

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.

Calorie	Cal. from Fat	Total Fat (g)	Sat 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										
35	20	2	0	0	0	320	4	less than 1 g	2	less than 1 g
add spicy ranch										
240	230	26	4.5	0	15	740	2	0	less than 1 g	1
Fried Mozzarella										
800	450	49	17	0	65	1990	57	4	3	33
add marinara										
35	20	2	0	0	0	320	4	less than 1 g	2	less than 1 g
Lasagna Fritta										
1130	680	76	31	1.5	185	1800	75	5	6	39
Meatballs Parmigiana										
1040	750	83	40	3.5	145	2800	27	6	5	51
Shrimp Fritto Misto										
1280	710	79	5	0	240	5010	101	9	9	41
add marinara										
35	20	2	0	0	0	320	4	less than 1 g	2	less than 1 g
add spicy ranch										
240	230	26	4.5	0	15	740	2	0	less than 1 g	1
Spinach-Artichoke Dip with flatbread crisps										
1160	730	81	21	1	70	2440	75	7	8	33
Stuffed Ziti Fritta										
500	240	26	11	0	60	1040	40	3	less than 1 g	27
add alfredo										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
220	190	22	14	0.5	70	300	3	0	less than 1 g	4
add marinara										
35	20	2	0	0	0	320	4	less than 1 g	2	less than 1 g
Toasted Ravioli										
650	280	31	10	0	45	1330	69	4	5	25
add marinara										
35	20	2	0	0	0	320	4	less than 1 g	2	less than 1 g
Spicy Alfredo dipping sauce										
490	430	48	30	2	135	700	7	0	3	9
Spicy Alfredo dipping sauce (Large)										
980	870	97	60	3.5	275	1400	15	0	7	18
Alfredo dipping sauce										
440	390	43	27	1	140	600	5	0	1	8
Alfredo dipping sauce (Large)										
870	780	87	54	2	285	1200	11	0	2	15
Five Cheese Marinara dipping sauce										
200	150	17	9	0.5	40	650	9	1	5	5
Five Cheese Marinara dipping sauce (Large)										
400	300	33	17	1	80	1300	17	3	10	11
Marinara dipping sauce										
70	40	4.5	0	0	0	640	8	2	5	2
Marinara sipping sauce (Large)										
150	80	9	0.5	0	0	1280	17	4	10	4
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

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Breadstick, plain (no garlic topping, 1 ea.)										
130	10	1	0	0	0	280	25	1	2	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	770	13	2	4	3
Salad without Dressing										
70	15	2	0	0	0	250	11	2	2	2
Italian Dressing (1 fl oz)										
80	70	8	1.5	0	less than 5	520	2	0	2	0
Low-Fat Italian Dressing (1 fl oz)										
30	20	2	0	0	5	410	2	0	2	0
CREATE YOUR OWN PASTA										
Fettuccine										
350	25	2.5	0	0	0	10	67	3	2	12
Angel Hair										
350	25	2.5	0	0	0	10	67	3	2	12
Bucatini										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
410	25	3	0	0	0	0	81	3	3	15
Gluten-Free Rotini										
380	30	3.5	0	0	100	260	77	5	0	9
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
Spicy Alfredo Sauce										
980	870	97	60	3.5	275	1400	15	0	7	18
Alfredo Sauce										
870	780	87	54	2	285	1200	11	0	2	15
Creamy Mushroom Sauce										
860	780	87	54	2	250	1090	13	0	7	10
Five Cheese Marinara										
400	300	33	17	1	80	1300	17	3	10	11
Marinara										
150	80	9	0.5	0	0	1280	17	4	10	4
Meat Sauce										
300	170	19	7	0	60	1040	19	2	13	14
Crispy Shrimp Fritta										
220	110	12	2.5	0	85	810	17	1	3	11
Crispy Chicken Fritta										
240	110	12	1.5	0	50	730	14	1	less than 1 g	20
Grilled Chicken										
130	25	2.5	0.5	0	75	540	less than 1 g	0	0	26
Italian Sausage (2 Links)										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Sauteed Shrimp										
170	30	3.5	0	0	245	410	1	less than 1 g	0	33
Broccoli										
150	110	13	1	0	0	220	8	3	2	4
LUNCH										
Spicy Alfredo Fettuccine										
1000	670	74	45	3	205	1060	62	2	7	22
Cheese Ravioli with Marinara Sauce										
440	200	22	11	0	75	1330	38	3	4	25
Cheese Ravioli with Meat Sauce										
500	230	26	14	0	100	1240	39	2	6	29
Chicken Parmigiana										
630	260	29	7	0	75	1970	61	5	10	36
Eggplant Parmigiana										
660	290	32	7	0	30	1540	75	7	13	21
Fettuccine Alfredo										
920	600	67	41	1.5	215	910	58	2	3	20
add broccoli										
130	110	12	1	0	0	200	4	2	1	2
Five Cheese Ziti al Forno										
630	310	35	18	0.5	85	1220	57	4	9	24
Lasagna Classico										
500	270	30	16	0.5	105	1290	33	3	7	29

