's Signature Caesar w/Shrimp	X	X	X		X		X	X	
Rosa's Signature Caesar w/Salmon	X	X	X		X			X	
Fresh Greens					X			X	
SANDWICHES	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Chicken Parmesan (Boxed Lunch)	X		X		X			X	X
Italian Pesto Caprese (Boxed Lunch)			X		X			X	X
Roasted Chicken Caesar (Boxed Lunch)	X	X	X		X			X	X
Meatball (Boxed Lunch)	X		X		X			X	X

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LAND + SEA	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Chicken Scaloppine			X		X			X	
Chicken Parmesan	X		X		X			X	
Pollo Caprese			X		X			X	
Chicken Marsala			X		X			X	
Grilled Salmon		X			X			X	
Shrimp Portofino			X		X	X	X	X	
Steak + Potatoes w/Rosemary Butter			X		X				
Steak + Potatoes w/Oreganata Sauce		X	X		X				
Braised Lamb Shank			X		X			X	
Buffalo Chicken Parmesan	X		X		X			X	
SIDES	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Side Parmesan Truffle Fries		X	X		X			X	X
Side Grilled Asparagus					X				
Side Buttermilk Mashed Potatoes			X		X				
Side Broccolini					X				
Side Crispy Brussels Sprouts								X	X
Sautéed Spinach			X		X				
Spinach + Sun-Dried Tomato Pasta			X		X			X	
Rosemary Peasant Bread					X			X	
Basil Pesto Pasta Salad (Boxed Lunch)			X		X			X	
OFF THE GRILL	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Grilled Sirloin w/ Oreganata Sauce		X			X				
Grilled Chicken					X				
Grilled Salmon		X			X				

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PASTA	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Butternut Tortellaci	X		X		X			X	
Pasta Milano			X		X			X	
Mushroom Ravioli	X		X		X			X	
Lasagna Bolognese	X		X		X			X	
Pomodoro Tortellaci	X		X		X			X	
Mama's Trio	X		X		X			X	
Signature Truffle Mac + Cheese			X		X			X	
Signature Truffle Mac + Cheese w/Prosciutto			X		X			X	
Mom's Ricotta Meatballs + Spaghetti w/Pomodorina	X		X		X			X	
Mom's Ricotta Meatballs + Spaghetti w/Bolognese	X		X		X			X	
Fettuccine Alfredo			X		X			X	
Fettuccine Alfredo w/Chicken			X		X			X	
Fettuccine Alfredo w/Shrimp			X		X		X	X	
Penne Rustica			X		X		X	X	
Seafood Ravioli	X		X		X		X	X	
CREATE YOUR OWN PASTA	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Spaghetti					X			X	
Capellini					X			X	
Penne					X			X	
Fettuccine					X			X	
Rigatoni					X			X	
Gluten-free Tagliatelle	X		X						

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Imported Pomodorina					X				
Arrabbiata			X		X				
Bolognese			X		X			X	
Alfredo			X		X			X	
Pesto			X						
Lemon Butter			X					X	
Garlic Olive Oil									
Roasted Garlic Cream Sauce			X		X			X	
Roasted Peppers					X				
Fresh Spinach					X				
Roasted Tomatoes					X				
Sun-Dried Tomatoes					X				
Roasted Garlic					X				
Broccolini					X				
Roasted Mushrooms					X				
Fresh Mushrooms					X				
Asparagus					X				
Roasted Chicken					X				
Fresh Mozzarella			X						
Prosciutto									
Grilled Salmon		X			X				
Shrimp					X		X		
Italian Sausage					X				
Meatballs	X		X		X			X	
Carmelized Onions									

