



NUTRITION INFORMATION

(U.S. RESTAURANTS)

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 at 1-800-331-2729 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 Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lasagna Mia											
Four Cheese Lasagna	770	410	46	28	1	225	1340	45	3	7	43
Sauce Choices:											
Alfredo sauce	330	290	32	20	1	105	450	4	0	less than 1 g	6
Five Cheese Marinara sauce	160	120	13	7	0	35	400	8	less than 1 g	5	4
Marinara sauce	70	30	3.5	0	0	0	360	8	1	5	less than 1 g
Meat sauce	150	90	9	3.5	0	30	520	9	less than 1 g	7	7
Topping Choices:											
Cheese Ravioli (topping)	130	50	6	3.5	0	25	280	12	less than 1 g	0	8
Chicken Fritta	240	110	12	1.5	0	50	730	14	1	less than 1 g	20
Garden Veggies	35	0	0	0	0	0	35	6	2	3	2
Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Mini Meatballs	200	120	13	5	0	35	750	9	1	3	11
Sautéed Shrimp	45	0	0	0	0	95	430	0	0	0	11
Early Dinner Duos											
Cheese Ravioli with Marinara	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 Parmigiana	660	260	29	7	0	75	1740	65	5	12	35
Chicken Piccata	350	180	21	9	0	125	1230	11	2	3	33
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
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
Grilled Chicken Parmigiana	520	170	19	5	0	115	1340	48	5	10	42
Lasagna Classico	640	330	36	20	1	145	1430	39	5	12	40
Ravioli di Portobello	820	410	46	24	1	160	1150	73	6	8	27
Spaghetti with Meat Sauce	640	200	22	7	0	60	1050	85	4	17	26
Appetizers											
Breadstick with garlic topping (1 ea.)	140	20	2.5	0.5	0	0	460	25	less than 1 g	1	4
Dipping sauce - Alfredo	440	390	43	27	1	140	600	5	0	1	8
Dipping sauce - Five Cheese Marinara	220	160	17	9	0	45	540	11	1	6	5
Dipping sauce - Marinara	90	40	5	0	0	0	480	11	2	6	1
Calamari	870	500	56	5	0	320	2400	67	6	3	24
Calamari (a sampler portion)	430	250	28	2.5	0	160	1200	34	3	1	12
add marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
add creamy ranch	210	190	21	3.5	0	15	430	3	0	2	1
Chicken Fingers	220	100	11	1	0	50	430	12	0	0	19
add marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Five Italian Cheese Fonduta	760	430	48	25	0.5	115	1890	41	2	2	34
Fried Mozzarella	860	530	59	28	1.5	135	1870	48	3	4	34
Fried Mozzarella (a sampler portion)	320	190	21	9	0	45	740	20	1	1	14
add marinara sauce	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
Lasagna Fritta (a sampler portion)	530	280	31	10	0.5	60	730	43	3	0	20
Loaded Pasta Chips	1520	910	102	30	1	225	2740	100	5	7	55

