



Macaroni Grill Allergen Information

At Macaroni Grill, a top priority is always the health and safety of our guests. As part of this ongoing commitment, we provide the most current allergen menu information available from our food suppliers on the eight most common allergens to help our guests with food allergies to make informed food selections. Below is a link to suggested menu items for Egg, Fish, Dairy, Peanuts, Shellfish, Soy, Tree Nuts, and Wheat/Gluten allergens.

Because this list expires on a MONTHLY basis, please be sure to contact us for an updated version. We hope that you are able to choose a meal to your liking and look forward to serving you soon.

[Macaroni Grill Egg Allergen Information](#)

[Macaroni Grill Fish Allergen Information](#)

[Macaroni Grill Dairy Allergen Information](#)

[Macaroni Grill Peanut Allergen Information](#)

[Macaroni Grill Shellfish Allergen Information](#)

[Macaroni Grill Soy Allergen Information](#)

[Macaroni Grill Tree Nut Allergen Information](#)

[Macaroni Grill Wheat and Gluten Allergen Information](#)

Valid only through
11/22/09



Suggested Beverage & Menu Options for EGG Allergies

We have prepared this suggested list of beverage and menu options based on the most current ingredient information from our food suppliers and their stated absence of egg within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives, Mozzarella alla Caprese,
Peasant Bread, Roasted Vegetables,
Shrimp & Artichoke Dip, Tomato Bruschetta

INSALATA: (INCLUDES DRESSINGS UNLESS OTHERWISE STATED)

Chicken Florentine – w/o Chicken & w/o Cheese,
Garden Salad – w/o Croutons & w/o Dressing,
Insalata Blu – w/o Chicken, Warm Spinach Salad,
Scallops & Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette,
Roasted Garlic Lemon Vinaigrette

SANDWICHES: (INCLUDES SANDWICH AND SAUCE ONLY)

Formaggio Melts

BRICK OVEN PIZZAS:

Pizza Margherita, Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Lobster Spaghetti,
Sausage Salentino, Seafood Linguine

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip, Grilled Chicken Spiedini,
Grilled Halibut, Grilled Pork Chops, Grilled Salmon,
Jumbo Shrimp Spiedini, Simple Salmon

CLASSICO ITALIAN:

Fettuccine Alfredo – w/ Shrimp ONLY,
Spaghetti & Bolognese Sauce – w/o Meatballs

SIDES:

Calabrese Potatoes, Grilled Asparagus,
Grilled Broccoli, Roasted Vegetables,
Spinach & Garlic

KID'S:

Fettuccine Alfredo, Macaroni 'n Cheese,
Mona Lisa's Masterpizza – Cheese or Pepperoni,
Spaghetti – Bolognese or Tomato Sauce – w/o Meatballs

CREATE YOUR OWN PASTA:

Choose from the following Sauces:

Alfredo Sauce, Arrabbiata Sauce,
Bolognese Sauce, Pomodoro Sauce,
Roasted Garlic Cream Sauce

Choose from the following Add-Ins:

Italian Sausage, Shrimp

DESSERT:

Italian Sorbetto – w/o Biscotti

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango,
Pomegranate & Sicilian Orange,
Draft & Bottle Beer, Red & White Wine

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Suggested Beverage & Menu Options for FISH Allergies

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ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Crab-Stuffed Mushrooms, Mediterranean Olives,
Mozzarella alla Caprese,
Peasant Bread, Roasted Vegetables,
Shrimp & Artichoke Dip, Tomato Bruschetta

INSALATA & SOUPS: (INCLUDES DRESSINGS & GARNISHES)

Chicken Florentine, Garden Salad,
Insalata Blu w/ Chicken,
Scallops & Spinach Salad, Warm Spinach Salad,
Chicken Toscana Soup, Tomato Basil Soup

SALAD DRESSINGS:

Balsamic Vinaigrette, Creamy Italian,
Fat Free Creamy Italian, Honey Mustard,
Peppercorn Ranch, Roasted Garlic Lemon Vinaigrette

SANDWICHES: (INCLUDES SANDWICH AND SAUCE ONLY)

Grilled Chicken & Artichoke, Formaggio Melts

BRICK OVEN PIZZAS:

BBQ Chicken Pizza, Pesto Chicken Pizza,
Pizza Margherita, Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Carmela's Chicken Rigatoni,
Pasta Milano, Penne Rustica, Pollo Caprese,
Pollo Limone Rustica,
Sausage Salentino, Shrimp Portofino

STUFFED PASTA:

Lobster Ravioli, Mushroom Ravioli

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip,
Grilled Chicken Spiedini, Jumbo Shrimp Spiedini

CLASSICO ITALIAN:

Chicken Cannelloni, Chicken Parmigiana,
Chicken Scaloppine, Eggplant Parmigiana,
Fettuccine Alfredo w/ Shrimp or Chicken,
Lasagna Al Forno, Mama's Trio,
Spaghetti & Meatballs – Bolognese or Tomato Sauce

SIDES:

Calabrese Potatoes, Grilled Asparagus,
Grilled Broccoli, Roasted Vegetables,
Spinach & Garlic

KID'S:

Fettuccine Alfredo, Garden Salad,
Grilled Chicken & Broccoli w/ Pasta,
Macaroni 'n Cheese,
Mona Lisa's Masterpizza – Cheese or Pepperoni,
Spaghetti w/ Meatball – Bolognese or Tomato Sauce

DESSERTS:

Amaretto Apple Crispetti, Italian Sorbetto,
Lemon Passion, N.Y. Cheesecake,
N.Y. Cheesecake w/ Caramel Fudge Sauce,
Original Tiramisu, Simple Lemon Pound Cake,
Smothered Chocolate Cake

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango,
Pomegranate & Sicilian Orange, Draft & Bottle Beer,
Red & White Wine

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Suggested Beverage & Menu Options for MILK Allergies

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ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives, Peasant Bread

INSALATA: (INCLUDES DRESSING UNLESS OTHERWISE STATED)

Garden Salad – **Only** Lettuce, Tomato, Olives & Red Onions,
Chicken Florentine – **w/o** Chicken & **w/o** Cheese

SALAD DRESSINGS:

Balsamic Vinaigrette, Honey Mustard,
Roasted Garlic Lemon Vinaigrette

HANDCRAFTED PASTA:

Capellini Pomodoro

MEDITERRANEAN GRILL:

Bistecca Filet – **w/o** Sides, Calabrese Steak – **w/o** Sides,
Grilled Chicken Spiedini – **w/o** Vegetables, Grilled Halibut – (Halibut Only),
Jumbo Shrimp Spiedini – **w/o** Vegetables, Simple Salmon

SIDES:

Grilled Asparagus, Spinach & Garlic

CREATE YOUR OWN PASTA:

Arrabbiata Sauce

Choose from the following Add-Ins:

Italian Sausage, Shrimp

DESSERT:

Italian Sorbetto – **w/o** Biscotti

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian Sodas: Blackberry, Mango, Pomegranate & Sicilian Orange,
Draft & Bottle Beer, Red & White Wine

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Suggested Beverage & Menu Options for PEANUT Allergies

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ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Crab-Stuffed Mushrooms, Mediterranean Olives,
Mozzarella alla Caprese, Peasant Bread, Roasted Vegetables,
Shrimp & Artichoke Dip, Tomato Bruschetta

INSALATA & SOUPS: (INCLUDES DRESSINGS & GARNISHES)

Caesar Salad, Chicken Caesar, Chicken Florentine,
Garden Salad, Scallops & Spinach Salad,
Warm Spinach Salad,
Chicken Toscana Soup, Tomato Basil Soup

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian,
Fat-Free Creamy Italian, Honey Mustard, Low-Fat Caesar,
Peppercorn Ranch, Roasted Garlic Lemon Vinaigrette

SANDWICHES: (INCLUDES SANDWICH AND SAUCE ONLY)

Brick Oven Meatball, Formaggio Melts,
Grilled Chicken & Artichoke

BRICK OVEN PIZZAS:

BBQ Chicken Pizza, Pesto Chicken Pizza,
Pizza Margherita, Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Carmela's Chicken Rigatoni,
Lobster Spaghetti, Pasta Milano, Penne Rustica,
Pollo Caprese, Pollo Limone Rustica, Sausage Salentino,
Seafood Linguine, Shrimp Portifino

STUFFED PASTA:

Lobster Ravioli, Mushroom Ravioli

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip, Grilled Chicken Spiedini,
Grilled Halibut, Grilled Pork Chops, Grilled Salmon,
Honey Balsamic Chicken, Jumbo Shrimp Spiedini, Simple Salmon

CLASSICO ITALIAN:

Chicken Cannelloni, Chicken Marsala, Chicken Parmigiana,
Chicken Scaloppine, Eggplant Parmigiana,
Fettuccine Alfredo w/ Shrimp or Chicken, Lasagna Al Forno,
Mama's Trio, Parmesan-Crusted Sole,
Spaghetti & Meatballs – Bolognese or Tomato Sauce

SIDES:

Calabrese Potatoes, Grilled Asparagus, Grilled Broccoli,
Roasted Vegetables, Spinach & Garlic

KID'S:

Fettuccine Alfredo, Grilled Chicken & Broccoli w/ Pasta,
Macaroni 'n Cheese,
Mona Lisa's Masterpizza – Cheese or Pepperoni,
Salad – Caesar or Garden,
Spaghetti w/ Meatball – Bolognese or Tomato Sauce

DESSERTS:

Italian Sorbetto, Lemon Passion

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango, Pomegranate
& Sicilian Orange, Draft & Bottle Beer, Red & White Wine

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Suggested Beverage & Menu Options for SHELLFISH Allergies

We have prepared this suggested list of beverage and menu options based on the most current ingredient information from our food suppliers and their stated absence of shellfish within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives, Mozzarella alla Caprese, Peasant Bread,
Roasted Vegetables, Tomato Bruschetta

INSALATA & SOUPS: (INCLUDES DRESSINGS & GARNISHES)

Caesar Salad, Chicken Caesar, Chicken Florentine,
Garden Salad, Insalata Blu w/ Chicken, Warm Spinach Salad,
Chicken Toscana Soup, Tomato Basil Soup

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Fat-Free Creamy Italian,
Honey Mustard, Low-Fat Caesar, Peppercorn Ranch,
Roasted Garlic Lemon Vinaigrette

SANDWICHES: (INCLUDES SANDWICH AND SAUCE ONLY)

Brick Oven Meatball, Formaggio Melts, Grilled Chicken & Artichoke

BRICK OVEN PIZZAS:

BBQ Chicken Pizza, Pesto Chicken Pizza,
Pizza Margherita, Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Carmela's Chicken Rigatoni, Pasta Milano,
Pollo Caprese, Pollo Limone Rustica, Sausage Salentino

STUFFED PASTA:

Mushroom Ravioli

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip, Grilled Chicken Spiedini,
Grilled Halibut, Grilled Pork Chops, Grilled Salmon,
Honey Balsamic Chicken, Simple Salmon

CLASSICO ITALIAN:

Chicken Cannelloni, Chicken Marsala,
Chicken Parmigiana, Chicken Scaloppine, Eggplant Parmigiana,
Fettuccine Alfredo w/ Chicken, Lasagna Al Forno,
Mama's Trio, Parmesan-Crusted Sole,
Spaghetti & Meatballs – Bolognese or Tomato Sauce

SIDES:

Calabrese Potatoes, Grilled Asparagus, Grilled Broccoli,
Roasted Vegetables, Spinach & Garlic

KID'S:

Fettuccine Alfredo, Grilled Chicken & Broccoli w/ Pasta,
Macaroni 'n Cheese,
Mona Lisa's Masterpizza – Cheese or Pepperoni,
Salad – Caesar or Garden,
Spaghetti w/ Meatball – Bolognese or Tomato Sauce

DESSERTS:

Amaretto Apple Crispetti, Italian Sorbetto,
Lemon Passion, N.Y. Cheesecake,
N.Y. Cheesecake w/ Caramel Fudge Sauce,
Original Tiramisu, Simple Lemon Pound Cake,
Smothered Chocolate Cake

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango,
Pomegranate & Sicilian Orange, Draft & Bottle Beer,
Red & White Wine

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Suggested Beverage & Menu Options for SOY Allergies

We have prepared this suggested list of beverage and menu options based on the most current ingredient information from our food suppliers and their stated absence of soy within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives w/o Peasant Bread, Mozzarella alla Caprese, Roasted Vegetables

INSALATA: (INCLUDES DRESSING UNLESS OTHERWISE STATED)

Garden Salad – w/o Croutons & w/o Dressing, Warm Spinach Salad – w/o Goat Cheese

SALAD DRESSINGS: Peppercorn Ranch

BRICK OVEN PIZZAS:

Pizza Margherita, Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Sausage Salentino

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Calabrese Strip, Grilled Chicken Spiedini, Grilled Halibut – (Halibut Only), Jumbo Shrimp Spiedini

CLASSICO ITALIAN:

Fettuccine Alfredo – w/o Chicken or Shrimp

SIDES:

Calabrese Potatoes, Grilled Asparagus, Roasted Vegetables, Spinach & Garlic

KID'S:

Fettuccini Alfredo, Macaroni 'n Cheese, Mona Lisa's Masterpizza – Cheese or Pepperoni, Spaghetti w/ Meatball - Tomato Sauce **ONLY**

CREATE YOUR OWN PASTA:

Choose from the following Sauces:

Arrabbiata Sauce, Pomodoro Sauce

Choose from the following Add-Ins:

Italian Sausage, Meatballs, Shrimp

DESSERTS:

Italian Sorbetto, Original Tiramisu

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper, Tea: Mango, Blackberry Mint, Peach & Raspberry, Italian & Italian Cream Sodas: Blackberry, Mango, Pomegranate & Sicilian Orange, Draft & Bottle Beer, Red & White Wine

