



Food Allergen Information Guide

(Menu items as of March 2011)

APPETIZERS	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Italian Nachos — Combo	N	N	Y	N	N	N	N	Y	N	Y	N
Hand-Breaded Calamari	Y	N	Y	N	N	Y	N	Y	N	Y	N
Baked Stuffed Mushrooms	Y	N	Y	N	N	N	N	Y	N	Y	N
Sicilian Fire Sticks	Y	N	Y	Y	N	N	Y	Y	N	Y	N
Mozzarella with Marinara	Y	N	Y	N	N	N	N	Y	N	Y	N
Italian Meatball Sliders	Y	N	Y	N	N	N	Y	Y	N	Y	N

PIZZA	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Create Your Own Pizza — no toppings (Toppings will change nutritional information)	N	N	Y	N	N	N	N	N	N	Y	N
Classic Pizza Margherita	N	N	Y	N	N	N	N	N	N	Y	N

SOUPS/SALADS	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Pecan Crusted Chicken	Y	N	Y	N	N	N	N	Y	Y	Y	N
Classic Caesar — Grilled Chicken	Y	Y	Y	N	N	N	Y	Y	N	Y	N
Classic Caesar — Shrimp and Artichokes	Y	Y	Y	N	N	Y	Y	Y	N	Y	N
Zesty Calamari	Y	N	Y	Y	N	Y	N	Y	N	Y	N
Italian Wedge	Y	N	Y	Y	N	N	N	N	Y	N	N
Caesar Salad — Add on	Y	Y	Y	N	N	N	Y	Y	N	Y	N
House Salad — Add on	N	N	Y	N	N	N	Y	Y	N	Y	N
Garlic Potato Soup	N	N	Y	N	N	N	Y	Y	N	Y	N
Italian Chili Soup	N	N	Y	N	N	N	N	N	N	N	N
Minestrone Soup	N	N	Y	N	N	N	Y	Y	N	Y	N

SIGNATURE ITALIAN DRINKS	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Bellini	N	N	N	N	N	N	N	Y	N	N	N
Premium Italian Margarita	Y	N	N	N	N	N	N	Y	N	N	N
Italian Sangria	N	N	N	N	N	N	N	Y	N	N	N
Amalfi Strawberry Lemonade	N	N	N	N	N	N	N	N	N	N	N
Italian Margarita	Y	N	N	N	N	N	N	Y	N	N	N
Pomegranate Granita	N	N	N	N	N	N	N	N	N	N	N
Italian Sodas without cream — Not including Hazlenut	N	N	N	N	N	N	N	N	N	N	N
Italian Sodas with cream — Not including Hazlenut	N	N	Y	N	N	N	N	N	N	N	N
Italian Soda without cream — Hazlenut	N	N	N	N	N	N	N	N	Y	N	N
Italian Sodas with cream — Hazlenut	N	N	Y	N	N	N	N	N	Y	N	N

PANINIS	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Chicken Parmesan	Y	N	Y	N	N	N	Y	N	N	Y	N
Smoked Turkey and Bacon	N	N	Y	N	N	N	Y	N	N	Y	N
Italian Meatball	Y	N	Y	N	N	N	Y	Y	N	Y	N

LUNCH ENTRÉES	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Spicy Shrimp and Chicken	N	N	Y	N	N	Y	Y	N	N	Y	N
Spicy Romano Chicken	N	N	Y	N	N	N	Y	N	N	Y	N
Homemade 16-Layer Lasagna	Y	N	Y	N	N	N	N	N	N	Y	N
Chicken Scallopini	N	N	Y	N	N	N	Y	Y	N	Y	N
Jalapeño Garlic Tilapia	N	Y	Y	N	N	N	Y	Y	N	Y	N
Homemade Parmigiana — Chicken	Y	N	Y	N	N	N	N	Y	N	Y	N
Homemade Parmigiana — Eggplant	Y	N	Y	N	N	N	N	Y	N	Y	N
Baked Cheese Tortelloni	Y	N	Y	N	N	N	N	N	N	Y	N
Chicken Fettuccine	N	N	Y	N	N	N	N	N	N	Y	N
Spaghetti and Handmade Meatballs	Y	N	Y	N	N	N	N	Y	N	Y	N
Angel Hair with Artichokes	N	N	Y	N	N	N	Y	Y	N	Y	N

