



Nutritional Information Guide

(Menu items as of March 14, 2011)

| APPETIZERS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated | | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------------|---------------------------|------------------|------------|--------------|---------------------|----------------|--------------------|--------------|------------|-------------|
| | | | | Fat (g) | TransFat (g) | | | | | | |
| Italian Nachos - Combo | 1,005 | 358 | 40 | 18 | 0 | 164 | 2,951 | 93 | 9 | 2 | 66 |
| Italian Nachos - Chicken | 957 | 293 | 33 | 15 | 0 | 165 | 2,741 | 92 | 8 | 2 | 70 |
| Italian Nachos - Sausage | 1,052 | 424 | 47 | 20 | 0 | 163 | 3,161 | 93 | 9 | 2 | 61 |
| Italian Nachos - Mini | 464 | 176 | 20 | 9 | 0 | 61 | 1,473 | 46 | 4 | 1 | 25 |
| Hand-Breaded Calamari | 1,233 | 231 | 26 | 6 | 0 | 653 | 5,264 | 176 | 7 | 5 | 68 |
| Hand-Breaded Calamari - Mini | 589 | 74 | 8 | 2 | 0 | 326 | 2,884 | 91 | 4 | 4 | 34 |
| Baked Stuffed Mushrooms | 463 | 332 | 37 | 23 | 1 | 173 | 1,095 | 20 | 2 | 4 | 13 |
| Sicilian Fire Sticks with Ranch Dressing | 1,564 | 849 | 94 | 32 | 0 | 180 | 4,601 | 115 | 13 | 9 | 58 |
| Sicilian Fire Sticks with Ranch Dressing - Mini | 713 | 475 | 53 | 14 | 0 | 81 | 1,906 | 39 | 4 | 4 | 20 |
| Mozzarella with Marinara | 922 | 478 | 53 | 24 | 1 | 126 | 2,663 | 70 | 3 | 11 | 41 |
| Mozzarella with Marinara - Mini | 496 | 219 | 24 | 13 | 1 | 76 | 1,821 | 44 | 2 | 7 | 25 |
| Italian Meatball Sliders | 1,293 | 605 | 67 | 25 | 0 | 232 | 3,301 | 107 | 10 | 28 | 62 |

| PIZZAS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated | | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------------|---------------------------|------------------|------------|--------------|---------------------|----------------|--------------------|--------------|------------|-------------|
| | | | | Fat (g) | TransFat (g) | | | | | | |
| Create Your Own Pizza — no toppings (Toppings will change nutritional information) | 474 | 198 | 24 | 12 | 0 | 54 | 2,112 | 72 | 6 | 6 | 36 |
| Classic Pizza Margherita | 481 | 193 | 21 | 12 | 0 | 52 | 2,071 | 75 | 7 | 7 | 35 |

| PANINIS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated | | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------------|---------------------------|------------------|------------|--------------|---------------------|----------------|--------------------|--------------|------------|-------------|
| | | | | Fat (g) | TransFat (g) | | | | | | |
| Chicken Parmesan - not including fries | 927 | 355 | 39 | 17 | 0 | 158 | 1,668 | 83 | 3 | 1 | 59 |
| Smoked Turkey and Bacon - not including fries | 822 | 337 | 37 | 17 | 0 | 141 | 2,145 | 67 | 3 | 3 | 57 |
| Italian Meatball - not including fries | 1,332 | 554 | 62 | 24 | 0 | 168 | 3,589 | 134 | 10 | 9 | 57 |

