



NUTRITION INFORMATION

(U.S. Restaurants, excludes Hawaii)

At Olive Garden, choice is always on the menu, and today there are more ways than ever to eat healthier while sharing moments together with friends and family. In addition to our Classic entrées, we're committed to providing a wide range of delicious options so you can enjoy the meal that's right for you. We're committed to giving you easy access to the nutrition information you need, whether in our restaurants or online, and we're always innovating our menu, so check back often.

Olive Garden attempts to provide nutrition information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included. While menu item nutrition analysis is based on standard recipes, variations between the nutrition info reported here and what is actually served may occur due to the handcrafted nature of our menu items, substitutions, natural variability that occurs within ingredients, region of the country and season of the year.

This listing is updated periodically in an attempt to reflect the current data and suggest you check each time you dine with us. All items are listed as-served, unless otherwise noted. If you have any questions about this information, please contact one of our Guest Relations Representatives by phone at 1-800-331-2729 (Monday - Friday, 10:00 AM to 4:00 PM Eastern Time), or by visiting

www.olivegarden.com/contact-us

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
APPETIZERS											
Calamari	670	380	42	3.5	0	300	1600	48	2	3	24
add marinara	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
add spicy ranch	250	240	27	4.5	0	15	700	2	0	less than 1 g	1
Classic Shrimp Scampi Fritta	600	360	40	12	1	230	1860	39	1	3	23
Fried Mozzarella	750	430	48	21	1	100	1720	47	3	3	32
add marinara	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Lasagna Fritta	1070	640	71	29	1.5	160	1650	73	5	4	35
Spinach-Artichoke Dip with flatbread crisps	1100	680	76	21	1	75	2170	70	8	7	37
Stuffed Ziti Fritta	500	240	26	11	0	60	1040	40	3	less than 1 g	27
add alfredo	220	190	22	14	0.5	70	300	3	0	less than 1 g	4
add marinara	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Toasted Ravioli	650	270	30	6	0.5	45	1420	71	6	3	25
add marinara	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Dipping Sauces for Breadsticks:											
Alfredo	440	390	43	27	1	140	600	5	0	1	8
Alfredo (Large)	870	780	87	54	2	285	1200	11	0	2	15
Five Cheese Marinara	220	160	17	9	0	45	540	11	1	6	5
Five Cheese Marinara (Large)	440	310	35	18	0.5	90	1080	22	3	12	10
Marinara	90	40	5	0	0	0	480	11	2	6	1
Marinara (Large)	190	80	10	1	0	0	960	22	3	13	3
SOUPS, SALAD & BREADSTICKS											
Breadstick with garlic topping (1 ea.)	140	20	2.5	0.5	0	0	460	25	less than 1 g	1	4
Chicken & Gnocchi Soup	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone Soup	110	10	1	0	0	0	810	17	4	4	5
Pasta Fagioli Soup	150	50	5	2	0	15	710	16	3	4	8
Zuppa Toscana Soup	220	130	15	7	0	40	790	15	2	2	7
Stellini Soup (Regional)	200	70	7	2.5	0	20	1240	22	1	2	9
Salad with Signature Italian Dressing	150	90	10	1.5	0	less than 5 mg	770	13	2	4	3
Salad without Dressing	70	15	2	0	0	0	250	11	2	2	2
Italian Dressing	80	70	8	1.5	0	less than 5 mg	520	2	0	2	0
Low-Fat Italian Dressing	30	20	2	0	0	5	410	2	0	2	0
CREATE YOUR OWN PASTA											
Angel Hair	350	25	2.5	0	0	0	10	67	3	2	12
Gluten-Free Rotini	380	30	3.5	0	0	100	260	77	5	0	9

