

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

DINNER PORTION

ANTIPASTI

(Includes sauces and garnishes)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} TOMATO BRUSCHETTA	630	5	96	1750
TAPENADE TRIO	940	7	130	2910
^{New} ROASTED VEGETABLES	330	3	32	440
^{New} MOZZARELLA ALLA CAPRESE	330	9	33	550
CALAMARI FRITTI	960	14	30	1700
SHRIMP & ARTICHOKE DIP	810	19	64	2130
CRAB-STUFFED MUSHROOMS	580	12	26	960
MOZZARELLA FRITTA	640	14	49	1440
ROMANO'S SAMPLER	1200	19	96	2620

INSALATA & SOUP

(Includes dressing)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
WARM SPINACH SALAD	380	8	22	1010
SIDE GARDEN SALAD	240	4	20	740
SIDE CAESAR SALAD	240	4	13	510
PARMESAN-CRUSTED CHICKEN	960	16	49	1990
CHICKEN CAESAR	700	12	19	1880
CHICKEN FLORENTINE	1020	17	47	2830
INSALATA BLU	620	16	8	1430
INSALATA BLU (with chicken)	750	17	12	1990
^{New} SCALLOPS & SPINACH SALAD	420	4	26	1510
CHICKEN TOSCANA SOUP (cup)	220	5	19	1350
CHICKEN TOSCANA SOUP (bowl)	500	10	43	2500
TOMATO & CHEESE				
TORTELLINI SOUP (cup)	240	6	21	1090
TOMATO & CHEESE				
TORTELLINI SOUP (bowl)	440	9	51	2180

BRICK OVEN PIZZA

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
MARGHERITA PIZZA	970	13	134	2850
PESTO CHICKEN PIZZA	1550	24	148	3710
BBQ CHICKEN PIZZA	1090	12	150	3400
SICILIAN PIZZA	1390	28	133	4070

HANDCRAFTED PASTA

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} CAPELLINI POMODORO	390	2	55	980
^{New} SAUSAGE SALENTINO	900	14	67	1970
^{New} POLLO CAPRESE	550	5	45	1660
POLLO LIMONE RUSTICA™	1200	38	94	1870
CARMELA'S CHICKEN				
RIGATONI	1100	30	101	970
PASTA MILANO	860	14	88	2120
PENNE RUSTICA	1000	19	85	2940
^{New} SHRIMP PORTOFINO	560	14	37	1190
^{New} SEAFOOD LINGUINE	650	4	75	1280
^{New} LOBSTER SPAGHETTI	650	5	65	1480
MUSHROOM RAVIOLI	790	19	70	990
LOBSTER RAVIOLI	650	17	46	1400

CREATE YOUR OWN HANDCRAFTED PASTA

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
PASTA	390	0	79	260
SAUCES				
POMODORO (Tomato Basil)	160	2	11	580
ARRABBIATA (spicy red sauce)	180	2	14	650
BOLOGNESE (meat sauce)	320	6	12	1350
ROASTED GARLIC CREAM	360	13	18	1160
ALFREDO	610	31	9	960
TOPPINGS				
GRILLED CHICKEN	150	2	1	520
SAUTÉED SHRIMP	45	0	0	560
ITALIAN SAUSAGE	330	8	3	1270
HANDMADE MEATBALLS	310	7	15	920
GRAPE TOMATOES	5	0	1	0
SUN-DRIED TOMATOES	60	0	11	420
FRESH BROCCOLI	10	0	1	10
FRESH MUSHROOMS	10	0	1	5
ROASTED GARLIC CLOVES	60	0	11	35

MEDITERRANEAN GRILL

(Includes sides)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} GRILLED CHICKEN SPIEDINI	360	1	26	895
^{New} JUMBO SHRIMP SPIEDINI	290	1	26	1075
^{New} CALABRESE STRIP	1120	19	46	670
^{New} BISTECCA FILET	590	7	43	650