| SOUPS/SALADS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Pecan Crusted Chicken | 953 | 415 | 46 | 15 | 0 | 164 | 3,216 | 86 | 6 | 16 | 44 |
| Classic Caesar - Grilled Chicken | 689 | 418 | 46 | 6 | 0 | 99 | 1,526 | 34 | 6 | 6 | 38 |
| Classic Caesar - Shrimp and Artichokes | 515 | 299 | 33 | 8 | 0 | 201 | 1,280 | 23 | 4 | 6 | 33 |
| Zesty Calamari | 852 | 284 | 32 | 5 | 0 | 338 | 3,677 | 103 | 12 | 6 | 37 |
| Italian Wedge | 794 | 595 | 66 | 15 | 0 | 69 | 1,392 | 34 | 6 | 25 | 18 |
| Caesar Salad — Add on | 264 | 189 | 21 | 3 | 0 | 19 | 649 | 15 | 2 | 2 | 6 |
| House Salad — Add on | 171 | 66 | 7 | 1 | 0 | 5 | 908 | 22 | 2 | 7 | 6 |
| Garlic Potato Soup | 549 | 319 | 35 | 19 | 0 | 97 | 1,796 | 38 | 2 | 3 | 19 |
| Italian Chili Soup | 246 | 109 | 12 | 4 | 0 | 24 | 879 | 23 | 4 | 6 | 11 |
| Minestrone Soup | 159 | 8 | 1 | 1 | 0 | 3 | 1,720 | 30 | 7 | 7 | 10 |

| SIGNATURE ITALIAN DRINKS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Bellini | 344 | 0 | 0 | 0 | 0 | 0 | 16 | 46 | 0 | 39 | 0 |
| Italian Sangria | 259 | 0 | 0 | 0 | 0 | 0 | 13 | 35 | 0 | 30 | 0 |
| Amalfi Strawberry Lemonade | 320 | 1 | 0 | 0 | 0 | 0 | 21 | 54 | 2 | 51 | 0 |
| Italian Margarita | 216 | 0 | 0 | 0 | 0 | 0 | 486 | 26 | 0 | 25 | 0 |
| Italian Margarita — On the rocks with Sauza | 257 | 1 | 0 | 0 | 0 | 0 | 483 | 35 | 0 | 28 | 0 |
| Premium Italian Margarita | 263 | 1 | 0 | 0 | 0 | 0 | 483 | 27 | 0 | 20 | 0 |
| Pomegranate Granita | 461 | 0 | 0 | 0 | 0 | 0 | 1 | 74 | 0 | 62 | 0 |
| Italian Sodas without cream* | 101 | 0 | 0 | 0 | 0 | 0 | 10 | 26 | 0 | 25 | 0 |
| Italian Sodas with cream* | 116 | 10 | 1 | 1 | 0 | 6 | 21 | 27 | 0 | 26 | 0 |

* Nutritional information may vary slightly depending on flavor selection

| LUNCH ENTRÉES | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Spicy Shrimp and Chicken | 938 | 449 | 50 | 26 | 0 | 222 | 1,149 | 72 | 3 | 8 | 47 |
| Spicy Romano Chicken | 888 | 438 | 49 | 25 | 0 | 143 | 1,236 | 73 | 4 | 10 | 38 |
| Homemade 16-Layer Lasagna | 902 | 417 | 46 | 23 | 0 | 243 | 2,251 | 62 | 6 | 19 | 57 |
| Chicken Scallopini | 1,221 | 845 | 94 | 50 | 0 | 278 | 811 | 51 | 3 | 4 | 39 |
| Jalapeño Garlic Tilapia | 1,146 | 811 | 90 | 48 | 0 | 259 | 904 | 51 | 3 | 3 | 31 |