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shrimp Scampi										
460	160	18	7	0	100	1020	52	4	5	20
Spaghetti with Marinara										
370	80	9	0.5	0	0	970	63	5	10	11
Spaghetti with Meat Sauce										
480	150	17	5	0	45	790	64	3	13	19
Spaghetti & Meatballs with Meat Sauce										
800	390	43	18	1.5	90	1490	69	5	13	35
Spaghetti & Meatballs with Marinara										
690	320	36	14	1.5	45	1670	67	6	10	27
Spaghetti with Meat Sauce & Italian Sausage										
720	330	36	12	0	105	1360	65	4	14	33
Lunch Sandwiches & Flatbreads (where available)										
Chicken Parmigiana Sandwich (with fries)										
960	440	49	15	0.5	105	2260	92	7	7	40
Grilled Chicken Parmigiana Sandwich (with fries)										
840	360	40	14	0.5	125	2050	78	7	6	45
Eggplant Parmigiana Sandwich (with fries)										
980	470	52	15	0.5	55	1810	106	9	10	25
Italian Grilled Chicken Sandwich (with fries)										
860	370	42	14	0.5	130	2140	77	6	5	45
Chicken Alfredo Flatbread										
920	490	55	22	0	205	2210	55	3	4	55
Five Cheese Flatbread										
510	210	24	14	0	60	1060	53	3	5	23
Classic Pepperoni Flatbread										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
560	250	28	14	0	65	1470	53	4	5	26
DINNER										
Spicy Alfredo Fettuccine										
1330	890	99	60	3.5	275	1410	82	3	9	30
Calabrian Steak & Shrimp Bucatini										
1220	580	65	31	2	360	2960	82	6	11	78
Calabrian Steak Bucatini										
1130	580	65	31	2	225	2730	81	6	11	59
Calabrian Shrimp Bucatini										
1040	520	58	29	2	360	2160	81	6	11	51
Creamy Mushroom Ravioli										
980	680	76	45	1.5	240	1260	59	6	9	24
Cheese Ravioli with Marinara Sauce										
750	340	38	19	0	125	2370	63	5	8	41
Cheese Ravioli with Meat Sauce										
860	410	46	24	0	170	2190	65	4	11	50
Chicken & Shrimp Carbonara										
1370	820	91	47	2.5	390	2050	75	3	10	64
Chicken Alfredo (with crispy chicken fritta)										
1710	1020	113	57	2	385	2670	106	5	6	67
Chicken Alfredo (with grilled chicken)										
1480	850	95	56	2	430	2290	79	4	5	79
add broccoli										
150	110	13	1	0	0	220	8	3	2	4
Chicken Parmigiana										
1020	460	51	14	0	155	3300	80	7	13	64