LUNCH ENTREÉS (CONTINUED)	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Angel Hair with Artichokes — Chicken	N	N	Y	N	N	N	Y	Y	N	Y	N
Skilletini — Combo, Chicken, or Sausage	N	N	Y	N	N	N	Y	Y	N	Y	N
Grilled Chicken Bowtie Festival	N	N	Y	N	N	N	Y	N	N	Y	N
Create Your Own Pasta — Alfredo	N	N	Y	N	N	N	N	N	N	Y	N
Create Your Own Pasta — Spicy Marinara	N	N	N	N	N	N	Y	N	N	Y	N
Create Your Own Pasta — Tomato	N	N	N	N	N	N	N	Y	N	Y	N

DINNER

ONLY AT CARINO'S	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Skilletini — Combo, Chicken, or Sausage	N	N	Y	N	N	N	Y	Y	N	Y	N
Skilletini — Shrimp	N	N	Y	N	N	Y	Y	Y	N	Y	N
Angel Hair with Artichokes	N	N	Y	N	N	N	Y	Y	N	Y	N
Angel Hair with Artichokes — Chicken	N	N	Y	N	N	N	Y	Y	N	Y	N
Angel Hair with Artichokes — Shrimp	N	N	Y	N	N	Y	Y	Y	N	Y	N
Spicy Romano Chicken	N	N	Y	N	N	N	Y	N	N	Y	N
Spicy Shrimp and Chicken	N	N	Y	N	N	Y	Y	N	N	Y	N
Grilled Chicken Bowtie Festival	N	N	Y	N	N	N	Y	N	N	Y	N

BEEF AND CHICKEN	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Italian Flat Iron Steak - Gorgonzola Sauce	N	N	Y	N	N	N	Y	N	N	Y	N
Italian Flat Iron Steak - Marsala Sauce	N	N	Y	N	N	N	Y	Y	N	N	N
Italian Pot Roast	N	N	Y	Y	N	N	Y	Y	N	Y	N
Lemon Rosemary Chicken	N	N	Y	N	N	N	Y	Y	N	Y	N
Chicken Scallopini	N	N	Y	N	N	N	Y	Y	N	Y	N
Chicken Milano	N	N	Y	N	N	N	Y	N	N	Y	N
Pinot Grigio Chicken	Y	N	Y	N	N	N	Y	Y	N	Y	N
Chicken Marsala	N	N	Y	N	N	N	Y	Y	N	Y	N

KIDS MENU	Egg	Fish	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Kids Pasta — Alfredo	N	N	Y	N	N	N	N	N	N	Y	N
Kids Pasta — Butter and Cheese	N	N	Y	N	N	N	Y	N	N	Y	N
Kids Pasta — Meatballs	Y	N	Y	N	N	N	N	Y	N	Y	N
Kids Pasta — Tomato Sauce	N	N	N	N	N	N	N	Y	N	Y	N
Kids Pizza - no toppings (Toppings will change nutritional information)	N	N	Y	N	N	N	N	Y	N	Y	N
Kids Pizza Pasta	N	N	Y	N	N	N	Y	Y	N	Y	N
Kids Chicken and Broccoli Penne	N	N	Y	N	N	N	N	N	N	Y	N
Kids Panini — Turkey and Cheese	N	N	Y	N	N	N	Y	N	N	Y	N
Kids Pizza Dippers	N	N	Y	N	N	N	N	Y	N	Y	N
Kids Grilled Chicken with Spaghetti	N	N	N	N	N	N	N	Y	N	Y	N
Kids Cheese Stuffed Pasta	Y	N	Y	N	N	N	N	Y	N	Y	N
Kids Ice Cream Sundae	N	N	Y	N	N	N	N	N	N	N	N
Kids Milk	N	N	Y	N	N	N	N	N	N	N	N
Kids Apple Juice	N	N	N	N	N	N	N	N	N	N	N

Disclaimers

The nutritional and allergen information disseminated by Fired Up, Inc./Carino's Italian and/or posted on the Fired Up, Inc./Carino's Italian website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: eggs, fish, milk, MSG, peanuts, shellfish, soy, sulfites, tree nuts, and wheat. (Be further advised that the designation "wheat" includes the grains Barley, Oats, Rye and Triticale.)

Fired Up, Inc./Carino's Italian and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect fault of the suppliers, distributors, and purveyors of said ingredients and products.

This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at (1.512.263.0800).

Nutritional data may not include recent revisions to recipes based on supplier, portion or operational changes.

Certain items shown on our current menu were added after this data was collected and nutritional information for those items are not available at this time.