| LUNCH ENTREES (CONTINUED) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Homemade Parmigiana — Chicken | 641 | 158 | 18 | 6 | 0 | 128 | 1,160 | 74 | 4 | 9 | 45 |
| Homemade Parmigiana — Eggplant | 680 | 278 | 31 | 15 | 0 | 100 | 1,241 | 67 | 9 | 14 | 33 |
| Baked Cheese Tortelloni | 741 | 311 | 35 | 21 | 0 | 140 | 2,244 | 61 | 5 | 10 | 43 |
| Chicken Fettuccine | 681 | 216 | 24 | 15 | 0 | 120 | 1,354 | 72 | 3 | 5 | 39 |
| Spaghetti and Handmade Meatballs | 744 | 226 | 25 | 8 | 0 | 128 | 1,739 | 92 | 8 | 14 | 37 |
| Angel Hair with Artichokes | 445 | 77 | 9 | 1 | 0 | 5 | 973 | 75 | 7 | 9 | 15 |
| Skilletini — Combo | 1,161 | 583 | 65 | 14 | 0 | 113 | 1,915 | 94 | 6 | 10 | 50 |
| Skilletini — Chicken | 1,037 | 432 | 48 | 8 | 0 | 105 | 1,404 | 93 | 5 | 10 | 56 |
| Skilletini — Sausage | 1,285 | 734 | 82 | 20 | 0 | 120 | 2,427 | 95 | 7 | 10 | 43 |
| Grilled Chicken Bowtie Festival | 941 | 471 | 52 | 27 | 0 | 150 | 1,184 | 72 | 4 | 6 | 42 |
| Create Your Own Pasta — Alfredo | 506 | 148 | 17 | 10 | 0 | 49 | 783 | 70 | 4 | 4 | 18 |
| Create Your Own Pasta — Tomato | 359 | 29 | 3 | 0 | 0 | 0 | 421 | 71 | 5 | 8 | 12 |
| Create Your Own Pasta — Spicy Marinara | 355 | 30 | 3 | 0 | 0 | 0 | 338 | 68 | 5 | 7 | 13 |

DINNER

| ONLY AT CARINO'S | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------------|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Skilletini — Chicken | 1,157 | 550 | 61 | 10 | 0 | 105 | 1,591 | 93 | 6 | 10 | 56 |
| Skilletini — Sausage | 1,404 | 853 | 95 | 22 | 0 | 120 | 2,614 | 95 | 7 | 10 | 43 |
| Skilletini — Shrimp | 1,187 | 554 | 62 | 10 | 0 | 184 | 1,654 | 114 | 7 | 11 | 44 |
| Skilletini — Combo | 1,280 | 702 | 78 | 16 | 0 | 113 | 2,103 | 94 | 6 | 10 | 50 |
| Angel Hair with Artichokes | 661 | 126 | 14 | 1 | 0 | 5 | 1,718 | 112 | 11 | 13 | 22 |
| Angel Hair with Artichokes — Chicken | 754 | 136 | 15 | 1 | 0 | 54 | 1,774 | 112 | 11 | 13 | 41 |
| Angel Hair with Artichokes — Shrimp | 726 | 137 | 15 | 1 | 0 | 104 | 1,814 | 112 | 11 | 13 | 35 |
| Spicy Romano Chicken | 1,212 | 581 | 65 | 33 | 1 | 159 | 1,853 | 110 | 7 | 15 | 47 |
| Spicy Shrimp and Chicken | 1,259 | 594 | 66 | 34 | 1 | 257 | 1,577 | 106 | 5 | 9 | 58 |
| Grilled Chicken Bowtie Festival | 1,185 | 569 | 63 | 31 | 0 | 150 | 1,444 | 103 | 6 | 7 | 47 |
| Shredded Beef Pappardelle | 1,194 | 597 | 66 | 32 | 0 | 178 | 2,938 | 94 | 8 | 12 | 46 |

| BEEF AND CHICKEN | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Italian Flat Iron Steak - Gorgonzola Sauce | 572 | 352 | 39 | 18 | 0 | 158 | 922 | 5 | 1 | 1 | 46 |
| Italian Flat Iron Steak - Marsala Sauce | 653 | 424 | 47 | 17 | 0 | 154 | 536 | 7 | 0 | 1 | 41 |
| Italian Pot Roast with Rosemary Potatoes | 1,067 | 651 | 72 | 17 | 0 | 99 | 2,823 | 47 | 6 | 12 | 54 |
| Lemon Rosemary Chicken | 607 | 58 | 6 | 1 | 0 | 132 | 1,455 | 67 | 8 | 15 | 64 |
| Chicken Scallopini | 1,612 | 1,096 | 122 | 63 | 0 | 401 | 1,311 | 53 | 3 | 5 | 69 |
| Chicken Milano | 1,313 | 668 | 74 | 39 | 0 | 268 | 2,642 | 63 | 3 | 5 | 90 |
| Pinot Grigio Chicken | 888 | 420 | 47 | 24 | 0 | 152 | 1,310 | 54 | 5 | 5 | 46 |
| Chicken Marsala | 1,264 | 693 | 77 | 26 | 0 | 194 | 1,411 | 62 | 3 | 4 | 63 |

