

MAGGIANO'S

LITTLE ITALY

Nutrition Data Effective: September 2019

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

Nutrition is Listed As Served, Unless Otherwise Noted

Dishes denoted with a 'LT' indicates lighter take preparation

Dishes denoted with a 'L' indicate a smaller portion is served at lunchtime.

Dishes denoted with asterisks ** are only available at select locations

<i>Appetizers - Bruschetta (1 piece)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon, Ricotta, Arugula & Fig Jam	200	130	15	7	0	35	310	13	0	7	5
Italian Beef	130	90	10	3	0	15	400	6	0	1	4
Pear, Prosciutto, Blue Cheese & Balsamic	150	90	10	4.5	0	25	410	12	1	6	4
Shrimp, Bacon, Peppers & Corn Fondue	180	100	11	4.5	0	50	400	14	1	3	7
Tomato, Balsamic & Garlic	80	45	5	1.5	0	5	150	7	1	2	2
<i>Starters</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bruschetta Tour	740	450	51	21	1	130	1680	52	3	19	22
Calamari Fritte	700	420	47	8	0	395	1960	44	4	7	29
Ciabatta Table Rolls (1 each)	70	0	0	0	0	0	150	14	1	1	2
Crispy Pepperoni Risotto Bites	780	440	49	20	1	175	2200	56	4	8	30
Crispy Zucchini Fritte	1740	1200	133	24	1.5	55	2500	115	7	15	22
Flatbread Chicken & Roasted Pepper	730	300	34	17	0.5	125	1220	65	5	12	42
Flatbread Italian Sausage	860	450	50	21	1	115	2140	62	6	8	41
Flatbread Margherita	670	310	34	15	1	70	1610	60	6	7	31
Mozzarella Marinara	1480	860	96	44	2	400	3720	79	7	14	78
Sausage & Peppers	1040	780	88	33	0	195	2780	17	1	7	47
Spinach & Artichoke Al Forno	1180	730	83	45	2.5	215	2410	71	9	12	46
Steamed Mussels -Diavolo Style	680	370	42	16	0.5	120	2320	40	4	2	39
Steamed Mussels -Tuscan Style	750	360	42	16	0	115	1950	54	7	8	42
Stuffed Mushrooms	610	470	53	21	0	55	1320	30	4	5	9

<i>Starters</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Tomato Caprese	380	280	32	11	0.5	60	1300	12	2	7	17
<i>Salads</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Add Chicken to any Salad	160	50	6	1	0	85	240	1	0	1	26
Add Salmon to any Salad	250	140	15	2	0	60	370	0	1	0	28
Add Shrimp to any Salad	90	25	3	0	0	145	620	0	0	0	16
Caesar Salad - Combo	590	480	53	10	1	50	830	16	5	4	14
Caesar Salad - Entrée	810	640	72	14	1.5	70	1160	23	7	6	20
Caesar Salad - Side	370	310	34	6	0.5	35	500	8	2	2	8
Chopped Salad - Combo	880	720	81	11	1	35	1490	29	11	16	16
Chopped Salad - Entrée	1250	1030	114	18	1.5	60	2290	39	12	23	24
Chopped Salad - Side	480	390	43	6	0.5	20	870	15	5	8	9
Grilled Chicken Caprese Salad	810	520	60	12	0.5	130	1400	31	6	16	41
Grilled Salmon Salad	740	400	45	9	0	80	1840	48	8	31	40
Italian Tossed Salad - Combo	480	370	42	6	0.5	10	1210	20	5	7	8
Italian Tossed Salad - Entrée	700	550	62	8	1	15	1760	29	7	10	11
Italian Tossed Salad - Side	140	110	12	2	0	5	380	6	1	2	3
Maggiano's Salad - Combo	660	530	59	11	1	45	1460	19	4	12	15
Maggiano's Salad - Entrée	940	750	83	17	1.5	75	2170	25	6	16	24
Maggiano's Salad - Side	430	350	39	7	0.5	30	930	11	2	7	9
Spinach Salad - Combo	600	470	54	11	0	30	1080	23	6	8	13
Spinach Salad - Entrée	820	640	73	14	0.5	40	1520	34	10	12	18
Spinach Salad - Side	400	310	36	7	0	20	680	14	3	6	8
<i>Chefs Featured Soups</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Clam Chowder New England - Bowl	220	150	18	11	0	65	600	16	1	3	4
Clam Chowder New England - Cup	110	80	9	5	0	30	300	8	0	1	2
Clam Chowder Manhattan - Bowl	130	40	4.5	1.5	0	15	1120	14	2	4	9
Clam Chowder Manhattan - Cup	70	20	2.5	0.5	0	10	560	7	1	2	5
Creamy Chicken & Potato - Bowl	350	210	25	10	0	75	2340	28	2	4	9
Creamy Chicken & Potato - Cup	170	110	12	5	0	35	1170	14	1	2	4
Italian Wedding - Bowl	390	190	21	7	0.5	80	1530	34	4	5	18
Italian Wedding - Cup	200	90	10	3.5	0	40	770	17	2	3	9
Minestrone - Bowl	190	90	10	6	0	25	1310	16	2	5	8