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KIDS	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Mac + Cheese			X		X			X	
Spaghetti + Meatballs w/ Pomodorina Sauce	X		X		X			X	
Chicken Strips w/ Broccolini or Fries	X		X		X			X	X
Cheese Ravioli	X		X		X			X	
Grilled Chicken w/ Mashed Potatoes			X		X				
Spaghetti + Pomodorina			X		X			X	
Spaghetti + Meat Sauce			X		X			X	
Fettuccine Alfredo			X		X			X	
Buttered Noodles + Parmesan			X		X			X	
DOLCE	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Romano's Cannoli	X		X		X			X	
Decadent Chocolate Cake	X		X		X	X		X	
Tiramisu	X		X		X			X	
New York Style Cheesecake	X		X		X	X		X	
Vanilla Bean Ice Cream	X		X						
Chocolate Chip Cookie	X		X		X			X	
Key Lime Wave	X		X	X	X	X		X	
TAKE + BAKE	EGGS***	FISH	MILK	PEANUTS	SOY**	TREE NUTS*	SHELLFISH	WHEAT	FRIED****
Cheese Ravioli Bake with Garlic Cream Sauce	X		X		X			X	
Lasagna Bolognese	X		X		X			X	

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NUTRITION FACTS

ANTIPASTI	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Calamari Fritti	760	490	55	9	0.00	435	700	33	4	7	33
Caprese Salad	510	390	44	18	0.50	100	510	15	2	7	16
Stuffed Mushrooms	510	340	38	13	0.00	60	590	20	3	5	21
Spinach + Artichoke Dip	1,100	540	61	29	1.50	130	1,980	109	7	8	30
Spinach + Artichoke Dip w/Shrimp	1,150	560	62	29	1.50	200	2,290	109	7	8	39
Crispy Brussels Sprouts	370	220	25	4	0.00	0	800	37	8	20	7
Crispy Brussels Sprouts w/Crispy Prosciutto	410	240	28	5	0.00	15	1,080	37	8	20	11
Signature Mac + Cheese Bites	920	630	70	25	1.00	310	1,190	44	2	5	30
Bruschetta	670	390	43	9	0.00	25	1,830	55	4	7	17
Crispy Fresh Mozzarella	820	700	79	16	0.00	145	210	17	1	1	13
SOUPS	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Tomato Basil	110	100	42	5	0.50	0	670	9	2	5	2
Lobster Bisque	320	250	36	16	1.00	85	1,580	14	1	4	5
SALAD	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Italian Chopped	490	300	34	13	0.50	85	2,280	20	4	11	27
Bibb + Bleu	520	380	42	12	0.00	55	1,070	17	4	5	23
Bibb + Bleu w/Chicken	680	390	43	12	0.00	85	1,380	18	5	5	61
Bibb + Bleu w/Shrimp	590	390	43	12	0.00	170	1,850	18	4	5	36
Bibb + Bleu w/Salmon	830	520	57	18	0.00	180	1,760	14	2	5	63
Parmesan-Crusted Chicken	1,080	430	48	9	0.00	250	910	100	7	16	64
Rosa's Signature Caesar	470	370	41	10	0.00	65	920	14	4	3	13
Rosa's Signature Caesar w/Chicken	630	370	41	11	0.00	90	1,090	15	5	3	51
Rosa's Signature Caesar w/Shrimp	540	380	42	11	0.00	180	1,710	15	4	3	26
Rosa's Signature Caesar w/Salmon	990	690	77	18	15.00	190	1,290	18	4	3	60
Fresh Greens	360	280	32	4.5	0.50	0	330	20	4	9	4