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Rigatoni	440	50	6	0.5	0	0	10	83	3	5	14
Spaghetti	340	30	3.5	0	0	0	10	67	3	4	12
Creamy Mushroom Sauce	860	780	87	54	2	250	1090	13	0	7	10
Five Cheese Marinara	440	310	35	18	0.5	90	1080	22	3	12	10
Marinara	190	80	10	1	0	0	960	22	3	13	3
Meat Sauce	300	170	19	7	0	60	1040	19	2	13	14
Crispy Chicken Fritta	240	110	12	15	0	50	730	14	1	less than 1 g	20
Grilled Chicken	150	45	5	1	0	75	240	less than 1 g	less than 1 g	0	27
Italian Sausage (2 Links)	470	360	39	14	0	115	1140	2	less than 1 g	2	27
Meatballs (3)	480	360	40	19	2	65	1060	7	3	0	23
Shrimp	150	10	1	0	0	245	410	1	less than 1 g	0	33
ENTRÉES											
Lunch-Sized Favorites											
Cheese Ravioli with Marinara Sauce	450	200	22	11	0	75	1210	40	3	5	24
Cheese Ravioli with Meat Sauce	500	230	26	14	0	100	1240	39	2	6	29
Chicken Parmigiana	660	260	29	7	0	75	1740	65	5	12	35
Eggplant Parmigiana	660	290	32	7	0	30	1330	74	7	13	21
Fettuccine Alfredo	650	410	45	27	1	140	610	47	2	3	15
Five Cheese Ziti al Forno	640	330	37	19	0.5	90	1100	57	4	9	25
Lasagna Classico	500	270	30	16	0.5	105	1290	33	3	7	29
Shrimp Scampi	480	170	19	7	0.5	105	850	53	4	5	20
Spaghetti with Marinara Sauce	310	60	7	0	0	0	490	53	3	9	9
Spaghetti with Meat Sauce	360	100	12	3.5	0	30	530	51	3	9	14
Spaghetti with Meat Sauce & Meatballs	680	340	38	17	1.5	75	1230	56	4	9	30
Dinner Entrées											
Asiago Tortelloni Alfredo with Grilled Chicken	2030	1220	135	77	3	650	3110	95	5	9	114
Cheese Ravioli with Marinara Sauce	780	350	39	20	0	125	2140	68	5	11	41
Cheese Ravioli with Meat Sauce	860	410	46	24	0	170	2190	65	4	11	50
Chicken & Shrimp Carbonara	1390	840	94	50	3	405	2050	75	3	10	64
Chicken Alfredo	1620	900	100	57	2	430	1680	96	5	6	84
Chicken Marsala	1080	500	56	31	1.5	295	2690	68	4	8	69
Chicken Parmigiana	1060	470	52	14	0	155	2980	86	7	16	63
Chicken Scampi	1260	640	72	28	0	200	1990	105	4	7	49
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
Fettuccine Alfredo	1310	810	90	55	2	285	1210	95	4	5	30

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Five Cheese Ziti al Forno	1220	640	71	36	1	185	2160	103	6	19	45
Giant Cheese Stuffed Shells	1140	610	68	39	1.5	210	2260	91	6	22	44
Grilled Chicken Margherita	520	210	24	9	0	205	1410	15	7	4	64
Herb-Grilled Salmon	460	260	29	8	0	120	1110	8	5	3	45
Herb-Grilled Salmon Coho (Regional)	360	130	15	6	0	120	770	8	4	3	50
Lasagna Classico	940	490	55	30	1	200	2260	61	6	11	54
Seafood Alfredo	1430	820	91	55	2	435	1690	97	4	5	56
Shrimp Alfredo	1450	820	91	55	2	525	1620	96	4	6	63
Shrimp Scampi	510	180	20	7	0.5	165	960	54	4	5	29
Steak Alfredo	930	510	56	32	1.5	260	1680	48	2	3	57
Tour of Italy	1550	880	98	50	1.5	325	3150	99	7	12	72
DESSERTS											
Black Tie Mousse Cake	750	450	50	30	1	155	290	76	4	59	9
Chocolate Brownie Lasagna	910	470	52	27	1.5	135	580	144	6	103	13
Dolcini - Chocolate Mousse	240	160	18	10	0	55	125	18	1	12	2
Dolcini - Strawberry & White Chocolate	190	100	11	6	0	30	100	23	0	18	1
Pumpkin Cheesecake	790	460	51	30	2	220	610	69	4	45	13
Seasonal Sicilian Cheesecake	730	370	42	26	1.5	155	440	78	2	64	12
Tiramisu	470	240	27	17	0	215	125	54	0	35	6
Warm Italian Doughnuts	810	250	28	3.5	0	0	510	119	6	25	20
add chocolate sauce	220	25	3	2	0	10	110	48	less than 1 g	42	2
add raspberry sauce	210	0	0	0	0	0	10	51	0	35	0
KIDS MENU											
Create Your Own Pasta											
Fettuccine	220	15	1.5	0	0	0	5	42	2	2	7
Small Shells	210	20	2	0	0	0	5	42	2	2	7
Spaghetti	170	15	1.5	0	0	0	5	33	1	2	6
Alfredo Sauce	440	390	43	27	1	140	600	5	0	1	8
Meat Sauce	110	60	7	2.5	0	25	390	7	less than 1 g	5	5
Tomato Sauce	80	45	5	0.5	0	0	420	8	1	5	1
Grilled Chicken	150	45	5	1	0	75	240	less than 1 g	less than 1 g	0	27
Meatball	160	120	13	6	0.5	20	350	2	less than 1 g	0	8
Shrimp	45	0	0	0	0	75	130	0	0	0	10
Entrees											
Cheese Ravioli	340	150	16	8	0	50	980	33	3	6	17

