



# NUTRITIONAL FACTS

| ANTIPASTI                       | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|---------------------------------|--------------------|----------------------|----------------|----------------------|
| Mac & Cheese Bites, Truffle Dip | 920                | 25                   | 1190           | 44                   |
| Baked Prosciutto & Mozzarella   | 610                | 19                   | 1430           | 35                   |
| Spicy Ricotta Meatballs         | 440                | 13                   | 1180           | 14                   |
| Bruschetta                      | 620                | 7                    | 1810           | 62                   |
| Zucchini Fritti                 | 500                | 6                    | 330            | 31                   |
| Goat Cheese Peppadew Peppers    | 350                | 6                    | 710            | 55                   |
| Baked Mozzarella Fonduta        | 1160               | 37                   | 2880           | 69                   |
| Calamari Fritti                 | 760                | 9                    | 700            | 33                   |
| Brick-Oven Olives               | 280                | 5                    | 960            | 11                   |
| Stuffed Mushrooms               | 390                | 10                   | 270            | 19                   |
| Crispy Fresh Mozzarella         | 820                | 16                   | 210            | 17                   |
| <b>Soups</b>                    |                    |                      |                |                      |
| Pomodorina Soup                 | 170                | 3                    | 950            | 12                   |
| Clam Chowder                    | 360                | 19                   | 1110           | 14                   |
| Lentil                          | 190                | 5                    | 0              | 19                   |
| Minestrone                      | 160                | 0                    | 1040           | 28                   |
| Roasted Mushroom                | 180                | 5                    | 1160           | 19                   |

| SALADS                       | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------------------|--------------------|----------------------|----------------|----------------------|
| Parmesan-Crusted Chicken     | 870                | 9                    | 800            | 73                   |
| Caprese                      | 720                | 27                   | 830            | 10                   |
| Entrée Caesar                | 280                | 5                    | 510            | 13                   |
| Entrée Caesar w/Chicken      | 650                | 11                   | 1110           | 16                   |
| Entrée Caesar w/Shrimp       | 550                | 11                   | 1750           | 16                   |
| Chicken Florentine           | 880                | 9                    | 2010           | 55                   |
| Entrée Bibb & Bleu           | 480                | 11                   | 1070           | 17                   |
| Entrée Bibb & Bleu w/Chicken | 660                | 12                   | 1500           | 19                   |
| Entrée Bibb & Bleu w/Shrimp  | 550                | 11                   | 1890           | 18                   |
| Warm Spinach & Shrimp        | 370                | 5                    | 1990           | 14                   |
| Warm Spinach & Scallops      | 490                | 6                    | 1270           | 15                   |
| Side Bibb & Bleu             | 250                | 6                    | 560            | 9                    |
| Side Caesar Salad            | 240                | 5                    | 470            | 8                    |
| Side Florentine Salad        | 300                | 3                    | 780            | 22                   |
| Side Fresh Greens Salad      | 190                | 2                    | 190            | 11                   |

## FATBREADS

|                  | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------|--------------------|----------------------|----------------|----------------------|
| Farmhouse        | 1370               | 25                   | 2550           | 147                  |
| Margherita       | 1280               | 23                   | 2490           | 148                  |
| Pesto Primavera  | 1210               | 17                   | 2030           | 149                  |
| Smashed Meatball | 1420               | 28                   | 2970           | 149                  |

## CHICKEN

|                       | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|-----------------------|--------------------|----------------------|----------------|----------------------|
| Chicken Marsala       | 790                | 10                   | 1010           | 61                   |
| Pollo Caprese         | 720                | 11                   | 1250           | 40                   |
| Chicken Under a Brick | 1590               | 31                   | 2040           | 20                   |
| Chicken Scaloppine    | 1110               | 37                   | 1620           | 51                   |
| Chicken Milanese      | 1410               | 33                   | 1850           | 80                   |

## CARNE

|                    | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|--------------------|--------------------|----------------------|----------------|----------------------|
| Calabrese Steak    | 1650               | 23                   | 1820           | 41                   |
| Cremini Pork Shank | 1800               | 43                   | 3700           | 43                   |
| Chianti Pork Chop  | 960                | 9                    | 2610           | 38                   |
| Veal Valdostana    | 1260               | 22                   | 2040           | 25                   |

## FISH

|                        | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------------|--------------------|----------------------|----------------|----------------------|
| Grilled Salmon         | 1030               | 24                   | 960            | 53                   |
| Parmesan-Crusted Sole  | 1330               | 41                   | 1200           | 94                   |
| Mediterranean Branzino | 900                | 17                   | 940            | 58                   |