<i>Chefs Featured Soups</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Minestrone - Cup	90	45	5	3	0	10	650	8	1	2	4
Tuscan Chicken Sausage Soup - Bowl	200	80	9	2	0	40	1170	18	2	3	12
Tuscan Chicken Sausage Soup - Cup	100	40	4.5	1	0	20	590	9	1	1	6
<i>Classic Pasta</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fettuccine Alfredo	1430	690	79	40	1.5	215	4310	133	9	13	57
Four-Cheese Ravioli	1050	610	69	36	1.5	245	2070	66	4	10	48
Mom's Lasagna	1040	590	66	33	2	235	3370	55	4	21	61
Spaghetti & Meatball w/Marinara Sauce	1160	400	45	12	1	130	2980	147	9	22	47
Spaghetti & Meatball w/Meat Sauce	1250	420	47	14	1.5	175	3310	148	11	22	61
Spaghetti w/Marinara	840	230	26	2.5	0	0	2220	133	8	21	23
Spaghetti w/Meat Sauce	930	250	28	5	1	45	2540	134	10	22	37
Taylor Street Baked Ziti	1400	670	76	27	1	145	3980	128	9	16	55
Substitute GF Penne Pasta	570	110	13	0.5	0	0	690	105	1	1	8
Substitute Whole Wheat Penne Pasta	690	150	16	1	0	0	830	114	15	3	23
<i>Specialty Pastas</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Braised Beef al Forno	1760	1030	116	41	2	250	2990	132	7	15	57
Chicken & Spinach Manicotti	1020	570	64	36	1.5	380	2110	41	3	11	77
Eggplant Parmesan	980	390	45	9	0	80	3130	120	13	22	29
Gnocchi & Italian Sausage	1540	810	90	41	1.5	265	5180	101	9	6	66
Mediterranean Spaghetti	860	240	27	2	0	0	3050	135	10	16	24
Mushroom Ravioli al Forno	780	400	46	27	0.5	180	2400	69	5	13	30
Orecchiette Chicken Pesto	1560	740	84	22	1	200	2660	130	10	20	78
Our Famous Rigatoni "D"	1610	820	92	45	2.5	350	2550	127	7	19	71
Rigatoni Arrabbiata w/Chicken	1250	580	65	19	1	170	2150	119	8	13	54
Rigatoni Arrabbiata w/Sausage	1460	800	89	30	1	160	2890	122	7	15	47
<i>Chicken</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Francese	1030	520	59	24	1	350	1700	57	7	6	74
Chicken Francese (LT)	790	330	37	14	0.5	325	1240	48	4	4	71
Chicken Marsala	1150	580	66	29	1.5	280	1780	71	5	11	66
Chicken Marsala (LT)	670	230	26	11	0.5	220	880	46	4	8	59
Chicken Parmesan	1290	520	59	13	0	205	3070	116	11	22	80
Chicken Parmesan (LT)	690	220	25	8	0	235	1330	47	6	6	70

<i>Chicken</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Piccata	1180	620	71	27	1	245	2350	75	7	5	70
Chicken Piccata (LT)	650	220	25	9	0	185	1330	49	6	2	63
Chicken Saltimbocca	1170	600	68	27	1.5	305	2060	65	4	7	81
<i>Seafood</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chef KB's Lobster Carbonara	1590	800	91	41	1.5	860	3910	137	8	15	64
Grilled Salmon Lemon & Herb	800	580	66	24	1	185	1400	9	3	2	47
Jumbo Lump Crab Cakes	1150	920	102	17	1	230	2620	28	4	10	32
Jumbo Lump Crab Cakes (L)	790	620	69	11	0.5	155	1790	20	4	8	22
Linguine & Clams w/Red Sauce	1480	590	68	17	1	175	2740	137	7	6	74
Linguine & Clams w/White Sauce	1600	750	88	24	1.5	200	2170	130	5	6	73
Linguine di Mare	1350	380	43	10	0	620	3760	135	7	6	102
Parmesan-Crusted Tilapia	700	370	42	14	0	165	3710	23	3	3	61
Salmon Oscar	1160	760	86	31	1	320	1730	24	6	8	77
Shrimp Fra Diavolo	820	230	26	9	0	525	3340	77	7	3	72
Shrimp Fra Diavolo (LT)	410	120	13	4.5	0	265	1670	38	4	1	36
Shrimp Scampi	1270	660	76	23	1	545	3660	85	6	11	72
Shrimp Scampi (L)	920	480	55	16	1	290	2190	72	5	8	43
Tuscan Shrimp & Chicken	1860	880	100	45	2	615	4690	128	8	16	121
Twin Cold Water Lobster Tails **	970	780	88	51	3	535	740	3	1	1	44
<i>Steak & Veal</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Beef Tenderloin Medallions	910	500	57	30	1.5	245	1900	47	4	10	59
Braised Beef Contadina	1900	1140	127	50	2	410	3920	70	11	19	120
Center-Cut Filet Mignon	840	420	47	17	1	170	2030	48	8	6	60
Denver Steak	1080	630	71	35	2.5	250	2450	48	5	7	67
Filet Mignon & Asparagus Risotto	1030	630	73	29	1.5	160	2320	53	4	6	43
Make it Al Forno	500	390	44	27	1.5	120	1170	13	1	9	16
Make it Contadina Style	610	400	45	17	0	105	2190	25	6	13	28
Make it Oscar Style	530	350	40	22	1	190	1040	15	4	7	28
Prime Ribeye	1860	1330	149	67	5	250	1780	63	8	21	69
Surf & Turf **	1120	790	92	49	1	495	1700	10	1	4	70
Veal Marsala	1180	580	66	29	1.5	360	1840	73	7	12	72
Veal Marsala (LT)	700	230	26	11	0.5	295	940	47	6	9	65