AMORE DE LA GRILL

(Includes sides)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
HONEY BALSAMIC CHICKEN	640	3	54	2380
SIMPLE SALMON	420	5	6	770
GRILLED HALIBUT	770	11	58	1100
GRILLED SALMON	750	8	55	1550
GRILLED PORK CHOPS	1380	39	96	4040

CLASSICO ITALIAN

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} SPAGHETTI BOLOGNESE	570	6	72	1480
^{New} EGGPLANT PARMIGIANA	800	14	65	1450
^{New} CHICKEN CANNELLONI	600	15	42	1410
^{New} SPAGHETTI & MEATBALLS (tomato sauce)	720	9	85	1900
^{New} SPAGHETTI & MEATBALLS (Bolognese sauce)	880	14	87	2400
LASAGNA AL FORNO	640	15	46	1675
FETTUCCINE ALFREDO	780	27	71	1130
FETTUCCINE ALFREDO (with chicken)	930	29	72	1650
FETTUCCINE ALFREDO (with shrimp)	830	27	71	1690
^{New} CHICKEN PARMIGIANA	850	11	76	1780
CHICKEN MARSALA	650	12	49	1790
CHICKEN SCALOPPINE	910	21	59	3030
PARMESAN-CRUSTED SOLE	1710	39	131	2830
^{New} MAMA'S TRIO	1280	28	74	3360

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BEVANDE	CAL / SAT FAT / CARBS / SODIUM		
	(g)	(g)	(mg)
ITALIAN CREAM SODAS			
MANGO	210	4	35
RASPBERRY	210	4	35
SICILIAN ORANGE	190	4	29
POMEGRANATE	200	4	31
PEACH	210	4	35
BLACKBERRY	210	4	35
ITALIAN SODAS			
MANGO	80	0	20
RASPBERRY	120	0	31
SICILIAN ORANGE	100	0	25
POMEGRANATE	110	0	27
PEACH	120	0	31
BLACKBERRY	120	0	31
TEA			
BLACKBERRY MINT TEA	90	0	23
MANGO TEA	80	0	20
PEACH TEA	80	0	20
RASPBERRY TEA	80	0	20
SODAS			
COCA-COLA®	180	0	51
CAFFEINE FREE DIET COKE®	0	0	0
DIET COKE®	0	0	0
SPRITE®	200	0	50
DR PEPPER®	170	0	47

BEVANDE	CAL / SAT FAT / CARBS / SODIUM		
	(g)	(g)	(mg)
LEMONADE			
MINUTE MADE® LEMONADE	190	0	53
RASPBERRY LEMONADE	310	0	85
STRAWBERRY LEMONADE	310	0	85
WATER			
SAN PELLEGRINO® SPARKLING MINERAL WATER	0	0	0
ACQUA PANNA® NATURAL SPRING WATER	0	0	0
COFFEE			
COFFEE	0	0	0
CAPPUCCINO (with biscotti)	110	3	12
CAPPUCCINO HAZELNUT FLAVORED (with biscotti)	150	3	21
CAPPUCCINO VANILLA FLAVORED (with biscotti)	160	3	25
ESPRESSO	0	0	0
ALCOHOLIC BEVERAGES			
WINE - 6 OZ.	150	-	5
REGULAR BEER - 12 OZ.	153	-	13
LIGHT BEER - 12 OZ.	103	-	6
DISTILLED SPIRITS (80 PROOF GIN, RUM, VODKA OR WHISKEY) - 1.5 OZ.			
	96	-	-
SIGNATURE DRINKS OR LIQUEURS WITH ADDED INGREDIENTS MAY INCREASE CALORIC CONTENT			



Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Nutritional content may vary based on servings, overall size, quantities of ingredients and special ordering.

The nutritional analysis provided is comprised of data from independent testing facilities commissioned by Romano's Macaroni Grill. The rounding of figures is based on the Food and Drug Administration guidelines. Romano's Macaroni Grill attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be available at all restaurants; test products, test recipes or limited time offers. While menu item ingredient information is based on standard product recipes, differences may occur dependent on ordinary variations inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified vegetarian. This listing is updated periodically in an attempt to reflect the current status of our products.