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Parmesan Zucchini Bites	510	270	30	10	0	100	940	39	2	5	22
Parmesan Zucchini Bites (a sampler portion)	290	150	17	6	0	55	530	22	1	3	12
add marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Shrimp Scampi Fritta - Classic	580	330	36	11	0	220	1870	36	less than 1 g	3	22
Shrimp Scampi Fritta - Spicy	560	330	37	6	0	200	1920	34	0	2	22
Spicy Calabrian Chicken Tenders	900	600	67	15	0.5	185	2250	19	4	less than 1 g	56
add Gorgonzola sauce	170	150	17	4	0	20	350	2	0	1	2
Spinach Artichoke Dip	780	440	49	21	1.5	95	1930	50	6	7	31
Stuffed Mushrooms	380	270	30	8	0	20	860	13	1	3	15
Toasted Beef & Pork Ravioli	340	140	15	2.5	0	15	750	39	3	3	12
add marinara sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Piadinis & Pizza Bowl											
Chicken & Cheese Piadina	710	440	49	16	0	95	1660	40	3	2	30
Grilled Vegetable & Cheese Piadina	630	340	37	12	0.5	50	990	52	5	7	22
add marinara sauce (served with Piadina)	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Meatball Pizza Bowl	950	510	56	29	0.5	150	2500	64	5	7	46
Soups & Salad											
Chicken & Gnocchi	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone	110	10	1	0	0	0	810	17	4	4	5
Zuppa Toscana	220	130	15	7	0	40	790	15	2	2	7
Pasta e Fagioli	150	50	5	2	0	15	710	16	3	4	8
Stellini Soup (Regional)	200	70	7	2.5	0	20	1240	22	1	2	9
Famous House Salad with signature Italian dressing	150	90	10	1.5	0	less than 5 mg	770	13	2	4	3
Famous House 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											
Pastas:											
Angel Hair	350	25	2.5	0	0	0	10	67	3	2	12
Cavatappi	430	35	4	0.5	0	0	10	83	3	4	15
Gluten-Free Rotini	430	50	6	0.5	0	0	0	87	2	0	8
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
Whole Grain Linguine	350	50	6	0	0	0	10	57	14	2	17
Sauces:											
Creamy Pesto Sauce	810	740	82	43	1.5	215	1240	9	0	2	13
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
Traditional Marinara	190	80	10	1	0	0	960	22	3	13	3
Traditional Meat Sauce	300	170	19	7	0	60	1040	19	2	13	14
Toppings:											
Garden Veggies	35	0	0	0	0	0	35	6	2	3	2
Crispy Chicken Fritta	240	110	12	1.5	0	50	730	14	1	less than 1 g	20
Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Sautéed Shrimp	60	0	0	0	0	130	580	0	0	0	14
Breadstick Sandwiches											
Chicken Parmigiana Sandwich	630	290	33	10	0	85	1760	49	3	4	37
Eggplant Parmigiana Sandwich	650	320	36	10	0	40	1330	63	5	8	22
Italian Meatball Sandwich	650	400	45	20	1.5	75	1420	37	3	2	27
Spicy Calabrian Chicken Sandwich	520	270	30	8	0	65	1190	38	2	2	26
add fries (served with sandwich)	270	110	12	1	0	0	720	36	3	0	3
add ketchup (served with fries)	80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Tastes of the Mediterranean											
Chicken Giardino	600	150	17	7	0	115	2240	70	5	9	41
Chicken Margherita (lunch)	370	200	22	7	0	120	700	8	2	3	37
Chicken Margherita (dinner)	590	290	32	11	0	230	1100	9	3	4	69
Chicken Piccata (lunch)	350	180	21	9	0	125	1230	11	2	3	33
Chicken Piccata (dinner)	500	220	24	10	0	220	1460	11	3	4	61
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
Ravioli di Portobello (lunch)	570	280	31	16	0.5	110	790	52	4	6	19
Salmon Piccata	590	360	40	13	0	140	1250	12	2	3	45
Shrimp Scampi	510	180	20	7	0.5	165	960	54	4	5	29
Classic Recipes											
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 Parmigiana	1060	470	52	14	0	155	2980	86	7	16	63
Grilled Chicken Parmigiana	760	260	29	9	0	225	2000	54	6	13	75
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
Fettuccine Alfredo Mini Pasta Bowl (lunch)	650	410	45	27	1	140	610	47	2	3	15
Fettuccine Alfredo (dinner)	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
Lasagna Classico (lunch)	640	330	36	20	1	145	1430	39	5	12	40
Lasagna Classico (dinner)	930	470	53	28	1.5	210	2070	56	8	18	58
Ravioli di Portobello (dinner)	820	410	46	24	1	160	1150	73	6	8	27
Spaghetti with Meat Sauce Mini Pasta Bowl (lunch)	360	100	12	3.5	0	30	530	51	3	9	14
Tour of Italy	1520	860	96	48	1.5	340	3250	92	6	19	75
Chicken											
Chicken & Shrimp Carbonara	1390	840	94	50	3	405	2050	75	3	10	64
Chicken Alfredo	1480	850	94	56	2	395	1480	95	4	9	63
Chicken Scampi	1260	640	72	28	0	200	1990	105	4	7	49
Stuffed Chicken Marsala	950	520	58	27	1	310	1950	33	4	8	74
Seafood											
Seafood Alfredo	1250	670	75	45	2	310	1480	95	4	8	49
Shrimp Alfredo	1150	620	69	41	1.5	340	1490	92	4	5	40
Beef & Pork											
6 oz. Sirloin with Fettuccine Alfredo	980	540	60	32	1.5	240	2000	54	4	6	58

