

BRIO

NUTRITION FACTS

Menu Item	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Main Menu											
Starters											
Mediterranean Olives	110	110	12	0	0	0	1040	1	1	0	0
Zucchini Fritti	490	340	38	7	0	30	730	30	1	4	6
Spinach & Artichoke Dip	850	490	55	21	0	95	2490	68	4	6	32
Shrimp & Eggplant	700	530	59	26	0	275	1470	20	4	3	21
Calamari	710	500	55	10	0	75	1220	21	2	6	32
Lobster Ravioli	280	110	13	8	0	110	430	23	1	1	19
Crab Cake	660	500	56	9	0	220	920	14	1	4	26
Handmade Meatballs	770	520	58	19	1	130	1670	19	0	4	43
Carpaccio	690	440	50	8	1	125	1060	17	1	2	45
Roasted Red Pepper Bruschetta	690	350	39	24	1	105	1060	58	0	9	28
Margherita Flatbread	740	400	44	17	2	65	1870	49	3	2	29
Chicken Pesto Flatbread	890	530	59	21	2	140	1540	49	0	1	39
Soups											
Sorrento Chicken Soup	160	100	11	2.5	0	55	840	5	1	3	11
Lobster Bisque	500	390	43	23	1	170	1480	18	0	4	10
Soup of the Day	70-350	20-280	2-31	1-18	0	5-95	740-1200	10-38	0-12	0-9	1-11
Side Salads											
House (no dressing)	90	10	1	1	0	5	130	34	6	6	6
Wedge Salad	370	310	34	9	0	45	1040	10	2	6	8
Chopped Salad (no dressing)	80	40	4	2.5	0	15	200	8	3	4	10
Caesar Salad	310	270	30	4	0	35	370	8	2	1	5
Tomato Caprese	220	170	19	6	0	25	190	5	1	3	8

Menu Item	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Red Wine Vinaigrette, 1 oz.	60	50	5	1	0	0	310	3	0	1	0
Lemon Vinaigrette, 1 oz.	170	160	17	2	0	0	320	4	0	3	0
Creamy Parmesan, 1 oz.	100	90	10	2.5	1	10	290	2	0	1	1
Entrée Salads											
Mediterranean Salad	490	350	39	8	0	25	1150	30	6	19	8
Strawberry Balsamic Chicken Salad	900	610	69	10	0	100	1420	32	6	22	39
Grilled Salmon Salad	810	530	59	12	0	125	1760	30	6	19	41
Grilled Steak Salad	970	660	73	25	1	145	2580	37	4	19	38
From the Vegetable Garden											
Spaghetti Pesto	790	450	50	9	0	20	800	74	6	2	19
Zucchini & Spaghetti (Pasta Verde)	880	510	57	8	0	20	1490	76	1	3	13
Spaghetti Pomodoro	790	370	41	8	0	20	1310	85	6	9	24
Mushroom Ravioli	410	230	26	14	0	85	920	31	2	3	17
Classic Pastas											
Spaghetti Bolognese	760	340	38	10	0	55	840	79	6	5	27
Chicken Pesto (Pasta Pesto)	990	520	58	10	0	105	1630	75	1	2	51
Pasta Alla Vodka	990	570	63	29	0	225	1710	68	0	10	28
Chicken Rigatoni (Pasta Brio)	970	380	42	16	1	150	2170	90	5	8	60
Spaghetti Carbonara	830	370	41	23	1	105	920	80	5	7	26
Lasagne	1180	640	72	38	0	230	3370	71	1	13	66
Chicken											
Stuffed Chicken Parmigiana	1190	710	79	17	0	220	1990	44	2	8	74
Pollo Caprese	710	270	30	8	17	210	2230	30	2	4	75
Chicken Limone	940	560	64	18	1	210	1410	40	6	8	53
Grilled Chicken Marsala	940	420	46	16	0	230	3040	51	7	8	72
Chicken Milanese	1150	640	71	23	1	175	2790	71	3	10	59

