



Macaroni Grill Allergen Information

At Macaroni Grill, a top priority is the health and safety of our guest. As part of this ongoing commitment, we provide eight menus to help our guest with food allergies make informed food selections. Below is a link to suggested menu items for Egg, Fish, Dairy, Peanuts, Shellfish, 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 Shellfish Allergen Information



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](#)

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[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](#)

PRIOR TO PLACING YOUR ORDER, PLEASE ALWAYS ALERT THE MANAGER TO YOUR FOOD ALLERGY OR SPECIAL DIETARY NEEDS

**Valid only through
1/18/10 – 2/10/10**



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.

FRESH ANTIPASTI: *(INCLUDES SAUCES & GARNISHES)*

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

INSALATA: *(INCLUDES DRESSING)*

Fresh Greens Salad,
Scallops & Spinach Salad, Warm Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette,
Mediterranean Vinaigrette

ZUPPA DELLA CASA:

Pasta e Fagioli

MEDITERRANEAN LUNCH SANDWICHES:

(INCLUDES SANDWICH ONLY)

Grilled Chicken Sandwich, Imported Prosciutto Sandwich

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni,
Prosciutto e Arugula, Roasted Vegetali

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL: *(INCLUDES SIDES)*

Bistecca Filet, Calabrese Strip, Center Cut Lamb Spiedini,
Grilled Chicken Spiedini, Grilled Halibut,
Grilled Pork Chops, Grilled Salmon

CLASSICO:

Fettuccine Alfredo – w/ Chicken or Shrimp,
Spaghetti & Bolognese Sauce – **w/o** Meatballs

SIDES:

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

KID'S:

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

CREATE YOUR OWN HANDCRAFTED 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, Roasted Chicken, Shrimp

DESSERT:

Italian Sorbetto – **w/o** Biscotti

BEVERAGES:

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

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Suggested Beverage & Menu Options for FISH 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 fish 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.

FRESH ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

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

INSALATA: (INCLUDES DRESSING)

Fresh Greens Salad,
Scallops & Spinach Salad, Warm Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Creamy Italian,
Mediterranean Vinaigrette, Peppercorn Ranch

ZUPPA DELLA CASA:

Amalfi Chicken, Pasta e Fagioli

MEDITERRANEAN LUNCH:

(INCLUDES SANDWICH ONLY)

Grilled Chicken Sandwich, Imported Prosciutto Sandwich

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni,
Prosciutto e Arugula, Quattro Formaggio, Roasted Vegetal

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL: (INCLUDES SIDES)

Bistecca Filet, Calabrese Strip, Center Cut Lamb Spiedini,
Grilled Chicken Spiedini, Italian Sausage Spiedini,
Jumbo Shrimp Spiedini

CLASSICO:

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

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Suggested Beverage & Menu Options for MILK Allergies

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FRESH ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

Mediterranean Olives, Peasant Bread

INSALATA: (INCLUDES DRESSING)

Fresh Greens Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Mediterranean Vinaigrette

HANDCRAFTED PASTA:

Capellini Pomodoro

MEDITERRANEAN GRILL:

Bistecca Filet – **w/o** Sides, Calabrese Steak – **w/o** Sides, Center Cut Lamb Spiedini – **w/o** Vegetables, Grilled Chicken Spiedini – **w/o** Vegetables, Italian Sausage Spiedini – **w/o** Vegetables, Jumbo Shrimp Spiedini – **w/o** Vegetables, Simple Salmon

SIDES:

Grilled Asparagus, Spinach & Garlic

CREATE YOUR OWN HANDCRAFTED PASTA:

Arrabbiata Sauce

Choose from the following Add-Ins:

Italian Sausage, Roasted Chicken, Shrimp

KID'S:

Fresh Greens Salad **w/o** Dressing,

DESSERT:

Italian Sorbetto – **w/o** Biscotti

BEVERAGES:

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

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Suggested Beverage & Menu Options for PEANUT 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 peanuts 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.

FRESH ANTIPASTI: *(INCLUDES SAUCES & GARNISHES)*

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

INSALATA: *(INCLUDES DRESSING)*

Caesar Salad, Chicken Caesar, Fresh Greens Salad, Scallops & Spinach Salad, Warm Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Mediterranean Vinaigrette, Peppercorn Ranch

ZUPPA DELLA CASA:

Amalfi Chicken, Pasta e Fagioli

MEDITERRANEAN LUNCH:

(INCLUDES SANDWICH ONLY)

Grilled Chicken Sandwich, Imported Prosciutto Sandwich

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni, Prosciutto e Arugula, Quattro Formaggio, Roasted Vegetali

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL: *(INCLUDES SIDES)*

Bistecca Filet, Calabrese Strip, Center Cut Lamb Spiedini, Grilled Chicken Spiedini, Grilled Halibut, Grilled Pork Chops, Grilled Salmon, Honey Balsamic Chicken, Italian Sausage Spiedini, Jumbo Shrimp Spiedini, Simple Salmon

CLASSICO:

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, Fresh Greens Salad, Macaroni 'n Cheese, Mona Lisa's Masterpizza – Cheese or Pepperoni, Spaghetti w/ Meatball – Bolognese or Tomato Sauce

DESSERTS:

Italian Sorbetto, Lemon Passion

BEVERAGES:

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

FRESH ANTIPASTI: *(INCLUDES SAUCES & GARNISHES)*

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

INSALATA: *(INCLUDES DRESSING)*

Caesar Salad, Chicken Caesar, Fresh Greens Salad, Warm Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Mediterranean Vinaigrette, Peppercorn Ranch

ZUPPA DELLA CASA:

Amalfi Chicken, Pasta e Fagioli

MEDITERRANEAN LUNCH:

(INCLUDES SANDWICH ONLY)

Grilled Chicken Sandwich, Imported Prosciutto Sandwich

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni, Prosciutto e Arugula, Quattro Formaggio, Roasted Vegetali

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL: *(INCLUDES SIDES)*

Bistecca Filet, Calabrese Strip, Center Cut Lamb Spiedini, Grilled Chicken Spiedini, Grilled Halibut, Grilled Pork Chops, Grilled Salmon, Honey Balsamic Chicken, Italian Sausage Spiedini, Simple Salmon

CLASSICO:

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, Fresh Greens 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, Dr. Pepper, Sprite, Italian & Italian Cream Sodas: Blackberry, Mango, Pomegranate & Sicilian Orange, Tea: Blackberry Mint, Mango, Peach & Raspberry, 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.

FRESH ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

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

INSALATA: (INCLUDES DRESSING UNLESS OTHERWISE STATED)

Fresh Greens Salad **w/o** Croutons & Dressing, Warm Spinach Salad – **w/o** Goat Cheese

ZUPPA DELLA CASA:

Pasta e Fagioli

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni, Prosciutto e Arugula, Roasted Vegetali

HANDCRAFTED PASTA:

Capellini Pomodoro, Lobster Ravioli, Sausage Salentino

MEDITERRANEAN GRILL: (INCLUDES SIDES UNLESS OTHERWISE STATED)

Bistecca Filet - **w/o** Sides & **w/o** Sauce, Calabrese Strip, Center Cut Lamb Spiedini, Grilled Chicken Spiedini, Grilled Halibut - **w/o** Risotto, Italian Sausage Spiedini, Jumbo Shrimp Spiedini

CLASSICO:

Fettuccine Alfredo – **w/o** Chicken or Shrimp, Spaghetti & Meatballs - Tomato Sauce **ONLY**

SIDES:

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

KID'S:

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

CREATE YOUR OWN HANDCRAFTED 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, Dr. Pepper, Sprite,

Italian & Italian Cream Sodas: Blackberry, Mango, Pomegranate & Sicilian Orange,
Tea: Blackberry Mint, Mango, Peach & Raspberry, 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.

FRESH ANTIPASTI: *(INCLUDES SAUCES & GARNISHES)*

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

INSALATA: *(INCLUDES DRESSING)*

Caesar Salad, Chicken Caesar, Fresh Greens Salad, Scallops & Spinach Salad, Warm Spinach Salad

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Mediterranean Vinaigrette, Peppercorn Ranch

ZUPPA DELLA CASA:

Amalfi Chicken, Pasta e Fagioli

MEDITERRANEAN LUNCH:

(INCLUDES SANDWICH ONLY)

Grilled Chicken Sandwich, Imported Prosciutto Sandwich

NEAPOLITAN PIZZAS:

Italian Sausage, Margherita, Pepperoni, Prosciutto e Arugula, Quattro Formaggio, Roasted Vegetali

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL: *(INCLUDES SIDES)*

Bistecca Filet, Center Cut Lamb Spiedini, Calabrese Strip, Grilled Pork Chops, Grilled Salmon, Honey Balsamic Chicken, Italian Sausage Spiedini, Grilled Chicken Spiedini, Jumbo Shrimp Spiedini, Simple Salmon

CLASSICO ITALIAN:

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

DESSERTS:

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

BEVERAGES:

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

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Suggested Beverage & Menu Options for WHEAT/GLUTEN 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 wheat 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.

FRESH ANTIPASTI: (INCLUDES SAUCES & GARNISHES)

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

INSALATA: (INCLUDES DRESSING UNLESS OTHERWISE STATED & **w/o** CROUTONS)

Caesar Salad, Chicken Caesar, Fresh Greens Salad – **w/o** Dressing,
Parmesan-Crusted Chicken **w/** Grilled Chicken Breast, Scallops & Spinach Salad,
Warm Spinach Salad – **w/o** Goat Cheese

SALAD DRESSINGS:

Balsamic Vinaigrette, Caesar, Creamy Italian, Mediterranean Vinaigrette, Peppercorn Ranch

HANDCRAFTED PASTA:

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

MEDITERRANEAN GRILL:

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

SIDES:

Grilled Asparagus, Spinach & Garlic

KID'S:

Fresh Greens Salad, Grilled Chicken & Broccoli – **w/o** Pasta

DESSERT:

Italian Sorbetto – **w/o** Biscotti

BEVERAGES:

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

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