SANDWICHES	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLES TEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Chicken Parmesan (Boxed Lunch)	1,490	690	79	22	0	85	2,930	144	12	6	55
Italian Pesto Caprese (Boxed Lunch)	1,470	820	92	24	1	85	3,580	132	11	16	30
Roasted Chicken Caesar (Boxed Lunch)											
Meatball (Boxed Lunch)	1,670	820	92	35	1.5	240	4,370	142	13	17	64
LAND + SEA	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLES TEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Chicken Scaloppine	1,240	670	76	39	2.50	205	1,680	83	10	2	61
Pollo Caprese	560	200	22	4	0.00	70	1,080	40	5	6	50
Chicken Marsala	790	290	32	10	0.50	110	1,010	61	4	6	54
Grilled Salmon	930	400	45	9	0	0	1,690	82	6	11	61
Shrimp Portofino	1,200	690	78	38	2.00	320	1,820	93	7	2	36
Steak + Potatoes w/Rosemary Butter	1,250	840	94	45	3.00	340	2,440	34	4	5	72
Steak + Potatoes w/Oreganata Sauce	1,220	760	85	34	2.00	290	2,950	42	4	10	73
Braised Lamb Shank	1,350	900	101	52	1.50	370	2,010	29	2	8	78
SIDES	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLES TEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Side Parmesan Fries	610	290	32	8	0.00	5	1,680	74	6	12	10
Side Grilled Asparagus	150	130	14	3	0.00	0	260	3	2	2	2
Side Buttermilk Mashed Potatoes	480	350	40	24	1.50	115	780	21	2	3	12
Side Broccolini	100	60	7	1	0.00	0	540	7	1	2	3
Side Crispy Brussels Sprouts	190	110	13	2	0.00	0	570	18	4	10	4
Sautéed Spinach	220	170	18	5	0.00	10	560	7	3	1	9
Spinach + Sun-Dried Tomato Pasta	530	210	24	3	0.00	0	680	71	5	3	11
Rosemary Peasant Bread	480	60	6	0	0.00	0	1,090	89	4	2	16
Basil Pesto Pasta Salad (Boxed Lunch)	380	190	21	4	0.00	0	730	40	4	2	8

OFF THE GRILL	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Grilled Sirloin - Small	2,160	1,150	129	28	2.00	525	7,560	69	7	32	179
Grilled Sirloin - Large	3,740	1,910	213	49	4.50	1,050	11,570	102	11	42	352
Grilled Chicken - Small Balsamic Glaze	2,020	30	4	1	0.00	190	3,200	266	10	228	249
Grilled Chicken - Large Balsamic Glaze	3,400	60	7	3	0.00	375	6,010	360	19	305	498
Grilled Chicken - Small Mediterranean Vinaigrette	2,620	1,480	165	25	0.50	190	4,280	36	10	24	250
Grilled Chicken - Large Mediterranean Vinaigrette	4,200	1,990	223	34	1.00	375	7,450	55	19	32	499
Grilled Salmon - Small	2,650	1,920	215	43	0	0	5,010	29	1	16	188
Grilled Salmon - Large	5,300	3,850	430	85	0.50	0	10,010	59	2	32	376
PASTA	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Butternut Tortellacci	980	580	66	39	1.00	290	2,380	63	6	6	33
Pasta Milano	1,040	350	39	13	0.00	100	1,850	123	13	13	49
Mushroom Ravioli	930	590	66	30	1.50	195	970	53	5	13	17
Pomodoro Tortellacci	460	280	98	18	2	90	1,240	44	6	9	16
Mama's Trio	2,110	1,150	129	56	2.50	420	3,940	140	9	19	103
Signature Truffle Mac + Cheese	1,060	780	89	56	1.5	290	2,970	24	1	6	45
Signature Truffle Mac + Cheese w/Prosciutto	1,630	960	106	56	3	295	2,910	117	6	7	61
Mom's Ricotta Meatballs + Spaghetti w/Pomodorina	1,270	670	141	35	2.00	235	2,550	105	10	9	58
Mom's Ricotta Meatballs + Spaghetti w/Bolognese	1,460	750	105	36	1.00	290	3,320	111	10	10	73
Fettuccine Alfredo	1,140	500	56	33	1.50	145	1,840	114	6	5	44
Fettuccine Alfredo w/Chicken	1,370	640	72	36	1.50	210	2,470	117	6	6	66
Fettuccine Alfredo w/Shrimp	1,310	630	71	35	1.50	235	2,480	115	6	5	53
Penne Rustica	1,060	470	52	21	0.50	315	3,020	82	3	5	66
Seafood Ravioli	920	650	74	46	3.00	340	1,390	36	3	3	31