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Cheese Pizza	400	120	13	7	0	25	720	54	3	4	17
add Pepperoni	60	50	5	2	0	10	240	0	0	0	2
Chicken Fingers & Pasta	400	140	16	1.5	0	50	720	42	2	5	24
Macaroni & Cheese	360	120	14	8	0	40	870	45	2	6	16
Sides											
Grapes	40	0	0	0	0	0	0	11	less than 1 g	9	0
Steamed Broccoli	35	0	0	0	0	0	35	7	4	3	4
French Fries	260	120	13	1.5	0	5	400	32	5	less than 1 g	5
add ketchup	80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Spaghetti with Tomato Sauce	180	40	4.5	0.5	0	0	290	30	2	5	5
Drinks											
Milk, 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk, 1%	180	25	2.5	1.5	0	10	135	31	0	29	8
Raspberry Lemonade	110	0	0	0	0	0	10	7	0	6	0
Fruit Juices											
Juice, Apple	170	0	0	0	0	0	50	42	0	42	0
Juice, Cranberry	180	0	0	0	0	0	50	45	0	45	0
Juice, Orange	180	0	0	0	0	0	10	40	0	36	3
Juice, Pineapple	200	0	0	0	0	0	5	48	less than 1 g	45	1
Dessert											
Smoothie, Strawberry-Banana	130	0	0	0	0	0	0	34	0	31	0
Smoothie, Peach	190	0	0	0	0	0	10	49	0	47	0
Sundae with Chocolate sauce	190	70	8	5	0	30	45	28	less than 1 g	22	2
GLUTEN SENSITIVE MENU											
Zuppa Toscana Soup (U.S. only)	220	130	15	7	0	40	790	15	2	2	7
Salad without Croutons	110	80	8	1.5	0	less than 5 mg	670	7	2	3	2
6 oz. Tuscan Sirloin	310	110	12	5	0.5	120	1340	8	4	3	46
Grilled Chicken Parmigiana with Rotini & Marinara	860	340	38	14	0	250	2150	58	7	10	77
Herb-Grilled Salmon	460	260	29	8	0	120	1110	8	5	3	45
Herb-Grilled Salmon Coho (Regional)	360	130	15	6	0	120	770	8	4	3	50
Rotini Pasta with Marinara	560	110	13	1	0	100	1220	99	8	13	12
Rotini Pasta with Meat Sauce	680	200	22	7	0	160	1300	96	6	13	23
Kids Grilled Chicken with Rotini Pasta & Marinara	480	100	11	1.5	0	120	850	61	5	16	33
Kids Rotini Pasta with Marinara	280	60	6	0	0	50	610	50	4	6	6
Kids Rotini Pasta with Meat Sauce	340	100	11	3.5	0	80	650	48	3	7	12