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Seafood											
Grilled Salmon Fresca	510	280	31	8	0	70	2240	30	5	11	28
Shrimp Capri	920	390	43	14	0	260	1820	94	7	6	38
Shrimp & Lobster Fettuccine	850	430	48	17	0	290	2670	60	3	5	48
Pan-Seared Salmon	990	680	76	23	1	140	2210	52	6	17	31
Fish of the Day	630-760	310-380	35-42	14-16	0	95-175	2120-2400	50-55	8	10	27-46
Meats											
Gorgonzola Crusted Beef Medallions	1180	800	89	30	1	205	3250	42	3	7	50
Bistecca	1070	650	73	23	2	220	2440	42	3	3	64
New York Strip	940	410	46	22	2	310	1760	31	3	3	97
Center Cut Filet	580	270	30	8	1	110	1820	37	3	3	44
Lamb Chops	680	330	37	18	2	145	1110	35	2	3	52
Meat, Add-Ons											
Grilled Chicken	220	80	9	2	0	90	690	1	0	0	32
Grilled Shrimp	160	60	7	1	0	195	290	2	0	0	21
Grilled Salmon	260	160	18	3	0	65	680	1	0	0	23
Sides											
Fresh Broccolini®	150	120	13	1	0	0	220	6	3	2	3
Sautéed Spinach	150	130	14	1	0	0	480	5	3	0	3
Pesto Crushed Potatoes	290	180	20	2	0	0	660	23	2	1	2
Fingerling Potatoes with Rosemary	140	0	0	0	0	0	400	31	3	2	4
Grilled Asparagus	50	30	3	0	0	0	260	4	2	2	2

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Lunch											
Lunch Sandwich											
Pesto Chicken Club with Fries	1770	1160	129	30	0.5	315	4220	93	1	23	97
Half & Mezza Entrées											
Margherita Flatbread	370	200	22	8	1	35	1040	24	1	1	15
Chicken Pesto Flatbread	450	240	27	11	1	70	770	24	0	0	20
Pesto Chicken Club	660	450	50	12	0	115	1440	23	2	4	47
Spaghetti Pesto	340	180	20	4	0	10	440	31	2	1	9
Spaghetti Pomodoro	350	140	16	6	0	40	950	36	2	4	13
Spaghetti Bolognese	320	90	10	4	0	25	410	39	0	2	14
Lasagna	620	350	39	21	0	120	1760	35	1	6	34
Shrimp Capri	470	190	21	7	0	145	770	47	0	3	21
Chicken Rigatoni	500	190	22	8	1	75	1080	45	0	4	30
Mezza Chicken Limone	690	400	46	16	1	160	1370	36	6	7	37
Mezza Grilled Chicken Marsala	500	220	24	8	1	115	1680	30	5	7	37
Mezza Chicken Milanese	760	410	46	16	1	100	1870	55	3	6	33
Brunch											
Scrambled Eggs & Bacon	1180	760	84	33	1	1040	2150	55	4	9	48
Sicilian Omelet	1600	1140	127	51	1	1120	3850	45	5	11	70
Ham & Biscuit Benedict	1540	1020	113	57	1	755	3980	77	6	6	52
Vegetable Omelet	480	200	23	6	0	20	1680	30	7	20	37
Berries & Cream French Toast	1260	620	69	21	0	340	1410	135	6	73	30
Shrimp & Polenta	800	520	58	26	0	410	2640	36	0	5	33