<i>Steak & Veal</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Veal Parmesan	1690	700	79	19	1	415	4990	153	14	32	98
Veal Piccata	1200	580	66	24	1	340	2430	86	5	6	73
Veal Piccata (LT)	670	180	20	7	0	285	1410	60	4	3	66
Veal Porterhouse **	1570	960	111	30	0.5	310	2880	60	9	7	97
<i>Sides</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Vesuvio Potatoes	360	160	18	6	0	20	440	40	5	2	9
Fresh Grilled Asparagus	70	40	4.5	1.5	0	5	330	5	2	1	5
Garlic Mashed Potatoes	520	300	35	21	0.5	100	1010	48	3	4	9
Garlic Spinach	90	60	7	2.5	0	10	340	7	3	1	4
Roasted Garlic Broccoli	200	130	15	2	0	0	380	17	0	3	5
Spaghetti Aglio Olio	550	270	31	10	0.5	35	960	57	3	3	14
Spaghetti Marinara	430	120	14	1.5	0	0	1190	68	4	12	12
<i>Sandwiches</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<i>Served with Potatoes & a Pickle</i>											
Chicken Parmesan - Full	1290	610	68	16	0.5	135	2380	118	11	6	55
Chicken Parmesan - Half	830	380	43	11	0	75	1660	79	8	4	32
Honey Mustard Salmon Club - Full	1620	910	102	22	0.5	120	2680	114	14	15	65
Honey Mustard Salmon Club - Half	990	540	60	14	0	70	1810	78	9	9	37
Italian Grilled Cheese & Ham - Full	1370	740	83	35	1.5	170	2810	103	9	6	57
Italian Grilled Cheese & Ham - Half	870	450	50	20	1	95	1870	72	7	4	33
Meatball - Full	1990	1090	122	49	3	380	4100	129	12	7	97
Meatball - Half	1180	630	70	27	1.5	200	2520	85	9	5	53
<i>Desserts</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Crostada	1180	550	62	38	1.5	190	400	151	7	93	10
Apple Crostada (mini)	350	170	19	12	0.5	60	110	44	2	28	3
Chocolate Zuccotto Cake	1810	1030	115	61	1	365	840	177	13	120	21
Crème Brulee	730	440	51	27	0	520	80	69	1	62	9
Crème Brulee (mini)	240	150	18	10	0	185	30	19	0	17	3
Double Chocolate Brownie	970	460	51	30	1	210	250	128	9	100	13
Gigi's Butter Cake	1180	560	64	38	2	270	320	149	2	107	11
Gigi's Butter Cake (mini)	380	180	21	12	0.5	85	100	49	1	35	3
Kid's Ice Cream	130	70	7	4.5	0	30	40	15	0	13	2

<i>Desserts</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's Ice Cream w/Caramel	300	170	19	12	0	65	45	33	0	28	2
Kid's Ice Cream w/Fudge	280	170	19	12	0	60	110	29	1	24	2
Kid's Ice Cream w/Strawberries	160	70	7	4.5	0	30	40	23	1	20	2
NY Style Cheesecake	1020	620	70	41	1.5	290	650	90	3	64	15
NY Style Cheesecake (mini)	370	220	25	14	0.5	100	230	32	1	23	5
Spumoni	490	220	25	16	1	85	125	60	1	45	7
Tiramisu	830	440	50	30	1	235	85	74	2	47	10
Tiramisu (mini)	420	220	25	15	0	110	25	37	1	24	5
Vanilla Bean Ice Cream	390	200	22	14	0	85	125	45	0	38	6
Vera's Lemon Cookies (6 pc)	380	110	12	6	0	45	350	64	1	35	6
Vera's Lemon Cookies (3 pc) <i>Kids</i>	190	50	6	3	0	20	180	32	1	18	3
Zuccotto Bites (12 pc)	1260	560	62	37	1	120	660	172	5	130	12
Zuccotto Bites (3 pc)	320	140	16	9	0	30	160	43	1	33	3
<i>Kids</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breaded Chicken	720	380	43	18	0.5	160	1880	52	7	8	37
Cheese Flatbread	610	270	30	15	1	70	1150	56	5	5	30
Cheese Ravioli	430	200	23	10	0.5	85	1150	39	3	9	21
Giant Meatball Spaghetti	750	290	33	11	1	130	1950	82	6	12	35
Grilled Chicken	450	230	27	15	0.5	140	1130	28	4	3	30
Lasagna with Marinara	950	530	59	29	1.5	210	3130	54	4	20	55
Lasagna with Meat Sauce	1010	540	60	30	2	240	3350	54	5	20	64
Mac 'N Cheese a la Maggiano's	770	360	41	21	1	105	1510	71	3	7	32
Ziti Pasta w/Alfredo	590	240	28	12	0	65	910	71	3	7	18
Ziti Pasta w/Butter	590	300	33	17	1	70	440	62	3	3	11
Ziti w/Marinara	450	110	13	1.5	0	0	1070	72	4	10	13
Ziti w/Meat Sauce	490	120	14	2	0	20	1220	72	5	10	19
<i>Brunch</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Benedict - Crab Cake	1470	960	110	46	0	775	2530	79	8	7	47
Benedict - Smoked Ham	1270	780	90	44	0	720	2390	72	7	8	48
Benedict - Smoked Salmon & Spinach	1250	830	96	43	0	660	2100	69	8	4	35
Benedict - The Meatball	1530	960	110	51	1	785	3730	88	10	9	53