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DRINKS											
Wines											
Whites And Rosé - Glass	150	0	0	0	0	0	10	4	0	2	0
Whites And Rosé - Grande Pour	220	0	0	0	0	0	15	6	0	3	0
Whites And Rosé - Bottle	630	0	0	0	0	0	35	16	0	7	less than 1 g
Reds - Glass	160	0	0	0	0	0	0	5	0	1	0
Reds - Grande Pour	230	0	0	0	0	0	0	8	0	2	0
Reds - Bottle	660	0	0	0	0	0	0	21	0	5	less than 1 g
Sparkling Prosecco - Glass	160	0	0	0	0	0	10	10	0	10	less than 1 g
Sparkling Prosecco - Bottle	660	0	0	0	0	0	0	21	0	5	less than 1 g
Beers											
Light Draft (16 oz)	140	0	0	0	0	0	15	6	0	6	1
Light Draft (22 oz)	190	0	0	0	0	0	20	8	0	8	2
Regular Draft (16 oz)	230	0	0	0	0	0	5	16	0	14	3
Regular Draft (22 oz)	310	0	0	0	0	0	5	22	0	20	4
Bottle, Light	100	0	0	0	0	0	10	5	0	5	less than 1 g
Bottle, Regular	150	0	0	0	0	0	10	11	0	11	1
Bottle, Angry Orchard Hard Cider	220	0	0	0	0	0	10	31	0	23	0
Bottle, Non-Alcoholic	70	0	0	0	0	0	10	13	0	13	less than 1 g
Cocktails											
Amaretto Sour	260	0	0	0	0	0	20	44	2	38	0
Berry Sangria (Glass)	210	0	0	0	0	0	5	30	0	27	0
Berry Sangria (Pitcher)	870	0	0	0	0	0	25	126	3	112	1
Blue Hawaiian	190	0	0	0	0	0	20	33	2	29	0
Green Apple Moscato Sangria (Glass)	200	0	0	0	0	0	15	39	0	37	0
Green Apple Moscato Sangria (Pitcher)	830	0	0	0	0	0	50	161	3	150	2
Italian Margarita	380	0	0	0	0	0	30	58	4	49	less than 1 g
Italian Rum Punch	320	0	0	0	0	0	30	48	3	41	0
Jack & Coke	120	0	0	0	0	0	5	6	0	6	0
Mojito	260	0	0	0	0	0	25	42	1	39	0
Old Fashioned	170	0	0	0	0	0	0	9	0	10	0
Peach Bellini	210	0	0	0	0	0	10	23	0	21	less than 1 g
Spiked Strawberry Lemonade	160	0	0	0	0	0	10	21	0	20	0
Strawberry Bellini	210	0	0	0	0	0	10	22	less than 1 g	20	less than 1 g
Watermelon Margarita	190	0	0	0	0	0	10	29	1	25	0

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Watermelon Moscato Sangria (Glass)	180	0	0	0	0	0	15	34	0	31	0
Watermelon Moscato Sangria (Pitcher)	720	0	0	0	0	0	60	138	3	128	less than 1 g
NON-ALCOHOLIC DRINKS											
Caffé Latte	180	70	7	4	0	30	100	18	less than 1 g	15	11
Caffé Mocha	230	60	7	3.5	0	30	85	34	2	27	10
Cappuccino	150	60	6	3	0	30	70	13	less than 1 g	10	9
Coffee	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Tea	0	0	0	0	0	0	5	less than 1 g	0	0	0
Frozen Cappuccino - Caramel	320	100	11	7	0	35	55	54	0	51	3
Frozen Cappuccino - Traditional	370	100	11	7	0	35	55	67	0	63	3
Frozen Cappuccino - Vanilla	320	100	11	7	0	35	55	53	0	50	3
Iced Coffee - Caramel	250	60	7	4	0	20	90	40	0	31	7
Iced Coffee - Traditional	210	60	7	4	0	20	90	29	0	21	7
Iced Coffee - Vanilla	240	60	7	4	0	20	90	38	0	30	7
Iced Tea, Bellini Peach-Raspberry	80	0	0	0	0	0	10	18	0	17	0
Iced Tea, Blackberry-Pineapple	100	0	0	0	0	0	15	24	0	23	0
Iced Tea, Fresh Brewed (Unsweetened)	0	0	0	0	0	0	10	1	0	0	0
Iced Tea, Mango-Strawberry	100	0	0	0	0	0	10	24	0	22	0
Italian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Lavazza Espresso	60	10	1.5	0	0	15	15	6	less than 1 g	3	5
Lemonade, Classic	170	0	0	0	0	0	20	43	0	42	0
Lemonade, Raspberry	170	0	0	0	0	0	10	10	0	9	0
Limonata, Kiwi-Melon	210	0	0	0	0	0	20	56	0	52	0
Limonata, Strawberry-Passion Fruit	180	0	0	0	0	0	30	48	0	44	0
Smoothie, Peach	290	0	0	0	0	0	15	74	0	71	0
Smoothie, Strawberry-Banana	200	0	0	0	0	0	0	51	0	47	0
Fountain Drinks											
Coke	140	0	0	0	0	0	45	39	0	39	0
Coke Zero	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper	150	0	0	0	0	0	55	41	0	41	0
Minute Maid Lemonade	170	0	0	0	0	0	20	43	0	42	0
Sprite	140	0	0	0	0	0	65	38	0	38	0
Fruit Juices											
Juice, Apple	210	0	0	0	0	0	65	53	0	53	0