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken Scampi										
1050	400	45	16	1	130	2470	106	5	8	49
Chicken Tortelloni Alfredo										
1980	1180	131	76	2.5	650	3720	95	5	9	112
Eggplant Parmigiana										
1070	520	58	14	0	60	2440	108	11	20	35
Fettuccine Alfredo										
1220	800	89	55	2	285	1210	78	3	5	27
add broccoli										
150	110	13	1	0	0	220	8	3	2	4
Five Cheese Ziti al Forno										
1170	620	69	36	1.5	170	2440	98	6	16	46
Grilled Chicken Margherita										
650	350	39	11	0	185	2120	15	5	5	65
Herb-Grilled Salmon										
610	400	45	11	0	130	1360	9	4	3	45
Herb-Grilled Salmon Coho (Regional)										
510	270	31	9	0	130	1020	9	4	2	50
Lasagna Classico										
940	490	55	30	1	200	2260	61	6	11	54
Ravioli Carbonara										
1390	930	104	63	2.5	325	2660	63	3	6	53
Seafood Alfredo										
1370	830	93	55	2	435	1690	81	3	5	53
Shrimp Alfredo										
1390	830	93	55	2	525	1620	79	4	5	60

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shrimp Carbonara										
1200	720	81	46	2.5	450	1710	63	4	10	58
Shrimp Scampi										
490	160	18	7	0.5	165	1120	52	4	5	29
Spaghetti with Marinara										
490	110	12	1	0	0	1290	83	6	13	15
Spaghetti with Meat Sauce										
640	200	22	7	0	60	1050	85	4	17	26
Spaghetti with Meat Sauce & Meatballs (3)										
1120	560	62	27	2.5	130	2110	92	7	17	49
Spaghetti with Meat Sauce & Sausage (2)										
1110	560	62	21	0	180	2190	87	5	19	52
Steak Gorgonzola Alfredo										
1580	950	105	63	2.5	410	2750	85	5	8	74
Stuffed Chicken Marsala										
1170	520	58	26	1	300	3020	94	8	10	70
Tour of Italy										
1550	880	97	50	1.5	325	3220	99	7	12	72
6 oz. Sirloin										
980	560	62	36	2	275	1840	49	2	3	57
LIGHTER PORTIONS										
Spicy Alfredo Fettuccine										
1000	670	74	45	3	205	1060	62	2	7	22
Cheese Ravioli with Marinara Sauce										
440	200	22	11	0	75	1330	38	3	4	25
Cheese Ravioli with Meat Sauce										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
500	230	26	14	0	100	1240	39	2	6	29
Chicken Parmigiana										
630	260	29	7	0	75	1970	61	5	10	36
Eggplant Parmigiana										
660	290	32	7	0	30	1540	75	7	13	21
Fettuccine Alfredo										
920	600	67	41	1.5	215	910	58	2	3	20
add broccoli										
130	110	12	1	0	0	200	4	2	1	2
Five Cheese Ziti al Forno										
630	310	35	18	0.5	85	1220	57	4	9	24
Lasagna Classico										
500	270	30	16	0.5	105	1290	33	3	7	29
Spaghetti & Meatballs with Meat Sauce										
800	390	43	18	1.5	90	1490	69	5	13	35
Spaghetti with Meat Sauce & Italian Sausage										
720	330	36	12	0	105	1360	65	4	14	33
SIDES										
Grilled Chicken										
130	25	2.5	0.5	0	75	540	less than 1 g	0	0	26
Italian Sausage (2)										
510	370	42	14	0	115	1460	6	2	4	27
Mashed Potatoes										
200	80	8	3	0	10	580	27	3	1	4
Meatballs (3)										
520	380	42	20	2	65	1380	11	4	3	24

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Parmesan Garlic Broccoli										
150	110	13	1	0	0	450	8	3	2	5
DESSERTS										
Pumpkin Cookie Butter Cheesecake										
620	340	38	21	0.5	165	65	57	2	29	10
Black Tie Mousse Cake										
750	450	50	30	1	155	290	76	4	59	9
Chocolate Lasagna										
980	520	58	27	0	140	630	116	6	86	13
Sicilian Cheesecake with Strawberry Topping										
730	380	42	26	1.5	155	450	78	2	63	12
Strawberry Cream Cake										
540	240	26	17	0.5	170	370	69	2	47	9
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
Mint candy (1 ea.)										
25	15	1.5	1.5	0	0	0	3	0	2	0
KIDS MENU										
Fettuccine										
220	15	1.5	0	0	0	5	42	2	2	7