<i>Brunch</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Braised Beef & Hash - Excludes Choice of 2 Eggs	1170	790	88	22	1.5	180	1150	40	3	3	55
Chicken & Waffles	1060	460	53	17	0	245	2870	116	4	30	37
Crème Brulee French Toast - Excludes Choice of Side	780	150	17	9	0.5	165	420	146	6	60	11
Frittata - Italian Sausage	1370	930	104	30	1.5	820	1960	47	6	4	61
Frittata - Vegetable	1010	660	73	19	1	730	900	45	7	4	41
Italian American Breakfast - Excludes Choice of 3 Eggs	1300	710	79	25	0	200	3500	80	7	12	67
Kids Bacon & Eggs - Excludes Choice of 2 Eggs	510	270	30	10	0	35	730	45	7	5	17
Kids Buttermilk Pancakes	1000	420	48	27	0.5	155	500	138	2	46	8
Pancakes Buttermilk	1370	600	69	37	1	220	990	182	2	57	15
Pancakes Lemon Ricotta	1230	560	65	38	0	310	790	156	2	61	17
<i>Brunch Sides</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Vesuvio Potatoes	360	160	18	6	0	20	440	40	5	2	9
Egg Over-Easy (2)	270	210	25	12	0	415	600	1	0	1	13
Egg Over-Hard (2)	270	210	25	12	0	415	600	1	0	1	13
Egg Poached (2)	140	90	9	3	0	370	300	1	0	0	13
Egg Scrambled (2)	270	210	25	12	0	415	600	1	0	1	13
Egg Sunny Side-Up (2)	270	210	25	12	0	415	600	1	0	1	13
Italian Sausage	300	230	25	10	0	60	810	4	0	1	15
Bacon	280	210	24	9	0	35	570	2	0	1	16
Smoked Ham	270	110	12	4.5	0	100	1660	8	0	7	31
<i>Family Style Salads (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar	810	640	72	14	1.5	70	1160	23	7	6	20
Chopped Salad	1250	1030	114	18	1.5	60	2290	39	12	23	24
Italian Tossed Salad	700	550	62	8	1	15	1760	29	7	10	11
Maggianno's Salad	940	750	83	17	1.5	75	2170	25	6	16	24
<i>Family Style Starters (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calamari Fritte	700	420	47	8	0	395	1960	44	4	7	29
Crispy Pepperoni Risotto Bites	780	440	49	20	1	175	2200	56	4	8	30
Crispy Zucchini Fritte	1740	1200	133	24	1.5	55	2500	115	7	15	22
Mozzarella Marinara	2220	1290	144	66	3	605	5580	119	11	21	117
Sausage & Peppers	1040	780	88	33	0	195	2780	17	1	7	47

<i>Family Style Starters (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spinach & Artichoke Al Forno	1180	730	83	45	2.5	215	2410	71	9	12	46
Steamed Mussels - Diavolo Style	680	370	42	16	0.5	120	2320	40	4	2	39
Steamed Mussels - Tuscan Style	750	360	42	16	0	115	1950	54	7	8	42
Stuffed Mushrooms	810	630	71	29	0	75	1760	40	5	6	12
<i>Family Style Pastas (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Eggplant Parmesan	980	390	45	9	0	80	3130	120	13	22	29
Braised Beef al Forno	1760	1030	116	41	2	250	2990	132	7	15	57
Chicken & Spinach Manicotti	1360	750	85	47	2	505	2800	54	4	15	102
Fettuccine Alfredo	1430	690	79	40	1.5	215	4310	133	9	13	57
Four-Cheese Ravioli	1190	690	79	41	1.5	280	2360	76	5	12	55
Gnocchi & Italian Sausage	1540	810	90	41	1.5	265	5180	101	9	6	66
Linguine & Clams w/Red Sauce	1480	590	68	17	1	175	2740	137	7	6	74
Linguine & Clams w/White Sauce	1600	750	88	24	1.5	200	2170	130	5	6	73
Mediterranean Spaghetti	860	240	27	2	0	0	3050	135	10	16	24
Mom's Lasagna with Marinara	1040	590	66	33	2	235	3370	55	4	21	61
Mushroom Ravioli al Forno	890	460	53	31	0.5	205	2740	79	6	15	35
Orecchiette Chicken Pesto	1560	740	84	22	1	200	2660	130	10	20	78
Our Famous Rigatoni "D"	1430	690	79	40	1.5	215	4310	133	9	13	57
Rigatoni Arrabbiata w/Chicken	1250	580	65	19	1	170	2150	119	8	13	54
Rigatoni Arrabbiata w/Sausage	1460	800	89	30	1	160	2890	122	7	15	47
Shrimp Fra Diavolo	410	120	13	4.5	0	265	1670	38	4	1	36
Shrimp Scampi	920	480	55	16	1	290	2190	72	5	8	43
Spaghetti & Meatball w/Marinara	1160	400	45	12	1	130	2980	147	9	22	47
Spaghetti & Meatball w/Meat Sauce	1250	420	47	14	1.5	175	3310	148	11	22	61
Spaghetti w/Marinara	840	230	26	2.5	0	0	2220	133	8	21	23
Spaghetti w/Meat Sauce	930	250	28	5	1	45	2540	134	10	22	37
Taylor Street Baked Ziti	1400	670	76	27	1	145	3980	128	9	16	55
Tuscan Shrimp & Chicken	1860	880	100	45	2	615	4690	128	8	16	121
<i>Family Style Signature Cuts (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Braised Beef Contadina	2610	1540	172	69	3.5	665	4740	73	11	22	195
Chicken Marsala	1200	620	69	37	2	490	1640	29	5	16	105
Chicken Marsala (LT)	970	390	43	21	1	425	1640	29	5	16	104
Chicken Parmesan	1720	810	91	23	0.5	410	3770	97	13	21	135
Chicken Parmesan (LT)	1000	370	42	15	0	455	2540	32	9	10	128