| SEAFOOD | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Shrimp Scampi | 1,920 | 1,220 | 136 | 81 | 0 | 492 | 1,115 | 114 | 7 | 10 | 46 |
| Jalapeño Garlic Tilapia | 1,488 | 1,025 | 114 | 60 | 0 | 363 | 1,579 | 58 | 3 | 3 | 56 |
| Lobster Ravioli | 912 | 542 | 60 | 34 | 1 | 198 | 1,905 | 64 | 5 | 7 | 26 |
| Lemon Pepper Mahi Mahi with Angel Hair | 859 | 473 | 53 | 21 | 0 | 196 | 1,147 | 38 | 5 | 8 | 51 |

| CLASSIC ITALIAN | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Homemade 16-Layer Lasagna | 902 | 417 | 46 | 23 | 0 | 243 | 2,251 | 62 | 6 | 19 | 57 |
| Carino's Favorites Combo | 1,497 | 563 | 63 | 29 | 0 | 367 | 3,141 | 129 | 10 | 24 | 101 |
| Chicken Fettuccine | 930 | 288 | 32 | 19 | 0 | 144 | 1,898 | 106 | 5 | 7 | 48 |
| Spaghetti & Handmade Meatballs | 1,116 | 339 | 38 | 12 | 0 | 192 | 2,609 | 138 | 12 | 21 | 56 |
| Baked Cheese Tortelloni | 1,004 | 405 | 45 | 27 | 0 | 189 | 2,979 | 87 | 7 | 13 | 57 |
| Homemade Parmigiana — Chicken | 1,060 | 303 | 34 | 12 | 0 | 257 | 2,136 | 102 | 6 | 14 | 84 |
| Homemade Parmigiana — Eggplant | 680 | 278 | 31 | 15 | 0 | 100 | 1,241 | 67 | 9 | 14 | 33 |
| Create Your Own Pasta — Meat Sauce | 575 | 57 | 6 | 1 | 0 | 11 | 687 | 107 | 7 | 15 | 23 |
| Create Your Own Pasta — Italian Sausage | 1,004 | 412 | 46 | 15 | 0 | 157 | 1,591 | 95 | 6 | 5 | 53 |
| Create Your Own Pasta — Spicy Marinara | 532 | 45 | 5 | 0 | 0 | 0 | 508 | 102 | 7 | 10 | 20 |
| Create Your Own Pasta — Alfredo | 766 | 227 | 25 | 15 | 0 | 75 | 1200 | 105 | 6 | 7 | 28 |
| Create Your Own Pasta — Tomato | 538 | 44 | 5 | 0 | 0 | 0 | 632 | 106 | 7 | 13 | 18 |

| DESSERTS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------------------|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Italian Chocolate Cake | 591 | 172 | 19 | 11 | 0 | 50 | 395 | 94 | 3 | 77 | 10 |
| Mini Chocolate Cake | 141 | 40 | 4 | 2 | 0 | 11 | 95 | 23 | 1 | 18 | 2 |
| Lemon Cream Cake | 556 | 277 | 31 | 14 | 1 | 96 | 307 | 63 | 1 | 39 | 6 |
| Turtle Cheesecake | 1,033 | 567 | 63 | 38 | 2 | 215 | 771 | 105 | 2 | 84 | 12 |
| Mascarpone Bread Pudding | 1,678 | 867 | 96 | 56 | 0 | 515 | 1,619 | 175 | 3 | 103 | 29 |
| Tiramisu | 773 | 488 | 54 | 29 | 0 | 328 | 84 | 59 | 0 | 42 | 12 |
| Mini Tiramisu | 311 | 228 | 25 | 14 | 0 | 145 | 37 | 16 | 0 | 13 | 5 |
| Mini Cheesecake w/ Amerena Cherries | 228 | 117 | 13 | 8 | 0 | 65 | 160 | 25 | 0 | 21 | 3 |