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Braised Beef Bolognese	1040	410	46	21	0.5	145	2240	106	6	11	51
Braised Beef & Tortelloni	1120	520	58	24	1.5	230	2370	83	6	16	67
Steak Gorgonzola-Alfredo	1380	760	85	51	2	330	2810	88	6	8	68
Sides											
Garlic Parmesan Fries	270	110	12	1	0	0	720	36	3	0	3
Garlic Mashed Potatoes	150	70	8	3	0	10	460	17	2	3	3
Parmesan Crusted Zucchini	90	60	7	2	0	5	190	5	1	3	4
Steamed Broccoli	35	0	0	0	0	0	35	7	4	3	4
Desserts											
Black Tie Mousse Cake	750	450	50	30	1	155	290	76	4	59	9
Cannoli Trio:											
Cannoli, traditional	280	120	14	7	0	20	45	33	less than 1 g	18	5
Cannoli, strawberry	280	120	14	6	0	20	45	33	less than 1 g	18	5
Cannoli, chocolate	300	130	14	8	0	20	50	33	less than 1 g	18	5
Lemon Cream Cake	550	280	31	17	0	70	440	60	0	45	6
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 Apple Crostata	630	260	29	15	0	35	420	83	2	41	7
Zeppoli (no sauce)	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
Dolcini mini desserts:											
Amaretto Tiramisu	220	150	17	10	0	90	65	14	0	11	3
Chocolate Mousse	240	160	18	10	0	55	125	18	1	12	2
Dark Chocolate Caramel Cream	240	140	16	8	0	50	110	23	less than 1 g	17	2
Limoncello Mousse	240	130	15	10	0	45	85	26	0	20	2
Strawberry & White Chocolate	190	100	11	6	0	30	100	23	0	18	1
Kids Menu											
Kids Create Your Own Pasta											
Pastas:											
Fettuccine	170	10	1.5	0	0	0	0	34	1	1	6
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
Whole Grain Linguine	220	30	3.5	0	0	0	5	36	9	1	11
Sauces:											
Alfredo Sauce	330	290	32	20	1	105	450	4	0	less than 1 g	6
Five Cheese Marinara	750	450	50	30	1	155	290	76	4	59	9
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
Toppings:											
Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Meatball	160	120	13	6	0.5	20	350	2	less than 1 g	0	8
Shrimp	30	0	0	0	0	65	290	0	0	0	7
Kids Entrées:											