<i>Family Style Signature Cuts (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Piccata	1060	510	57	25	0.5	390	2640	32	7	3	110
Chicken Piccata (LT)	920	370	41	17	0	360	2480	31	7	3	109
Chicken Saltimbocca	1250	650	72	34	1.5	535	2210	16	2	7	134
Grilled Salmon Lemon & Herb	800	580	66	24	1	185	1400	9	3	2	47
Parmesan-Crusted Tilapia	1390	750	84	28	0.5	330	7410	45	6	7	122
Veal Marsala	830	410	46	24	1.5	430	1170	21	5	11	77
Veal Marsala (LT)	680	260	29	14	0.5	385	1170	21	5	11	77
Veal Parmesan	1670	770	86	24	1.5	550	5050	114	12	27	114
Veal Piccata	740	280	32	14	0	390	1910	39	3	3	79
Veal Piccata (LT)	640	190	21	8	0	370	1750	36	2	3	77
<i>Family Style Desserts (Serves 4)</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Crostada	1180	550	62	38	1.5	190	400	151	7	93	10
Chocolate Zuccotto Bites	840	370	41	25	0.5	80	440	115	4	87	8
Chocolate Zuccotto Cake	1810	1030	115	61	1	365	840	177	13	120	21
Crème Brulee	730	440	51	27	0	520	80	69	1	62	9
Double Chocolate Brownie	970	460	51	30	1	210	250	128	9	100	13
Gigi's Butter Cake	1180	560	64	38	2	270	320	149	2	107	11
NY Style Cheesecake	1020	620	70	41	1.5	290	650	90	3	64	15
Spumoni	490	220	25	16	1	85	125	60	1	45	7
Tiramisu	830	440	50	30	1	235	85	74	2	47	10
Vera's Lemon Cookies	510	140	16	8	0	60	470	85	1	46	8
<i>Beverages - Non-Alcoholic</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fresh Roasted Lavazza Coffee	5	0	0	0	0	0	5	0	0	0	0
Harvey & Son's Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	5	0	0	0	0	0	10	2	0	0	0
Iced Tea - Peach	130	5	0	0	0	0	35	31	0	30	0
Iced Tea - Raspberry	140	5	0	0	0	0	30	34	0	33	0
Lavazza Cappuccino	45	20	2	1	0	5	35	4	0	3	2
Lavazza Espresso	5	0	0	0	0	0	10	1	0	0	0
Lemonade	170	0	0	0	0	0	25	44	0	43	0
Lemonade Raspberry	200	0	0	0	0	0	30	52	0	51	0
Soda - Barq's Root Beer	170	0	0	0	0	0	75	47	0	47	0
Soda - Coca Cola	150	0	0	0	0	0	45	41	0	41	0
Soda - Coke Zero	0	0	0	0	0	0	40	0	0	0	0

<i>Beverages - Non-Alcoholic</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soda - Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Soda - Dr Pepper	160	0	0	0	0	0	65	41	0	40	0
Soda - Sprite	150	0	0	0	0	0	70	40	0	40	0
Kids Milk Skim	90	0	0	0	0	5	110	13	0	13	9
Kids Milk Whole	160	80	8	5	0	25	110	12	0	12	8
Kids Barq's Root Beer	110	0	0	0	0	0	50	32	0	32	0
Kids Coca Cola	100	0	0	0	0	0	30	28	0	28	0
Kids Diet Coke	0	0	0	0	0	0	30	0	0	0	0
Kids Dr Pepper	110	0	0	0	0	0	45	28	0	27	0
Kids Minute Maid Lemonade	120	0	0	0	0	0	15	31	0	30	0
Kids Sprite	100	0	0	0	0	0	45	27	0	27	0
Kids Juice Pineapple	140	5	0	0	0	0	5	32	1	30	1
Kids Juice Cranberry	150	0	0	0	0	0	5	36	0	32	0
Kids Juice Tomato	50	0	0	0	0	0	720	11	2	7	2
Kids Juice Grapefruit	120	0	0	0	0	0	70	30	0	30	0
Kids Juice Orange	130	5	0	0	0	0	5	31	1	22	2
<i>Beverages - Cocktails & More</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	#N/A	#N/A
Aperol Spritzer (Glass)	210	0	0	0	0	0	15	23	1	21	0
Aperol Spritzer (Pitcher)	860	0	0	0	0	0	65	89	2	83	1
Bellini - Frozen Peach	230	5	0	0	0	0	30	37	0	36	0
Bellini - Frozen Swirl	190	0	0	0	0	0	20	25	0	24	0
Blackberry Bourbon Sour	260	0	0	0	0	0	0	28	1	24	0
Bloody Mary Bourbon	210	40	4.5	1.5	0	5	1390	14	3	4	3
Bloody Mary Vodka	160	15	1.5	1	0	5	2630	12	3	4	3
Cranberry Mulo Romano	180	0	0	0	0	0	0	13	0	11	0
Italian Peach Rita	210	0	0	0	0	0	10	28	0	26	0
Italian Tea	270	0	0	0	0	0	0	26	0	26	0
Lorenzo's Long Island	250	0	0	0	0	0	5	23	0	22	0
Moscato Mojito	190	0	0	0	0	0	0	23	0	20	0
Mimosa (Glass)	130	0	0	0	0	0	10	7	0	4	0
Mimosa (Pitcher)	730	0	0	0	0	0	55	52	0	37	1
Citrus Mule	200	0	0	0	0	0	0	18	0	17	0
Negroni	230	0	0	0	0	0	5	11	0	11	0
Old Fashioned	190	0	0	0	0	0	0	7	0	7	0