| KIDS MENU | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Kids Pasta — Butter and Cheese | 458 | 209 | 23 | 10 | 0 | 5 | 310 | 52 | 3 | 3 | 11 |
| Kids Pasta — Meatballs | 471 | 117 | 13 | 4 | 0 | 64 | 870 | 66 | 5 | 8 | 22 |
| Kids Pasta — Tomato Sauce | 280 | 19 | 2 | 0 | 0 | 0 | 211 | 56 | 3 | 5 | 10 |
| Kids Pasta — Alfredo | 341 | 73 | 8 | 5 | 0 | 23 | 359 | 55 | 3 | 3 | 12 |
| Kids Pizza — no toppings (Toppings will change nutritional information) | 421 | 166 | 18 | 10 | 0 | 49 | 1426 | 68 | 5 | 3 | 33 |
| Kids Pizza Pasta | 427 | 91 | 10 | 4 | 0 | 44 | 592 | 59 | 4 | 7 | 25 |
| Kids Chicken and Broccoli Penne | 458 | 111 | 12 | 7 | 0 | 59 | 800 | 60 | 3 | 4 | 24 |
| Kids Panini — Turkey and Cheese | 460 | 109 | 12 | 6 | 0 | 60 | 945 | 61 | 3 | 13 | 28 |
| Kids Pizza Dippers with Tomato Sauce | 483 | 171 | 19 | 11 | 0 | 49 | 1659 | 81 | 5 | 4 | 34 |
| Kids Grilled Chicken with Spaghetti | 404 | 32 | 4 | 0 | 0 | 66 | 285 | 56 | 3 | 5 | 36 |
| Kids Cheese Stuffed Pasta | 279 | 67 | 7 | 4 | 0 | 38 | 772 | 39 | 4 | 6 | 13 |
| Kids Ice Cream Sundae | 335 | 72 | 8 | 6 | 0 | 35 | 97 | 58 | 0 | 51 | 5 |
| Kids Milk | 188 | 90 | 10 | 6 | 0 | 44 | 156 | 15 | 0 | 15 | 10 |
| Kids Apple Juice | 145 | 0 | 0 | 0 | 0 | 0 | 18 | 36 | 0 | 35 | 0 |

| REGIONAL MENU ITEMS | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|----------------------------|-----------------------|---------------------|---------------|-------------------|--------------|------------------|-------------|-----------------|-----------|------------|-------------|
| BBQ Chicken Pizza | 767 | 184 | 20 | 11 | 0 | 102 | 3171 | 125 | 6 | 41 | 55 |
| Bruschetta Appetizer | 1,074 | 567 | 63 | 16 | 0 | 3 | 1,665 | 104 | 7 | 7 | 25 |
| Bruschetta - Mini | 537 | 283 | 31 | 8 | 0 | 1 | 833 | 52 | 4 | 4 | 12 |