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Cheese Ravioli	340	150	16	8	0	50	980	33	3	6	17
Cheese Tortelloni	350	120	14	4.5	0	85	860	44	1	6	13
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
Kids 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	250	100	11	1	0	0	360	36	3	0	3
add ketchup (served with fries)	80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Kids Drinks:											
Milk, 1% low fat	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk, 1% low fat	180	25	2.5	1.5	0	10	135	31	0	29	8
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
Raspberry Lemonade	110	0	0	0	0	0	10	7	0	6	0
Kids Desserts:											
Smoothie, Strawberry-Banana	120	0	0	0	0	0	30	30	2	22	less than 1 g
Smoothie, Peach-Mango	120	0	0	0	0	0	15	29	less than 1 g	23	less than 1 g
Sundae with chocolate sauce	190	70	8	5	0	30	45	28	less than 1 g	22	2
Gluten-Sensitive Menu											
Gluten-Sensitive Soup & Salad:											
Zuppa Toscana (U.S. only)	220	130	15	7	0	40	790	15	2	2	7
Famous House Salad without croutons	110	80	8	1.5	0	less than 5 mg	670	7	2	3	2
Gluten-Sensitive Entrées:											
Grilled Chicken Parmigiana	790	270	30	9	0	225	1980	63	6	11	73
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
Rotini with Marinara sauce	610	130	15	1.5	0	0	970	109	5	13	10
Rotini with Meat sauce	730	220	25	8	0	60	1040	106	4	13	22
Add Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Add Italian Sausage	470	360	39	14	0	115	1140	2	less than 1 g	2	27
Add Shrimp	70	0	0	0	0	120	200	less than 1 g	0	0	16
Gluten-Sensitive Kids Entrées:											
Rotini with Marinara & Grilled Chicken (with grapes)	490	100	11	1.5	0	95	710	66	4	16	34
Rotini with Marinara sauce	310	70	8	0.5	0	0	480	55	3	6	5
Rotini with Meat sauce	360	110	12	4	0	30	520	53	2	7	11
Drinks											
Wines											
Whites and Rosé - glass	150	0	0	0	0	0	10	4	0	2	0
Whites and Rosé - quartino	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
Whites and Rosé - magnum bottle	1250	0	0	0	0	0	75	32	0	14	1

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Reds - glass	160	0	0	0	0	0	0	5	0	1	0
Reds - quartino	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
Reds - magnum bottle	1310	0	0	0	0	0	0	43	0	11	1
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
Cocktails											
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
Peach Sangria (glass)	230	0	0	0	0	0	5	35	0	32	0
Peach Sangria (pitcher)	940	0	0	0	0	0	25	143	3	130	1
Green Apple Moscato (glass)	200	0	0	0	0	0	15	39	0	37	0
Green Apple Moscato (pitcher)	830	0	0	0	0	0	50	161	3	150	2
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
NEW! Frozen Blackberry Pineapple Margarita	230	0	0	0	0	0	20	36	2	32	0
Frozen Strawberry Margarita	290	0	0	0	0	0	20	52	4	42	0
Frozen Strawberry-Mango Margarita	340	0	0	0	0	0	20	65	4	52	less than 1 g
Frozen Traditional Margarita	290	0	0	0	0	0	25	48	4	39	0
Italian Margarita	380	0	0	0	0	0	30	58	4	49	less than 1 g
Long Island Limoncello	230	0	0	0	0	0	20	31	2	27	0
Milan Mai Tai	260	0	0	0	0	0	20	42	1	38	0
Moscato Citrus Berry Cocktail	200	0	0	0	0	0	45	37	0	31	0
Moscow Mule	170	0	0	0	0	0	5	17	1	15	0
Peach Bellini	240	0	0	0	0	0	0	41	less than 1 g	36	less than 1 g
Raspberry Italian Ice Mule	230	0	0	0	0	0	0	27	0	26	0
Sangarita	230	0	0	0	0	0	10	25	1	21	0
Beer											
Light Draft (16 fl oz)	140	0	0	0	0	0	15	6	0	6	1
Light Draft (22 fl oz)	190	0	0	0	0	0	20	8	0	8	2
Regular Draft (16 fl oz)	230	0	0	0	0	0	5	16	0	14	3
Regular Draft (22 fl 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
Non-alcoholic Drinks											
Handcrafted											
Green Apple Fizz	120	0	0	0	0	0	45	30	0	29	0
Limonata, Blueberry	160	0	0	0	0	0	30	41	0	39	0
Limonata, Kiwi-Melon	160	0	0	0	0	0	35	43	0	39	0
Limonata, Strawberry-Passion Fruit	130	0	0	0	0	0	40	34	0	32	0
Mixed Berry Sparkling Water	30	0	0	0	0	0	55	7	0	6	0
Smoothie, Peach-Mango	180	0	0	0	0	0	20	44	1	34	1

