

FRESH. SIMPLE. AUTHENTIC.

You can savor the great taste of delicious food and feel good afterwards.

That's what Italian Mediterranean cooking is all about. It features the finest ingredients like extra virgin olive oil, fresh lemon, seafood, lean meats, fresh herbs and colorful vegetables.

The flavors in these recipes are inspired by the vibrant way of life found along Italy's coast.

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NUTRITIONAL INFORMATION

FRESH ANTIPASTI

(Includes sauces and garnishes)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
MEDITERRANEAN OLIVES	140	2	1170	4
TOMATO BRUSCHETTA	560	6	1330	77
FRESH MOZZARELLA FRITTA	680	15	740	39
ROASTED VEGETABLES	330	3	440	32
MOZZARELLA ALLA CAPRESE	330	9	550	33
CALAMARI FRITTI	650	8	1880	42
SHRIMP & ARTICHOKE DIP	810	19	2130	64
GRAB-STUFFED MUSHROOMS	310	6	910	4
PROSCIUTTO e PARMIGIANO	470	12	1580	21
ROMANO'S SAMPLER	800	14	1470	50

NEAPOLITAN PIZZA

(Includes dressing)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
MARGHERITA	720	11	1490	95
ROASTED VEGETALI	800	13	1550	102
QUATTRO FORMAGGIO	950	20	1960	111
ITALIAN SAUSAGE	970	18	2430	95
PEPPERONI	920	17	2200	102
PROSCIUTTO e ARUGULA	900	15	2290	94

ZUPPA DELLA CASA & INSALATA

(Includes dressing)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
AMALFI CHICKEN SOUP	420	7	1380	45
PASTA e FAGIOLI SOUP	330	3	790	39
FRESH GREENS	320	5	300	20
CAESAR	260	4	480	14
WARM SPINACH SALAD	330	7	1810	21
CHICKEN CAESAR	650	9	1450	29
PARMESAN-CRUSTED CHICKEN	960	16	1990	49
SCALLOPS & SPINACH SALAD	360	4	1610	16

HANDCRAFTED PASTA

(Includes dressing)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
CAPELLINI POMODORO	390	2	980	55
SAUSAGE SALENTINO	900	14	1970	67
POLLO CAPRESE	550	5	1660	45
CHICKEN CANNELLONI	600	15	1410	42
POLLO LIMONE RUSTICA™	1000	24	2140	79
MUSHROOM RAVIOLI	790	19	990	70
PASTA MILANO	750	10	1730	93
CARMELA'S CHICKEN RIGATONI	1080	29	840	100
PENNE RUSTICA®	980	17	2830	94
SHRIMP PORTOFINO (L)	560	14	1050	37
SHRIMP PORTOFINO (D)	560	14	1190	37
SEAFOOD LINGUINE	650	4	1280	75
LOBSTER RAVIOLI	520	17	1220	32

CLASSICO

(Includes sides)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
SPAGHETTI BOLOGNESE	570	6	1480	72
EGGPLANT PARMIGIANA	800	14	1450	65
FETTUCCINE ALFREDO	780	27	1130	71
FETTUCCINE ALFREDO (with chicken)	910	28	1490	71
FETTUCCINE ALFREDO (with shrimp)	825	27	1690	71
SPAGHETTI & MEATBALLS (tomato sauce)	720	9	1900	85
SPAGHETTI & MEATBALLS (Bolognese sauce)	880	14	2400	87
LASAGNA AL FORNO	560	13	1480	43
CHICKEN PARMIGIANA	850	11	1780	76
CHICKEN MARSALA (L)	620	12	1410	46
CHICKEN MARSALA (D)	650	12	1790	49
CHICKEN SCALOPPINE (L)	740	17	2330	46
CHICKEN SCALOPPINE (D)	910	21	3030	59
PARMESAN-CRUSTED SOLE (L)	1190	30	2180	101
PARMESAN-CRUSTED SOLE (D)	1710	39	2830	131
MAMA'S TRIO	1280	28	3360	74

ROSEMARY SPIEDINI

(Includes sides)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
ITALIAN SAUSAGE	720	11	1960	43
GRILLED CHICKEN	360	2	1150	17
JUMBO SHRIMP	230	1	670	15
CENTER-CUT LAMB	500	5	750	29

GRILLED SPECIALTIES

(Includes sides)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
HONEY BALSAMIC CHICKEN (L)	540	3	2040	54
HONEY BALSAMIC CHICKEN (D)	640	3	2380	54
SIMPLE SALMON	420	5	770	6
GRILLED SALMON	750	8	1550	55
GRILLED PORK CHOPS	1380	39	4040	96
GRILLED HALIBUT	770	11	1100	58
CALABRESE STRIP	1130	21	810	47
BISTECCA FILET	640	8	810	46