<i>Beverages - Cocktails & More</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	#N/A	#N/A
Perfect G+T	100	0	0	0	0	0	25	18	0	18	0
Pomegranate Cocktail	270	0	0	0	0	0	0	29	0	28	0
Primo Margarita	200	0	0	0	0	0	960	27	0	25	0
Ruby Red Peach Cooler (Glass)	340	5	0.5	0	0	0	25	58	3	44	1
Ruby Red Peach Cooler (Pitcher)	1370	20	2	0	0	0	100	232	11	175	5
Sangria - Italian Red (Pitcher)	690	0	0	0	0	0	40	91	0	78	0
Sangria - Italian White (Pitcher)	780	0	0	0	0	0	70	97	3	94	1
Sangria - Italian Red (Glass)	230	0	0	0	0	0	15	30	0	26	0
Sangria - Italian White (Glass)	260	0	0	0	0	0	25	32	1	31	0
Sangria - Seasonal (Glass)	260	0	0	0	0	0	5	27	0	25	0
Sangria - Seasonal (Pitcher)	1070	0	0	0	0	0	20	116	2	102	1
Sangria - Sparkling (Glass)	180	0	0	0	0	0	15	26	1	25	0
Sangria - Sparkling (Pitcher)	740	5	0	0	0	0	55	102	3	98	1
Spiced Rum Sour	180	0	0	0	0	0	0	21	0	20	0
Signature Barrel Aged Cocktail	150	0	0	0	0	0	0	8	0	8	0
<i>Beverages - Beer</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bottle Birra Moretti 12 oz	140	0	0	0	0	0	10	12	0	12	2
Bottle Angry Orchard 12 oz	190	0	0	0	0	0	20	25	0	20	0
Bottle Bud Light 12 oz	110	0	0	0	0	0	0	7	0	0	1
Bottle Coors Light 12 oz	100	0	0	0	0	0	10	5	0	0	0
Bottle Guinness 12 oz	120	0	0	0	0	0	5	8	0	0	1
Bottle Miller Lite 12 oz	100	0	0	0	0	0	5	3	0	0	0
Bottle Red Bridge GF 12 oz	130	0	0	0	0	0	0	14	0	0	0
Draft Bud Light 14 oz	130	0	0	0	0	0	0	8	0	0	1
Draft Goose Island IPA 14 oz	250	0	0	0	0	0	0	27	0	0	0
Draft Miller Light 14 oz	110	0	0	0	0	0	0	4	0	0	0
Draft Peroni 14 oz	170	0	0	0	0	0	0	13	0	0	1
Draft Stella Artois 14 oz	180	0	0	0	0	0	0	15	0	0	1
<i>Beverages - Wine</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Dessert wine - Half Bottle	600	0	0	0	0	0	35	51	0	29	1
Dessert Wine -6 oz	280	0	0	0	0	0	15	24	0	14	0
Red Wine - 6 oz	150	0	0	0	0	0	5	5	0	1	0
Red Wine - 9 oz	220	0	0	0	0	0	10	7	0	2	0
Red Wine - Bottle	630	0	0	0	0	0	30	19	0	5	1

<i>Beverages - Wine</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
White Wine - 6 oz	140	0	0	0	0	0	10	4	0	2	0
White Wine - 9 oz	210	0	0	0	0	0	15	7	0	2	0
White Wine - Bottle	590	0	0	0	0	0	35	19	0	7	1
<i>Beverages -After Dinner Drinks & Port</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brandy Alexander	210	30	3	2	0	10	20	14	0	13	1
Chocolate Martini	310	50	6	3.5	0	20	35	19	0	16	1
Irish Cream Coffee	200	110	13	4	0	25	0	12	0	2	2
Nuttii Italian Coffee	110	30	3	0	0	0	0	10	0	5	1
Port (3 oz)	140	0	0	0	0	0	10	12	0	7	0
Sicilian Coffee	120	0	0	0	0	0	0	17	0	17	0
White Russian	210	30	3	2	0	10	20	16	0	16	1
Delivery Menu Party Pans (PP): small pans serve approximately 8; large pans serve approximately 16											
<i>PP Starters</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asiago Crusted Shrimp (12 pc)	590	280	31	7	0	360	1560	32	3	1	46
Classic Tomato Bruschetta - Large Pan	3870	2190	256	71	3.5	210	7430	331	25	80	84
Classic Tomato Bruschetta - Small Pan	1930	1100	128	36	2	105	3710	166	12	40	42
Crispy Pepperoni Risotto Bites	1560	880	98	40	2	355	4400	112	7	17	61
Mini Crab Cakes (12 pc)	1340	960	107	17	0	360	3770	43	7	12	55
Mini Meatballs (12 pc)	830	450	50	21	1.5	285	2630	46	5	12	54
Sausage & Peppers - Large Pan	6210	4710	527	196	2.5	1180	16650	100	5	44	280
Sausage & Peppers - Small Pan	3110	2350	264	98	1.5	590	8330	50	2	22	140
Spinach & Artichoke Al Forno - Large Pan	7100	4400	501	269	14	1305	14450	429	55	74	273
Spinach & Artichoke Al Forno - Small Pan	3550	2200	250	134	7	650	7220	214	28	37	137
Stuffed Mushrooms - Large Pan	3660	2820	320	129	1.5	335	7920	181	22	29	53
Stuffed Mushrooms - Small Pan	1830	1410	160	64	0.5	165	3960	91	11	14	27
Tomato Caprese - Large Pan	2300	1670	189	66	4	360	7810	71	11	40	100
Tomato Caprese - Small Pan	1150	830	95	33	2	180	3900	35	5	20	50
<i>PP Salads</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Caesar Salad - Large Pan	5910	4890	549	95	9	515	7810	143	43	37	128
Caesar Salad - Small Pan	2950	2450	274	48	4.5	255	3910	72	22	19	64
Chopped Salad - Large Pan	7520	6170	686	109	10	370	13770	233	74	139	142
Chopped Salad - Small Pan	3760	3080	343	55	5	185	6880	117	37	69	71
Grilled Chicken Caprese Salad - Large Pan	6670	4790	551	93	5	765	10410	221	36	130	249
Grilled Chicken Caprese Salad - Small Pan	3330	2400	276	46	2.5	385	5200	110	18	65	124