| REGIONAL MENU ITEMS (CONTINUED) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------------------|----------------------------|----------------------|--------------------------|---------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|
| Cedar Planked Salmon | 1,264 | 750 | 83 | 33 | 0 | 178 | 1,481 | 76 | 5 | 28 | 49 |
| Chicken Balsamico - Lunch and Dinner | 790 | 175 | 19 | 4 | 0 | 137 | 752 | 83 | 4 | 24 | 66 |
| Chicken Caesar Panini | 850 | 341 | 38 | 10 | 0 | 125 | 1,523 | 69 | 4 | 5 | 57 |
| Chicken Diavolo - Lunch and Dinner | 526 | 40 | 4 | 1 | 0 | 132 | 960 | 55 | 5 | 9 | 62 |
| Chicken Penne Gorgonzola - Lunch | 946 | 480 | 53 | 29 | 0 | 154 | 1,351 | 72 | 4 | 6 | 42 |
| Chicken Penne Gorgonzola - Dinner | 1,361 | 722 | 80 | 43 | 0 | 213 | 1,812 | 106 | 6 | 8 | 52 |
| Chicken Primavera - Lunch | 503 | 44 | 5 | 1 | 0 | 54 | 640 | 75 | 6 | 10 | 35 |
| Chicken Primavera - Dinner | 684 | 52 | 6 | 1 | 0 | 54 | 980 | 112 | 9 | 14 | 43 |
| Chicken, Gorgonzola and Tomato Salad | 627 | 320 | 36 | 9 | 0 | 77 | 1,282 | 46 | 6 | 14 | 35 |
| Five Meat Tuscan Pasta - Lunch | 815 | 445 | 49 | 14 | 0 | 64 | 1,539 | 63 | 4 | 8 | 28 |
| Five Meat Tuscan Pasta - Dinner | 1,168 | 615 | 68 | 17 | 0 | 78 | 1,921 | 99 | 7 | 13 | 38 |
| Florentine Pasta - Lunch | 782 | 418 | 46 | 24 | 0 | 91 | 1,185 | 71 | 4 | 5 | 19 |
| Florentine Pasta - Lunch - With Chicken | 875 | 428 | 48 | 25 | 0 | 140 | 1,241 | 71 | 4 | 5 | 38 |
| Florentine Pasta - Lunch - With Shrimp | 832 | 426 | 47 | 25 | 0 | 168 | 1,260 | 71 | 4 | 5 | 29 |
| Florentine Pasta - Dinner | 1,118 | 570 | 63 | 33 | 0 | 110 | 1,605 | 106 | 6 | 7 | 29 |
| Florentine Pasta - Dinner - With Chicken | 1,211 | 580 | 64 | 33 | 0 | 159 | 1,660 | 106 | 6 | 7 | 48 |
| Florentine Pasta - Dinner - With Shrimp | 1,178 | 580 | 64 | 33 | 0 | 202 | 1,694 | 107 | 6 | 7 | 41 |
| Fresh Caprese Salad | 491 | 345 | 38 | 19 | 0 | 84 | 631 | 7 | 1 | 5 | 22 |
| Grilled New York Strip | 1,020 | 726 | 81 | 37 | 0 | 281 | 864 | 3 | 1 | 0 | 65 |
| Honey Pecan Salmon Salad | 794 | 403 | 45 | 7 | 0 | 117 | 1,661 | 52 | 7 | 38 | 45 |
| Jalapeno Garlic Tilapia Panini | 887 | 407 | 45 | 21 | 0 | 197 | 1,679 | 70 | 3 | 2 | 51 |
| Italian Chopped Club Salad | 1,337 | 835 | 93 | 38 | 0 | 204 | 4,025 | 60 | 10 | 17 | 60 |
| Kids Pepperoni Mac and Cheese | 433 | 150 | 17 | 5 | 0 | 40 | 1,097 | 55 | 2 | 13 | 15 |
| Lemon Pepper Salmon | 937 | 631 | 70 | 25 | 0 | 163 | 1,397 | 21 | 5 | 10 | 53 |
| Roasted Vegetable Skilletini - Lunch | 1,171 | 598 | 66 | 11 | 0 | 7 | 1,884 | 119 | 12 | 22 | 25 |
| Roasted Vegetable Skilletini - Lunch - Chicken | 1,265 | 607 | 67 | 11 | 0 | 57 | 1,939 | 119 | 12 | 22 | 45 |
| Roasted Vegetable Skilletini - Dinner | 1,288 | 715 | 79 | 13 | 0 | 7 | 1,924 | 119 | 12 | 22 | 25 |
| Roasted Vegetable Skilletini - Dinner - Chicken | 1,382 | 724 | 80 | 13 | 0 | 57 | 1,979 | 119 | 12 | 22 | 45 |
| Seafood Fettuccine with Marinara | 1,081 | 413 | 46 | 7 | 0 | 310 | 1,470 | 118 | 7 | 12 | 47 |
| Seafood Fettuccine with Marinara - Mussels | 1,113 | 421 | 47 | 7 | 0 | 321 | 1,580 | 119 | 7 | 12 | 52 |
| Seafood Fettuccine with Marinara - Crawfish | 1,139 | 420 | 47 | 7 | 0 | 401 | 1,523 | 118 | 7 | 12 | 60 |