CREATE YOUR OWN HANDCRAFTED PASTA

(Includes dressing)

	CAL	SAT FAT	SODIUM	CARBS
	(g)	(g)	(mg)	(g)
PASTA	390	0	260	79
SAUCES				
POMODORO (Tomato Basil)	160	2	580	11
ARRABBIATA (spicy red sauce)	180	2	650	14
BOLOGNESE (meat sauce)	320	6	1350	12
ROASTED GARLIC CREAM ALFREDO	360	13	1160	18
	610	31	960	9

TOPPINGS

ROASTED CHICKEN	130	1	360	0
SAUTÉED SHRIMP	45	0	560	0
ITALIAN SAUSAGE	330	8	1270	3
HANDMADE MEATBALLS	310	7	920	15
GRAPE TOMATOES	5	0	0	1
SUN-DRIED TOMATOES	60	0	420	11
FRESH BROCCOLI	10	0	10	1
FRESH MUSHROOMS	10	0	5	1
ROASTED GARLIC CLOVES	60	0	35	11
FRESH SPINACH	20	0	65	3

Cal = Calories
 Sat Fat = Saturated Fat (grams)
 Sodium = Sodium (milligrams)
 Carbs = Carbohydrates (grams)
 L = Lunch Portion
 D = Dinner Portion



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MEDITERRANEAN LUNCH

(Includes dressing, add any two)

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
FRESH GREENS	320	5	300	20
CAESAR	260	4	480	14
AMALFI CHICKEN SOUP	420	7	1380	45
PASTA e FAGIOLI SOUP	330	3	790	39
HALF GRILLED CHICKEN SANDWICH	335	4	840	31
HALF IMPORTED PROSCIUTTO SANDWICH	320	5	920	34

FRESH ITALIAN SANDWICHES

(Add choice of side)

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
GRILLED CHICKEN SANDWICH	670	8	1670	63
IMPORTED PROSCIUTTO SANDWICH	630	10	1840	68
FRESH GREENS CAESAR	160	3	150	10
	130	2	240	7

BEVANDE

SODAS

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
COCA-COLA®	180	0	51	15
DIET COKE®	0	0	0	10
DR PEPPER®	170	0	47	60

ITALIAN SODAS

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
RASPBERRY	120	0	31	55
MANGO	80	0	20	15
PEACH	120	0	31	55
BLACKBERRY	120	0	31	55

TEA

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
RASPBERRY TEA	80	0	20	15
MANGO TEA	80	0	20	15
PEACH TEA	80	0	20	15
BLACKBERRY MINT TEA	90	0	23	15

LEMONADE

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
MINUTE MADE® LEMONADE	190	0	53	65
RASPBERRY LEMONADE	310	0	85	85
STRAWBERRY LEMONADE	310	0	85	85

WATER

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
SAN PELLEGRINO® SPARKLING MINERAL WATER	0	0	0	10
ACQUA PANNA® NATURAL SPRING WATER	0	0	0	0

COFFEE

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
COFFEE	0	0	0	0
CAPPUCCINO (with biscotti)	110	3	12	75
CAPPUCCINO HAZELNUT FLAVORED (with biscotti)	150	3	21	75
CAPPUCCINO VANILLA FLAVORED (with biscotti)	160	3	25	75
ESPRESSO	0	0	0	30

ALCOHOLIC BEVERAGES

	CAL	SAT FAT (g)	SODIUM (mg)	CARBS (g)
WINE - 6 OZ.	150	0	5	10
REGULAR BEER - 12 OZ.	153	0	13	14
LIGHT BEER - 12 OZ.	103	0	6	14
DISTILLED SPIRITS (80 PROOF GIN, RUM, VODKA OR WHISKEY) - 1.5 OZ.	96	0	0	0

SIGNATURE DRINKS OR LIQUEURS WITH ADDED INGREDIENTS MAY INCREASE CALORIC CONTENT



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The Dietary Guidelines for Americans recommended limits for a 2,000 calorie diet are 20 grams of saturated fat (including trans fat) and 2,300 milligrams of sodium. Recommended limits may be higher or lower depending upon the daily calorie consumption.

The actual nutritional value of menu items may vary based on servings, overall size, quantities of ingredients and special orders.

The nutrition information provided is comprised of data from independent testing facilities commissioned by Romano's Macaroni Grill combined with results from ESHA Genesis Nutritional Software. This listing is updated periodically to reflect the current status of products. Additionally, no products are certified vegetarian.