



The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. An effort is made to provide complete and current nutrition information, however, the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Total Fiber	Sugar	Protein
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Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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MAIN MENU

Starters (240 - 1100 Cals)

Calamari	950	33	5	2.5	615	3290	105	5	8	50
Spinach & Artichoke Dip	850	55	21	37	95	2490	68	4	6	32
Shrimp & Eggplant	660	36	23	17	255	1590	24	4	5	28
Carpaccio	730	53	9	0.5	120	1060	18	1	2	45
Lobster Ravioli	380	20	12	0	155	800	30	1	3	15
Gorgonzola Lamb Chops	760	56	26	2.5	185	1590	11	1	2	52
Bruschetta Sampler	680	43	21	0.5	100	1260	51	2	6	17
Truffle Garlic Toast with Ricotta										
Margherita Flatbread	850	51	18	2	80	1660	63	2	7	35
Pollo Al Forno Flatbread	1100	64	24	11	160	3030	68	2	9	63
Sausage, Pepperoni & Ricotta Flatbread	950	61	21	2.5	105	2440	66	1	8	38

X	X	X			X			X
		X						X
X	X	X			X			X
X		X						X
X	X	X			X	X		X
		X				X		X
X		X						X
		X						X

Soup & Insalata (50 - 370)

Lobster Bisque	470	37	23	1	140	1430	18	0	4	7
Wedge Salad	370	34	9	30	45	1040	10	2	6	9
Chopped Salad	280	25	4.5	0	15	780	12	3	7	5
Caesar Salad	320	31	4	20	35	390	8	2	1	6
Tomato Caprese	240	19	9	0	25	180	10	1	6	8
Lemon Vinaigrette Dressing, 1oz	170	17	2	0	0	320	4	0	3	0
Red Wine Vinaigrette Dressing, 1oz	60	5	1	0	0	310	3	0	1	0
Creamy Parmesan Dressing, .5 oz	50	5	1	5	5	140	1	0	0	1

	X	X			X			X
X		X						
		X						
X	X	X						X
		X						
X		X						

Items denoted with an asterisk () contain ingredient(s) that are fried in fryers which are also used to cook shellfish and/or wheat



Calories	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Total Fiber	Sugar	Protein
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Entree Salads (750 - 960 Cals)

Strawberry Balsamic Chicken Salad	960	78	10	0.5	70	1580	35	6	25	30
Grilled Salmon Salad	750	61	8	0	85	1050	18	5	9	33
Grilled Steak Salad	940	75	20	0	135	3940	29	5	16	40

Land & Sea (720 - 14200)

Shrimp & Scallop Risotto	1420	82	26	1	145	3540	131	4	4	38
Chicken Caprese	700	26	8	0	200	3040	20	2	7	81
Chicken Milanese	1030	46	20	1	140	3470	101	5	13	53
Chicken Limone	900	51	19	1	200	2250	44	5	4	61
Grilled Chicken Marsala	720	33	13	2	210	2570	29	3	4	69
Grilled Salmon Fresca	580	35	8	0	80	2470	32	6	13	33
Gorgonzola Crusted Beef Medallions	1030	80	33	0	210	2540	34	3	3	40
Center Cut Filet Mignon	730	33	9	1	105	1460	67	9	5	45
Lamb Chops	1330	76	35	4.5	295	2000	64	8	4	101
New York Strip	800	44	19	1.5	255	1620	21	3	2	76
Tuscan Grilled Pork Chops	1170	51	19	0.5	490	1670	25	4	3	145

Pasta Tradizionale (690 - 1370 Cals)

Gnocchi Cacio e Pepe	870	30	16	1	165	2300	119	7	3	37
Gorgonzola Cream Campanelle	1170	53	19	1.5	145	2200	122	10	11	55
Pasta Brio	1370	69	26	1	165	4160	123	7	13	64
Spaghetti Bolognese	810	33	14	1	95	3180	89	4	10	39
Spaghetti Pomodoro	690	28	10	0	40	2900	91	5	12	21
Ravioli di Bello	1100	84	40	1.5	200	1170	64	5	8	31
Lasagna	1210	77	42	0	255	3140	65	2	9	67
Pasta alla Vodka	1080	63	32	0	220	1770	83	1	8	33

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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	X	X			*			*
X		X					X	

	X	X			X			X
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X		X			*			X
X		X						X
		X				X		X
	X	X					X	
		X			*			*
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X		X						X
X		X						X
X		X						X
		X						X
		X						X
X		X						X
X		X						X
X		X						X

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Pasta Abbondante (660 - 2110)

Sausage Rigatoni Arrabbiata	1610	86	30	1	185	3160	155	9	14	56
Brasied Beef Casarecce	1720	89	35	3	180	2050	164	8	16	61
Sausage Carbonara Campanelle	2110	138	66	0	840	3580	137	9	8	69
Sicilian Spaghetti with Shrimp	660	22	4	1	50	2590	93	7	13	21
Lobster & Shrimp Fettuccine	960	49	15	33	270	3140	82	1	3	54

Sides

Broccolini	60	4	0	0	0	220	6	3	2	3
Asparagus	15	0	0	0	0	400	2	1	1	1
Garlic Mashed Potatoes	300	19	13	0	60	810	28	3	1	3
Fingerling Potatoes	270									
Pasta with Sauce	440-850									