<i>PP Salads</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Tossed - Large Pan	5110	4180	469	57	6	100	11600	180	42	65	69
Italian Tossed - Small Pan	2550	2090	234	28	3	50	5800	90	21	32	34
Maggiano's Salad - Large Pan	6800	5590	622	111	11	440	14780	174	36	117	144
Maggiano's Salad - Small Pan	3400	2790	311	55	5	220	7390	87	18	59	72
Spinach Salad - Large Pan	6480	5080	583	126	6	380	12450	239	61	91	146
Spinach Salad - Small Pan	3240	2540	291	63	3	190	6220	120	30	46	73
<i>PP Baked Pastas</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Braised Beef al Forno - Large Pan	14090	8230	929	329	17	1990	23940	1052	58	120	455
Braised Beef al Forno - Small Pan	7050	4120	464	164	8	995	11970	526	29	60	228
Chicken & Spinach Manicotti - Large Pan	8170	4530	511	285	11	3050	16850	325	27	90	613
Chicken & Spinach Manicotti - Small Pan	4090	2260	255	143	6	1525	8420	162	13	45	306
Fettuccine Alfredo - Large Pan	11470	5530	630	317	13	1725	34470	1063	74	100	459
Fettuccine Alfredo - Small Pan	5730	2760	315	159	6	865	17230	532	37	50	230
Four-Cheese Ravioli - Large Pan	6290	3640	414	216	9	1465	12430	398	24	61	289
Four-Cheese Ravioli - Small Pan	3140	1820	207	108	4.5	735	6210	199	12	31	145
Mediterranean Ziti - Large Pan	6360	1840	208	17	1.5	0	23760	983	74	120	174
Mediterranean Ziti - Small Pan	3180	920	104	8	0.5	0	11880	491	37	60	87
Mom's Lasagna - Large Pan	16850	9520	1071	511	28	3520	59480	961	87	408	940
Mom's Lasagna - Small Pan	8420	4760	535	255	14	1760	29740	481	43	204	470
Mushroom Ravioli al Forno - Large Pan	4680	2410	277	162	4	1070	14400	413	29	79	182
Mushroom Ravioli al Forno - Small Pan	2340	1210	139	81	2	535	7200	207	15	39	91
Orecchiette Chicken Pesto - Large Pan	12450	5950	672	173	9	1600	21260	1037	80	159	623
Orecchiette Chicken Pesto - Small Pan	6220	2970	336	87	4.5	800	10630	518	40	79	311
Our Famous Rigatoni "D" - Large Pan	12850	6580	733	364	22	2810	20420	1014	55	156	571
Our Famous Rigatoni "D" - Small Pan	6420	3290	366	182	11	1405	10210	507	27	78	285
Rigatoni Arrabbiata w/Chicken - Large Pan	10040	4600	519	155	6	1350	17170	952	63	106	435
Rigatoni Arrabbiata w/Chicken - Small Pan	5020	2300	259	77	3	675	8580	476	32	53	217
Rigatoni Arrabbiata w/Sausage - Large Pan	11670	6360	714	239	7	1275	23090	978	60	116	375
Rigatoni Arrabbiata w/Sausage - Small Pan	5830	3180	357	120	3.5	640	11550	489	30	58	188
Rigatoni w/ Alfredo Sauce - Large Pan	11840	6130	700	364	13	1990	20580	1004	73	108	470
Rigatoni w/ Alfredo Sauce - Small Pan	5920	3060	350	182	7	995	10290	502	36	54	235
Rigatoni w/ Marinara - Large Pan	6150	1700	196	20	1	0	17070	973	63	167	170
Rigatoni w/ Marinara - Small Pan	3070	850	98	10	0.5	0	8540	486	31	83	85
Rigatoni w/ Meat Sauce - Large Pan	6920	1890	210	38	6	355	19660	980	74	167	280

<i>PP Baked Pastas</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Rigatoni w/ Meat Sauce - Small Pan	3460	940	105	19	3	180	9830	490	37	84	140
Spaghetti & Meatball w/Marinara - Large Pan	9870	3510	399	100	7	1045	28340	1247	87	225	386
Spaghetti & Meatball w/Marinara - Small Pan	4940	1760	200	50	3.5	520	14170	624	44	112	193
Spaghetti & Meatball w/Meat Sauce - Large Pan	10940	3770	419	124	14	1540	31930	1258	103	226	539
Spaghetti & Meatball w/Meat Sauce - Small Pan	5470	1890	209	62	7	770	15970	629	51	113	269
Spaghetti w/Marinara - Large Pan	7290	2130	246	27	1.5	0	22210	1135	78	220	198
Spaghetti w/Marinara - Small Pan	3650	1070	123	13	0.5	0	11110	568	39	110	99
Spaghetti w/Meat Sauce - Large Pan	8360	2390	266	51	8	495	25800	1146	94	221	351
Spaghetti w/Meat Sauce - Small Pan	4180	1200	133	25	4	250	12900	573	47	110	176
Taylor Street Baked Ziti - Large Pan	11160	5400	605	218	7	1180	31810	1022	73	129	441
Taylor Street Baked Ziti - Small Pan	5580	2700	303	109	3.5	590	15900	511	36	64	220
Tuscan Shrimp & Chicken - Large Pan	14900	7080	800	360	15	4930	37520	1022	66	125	966
Tuscan Shrimp & Chicken - Small Pan	7450	3540	400	180	7	2465	18760	511	33	63	483
<i>PP Chicken, Fish, Veal & Steak</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Eggplant Parmesan - Large Pan	9680	4890	558	133	4	1220	42340	968	153	348	293
Eggplant Parmesan - Small Pan	4840	2450	279	67	2	610	21170	484	77	174	146
Beef Medallions - Large Pan	5540	2900	328	149	8	1825	12180	119	13	72	559
Beef Medallions - Small Pan	2770	1450	164	75	4	915	6090	59	7	36	280
Chicken Francese - Large Pan	6100	3260	366	162	7	3000	11360	146	17	35	583
Chicken Francese - Small Pan	3050	1630	183	81	3.5	1500	5680	73	9	18	292
Chicken Francese (LT) - Large Pan	5470	2630	295	123	5	2865	10610	143	17	34	583
Chicken Francese (LT) - Small Pan	2730	1320	148	62	2.5	1435	5300	71	9	17	291
Chicken Marsala - Large Pan	5400	2770	312	166	10	2215	7400	131	21	71	471
Chicken Marsala - Small Pan	2700	1390	156	83	5	1105	3700	66	11	35	236
Chicken Marsala (LT) - Large Pan	4370	1740	195	93	5	1905	7380	131	21	71	470
Chicken Marsala (LT) - Small Pan	2180	870	98	47	2.5	950	3690	66	11	35	235
Chicken Parmesan - Large Pan	8350	3970	448	111	2.5	1855	21430	506	69	141	621
Chicken Parmesan - Small Pan	4180	1980	224	56	1	930	10720	253	34	70	311
Chicken Parmesan (LT) - Large Pan	4870	1800	202	69	2	2045	15950	194	54	47	586
Chicken Parmesan (LT) - Small Pan	2440	900	101	35	1	1020	7970	97	27	23	293
Chicken Piccata - Large Pan	4760	2280	256	115	3	1760	11890	144	30	13	493
Chicken Piccata - Small Pan	2380	1140	128	57	1.5	880	5950	72	15	7	246
Chicken Piccata (LT) - Large Pan	4120	1650	185	76	1.5	1625	11140	141	30	12	492
Chicken Piccata (LT) - Small Pan	2060	830	93	38	0.5	810	5570	71	15	6	246