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Smoothie, Strawberry-Banana	190	0	0	0	0	0	45	45	3	33	1
Coffee Tea											
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	140	50	5	2.5	0	25	70	15	less than 1 g	12	9
Cappuccino with Whipped Cream	150	60	6	3	0	30	70	13	less than 1 g	10	9
Caramel Hazelnut Macchiato	220	20	2.5	1	0	15	30	44	less than 1 g	39	5
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
Lavazza Espresso	60	10	1.5	0	0	15	15	6	less than 1 g	3	5
Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	5	less than 1 g	0	0	0
Hot Chocolate	360	70	8	4	0	30	105	63	3	52	11
Refreshing Favorites:											
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, Mango-Strawberry	100	0	0	0	0	0	10	24	0	22	0
Iced Tea, Raspberry	80	0	0	0	0	0	10	20	0	18	0
Iced Tea, Unsweetened	0	0	0	0	0	0	10	1	0	0	0
Italian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Raspberry Lemonade	170	0	0	0	0	0	10	10	0	9	0
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 Limeade	180	0	0	0	0	0	25	49	0	47	0
Sprite	140	0	0	0	0	0	65	38	0	38	0
Juice, Apple	210	0	0	0	0	0	65	53	0	53	0
Juice, Cranberry	230	0	0	0	0	0	65	56	0	56	0
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

TO GO & CATERING MENU

To Go - Soup, Salad & Breadsticks

Breadstick (1 ea.)	140	20	2.5	0.5	0	0	460	25	less than 1 g	1	4
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 e Fagioli (per one serving, serves two)	150	50	5	2	0	15	710	16	3	4	8
Stellini Soup (Regional) (per one serving, serves two)	200	70	7	2.5	0	20	1240	22	1	2	9
Zuppa Toscana (per one serving, serves two)	220	130	15	7	0	40	790	15	2	2	7

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Catering - Create Your Own Pasta Station (Serves 10)	17560	8570	954	389	22	2625	41730	1559	101	222	710
Catering - Appetizers (Serves 4 - 6)											
Chicken & Cheese Piadina	2140	1320	146	49	1	285	4980	120	8	6	91
add marinara	140	60	7	0.5	0	0	720	17	2	10	2
Fried Mozzarella	3200	1850	206	90	5	425	7370	201	14	14	136
add alfredo sauce	440	390	43	27	1	140	600	5	0	1	8
add marinara	140	60	7	0.5	0	0	720	17	2	10	2
Parmesan Zucchini Bites	1540	810	90	31	1.5	295	2830	116	6	14	67
add marinara	140	60	7	0.5	0	0	720	17	2	10	2
Spicy Calabrian Chicken	2700	1810	201	46	2	560	6740	56	12	3	169
add Gorgonzola sauce	500	450	50	12	1.5	60	1060	5	0	3	7
Stuffed Mushrooms	1510	1080	121	31	1	80	3450	53	6	11	58
Toasted Beef & Pork Ravioli	2770	1120	125	21	1	135	6190	315	22	24	98
add tomato sauce	150	90	10	1.5	0	0	850	16	3	10	3
Catering - Homemade Sauces (1 Pint)											
Alfredo sauce	1750	1560	173	109	4	570	2400	21	0	4	30
Five Cheese Marinara sauce	870	620	70	35	1	180	2150	43	5	25	20
Marinara sauce	370	170	19	1.5	0	0	1920	45	7	25	5
Meat sauce	600	340	38	14	0.5	125	2070	37	3	26	28
Catering - Signature Salad & Homemade Soups											
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
Stellini Soup (Regional)	1570	530	59	21	1.5	160	9910	180	11	15	73
Zuppa Toscana	1760	1060	117	52	1.5	300	6350	123	15	17	59
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 e Fagioli	2350	790	87	33	4	280	11380	261	47	59	124
Stellini Soup (Regional)	3130	1060	118	43	3	320	19820	359	22	31	145
Zuppa Toscana	3520	2110	234	105	2.5	600	12700	246	29	33	118
Catering - Italian Classics											
Cheese Ravioli with Marinara sauce (Serves 4 - 6)	3170	1540	172	80	1	500	9220	256	23	36	167
Cheese Ravioli with Meat sauce (Serves 4 - 6)	3510	1780	198	98	2	660	9790	246	16	22	195
Fettuccine Alfredo (Serves 4 - 6)	5010	3050	339	205	8	1065	4550	376	15	20	116
Five Cheese Ziti al Forno (Serves 4 - 6)	4800	2590	290	151	5	715	8780	388	25	65	187
Ravioli di Portobello (Serves 4 - 6)	3410	1830	204	104	4	590	4690	292	23	38	109
Rotini with Marinara sauce (Serves 4 - 6)	2460	540	61	5	0	0	3860	438	21	51	42
Rotini with Marinara sauce and Grilled Chicken (Serves 4 - 6)	3350	740	83	11	0.5	585	6530	443	24	54	211
Rotini with Meat sauce (Serves 4 - 6)	2910	880	99	31	1.5	245	4160	423	15	53	88
Spaghetti with Marinara sauce (Serves 4 - 6)	2410	460	52	3.5	0	0	3660	417	26	66	68
Spaghetti with Marinara sauce & Meatballs (Serves 4 - 6)	4150	1730	193	69	7	225	7920	458	37	76	149