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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										
130	25	2.5	0.5	0	75	540	less than 1 g	0	0	26
Crispy Chicken Fritta										
240	110	12	1.5	0	50	730	14	1	less than 1 g	20
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
Cheese Ravioli										
340	150	16	8	0	50	980	33	3	6	17
Cheese Pizza										
400	120	13	7	0	25	720	54	3	4	17
add pepperoni										
60	50	5	2	0	15	210	0	0	0	2
Chicken Fingers										
300	140	15	1.5	0	65	580	15	0	0	25

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Macaroni & Cheese										
360	120	14	8	0	40	870	45	2	6	16
Grapes										
40	0	0	0	0	0	0	11	less than 1 g	9	0
French Fries										
290	130	14	1	0	0	310	37	5	0	5
add ketchup										
80	0	0	0	0	0	640	20	less than 1 g	16	less than 1 g
Mashed Potatoes										
200	80	8	3	0	10	580	27	3	1	4
Parmesan Garlic Broccoli										
150	110	13	1	0	0	450	8	3	2	5
Spaghetti with Tomato Sauce										
180	40	4.5	0.5	0	0	290	30	2	5	5
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
Whole Chocolate Milk										
210	80	8	5	0	30	150	26	2	24	8
Raspberry Lemonade										
110	0	0	0	0	0	10	30	0	28	0
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

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Smoothie, Strawberry										
220	0	0	0	0	0	0	60	0	55	0
Smoothie, Peach										
240	0	0	0	0	0	10	61	0	59	0
GLUTEN SENSITIVE MENU										
Zuppa Toscana Soup										
220	130	15	7	0	40	790	15	2	2	7
Salad without Croutons										
110	80	8	1.5	0	less than 5	670	7	2	3	2
6 oz. Tuscan Sirloin										
480	260	30	10	1	135	1680	9	4	2	46
Grilled Chicken Parmigiana										
810	290	33	13	0	250	3040	59	7	10	75
Herb-Grilled Salmon										
610	400	45	11	0	130	1360	9	4	3	45
Herb-Grilled Salmon Coho (Regional)										
510	270	31	9	0	130	1020	9	4	2	50
Rotini Pasta with Marinara										
530	110	12	0.5	0	100	1530	94	8	10	13
Rotini Pasta with Meat Sauce										
680	200	22	7	0	160	1300	96	6	13	23
Kids Grilled Chicken with Rotini Pasta & Marinara										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
430	80	9	1	0	120	1310	58	5	14	33
Kids Rotini Pasta with Marinara										
260	50	6	0	0	50	770	47	4	5	6
Kids Rotini Pasta with Meat Sauce										
340	100	11	3.5	0	80	650	48	3	7	12
DRINKS										
OG's Old Fashioned										
150	0	0	0	0	0	0	11	0	11	0
Pineapple Coconut Margarita										
300	20	2.5	2	0	0	15	41	1	37	0
Frozen Strawberry-Mango Margarita										
330	0	0	0	0	0	20	62	3	52	0
Frozen Green Apple Margarita (where available)										
390	0	0	0	0	0	30	71	3	63	0
Strawberry Frose (where available)										
260	0	0	0	0	0	15	44	1	38	0
Italian Margarita										
380	0	0	0	0	0	30	58	4	49	less than 1 g
Strawberry Limoncello Margarita										
280	0	0	0	0	0	15	43	2	38	0
Blue Capri										
290	0	0	0	0	0	20	49	2	45	0
Italian Rum Punch										
320	0	0	0	0	0	30	48	3	41	0
Sicilian Sunset										
230	0	0	0	0	0	5	35	0	33	0