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NUTRITIONAL INFORMATION

LUNCH PORTION

ROMANO'S DUO & TRIO

(Includes dressing, sauces and garnishes)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
GARDEN SALAD	240	4	20	740
INSALATA BLU	310	8	4	715
CAESAR SALAD	240	4	13	510
CHICKEN TOSCANA SOUP (cup)	220	5	19	1350
TOMATO & CHEESE				
TORTELLINI SOUP (cup)	240	6	21	1090
1/2 GRILLED CHICKEN & ARTICHOKE	490	7	38	1120
FORMAGGIO MELTS (2)	820	11	87	550
1/2 BRICK OVEN MEATBALL	440	8	44	1170
ROMA SICILIAN MIO PIZZA	700	14	67	2040
ROMA MARGHERITA MIO PIZZA	490	7	67	1430

INSALATA & SOUP

(Includes dressing)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
WARM SPINACH SALAD	380	8	22	1010
SIDE GARDEN SALAD	240	4	20	740
SIDE CAESAR SALAD	240	4	13	510
PARMESAN-CRUSTED CHICKEN	960	16	49	1990
INSALATA BLU	620	16	8	1430
INSALATA BLU (with chicken)	750	17	12	1990
CHICKEN CAESAR	700	12	19	1880
CHICKEN FLORENTINE	1020	17	47	2830
^{New} SCALLOPS & SPINACH SALAD	420	4	26	1510
CHICKEN TOSCANA SOUP (cup)	220	5	19	1350
CHICKEN TOSCANA SOUP (bowl)	500	10	43	2500
TOMATO & CHEESE				
TORTELLINI SOUP (cup)	240	6	21	1090
TOMATO & CHEESE				
TORTELLINI SOUP (bowl)	440	9	51	2180

SANDWICHES

(Includes sandwich and sauce only. Add choice of side.)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
FORMAGGIO MELTS	1220	16	130	820
BRICK OVEN MEATBALL	870	17	87	2330
GRILLED CHICKEN & ARTICHOKE	980	13	76	2240
GARDEN SALAD	240	4	20	740
CAESAR SALAD	240	4	13	510
ROMANO'S PARMESAN CHIPS (7 oz.)	320	7	22	610

ANTIPASTI

(Includes sauces and garnishes)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} TOMATO BRUSCHETTA	630	5	96	1750
TAPENADE TRIO	940	7	130	2910
^{New} ROASTED VEGETABLES	330	3	32	440
^{New} MOZZARELLA ALLA CAPRESE	330	9	33	550
CALAMARI FRITTI	960	14	30	1700
SHRIMP & ARTICHOKE DIP	810	19	64	2130
CRAB-STUFFED MUSHROOMS	580	12	26	960
MOZZARELLA FRITTA	640	14	49	1440
ROMANO'S SAMPLER	1200	19	96	2620

BRICK OVEN PIZZA

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
MARGHERITA PIZZA	970	13	134	2850
PESTO CHICKEN PIZZA	1550	24	148	3710
BBQ CHICKEN PIZZA	1090	12	150	3400
SICILIAN PIZZA	1390	28	133	4070

HANDCRAFTED PASTA

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} CAPELLINI POMODORO	390	2	55	980
^{New} SAUSAGE SALENTINO	900	14	67	1970
^{New} POLLO CAPRESE	550	5	45	1660
^{New} POLLO LIMONE RUSTICA™	1200	38	94	1870
CARMELA'S CHICKEN RIGATONI	1100	30	101	970
PASTA MILANO	860	14	88	2120
PENNE RUSTICA	1000	19	84	2940
^{New} SHRIMP PORTOFINO	560	14	37	1050
^{New} SEAFOOD LINGUINE	650	4	75	1280
^{New} LOBSTER SPAGHETTI	650	5	65	1480
MUSHROOM RAVIOLI	790	19	70	990
LOBSTER RAVIOLI	650	17	46	1400