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Juice, Cranberry	230	0	0	0	0	0	65	56	0	56	0
Juice, Grapefruit	190	0	0	0	0	0	45	42	0	32	4
Juice, Orange	230	0	0	0	0	0	10	51	0	45	4
Juice, Pineapple	250	0	0.5	0	0	0	10	60	less than 1 g	56	2
Juice, Tomato	90	0	0	0	0	0	1280	19	4	13	4
TO GO & CATERING MENU											
Take Home Entrées											
Fettuccine Alfredo	1010	500	56	34	1.5	155	850	97	7	5	30
Five Cheese Ziti al Forno	1220	640	71	36	1	185	2160	103	6	19	45
Spaghetti with Meat Sauce	640	200	22	7	0	60	1050	85	4	17	26
Stuffed Fettuccine Alfredo	1360	810	90	56	2.5	325	2100	83	4	4	52
To Go - Soups & Salad											
Famous House Salad To Go	290	150	17	2.5	0	10	1380	30	6	10	8
Chicken & Gnocchi (Per One Serving, Serves Two)	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone (Per One Serving, Serves Two)	110	10	1	0	0	0	810	17	4	4	5
Pasta Fagioli (Per One Serving, Serves Two)	150	50	5	2	0	15	710	16	3	4	8
Zuppa Toscana (Per One Serving, Serves Two)	220	130	15	7	0	40	790	15	2	2	7
Stellini Soup (Per One Serving, Serves Two)	200	70	7	2.5	0	20	1240	22	1	2	9
Catering - Soups & Salad											
Jumbo Famous House Salad (Serves 6)	1650	1020	114	17	1.5	55	8260	134	17	36	30
Half-Gallon Soups (Serves 6):											
Chicken & Gnocchi	1870	840	93	38	2	460	10280	177	10	31	88
Minestrone	850	80	9	1.5	0	0	6460	140	31	31	40
Pasta E Fagioli	1170	390	44	17	2	140	5690	131	24	29	62
Zuppa Toscana	1760	1060	117	52	1.5	300	6350	123	15	17	59
Stellini Soup Catering (Regional)	1570	530	59	21	1.5	160	9910	180	11	15	73
One-Gallon Soups (Serves 12):											
Chicken & Gnocchi	3750	1670	186	76	4	915	20570	353	20	63	175
Minestrone	1700	150	18	2.5	0	0	12920	279	63	63	81
Pasta Fagioli	2350	790	87	33	4	280	11380	261	47	59	124
Zuppa Toscana	3520	2110	234	105	2.5	600	12700	246	29	33	118
Stellini Soup Catering (Regional)	3130	1060	118	43	3	320	19820	359	22	31	145
Catering - Pans (Serves 4 - 6)											
Cheese Ravioli with Marinara	3170	1540	172	80	1	500	9220	256	23	36	167
Cheese Ravioli with Meat sauce	3510	1780	198	98	2	660	9790	246	16	22	195