## CLASSICS

|                                                 | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|-------------------------------------------------|--------------------|----------------------|----------------|----------------------|
| Chicken Parmesan                                | 1610               | 17                   | 1890           | 120                  |
| Eggplant Parmesan                               | 1340               | 16                   | 1520           | 103                  |
| Mom's Ricotta Meatballs & Spaghetti w/Pomodoro  | 970                | 17                   | 2260           | 79                   |
| Mom's Ricotta Meatballs & Spaghetti w/Bolognese | 1130               | 22                   | 2910           | 83                   |
| Italian Sausage & Potatoes                      | 520                | 5                    | 800            | 27                   |
| Lasagna Bolognese                               | 1110               | 31                   | 2740           | 69                   |
| Fettuccine Alfredo                              | 1040               | 36                   | 1630           | 86                   |
| Fettuccine Alfredo w/Chicken                    | 1280               | 38                   | 2270           | 89                   |
| Fettuccine Alfredo w/Shrimp                     | 1190               | 37                   | 2090           | 86                   |
| Classic Italian Bake                            | 1480               | 38                   | 4890           | 38                   |

## PASTA

|                                          | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------------------------------|--------------------|----------------------|----------------|----------------------|
| Butternut Asiago Tortellaci              | 980                | 36                   | 2280           | 64                   |
| Cannelloni Bolognese                     | 930                | 38                   | 1960           | 39                   |
| Mushroom Ravioli                         | 930                | 30                   | 970            | 53                   |
| Lobster Ravioli                          | 600                | 21                   | 1490           | 36                   |
| <b>Bronze-Cut Imported Italian Pasta</b> |                    |                      |                |                      |
| Shrimp Portofino                         | 1120               | 36                   | 1700           | 71                   |
| Pasta Milano                             | 840                | 13                   | 1550           | 89                   |
| Carmela's Chicken                        | 1030               | 25                   | 1090           | 82                   |
| Mama's Trio                              | 2040               | 53                   | 4160           | 123                  |
| Penne Rustica                            | 930                | 16                   | 2360           | 78                   |
| Create Your Own Pasta                    |                    |                      |                |                      |
| Pasta di Mare                            | 960                | 11                   | 2350           | 79                   |

## DOLCE

|                           | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|---------------------------|--------------------|----------------------|----------------|----------------------|
| Tiramisu                  | 600                | 24                   | 65             | 54                   |
| New York Style Cheesecake | 690                | 25                   | 420            | 70                   |
| Lemon Passion             | 740                | 25                   | 430            | 77                   |
| Sorbet (seasonal)         |                    |                      |                |                      |
| Gelato, Vanilla           | 310                | 10                   | 105            | 42                   |
| Gelato (seasonal)         |                    |                      |                |                      |
| Homemade Chocolate Cake   | 940                | 29                   | 570            | 101                  |

## CHILDREN

|                                        | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|----------------------------------------|--------------------|----------------------|----------------|----------------------|
| Caesar Salad                           | 130                | 2                    | 230            | 7                    |
| Fresh Greens Salad                     | 50                 | 1                    | 95             | 4                    |
| Chicken Tenders w/Broccolini           | 360                | 1                    | 300            | 47                   |
| Chicken Tenders w/Fries                | 600                | 4                    | 1660           | 88                   |
| Chicken Tenders w/Salad                | 370                | 0                    | 370            | 45                   |
| Pepperoni Pizza                        | 630                | 12                   | 1050           | 72                   |
| Fettuccine Alfredo                     | 470                | 14                   | 770            | 42                   |
| Grilled Chicken                        | 320                | 1                    | 610            | 39                   |
| Ravioli                                | 360                | 6                    | 790            | 40                   |
| Spaghetti w/Pomodoro Sauce             | 290                | 1                    | 470            | 43                   |
| Spaghetti w/Meat Sauce                 | 360                | 4                    | 790            | 45                   |
| Spaghetti & Meatballs w/Pomodoro Sauce | 460                | 7                    | 940            | 45                   |
| Macaroni & Cheese                      | 540                | 18                   | 1190           | 44                   |
| Double Macaroni & Cheese               | 1070               | 36                   | 2380           | 87                   |
| Gelato, Vanilla                        | 100                | 4                    | 30             | 15                   |

### 3 COURSE LUNCH

|                            | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|----------------------------|--------------------|----------------------|----------------|----------------------|
| Ravioli alla Vodka         | 690                | 18                   | 1190           | 60                   |
| Fettuccine Gorgonzola      | 320                | 17                   | 720            | 6                    |
| Penne Arrabbiata           | 430                | 24                   | 570            | 4                    |
| Sausage & Peppers Rigatoni | 830                | 18                   | 2150           | 23                   |