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spiked Strawberry Lemonade										
160	0	0	0	0	0	10	21	0	20	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
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
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
Wine - Whites and Rosé - Glass										
150	0	0	0	0	0	10	4	0	2	0
Wine - Whites and Rosé - Grande Pour										
220	0	0	0	0	0	15	6	0	3	0
Wine - Whites and Rosé - Bottle										
630	0	0	0	0	0	35	16	0	7	less than 1 g
Wine - Reds - Glass										
160	0	0	0	0	0	0	5	0	1	0
Wine - Reds - Grande Pour										
230	0	0	0	0	0	0	8	0	2	0
Wine - Reds - Bottle										
660	0	0	0	0	0	0	21	0	5	less than 1 g

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Wine - Sparkling Prosecco - Glass										
160	0	0	0	0	0	10	10	0	10	less than 1 g
Wine - Sparkling Prosecco - Bottle										
660	0	0	0	0	0	0	21	0	5	less than 1 g
Beer - Light Draft (16 oz)										
140	0	0	0	0	0	15	6	0	6	1
Beer - Light Draft (22 oz)										
190	0	0	0	0	0	20	8	0	8	2
Beer - Regular Draft (16 oz)										
230	0	0	0	0	0	5	16	0	14	3
Beer - Regular Draft (22 oz)										
310	0	0	0	0	0	5	22	0	20	4
Beer - Bottle, Light										
100	0	0	0	0	0	10	5	0	5	less than 1 g
Beer - Bottle, Regular										
150	0	0	0	0	0	10	11	0	11	1
Beer - Bottle, Angry Orchard Hard Cider										
220	0	0	0	0	0	10	31	0	23	0
Beer - Bottle, Non-Alcoholic										
70	0	0	0	0	0	10	13	0	13	less than 1 g
NON-ALCOHOLIC DRINKS										
Coffee										
0	0	0	0	0	0	0	0	0	0	0
Tea										
0	0	0	0	0	0	5	less than 1 g	0	0	0
Cappuccino										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
150	60	6	3	0	30	70	13	less than 1 g	10	9
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
NAB Half Tea + Half Lemonade										
80	0	0	0	0	0	15	22	0	21	0
Iced Tea, Bellini Peach-Raspberry										
80	0	0	0	0	0	10	18	0	17	0
Iced Tea, Mango-Passion Fruit										
100	0	0	0	0	0	15	26	0	24	0
Italian Bottled Water										
0	0	0	0	0	0	0	0	0	0	0
Lemonade, Classic										
170	0	0	0	0	0	20	43	0	42	0
Lemonade, Raspberry										
160	0	0	0	0	0	15	45	0	42	0
Limonata, Sweet Pear										
240	0	0	0	0	0	20	60	0	57	0
Limonata, Strawberry-Passion Fruit										
180	0	0	0	0	0	30	48	0	44	0
Coke										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
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, 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 SOUPS & SALAD										
Famous House Salad To Go										
290	150	17	2.5	0	10	1380	30	6	10	8

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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
Chicken & Gnocchi, half-gallon										
1870	840	93	38	2	460	10280	177	10	31	88
Minestrone, half-gallon										
850	80	9	1.5	0	0	6460	140	31	31	40
Pasta Fagioli, half-gallon										
1170	390	44	17	2	140	5690	131	24	29	62
Zuppa Toscana, half-gallon										
1760	1060	117	52	1.5	300	6350	123	15	17	59
Stellini Soup Catering (Regional), half-gallon										
1570	530	59	21	1.5	160	9910	180	11	15	73
Chicken & Gnocchi, one-gallon										
3750	1670	186	76	4	915	20570	353	20	63	175
Minestrone, one-gallon										

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1700	150	18	2.5	0	0	12920	279	63	63	81
Pasta Fagioli, one-gallon										
2350	790	87	33	4	280	11380	261	47	59	124
Zuppa Toscana, one-gallon										
3520	2110	234	105	2.5	600	12700	246	29	33	118
Stellini Soup Catering (Regional), one-gallon										
3130	1060	118	43	3	320	19820	359	22	31	145
CATERING PANS (SERVES 4 - 6)										
Creamy Mushroom Ravioli										
3930	2730	303	179	6	955	5040	236	23	35	94
Cheese Ravioli with Marinara										
2990	1370	153	78	0.5	500	9490	254	21	33	166
Cheese Ravioli with Meat sauce										
3510	1780	198	98	2	660	9790	246	16	22	195
Chicken and Shrimp Carbonara										
5460	3270	365	190	10	1560	8190	300	14	39	255
Chicken Parmigiana										
4790	1680	188	37	0.5	510	13070	529	40	71	266
Chicken Scampi										
4190	1600	178	65	3.5	530	9900	424	21	32	196
Chicken Tortelloni Alfredo										
7930	4700	523	305	11	2600	14870	380	20	35	446
Fettuccine Alfredo										
5010	3050	339	205	8	1065	4550	376	15	20	116
Fettuccine Alfredo with Broccoli										
5620	3490	389	209	8	1065	6340	409	29	29	134