<i>PP Chicken, Fish, Veal & Steak</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Saltimbocca - Large Pan	5600	2910	325	152	7	2410	9960	73	9	31	603
Chicken Saltimbocca - Small Pan	2800	1450	162	76	3.5	1205	4980	36	5	15	301
Grilled Salmon Lemon & Herb - Large Pan	6360	4660	527	193	10	1500	11190	68	22	15	375
Grilled Salmon Lemon & Herb - Small Pan	3180	2330	264	97	5	750	5600	34	11	8	188
Veal Marsala - Large Pan	3760	1840	207	110	6	1940	5300	96	24	51	349
Veal Marsala - Small Pan	1880	920	104	55	3	970	2650	48	12	26	174
Veal Marsala (LT) - Large Pan	3070	1150	129	62	3	1735	5280	95	24	51	348
Veal Marsala (LT) - Small Pan	1540	580	65	31	1.5	865	2640	48	12	25	174
Veal Parmesan - Large Pan	8140	3810	428	112	6	2475	27280	581	68	169	528
Veal Parmesan - Small Pan	4070	1900	214	56	3	1240	13640	290	34	84	264
Veal Piccata - Large Pan	3350	1290	145	63	2	1755	8600	174	14	15	357
Veal Piccata - Small Pan	1680	640	72	31	1	880	4300	87	7	7	178
Veal Piccata (LT) - Large Pan	2870	860	97	37	1	1665	7910	162	8	13	348
Veal Piccata (LT) - Small Pan	1430	430	48	18	0	830	3960	81	4	6	174
<i>PP Sides</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Vesuvio Potatoes - Small Pan	2140	960	109	35	1.5	110	2640	242	33	12	53
Fresh Grilled Asparagus - Small Pan	660	370	41	13	1	45	3000	45	20	13	44
Garlic Mashed Potatoes - Small Pan	2490	1460	169	100	3.5	485	4840	233	16	20	43
Garlic Spinach - Small Pan	740	500	58	20	1	65	2720	52	27	9	29
Roasted Garlic Broccoli - Small Pan	1200	760	91	13	0	0	2310	103	0	15	30
<i>PP Desserts & Drinks</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Crostada (mini) (12 pc)	3720	1750	197	122	6	600	1200	474	23	288	25
Cheesecake (mini) (12 pc)	3750	2140	238	135	8	980	2780	342	11	249	62
Chocolate Zuccotto Bites (12 pc)	1260	560	62	37	1	120	660	172	5	130	12
Cookies Chocolate Chunk (12 pc)	2970	1260	140	85	3	355	1860	425	19	254	34
Cookies Cinnamon Sugar (12 pc)	2360	1020	113	58	1	175	2170	316	6	173	21
Cookies Triple Chocolate Fudge (12 pc)	2000	840	93	44	0.5	100	1270	283	9	172	21
Cookies White Chocolate Macadamia Nut (12 pc)	2530	1260	140	73	1	145	1560	294	7	181	26
Crème Brulee (mini) (12 pc)	2870	1860	217	116	2	2220	330	232	0	206	38
Tiramisu - Large Pan	12160	6300	712	427	16	3505	850	1073	28	666	155
Tiramisu - Small Pan	6080	3150	356	213	8	1755	430	537	14	333	77
Vera's Lemon Cookies (12 pc)	770	210	24	12	0	90	710	128	2	69	11
Whole Cheesecake	9630	5370	598	354	21	2690	7780	892	29	645	176
Whole Zuccotto Cake	13200	7410	823	430	7	2630	6440	1286	98	856	163

<i>PP Desserts & Drinks</i>	Cals	Fat Cal	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced Tea - 1 Gallon	40	0	0	0	0	0	115	11	0	0	0
Iced Tea Peach - 1 Gallon	1320	25	3	0	0	0	360	323	0	313	0
Iced Tea Raspberry - 1 Gallon	1460	25	3	0	0	0	310	358	0	348	0
Lemonade - 1 Gallon	1760	0	0	0	0	0	240	464	0	448	0
Lemonade Raspeberry - 1 Gallon	2130	5	1	0	0	0	300	555	0	539	0
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Soda Can - Coke	140	0	0	0	0	0	45	39	0	39	0
Soda Can - Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Soda Can - Sprite	140	0	0	0	0	0	65	38	0	38	0

Cals...Calories	Chol...Cholesterol	Mg...milligrams
Fat Cal...Calories from Fat	Sod...Sodium	G...grams
Sat Fat (g)...Saturated Fat	Carbs...Carbohydrates	
Trans...Trans Fat		

The nutritional analysis is comprised of data from an independent testing facility commissioned by Maggiano's, combined with nutrient data from Maggiano's suppliers, the United States Department of Agriculture and nutrient database analysis of Maggiano's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Maggiano's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredient information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Maggiano's products.