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Dessert											
Lemon Sorbetto	110	40	4	3	0	25	50	24	1	9	3
Crema Catalana	390	230	26	20	0	355	35	35	0	30	5
Berries Zabaglione	310	170	19	9	0	185	55	33	5	24	6
Tiramisu	330	170	19	12	0	155	85	36	0	23	4
Lemon Ricotta Cheesecake	560	280	31	18	0	150	190	58	0	50	20
Chocolate Cake	810	490	54	30	1	235	320	78	3	62	10
Affogato	670	170	16	14	0	10	115	80	0	67	6
Children's											
Salads & Sides											
Insalata Bambino (no dressing)	90	10	1	1	0	5	130	34	6	6	6
Creamy Parmesan Dressing, .5 oz	50	50	5	1	0	6	144	1	0	0	1
Red Wine Vinaigrette Dressing, .5 oz.	30	20	3	1	0	0	155	2	0	1	0
Lemon Vinaigrette Dressing, .5 oz.	80	70	8	1	0	0	160	2	0	2	0
Junior Caesar Salad	310	270	30	4	0	40	410	9	2	2	5
Fresh Fruit	50	0	0	0	0	0	0	12	2	9	1
Veggie of the Day	30-140	0-20	0-2	0	0	0	400-450	4-13	2-5	1-6	2-3
French Fries	430	250	28	5	0	0	1730	49	3	16	3
Crushed Yukon Potatoes	330	170	19	11	0	45	610	38	3	2	4
Entrées											
Chicken Fingers	1080	660	73	13	0	75	2460	83	6	26	34
Chicken Parmigiana	1170	650	72	28	1	160	1970	84	5	9	54
Grilled Chicken	640	330	37	16	0	135	1520	44	6	3	35
Grilled Cheese	750	400	52	25	1	155	680	51	3	13	18
Brunch French Toast	550	210	24	5	0	130	440	78	3	37	10
Brunch Scrambled Eggs	490	320	36	17	0	585	920	14	2	12	26
Brunch Side of Bacon	180	130	14	6	0	40	720	0	0	0	12

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Pastas & Pizza											
Spaghetti with Butter	920	270	30	16	0	175	1300	129	6	3	24
Rigatoni with Butter	500	260	29	17	0	70	390	52	2	3	9
Spaghetti with Alfredo	1150	420	48	25	0	225	2430	138	6	5	36
Rigatoni with Alfredo	720	410	47	25	0	120	1520	62	2	4	21
Spaghetti with Marinara	920	190	22	8	0	140	2180	147	6	15	27
Rigatoni with Marinara	500	180	21	8	0	35	1280	70	2	15	12
Cheese Filled Pasta	490-560	220-260	25-29	13-14.5	0	85-105	1410-1730	52-54	2	10-11	15-21
Mac & Cheese	860	510	58	31	0	150	2170	61	2	6	29
Lasagne	690	400	46	24	0	140	1670	37	1	6	39
Cheese Pizza	530	210	23	12	0	60	1520	48	2	2	27
Beverages											
Milk	265	60	7	4.5	0	30	250	45	0	36	11
Chocolate Milk	170	0	0	0	0	0	15	42	0	36	0
Apple Juice	170	0	0	0	0	0	5	45	0	42	0
Lemonade	190	0	0	0	0	0	20	49	0	47	0
Frozen Strawberry Lemonade	370	50	5	3	0	20	25	80	0	76	2
Fruit Smoothie	0-170	0	0	0	0	0	30-65	0-44	0	0-44	0
Children's Sodas	0-170	0	0	0	0	0	30-65	0-44	0	0-44	0
Dessert											
Ice Cream Sundae	230	110	11	9	0	55	75	42	0	41	5
Ice Cream Float	400	110	12	8	0	50	95	67	0	67	5