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Five Cheese Ziti al Forno										
4680	2470	276	144	6	685	9750	391	26	65	183
Grilled Chicken Alfredo										
6050	3240	360	209	8	1645	8870	381	19	22	322
Grilled Chicken Alfredo with Broccoli										
6660	3680	410	213	8	1650	10660	414	32	32	340
Lasagna Classico (Serves up to 12)										
6470	3280	364	208	7	1380	13900	448	36	71	370
Lasagna Classico (Serves up to 6)										
3420	1760	196	110	3.5	730	7640	230	19	38	196
Shrimp Alfredo										
5680	3160	352	207	8	2040	6200	382	18	22	248
Shrimp Scampi										
1980	640	72	29	2	650	4470	208	16	20	114
Spaghetti with Marinara Sauce										
2270	440	49	3	0	0	4840	396	27	55	72
Spaghetti with Marinara & Italian Sausage										
4260	1920	214	58	0	465	10360	417	33	69	181
Spaghetti with Marinara Sauce & Meatballs										
3980	1700	190	69	7	225	9340	433	39	62	153
Spaghetti with Meat Sauce										
2840	790	88	27	1	230	3950	403	20	68	112
Spaghetti with Meat Sauce & Italian Sausage										
4830	2270	252	82	1	695	9470	424	25	82	221
Spaghetti with Meat Sauce & Meatballs										
4550	2050	228	93	8	455	8440	440	31	76	193

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Catering - Create Your Own Pasta Station (Serves 10)										
17280	8490	944	387	21	2480	45250	1531	103	206	702
Fried Mozzarella										
3450	1910	212	72	2	290	8540	243	18	13	141
Toasted Ravioli										
2590	1100	123	40	2	175	5310	274	17	18	98
add marinara										
110	60	7	0.5	0	0	960	13	3	7	3
Spinach-Artichoke Dip with flatbread crisps										
2310	1450	161	43	2	145	4880	151	14	17	66
Alfredo, one pint										
1750	1560	173	109	4	570	2400	21	0	4	30
Five Cheese Marinara, one pint										
800	600	67	34	2	160	2610	35	5	20	21
Marinara, one pint										
290	150	17	1.5	0	0	2550	33	7	19	7
Meat sauce, one pint										
600	340	38	14	0.5	125	2070	37	3	26	28
Parmesan Garlic Broccoli										
610	450	51	4	0	0	1790	33	14	9	18
Chicken Fingers										
1340	620	69	7	0	305	2590	69	0	0	112
add ketchup										
170	0	0	0	0	0	1280	39	2	33	1
Grilled Chicken										
810	160	17	3.5	0	440	4530	7	3	3	156

Calorie	Cal. from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Italian Meatballs										
1710	1260	140	65	7	225	4500	37	11	8	81
Italian Sausage										
1990	1480	164	55	0	465	5520	21	6	14	109
Iced Tea, Bellini Peach-Raspberry, 1 Gallon										
800	0	0	0	0	0	105	191	0	180	0
Half Tea + Half Lemonade, 1 Gallon										
900	0	0	0	0	0	170	237	0	224	0
Iced Tea, Mango-Passion Fruit, 1 Gallon										
1140	0	0	0	0	less than 5	150	283	0	266	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
Lemonade, Classic, 1 Gallon										
1770	0	0	0	0	0	230	463	0	448	0
Lemonade, Raspberry, 1 Gallon										
1760	0	0	0	0	0	170	475	0	443	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