Premium Sides (800 - 860)

Risotto with Shrimp	860	61	16	1	75	2650	64	2	2	14
Mushroom Ravioli with Braised Beef	800	58	23	2	115	1720	39	4	6	28

Desserts (230 - 990 Cals)

Tiramisu	400	25	16	0	205	85	38	0	26	5
Warm Chocolate Cake	900	61	35	1.5	295	330	82	3	67	11
Vanilla Gelato	230	13	11	0	10	70	25	0	22	5
Caramel Mascarpone Cheesecake	990	68	40	0	350	400	74	0	57	11

LUNCH MENU

Lunch (530 - 910 Cals)

Chicken Limone, Mezza	680	41	18	1	155	1910	34	5	3	42
Chicken Milanese, Mezza	910	41	18	3	110	3230	101	4	9	35
Grilled Chicken Marsala, Mezza	530	29	12	2	130	1930	26	3	3	36
Tuscan Grilled Pork Chop	750	37	14	0.5	265	1490	25	4	3	75

Egg	Fish	Milk	Peanut	Sesame Seed	Shellfish	Soy	Tree Nuts	Wheat
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		X				X		X
X		X						X
		X			X			X
X		X			X			X

		X						

	X	X			X			
X		X				X		X

X		X						X
X		X						X
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X		X	X					X X

X		X						X
X		X			*			X
		X				X		X
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Two Course Combos (280 - 670 Cals)

Pasta Brio, Mezza	670	33	13	0.5	80	2080	61	3	6	32
Spaghetti Bolognese, Mezza	570	27	12	0	85	2210	48	2	7	31
Lasagna, Mezza	600	39	21	0	125	1570	32	1	4	33
Margherita Flatbread, Mezza	420	25	9	1	40	830	32	1	4	17
Sausage, Pepperoni & Ricotta Flatbread, Mezza	530	35	13	1	65	1330	33	0	4	23
Lobster Bisque	470	37	23	1	140	1430	18	0	4	7
Wedge Salad	370	34	9	30	45	1040	10	2	6	9
Chopped Salad	280	25	4.5	0	15	780	12	3	7	5
Caesar Salad	320	31	4	20	35	390	8	2	1	6

X		X								X
		X								X
X		X								X
		X								X
		X								X
	X	X				X				X
X		X								
		X								
X	X	X								X

KIDS MENU

Children's (15 - 1470 Cals)

Chicken Fingers	1050	49	8	0.5	90	4080	117	7	28	64
Cheese Pizza	750	26	12	0	60	1870	91	1	5	34
Chicken Parmesan	1470	76	29	1	200	5210	130	6	10	62
Macaroni & Cheese	1100	50	29	1	165	3840	122	4	9	36
Rigatoni w/Alfredo	790	27	16	0	90	2720	112	4	6	20
Rigatoni w/Butter	750	28	16	1	70	2290	108	4	6	19
Rigatoni w/Marinara	600	7	2.5	0	10	2630	116	6	12	20
Spaghetti w/Alfredo	630	26	16	0	90	2140	79	3	4	14
Spaghetti w/Butter	590	27	16	1	70	1700	75	3	4	13
Spaghetti w/Marinara	440	7	2.5	0	10	2040	83	5	10	14
Lasagna	620	40	22	0	130	1670	34	2	6	34
Insalata Bambino	290	26	5	15	20	600	12	2	4	6
Fries	370	28	5	0.5	0	700	29	3	0	29
Fresh Broccoli	15	0	0	0	0	210	3	1	1	2
Ice Cream Sundae	330	21	15	0	45	70	29	0	25	5

	X	X			*					X
		X								X
		X			*					X
		X								X
		X								X
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		X								X
X		X								X
X		X								X
					*					
		X								

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HAPPY HOUR MENU

Brio Burger	960	52	21	2	145	5350	95	4	18	47		X		X			*		X
Calamari	590	23	3.5	2.5	430	1850	56	2	5	34		X	X	X			X		X
Margherita Flatbread	420	25	9	1	40	830	32	1	4	17			X						X
Sausage, Pepperoni & Ricotta Flatbread	530	35	13	1	65	1330	33	0	4	23			X						X
Calamari	590	23	3.5	2.5	430	1850	56	2	5	34		X	X	X			X		X
Tomato Caprese	210	16	7	0	15	160	10	1	6	6			X						
Beef Carpaccio	360	26	4.5	0	60	420	8	0	1	22		X		X					X

BRUNCH MENU

Avocado Toast	470	34	11	0	395	900	23	4	2	16		X		X					X
Bistecca Alla Romano, Plating	1040	79	37	0	730	2670	30	3	4	48		X		X			*		X
Berries and Cream French Toast, Plating	1270	68	22	0	340	1410	138	6	75	30		X		X					X
Garden Veggie Scrambler	840	61	28	0	585	2080	47	4	5	30			X						X
Tuscan Sausage Scrambler	900	65	31	0	625	2360	46	4	3	38			X						X
Kid Scrambled Eggs, Plating	490	35	16	0.5	515	870	20	2	16	24		X		X			X		
Kid French Toast, Plating	500	26	6	0	175	480	58	4	18	12		X		X			X		X

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