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Bar Bites											
Spicy Shrimp & Eggplant	700	530	59	26	0	275	1470	20	4	3	21
Margherita Flatbread	740	390	44	17	2	65	2070	49	3	2	29
Crispy Smashed Potatoes	660	450	50	9	0	30	730	45	4	1	9
Chicken Pesto Flatbread	890	530	59	21	2	140	1540	49	0	1	39
Tomato Caprese	220	170	19	6	0	25	190	5	1	3	8
Calamari	710	500	55	10	0	75	1220	21	2	6	32
Crispy Shrimp	430	240	27	4	0	195	990	20	1	4	30
Beef Carpaccio	350	220	25	4	0	60	420	8	0	1	23
Beverages											
Wines											
Sparkling Prosecco, glass	130	0	0	0	0	0	10	2	0	2	0
Sparkling Prosecco, bottle	635	0	0	0	0	0	40	40	0	9	1
Champagne, split	120	0	0	0	0	0	0	3	0	1	0
Champagne, bottle	670	0	0	0	0	0	0	9	0	9	1
Whites and Rosé, glass	150	0	0	0	0	0	10	4	0	2	0
Whites and Rosé, bottle	620	0	0	0	0	0	35	16	0	7	1
Reds, glass	150	0	0	0	0	0	5	4	0	1	0
Red, bottle	630	0	0	0	0	0	30	19	0	5	1
Beers											
Light, 12 oz.	0	0	0	0	0	10	7	0	0	1	1
Regular, 12 oz.	150	0	0	0	0	0	15	12	0	0	0
Craft Beer, 12 oz.	230	0	0	10	0	0	0	35	0	0	0

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Cocktails											
Ultra-Premium Italian Margarita	260	0	0	0	0	0	65	34	0	25	0
Peach Bellini	260	0	0	0	0	0	60	51	0	48	0
Aperol Spritz	250	0	0	0	0	0	0	27	0	19	0
Italian Mule	200	0	0	0	0	0	0	13	0	12	0
Cucumber Basil Gimlet	130	0	0	0	0	0	0	10	0	8	0
Brio Old Fashioned	230	0	0	0	0	0	0	15	0	7	0
Milano Margarita	240	0	0	0	0	0	310	20	0	14	0
White Peach Sangria	200	0	0	0	0	0	20	25	0	22	0
Sangria Rosa	170	0	0	0	0	0	0	16	1	13	0
Raspberry Mojito	150	0	0	0	0	0	15	14	0	11	0
Strawberry Fresca	190	0	0	0	0	0	0	18	0	15	0
Flirty Cosmo	190	0	0	0	0	0	0	15	0	12	0
Dessert Drinks											
Espresso Martini	390	0	0	0	0	0	25	50	0	41	0
Double Chocolate Martini	400	71	8	5	0	26	20	33	0	21	1
Cappuccino Martini	250	60	6	4	0	23	18	30	0	18	0
Ca'Bianca Brachetto d'Acqui	130	0	0	0	0	0	0	20	0	20	0
Croft Fine Tawny Port	170	0	0	0	0	0	2	14	0	8	0
Il Tramonto Limoncello	140	0	0	0	0	0	6	36	0	31	0
Grand Marnier	150	0	0	0	0	0	0	14	0	0	0
Caffè Disaronno	210	45	5	3	0	20	10	21	0	6	0
Caffè Italiano	190	45	5	3	0	20	10	16	0	16	0

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Spirit-Free Drinks											
San Pellegrino Sparkling, large	0	0	0	0	0	0	10	0	0	0	0
San Pellegrino Sparkling, small	0	0	0	0	0	0	5	0	0	0	0
Acqua Panna (still) large, small	0	0	0	0	0	0	0	0	0	0	0
Handcrafted Beverages											
Lemonade	170	0	0	0	0	0	5	45	0	42	0
Berry Lemonade	180	0	0	0	0	0	10	47	0	44	0
White Peach Palmer	100	0	0	0	0	0	5	24	0	23	0
Mango Iced Tea	120	0	0	0	0	0	0	31	0	29	0
San Benedetto Peach Tea	130	0	0	0	0	0	0	28	0	28	0
Fountain Drinks											
Pepsi Products	0-170	0	0	0	0	0	30-65	0-44	0	0-44	0
Coffee & Tea											
Coffee	0	0	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	5	0	0	0	0
Fruit Juices											
Apple Juice	210	0	0	0	0	0	65	53	0	53	0
Orange Juice	230	0	0	0	0	0	10	60	0.05	56	2
Cranberry Juice	230	0	0	0	0	0	65	56	0	56	0
Grapefruit Juice	190	0	0	0	0	0	45	42	0	32	4
Tomato Juice	90	0	0	0	0	0	1280	19	4	13	4