CREATE YOUR OWN PASTA	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Spaghetti	400	35	4	0	0.00	0	260	79	5	0	12
Capellini	400	35	4	0	0.00	0	260	79	5	0	12
Penne	400	35	4	0	0.00	0	260	79	5	0	12
Fettuccine	510	40	5	1	0.00	0	340	102	6	0	15
Rigatoni	400	35	4	0	0.00	0	260	79	5	0	12
Gluten-free Tagliatelle	520	60	6	2	0.00	205	180	99	4	4	16
Imported Pomodorina	310	210	23	3	0.00	0	860	15	4	9	4
Arrabbiata	470	340	39	5	0.00	0	840	21	4	9	5
Bolognese	430	290	32	6	0.00	65	1,160	15	3	6	20
Alfredo	640	520	58	35	1.00	115	1,230	12	0	1	19
Pesto	400	350	69	14	0.00	35	1,440	5	1	1	13
Lemon Butter	340	320	36	20	1.00	90	860	4	0	2	2
Garlic Olive Oil	510	490	54	8	0.00	260	5	5	0	0	1
Roasted Garlic Cream Sauce	490	350	39	17	0.50	65	1,160	17	1	3	19
Roasted Peppers	10	0	0	0	0.00	0	90	2	0	2	0
Fresh Spinach	8	0	0	0	0.00	0	23	1	1	0	1
Roasted Tomatoes	15	10	1	0	0.00	0	80	1	0	1	0
Sun-Dried Tomatoes	40	20	2	0	0.00	0	50	4	2	2	1
Roasted Garlic	40	10	0	0	0.00	0	40	8	0	0	2
Broccolini	12	0	0	0	0.00	0	8	2	1	1	1
Roasted Mushrooms	5	0	0	0	0.00	0	0	2	1	1	2
Fresh Mushrooms	5	0	0	0	0.00	0	0	1	1	1	1
Asparagus	5	0	0	0	0.00	0	0	1	1	1	1
Caramelized Onions	25	15	2	1	0.00	0	115	2	0	1	0
Roasted Chicken	110	15	2	1	0.00	60	640	3	0	1	23
Fresh Mozzarella	210	150	17	11	0.00	75	140	4	0	1	11
Prosciutto	70	40	5	2	0.00	30	500	1	0	0	8
Grilled Salmon	930	400	45	9	0	0	1,690	82	6	11	61
Shrimp	170	130	15	1	0.00	85	640	1	0	0	9
Italian Sausage	430	350	39	10	0.00	75	740	2	1	0	17
Meatballs	420	290	32	14	0.00	135	900	9	1	1	24

KIDS	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Mac + Cheese	540	280	31	18	1.00	145	1,190	44	1	8	21
Spaghetti + Meatballs w/ Pomodorina Sauce	660	330	37	15	0.00	185	1,140	48	4	4	33
Chicken Strips w/ Broccolini or Fries	860	400	45	8	0.00	170	380	67	5	5	46
Cheese Ravioli	420	180	21	8	0.50	70	1,160	36	4	8	19
Grilled Chicken w/ Mashed Potatoes	600	360	40	24	1.50	130	1,150	28	3	5	35
Spaghetti + Pomodorina	290	80	8	1	0.00	45	470	43	3	5	9
Spaghetti + Meat Sauce	360	130	14	4	0.00	70	790	45	3	5	16
Fettuccine Alfredo	470	720	24	14	0.50	120	770	42	1	4	20
Buttered Noodles + Parmesan	520	250	28	16	1.00	60	450	57	4	0	11
DOLCE	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Romano's Cannoli	640	290	32	15	0.00	60	210	69	5	38	15
Decadent Chocolate Cake	1,090	790	88	48	1.50	225	500	79	5	48	9
Tiramisu	600	350	39	24	1.50	170	65	54	1	40	7
New York Style Cheesecake	690	370	41	25	1.50	20	420	70	4	12	10
Vanilla Bean Ice Cream	310	110	13	10	0.00	20	105	42	0	27	6
Chocolate Chip Cookie	300	110	13	7	0.00	30	350	45	2	28	4
Key Lime Wave	550	230	26	14	0.00	230	200	73	2	57	10
TAKE + BAKE	CALS (KCAL)	CALS FROM FAT (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FATTY ACID (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)
Lasagna Bolognese	1,110	610	67	31	1.00	215	2,740	69	6	16	60