### ROMANO'S KITCHEN COUNTER LUNCH

|                                    | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------------------------|--------------------|----------------------|----------------|----------------------|
| Spaghetti Verdi                    | 720                | 10                   | 630            | 63                   |
| Sausage Rigatoni                   | 1130               | 34                   | 1380           | 68                   |
| Baked Ravioli                      | 640                | 14                   | 1330           | 59                   |
| Spaghetti Bolognese                | 630                | 7                    | 1470           | 75                   |
| Add Grilled Chicken                | 240                | 2                    | 640            | 3                    |
| Add Italian Sausage                | 150                | 1                    | 460            | 0                    |
| Add Shrimp                         | 120                | 1                    | 0              | 0                    |
| Chicken Milanese Panzanella        | 760                | 5                    | 1330           | 75                   |
| Mediterranean Orzo Salad           | 610                | 7                    | 660            | 42                   |
| Pronto Caesar Salad                | 510                | 11                   | 980            | 19                   |
| Add Salmon Croutons                | 450                | 5                    | 380            | 32                   |
| Add Chicken Tenders                | 300                | 1                    | 410            | 39                   |
| Chicken Parmesan Sandwich          | 770                | 11                   | 1500           | 90                   |
| Prosciutto Grilled Cheese Sandwich | 650                | 17                   | 1610           | 50                   |
| Italian Pulled Pork Sandwich       | 720                | 14                   | 810            | 62                   |
| Caprese Sandwich                   | 630                | 10                   | 1260           | 54                   |
| Pepperoni Calzonetto               | 1380               | 26                   | 1670           | 142                  |
| Chicken Caesar Calzonetto          | 1360               | 17                   | 3150           | 150                  |
| Margherita Calzonetto              | 1090               | 12                   | 2240           | 147                  |
| Braised Beef Calzonetto            | 1110               | 14                   | 1870           | 145                  |
| Chocolate Chip Cookies             | 300                | 7                    | 350            | 45                   |
| Tiramisu                           | 300                | 12                   | 35             | 27                   |
| Rosemary Peasant Bread             | 480                | 0                    | 1090           | 89                   |
| Side Caesar Salad                  | 240                | 5                    | 470            | 8                    |
| Side Fresh Greens Salad            | 190                | 2                    | 190            | 11                   |

## ROMANO'S KITCHEN COUNTER DINNER

|                                    | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|------------------------------------|--------------------|----------------------|----------------|----------------------|
| Winter Roasted Vegetables Penne    | 980                | 41                   | 1140           | 72                   |
| Brisket Folded Ravioli             | 950                | 15                   | 2160           | 93                   |
| Buffalo Chicken Spaghetti          | 1350               | 63                   | 3070           | 88                   |
| Brisket Rigatoni                   | 940                | 34                   | 1670           | 70                   |
| Chicken & Pork Belly Carbonara     | 1260               | 33                   | 1900           | 65                   |
| Chicken Pesto Farfalle             | 1170               | 41                   | 1720           | 72                   |
| Diavola Scaloppine                 | 560                | 6                    | 970            | 28                   |
| Chicken Milanese Panzanella-Dinner | 850                | 6                    | 2100           | 83                   |
| Pork Napoletana                    | 1020               | 37                   | 1220           | 65                   |
| Prosciutto & Chicken Penne         | 1080               | 25                   | 2420           | 77                   |

## FAMILY MEALS\*

|                            | Calories<br>(kcal) | Saturated Fat<br>(g) | Sodium<br>(mg) | Carbohydrates<br>(g) |
|----------------------------|--------------------|----------------------|----------------|----------------------|
| Caesar Salad               | 250                | 6                    | 470            | 6                    |
| Spaghetti w/Pomodoro Sauce | 320                | 2                    | 660            | 45                   |
| Spaghetti w/Meat Sauce     | 380                | 4                    | 920            | 46                   |
| Ricotta Meatballs          | 230                | 6                    | 740            | 6                    |
| Chicken Parmesan           | 1110               | 27                   | 1620           | 63                   |
| Eggplant Parmesan          | 1010               | 27                   | 1580           | 56                   |
| Pasta Milano               | 480                | 8                    | 900            | 54                   |
| Penne Rustica              | 530                | 10                   | 1360           | 46                   |

\* 1 Family Pack = 5 Servings. Nutritonals are for 1 serving.