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spaghetti with Marinara sauce & Italian Sausage (Serves 4 - 6)	4430	1950	217	58	0	465	8950	443	31	83	176
Spaghetti with Meat sauce (Serves 4 - 6)	2840	790	88	27	1	230	3950	403	20	68	112
Spaghetti with Meat sauce & Meatballs (Serves 4 - 6)	4570	2050	229	93	8	455	8210	444	31	78	192
Spaghetti with Meat sauce & Italian Sausage (Serves 4 - 6)	4860	2270	253	82	1	695	9230	429	25	85	220
Lasagna Classico (Serves 8)	4980	2820	313	174	6	1290	12550	262	19	49	292
Lasagna Classico (Serves 12)	7310	4130	459	256	8	1900	18130	385	28	70	430
Catering - Chicken, Beef & Seafood (Serves 4 - 6)											
Braised Beef & Tortelloni	4980	2590	289	119	3.5	815	9870	335	19	42	242
Chicken Alfredo	6230	3660	407	245	10	1560	6420	383	18	38	261
Chicken Giardino	2390	590	66	29	1.5	470	8950	281	21	34	165
Chicken Parmigiana with Spaghetti & Marinara	4920	1770	198	38	0.5	510	12950	537	43	78	268
Chicken Scampi with Angel Hair	5020	2520	281	99	0	690	8080	419	18	22	195
Shrimp Alfredo	5250	3060	340	206	8	1575	6860	377	17	21	172
Catering - Perfect Additions (Serves 4 - 6)											
Chicken Fingers	1350	620	69	7	0	305	2620	69	0	0	112
add ketchup	170	0	0	0	0	0	1280	39	2	33	1
Grilled Chicken	890	200	22	6	0.5	585	2660	5	3	3	169
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
Lemon Cream Cake (per slice)	550	280	31	17	0	70	440	60	0	45	6
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 mini desserts (per ea.):											
Amaretto Tiramisu	220	150	17	10	0	90	65	14	0	11	3
Chocolate Mousse	240	160	18	10	0	55	125	18	1	12	2
Dark Chocolate Caramel Cream	240	140	16	8	0	50	110	23	less than 1 g	17	2
Limoncello Mousse	240	130	15	10	0	45	85	26	0	20	2
Strawberry & White Chocolate	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, 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
Catering - Italian Market											
Italian Syrups (bottle):											
Almond	3310	0	0	0	0	0	0	824	0	823	0
Caramel	2890	0	0	0	0	0	5	722	0	713	0

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hazelnut	2790	0	0	0	0	0	0	701	0	700	0
Vanilla	2560	0	0	0	0	0	5	641	0	635	0
Italian Salad Dressing (bottle)	1370	1200	133	22	2	75	8840	33	2	27	7