CREATE YOUR OWN HANDCRAFTED PASTA

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

TOPPINGS

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
GRILLED CHICKEN	150	2	1	520
SAUTÉED SHRIMP	45	0	0	560
ITALIAN SAUSAGE	330	8	3	1270
HANDMADE MEATBALLS	310	7	15	920
GRAPE TOMATOES	5	0	1	0
SUN-DRIED TOMATOES	60	0	11	420
FRESH BROCCOLI	10	0	1	10
FRESH MUSHROOMS	10	0	1	5
ROASTED GARLIC CLOVES	60	0	11	35

MEDITERRANEAN GRILL (Includes sides)

	CAL	SAT FAT (g)	CARBS (g)	SODIUM (mg)
^{New} GRILLED CHICKEN SPIEDINI	360	1	26	895
^{New} JUMBO SHRIMP SPIEDINI	290	1	26	1075
^{New} CALABRESE STRIP	1120	19	46	670
^{New} BISTECCA FILET	590	7	43	650

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AMORE DE LA GRILL (Includes sides)	CAL	SAT FAT	CARBS	SODIUM
	(g)	(g)	(g)	(mg)
HONEY BALSAMIC CHICKEN	540	3	54	2040
SIMPLE SALMON	420	5	6	770
GRILLED HALIBUT	770	11	58	1100
GRILLED SALMON	750	8	55	1550
GRILLED PORK CHOPS	1380	39	96	4040

CLASSICO ITALIAN	CAL	SAT FAT	CARBS	SODIUM
	(g)	(g)	(g)	(mg)
^{New} SPAGHETTI BOLOGNESE	570	6	72	1480
FETTUCCINE ALFREDO	780	27	71	1130
FETTUCCINE ALFREDO (with chicken)	930	29	72	1650
FETTUCCINE ALFREDO (with shrimp)	830	27	71	1690
^{New} EGGPLANT PARMIGIANA	800	14	65	1450
^{New} CHICKEN CANNELLONI	600	15	42	1410
^{New} LASAGNA AL FORNO	640	15	46	1675
^{New} SPAGHETTI & MEATBALLS (tomato sauce)	720	9	85	1900
^{New} SPAGHETTI & MEATBALLS (Bolognese sauce)	880	14	87	2400
CHICKEN MARSALA	620	12	46	1410
CHICKEN SCALOPPINE	740	17	46	2330
PARMESAN-CRUSTED SOLE	1190	30	101	2180
^{New} CHICKEN PARMIGIANA	850	11	76	1780
^{New} MAMA'S TRIO	1280	28	74	3360

BEVANDE	CAL	SAT FAT	CARBS	SODIUM
	(g)	(g)	(g)	(mg)
ITALIAN CREAM SODAS				
MANGO	210	4	35	55
RASPBERRY	210	4	35	55
SICILIAN ORANGE	190	4	29	55
POMEGRANATE	200	4	31	55
PEACH	210	4	35	55
BLACKBERRY	210	4	35	55

ITALIAN SODAS	CAL	SAT FAT	CARBS	SODIUM
	(g)	(g)	(g)	(mg)
MANGO	80	0	20	15
RASPBERRY	120	0	31	55
SICILIAN ORANGE	100	0	25	35
POMEGRANATE	110	0	27	35
PEACH	120	0	31	55
BLACKBERRY	120	0	31	55

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

SODAS	CAL	SAT FAT	CARBS	SODIUM
	(g)	(g)	(g)	(mg)
COCA-COLA®	180	0	51	15
CAFFEINE FREE DIET COKE®	0	0	0	10
DIET COKE®	0	0	0	10
SPRITE®	200	0	50	45
DR PEPPER®	170	0	47	60

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

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

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

SIGNATURE DRINKS OR LIQUEURS WITH ADDED INGREDIENTS MAY INCREASE CALORIC CONTENT



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