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Chicken Alfredo	6250	3400	377	213	8	1655	6430	381	19	23	333
Chicken and Shrimp Carbonara	5550	3350	374	201	11	1615	8210	299	14	39	257
Chicken Parmigiana	4920	1770	198	38	0.5	510	12950	537	43	78	268
Chicken Scampi	5020	2520	281	99	0	690	8080	419	18	22	195
Fettuccine Alfredo	5010	3050	339	205	8	1065	4550	376	15	20	116
Five Cheese Ziti al Forno	4800	2590	290	151	5	715	8780	388	25	65	187
Lasagna Classico (Serves up to 12)	6470	3280	364	208	7	1380	13900	448	36	71	370
Lasagna Classico (Serves up to 8)	3420	1760	196	110	3.5	730	7640	230	19	38	196
Shrimp Alfredo	5600	3080	342	206	8	2040	6200	382	18	22	248
Shrimp Scampi	2050	710	79	28	2	660	3830	215	16	20	115
Spaghetti with Marinara & Italian Sausage	4430	1950	217	58	0	465	8950	443	31	83	176
Spaghetti with Marinara Sauce	2410	460	52	3.5	0	0	3660	417	26	66	68
Spaghetti with Marinara Sauce & Meatballs	4150	1730	193	69	7	225	7920	458	37	76	149
Spaghetti with Meat Sauce	2840	790	88	27	1	230	3950	403	20	68	112
Spaghetti with Meat Sauce & Italian Sausage	4860	2270	253	82	1	695	9230	429	25	85	220
Spaghetti with Meat Sauce & Meatballs	4570	2050	229	93	8	455	8210	444	31	78	192
Catering - Create Your Own Pasta Station (Serves 10)	17630	8650	962	390	22	2485	41780	1560	101	223	705
Catering - Appetizers (Serves 4 - 6)											
Fried Mozzarella	3200	1850	206	90	5	425	7370	201	14	14	136
Toasted Ravioli	2280	950	105	22	2	165	5000	243	21	12	90
add marinara	140	60	7	0.5	0	0	720	17	2	10	2
Spinach-Artichoke Dip with flatbread crisps	2200	1370	152	41	1.5	155	4330	139	15	14	74
Dipping Sauces (1 Pint):											
Alfredo	1750	1560	173	109	4	570	2400	21	0	4	30
Five Cheese Marinara	870	620	70	35	1	180	2150	43	5	25	20
Marinara	370	170	19	15	0	0	1920	45	7	25	5
Meat sauce	600	340	38	14	0.5	125	2070	37	3	26	28
Catering - Perfect Additions (Serves 4 - 6)											
Chicken Fingers	1350	620	69	7	0	305	2620	69	0	0	112
Grilled Chicken	960	280	31	7	0.5	445	2710	7	3	3	164
Italian Meatballs	1730	1270	141	66	7	225	4260	41	11	10	80
Italian Sausage	2020	1480	165	55	0	465	5290	25	5	17	108
Catering - Desserts (Half or Whole, Serves 6 or 12)											
Black Tie Mousse Cake, per slice	750	450	50	30	1	155	290	76	4	59	9
Pumpkin Cheesecake, per slice	770	450	50	29	2	215	610	68	4	45	13

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seasonal Sicilian Cheesecake, per slice	730	370	42	26	1.5	155	440	78	2	64	12
Tiramisu, per slice	470	240	27	17	0	215	125	54	0	35	6
Dolcini - Chocolate Mousse (1 ea.)	240	160	18	10	0	55	125	18	1	12	2
Dolcini - Strawberry & White Chocolate (1 ea.)	190	100	11	6	0	30	100	23	0	18	1
Catering - Beverages											
Iced Tea, Bellini Peach-Raspberry, 1 Gallon	800	0	0	0	0	0	105	191	0	180	0
Iced Tea, Blackberry-Pineapple, 1 Gallon	1080	0	0	0	0	0	190	266	0	253	0
Iced Tea, Mango-Strawberry, 1 Gallon	1070	0	0	0	0	0	115	266	0	244	0
Iced Tea, Raspberry, 1 Gallon	830	5	0	0	0	0	115	210	0	193	0
Iced Tea, Fresh Brewed, Unsweetened, 1 Gallon	40	0	0	0	0	0	115	12	0	0	0
Raspberry Lemonade, 1 Gallon	1810	0	0	0	0	0	130	108	0	100	0
Coke, 2 Liter	790	0	0	0	0	0	250	220	0	220	0
Diet Coke, 2 Liter	0	0	0	0	0	0	230	0	0	0	0
Sprite, 2 Liter	790	0	0	0	0	0	370	214	0	214	0