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Suggested Beverage & Menu Options for TREE NUT Allergies

We have prepared this suggested list of beverage and menu options based on the most current ingredient information from our food suppliers and their stated absence of tree nuts within these items. Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Crab-Stuffed Mushrooms, Mediterranean Olives,
Mozzarella alla Caprese, Peasant Bread,
Roasted Vegetables, Shrimp & Artichoke Dip,
Tomato Bruschetta

INSALATA & SOUPS: (INCLUDES DRESSINGS & GARNISHES)

Caesar Salad, Chicken Caesar,
Garden Salad, Scallops & Spinach Salad,
Warm Spinach Salad, Chicken Toscana Soup,
Tomato Basil Soup

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian,
Fat-Free Creamy Italian, Honey Mustard, Low-Fat Caesar,
Peppercorn Ranch, Roasted Garlic Lemon Vinaigrette

SANDWICHES: (INCLUDES SANDWICH AND SAUCE ONLY)

Brick Oven Meatball, Formaggio Melts

BRICK OVEN PIZZAS:

BBQ Chicken Pizza, Pizza Margherita,
Sicilian Pizza

HANDCRAFTED PASTA:

Capellini Pomodoro, Carmela's Chicken Rigatoni,
Lobster Spaghetti, Pasta Milano, Penne Rustica,
Pollo Caprese, Pollo Limone Rustica,
Sausage Salentino, Seafood Linguine

STUFFED PASTA:

Lobster Ravioli, Mushroom Ravioli

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip, Grilled Pork Chops,
Grilled Salmon, Honey Balsamic Chicken,
Grilled Chicken Spiedini, Jumbo Shrimp Spiedini,
Simple Salmon

CLASSICO ITALIAN:

Chicken Cannelloni, Chicken Marsala,
Chicken Parmigiana, Chicken Scaloppine,
Eggplant Parmigiana,
Fettuccine Alfredo w/ Chicken or Shrimp,
Lasagna Al Forno, Mama's Trio,
Parmesan-Crusted Sole,
Spaghetti & Meatballs – Bolognese or Tomato Sauce

SIDES:

Calabrese Potatoes, Grilled Asparagus,
Grilled Broccoli, Roasted Vegetables, Spinach & Garlic

KID'S:

Fettuccine Alfredo, Grilled Chicken & Broccoli w/ Pasta,
Mona Lisa's Masterpizza – Cheese or Pepperoni,
Macaroni 'n Cheese, Salad – Caesar or Garden,
Spaghetti w/ Meatball – Bolognese or Tomato Sauce

DESSERTS:

Italian Sorbetto – w/o Biscotti, Lemon Passion,
Original Tiramisu

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper,
Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango,
Pomegranate & Sicilian Orange, Draft & Bottle Beer,
Red & White Wine

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Suggested Beverage & Menu Options for WHEAT/GLUTEN Allergies

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ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives – **w/o** Peasant Bread,
Mozzarella alla Caprese

INSALATA: (INCLUDES DRESSINGS & GARNISHES UNLESS OTHERWISE STATED)

Parmesan-Crusted Chicken **With** Grilled Chicken Breast,
Chicken Florentine – **w/o** Orzo,
Chicken Caesar – **w/o** Croutons,
Caesar or Garden Salad – **w/o** Croutons,
Warm Spinach Salad – **w/o** Goat Cheese, Scallops & Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Fat-Free Creamy Italian, Honey Mustard,
Low-Fat Caesar, Peppercorn Ranch, Roasted Garlic Lemon Vinaigrette

HANDCRAFTED PASTA:

Shrimp Portofino – **w/o** Panko Breadcrumbs & **w/o** Pasta,
Sausage Salentino – **w/o** Pasta

MEDITERRANEAN GRILL:

Calabrese Steak – **w/o** Sides, Grilled Chicken Spiedini – **w/o** Vegetables,
Jumbo Shrimp Spiedini – **w/o** Vegetables, Grilled Halibut – **w/o** Risotto
Bistecca Filet - **w/o** Sides & **w/o** Sauce

SIDES:

Grilled Asparagus, Spinach & Garlic

KID'S:

Grilled Chicken & Broccoli – **w/o** Pasta, Caesar or Garden Salad - **w/o** Croutons

DESSERT:

Italian Sorbetto – **w/o** Biscotti

BEVERAGES:

Coke, Diet Coke, Sprite, Dr. Pepper, Tea: Mango, Blackberry Mint, Peach & Raspberry,
Italian & Italian Cream Sodas: Blackberry, Mango, Pomegranate & Sicilian Orange, Red & White Wine

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