| REGIONAL MENU ITEMS (CONTINUED) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | TransFat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------------------|----------------------------|----------------------|--------------------------|---------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|
| Seafood Fettuccine with Alfredo | 1,121 | 444 | 49 | 23 | 0 | 355 | 1,497 | 114 | 5 | 6 | 52 |
| Seafood Fettuccine with Alfredo - Mussels | 1,153 | 452 | 50 | 23 | 0 | 366 | 1,607 | 115 | 5 | 6 | 56 |
| Seafood Fettuccine with Alfredo - Crawfish | 1,179 | 452 | 50 | 23 | 0 | 446 | 1,549 | 114 | 5 | 6 | 64 |
| Shrimp Scampi with Garlic Toast | 1,942 | 1,346 | 150 | 90 | 0 | 541 | 1,789 | 91 | 5 | 8 | 40 |
| Spinach with Artichoke Dip | 1,200 | 623 | 69 | 34 | 0 | 98 | 2,772 | 105 | 6 | 7 | 43 |
| Stuffed Vegetable Rigatoni - Lunch | 670 | 300 | 33 | 15 | 0 | 80 | 2,040 | 67 | 8 | 10 | 23 |
| Stuffed Vegetable Rigatoni - Dinner | 886 | 359 | 40 | 19 | 0 | 116 | 2,708 | 96 | 12 | 15 | 32 |
| Timballo - Combo | 1,591 | 850 | 94 | 27 | 0 | 174 | 3,173 | 115 | 11 | 13 | 69 |
| Timballo - Grilled Chicken | 1,403 | 709 | 79 | 22 | 0 | 127 | 2,698 | 114 | 10 | 13 | 58 |
| Timballo - Italian Sausage | 1,498 | 840 | 93 | 27 | 0 | 125 | 3,117 | 115 | 11 | 13 | 49 |
| Veal Parmesan - Lunch | 777 | 299 | 33 | 13 | 0 | 153 | 1,454 | 77 | 5 | 13 | 42 |
| Veal Parmesan - Dinner | 1,178 | 505 | 56 | 21 | .0 | 282 | 2,145 | 98 | 6 | 15 | 68 |
| Vegetable Primavera - Lunch | 399 | 34 | 4 | 1 | 0 | 5 | 569 | 73 | 5 | 9 | 15 |
| Vegetable Primavera - Lunch - With Chicken | 492 | 43 | 5 | 1 | 0 | 54 | 624 | 73 | 5 | 9 | 35 |
| Vegetable Primavera - Lunch - With Shrimp | 449 | 42 | 5 | 1 | 0 | 82 | 643 | 74 | 5 | 9 | 26 |
| Vegetable Primavera - Dinner | 577 | 42 | 5 | 1 | 0 | 5 | 904 | 109 | 8 | 13 | 23 |
| Vegetable Primavera - Dinner - With Chicken | 671 | 51 | 6 | 1 | 0 | 54 | 960 | 109 | 8 | 13 | 43 |
| Vegetable Primavera - Dinner - With Shrimp | 638 | 51 | 6 | 1 | 0 | 97 | 994 | 110 | 8 | 13 | 36 |

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.