



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.

	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Antipasti & Flatbreads (260 - 1080 Cals)										
Calamari	730	35	6	0	485	2350	58	4	5	36
Spinach & Artichoke Dip	830	55	26	0	125	2100	53	4	4	28
Shrimp & Eggplant	560	31	18	0	140	2230	55	5	8	15
Beef Carpaccio	700	52	9	0.5	120	990	14	1	2	44
Bruschetta Sampler	650	42	19	0	100	1590	49	2	5	16
Gorgonzola Lamp Chops	750	56	25	0	175	1450	10	1	2	47
Garlic Truffle Toast w/Ricotta (per piece)	260	22	3	0	5	200	11	0	0	2
Margherita Flatbread	840	48	21	0	90	1740	64	3	8	39
Pollo Al Forno Flatbread	890	45	19	0	115	2720	68	3	11	52
Sausage Pepperoni Ricotta Flatbread	970	43	24	0	130	2580	66	2	8	45
Soups & Insalata (280 - 500 Cals)										
Lobster Bisque, Bowl	390	32	21	0	150	1130	13	0	1	6
Caesar Salad	390	33	6	0	25	470	17	2	3	6
Wedge Salad	500	44	12	0	75	1070	9	2	5	14
Chopped Salad	280	23	3.5	0	10	960	12	3	4	5
Tomato Caprese Salad	280	24	9	0	45	680	6	1	4	13
Entree Salads (810 - 1030 Cals)										
Strawberry Balsamic Chicken Salad	980	81	11	0.5	70	1490	31	6	21	31
Grilled Salmon Salad	810	63	8	0	100	1460	20	5	8	40
Grilled Steak Salad	930	76	19	0	155	3970	25	6	14	36

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



	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Land & Sea (610 - 1340 Cals)										
Shrimp & Scallop Risotto	1040	57	23	0.5	160	3710	88	3	5	43
Chicken Caprese	790	26	8	0	200	2720	26	3	8	84
Chicken Milanese	1300	52	23	0	210	3680	134	6	14	70
Chicken Limone	730	32	14	0	185	3310	46	5	4	61
Grilled Chicken Marsala	660	26	11	0	210	2760	28	3	4	68
Grilled Salmon Fresca	510	33	6	0	110	1690	11	3	5	41
Gorgonzola Crusted Beef Medallions	1000	74	32	0	210	2990	38	4	4	41
Center-Cut Filet Mignon	570	24	8	0	140	2060	37	6	3	51
Lamb Chops	1180	78	33	0	270	2600	34	5	2	86
New York Strip	830	46	20	1	260	3630	23	4	2	77
Tuscan Grilled Pork Chop (Double)	1290	75	27	0	375	5510	28	7	5	130
Pasta Tradizionale (710 - 1790 Cals)										
Gorgonzola Cream Campanelle	1190	38	17	0.5	145	2310	152	11	18	61
Pasta Brio	1210	50	22	0.5	160	2640	126	1	12	62
Spaghetti Bolognese	790	32	13	0	90	1810	87	5	10	38
Spaghetti Pomodoro	640	22	9	0	40	1360	89	6	13	23
Ravioli di Bello	980	69	35	0	180	1310	67	6	8	30
Lasagna	1790	85	49	0	315	3080	161	10	17	83
Pasta Alla Vodka	1000	59	30	0	190	1590	74	5	7	29
Pasta Abbondante (660 - 1960 Cals)										
Sausage Rigatoni Arrabiatta	1510	75	28	1	185	3010	155	9	14	56
Braised Beef Casarecce	1490	64	30	1.5	195	1900	161	7	15	60
Sausage Carbonara Campanelle	1930	120	57	0	840	3840	137	9	8	73
Sicilian Spaghetti with Shrimp	630	18	3.5	0	45	2300	93	7	13	21
Lobster & Shrimp Fettuccine	900	43	16	0	265	2440	81	1	2	41
Premium Sides (640 - 890 Cals)										
Gnocchi Cacio E Peppe	870	30	16	0	165	2350	119	7	3	37
Risotto with Shrimp	520	34	11	0	70	2260	42	1	2	11
Mushroom Ravioli w/Braised Beef	690	45	21	1	130	1250	39	3	5	30

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

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	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Desserts (190 - 1450 Cals)										
Tiramisu	400	24	16	0	210	85	38	0	25	5
Warm Chocolate Cake	940	60	38	0	455	140	86	2	71	14
Vanilla Gelato	190	9	7	0	10	60	25	4	22	4
Caramel Mascarpone Cheesecake	890	59	34	0	325	390	73	0	55	9
Banana Rum Bread Pudding	850	44	30	0	230	410	95	3	56	11
Butterscotch Pecan Bread Pudding	1510	85	51	0	385	970	153	4	89	18
Chocolate Chip Bread Pudding	870	54	38	0	325	380	85	3	52	12
Children's (450 - 1230 Cals)										
Insalata Bambino Salad	420	36	6	0	25	500	17	2	3	5
Chicken Fingers	860	32	4.5	0	90	3450	109	6	19	36
Chicken Parmesan	1260	61	29	0	210	3990	112	5	11	59
Mac & Cheese	990	56	36	0	170	2100	90	4	8	35
Lasagna	930	45	25	0	160	1710	84	6	11	42
Cheese Pizza	810	27	18	0	75	2150	95	5	9	46
Rigatoni w/Alfredo	800	27	16	0	90	1030	114	4	6	20
Rigatoni w/Bolognese	720	17	8	0	50	1040	113	4	7	27
Rigatoni w/Butter	660	16	9	0	35	590	110	4	6	19
Rigatoni w/Marinara	610	7	2.5	0	10	930	118	6	12	20
Spaghetti w/Alfredo	630	26	16	0	90	960	80	3	4	14
Spaghetti w/Bolognese	550	16	8	0	50	970	78	3	5	21
Spaghetti w/Butter	430	8	4.5	0	20	530	76	3	4	13
Spaghetti w/Marinara	450	7	2.5	0	10	870	84	5	10	14

Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat
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				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

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	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Mezza Lunch Portions (530 - 980)										
Chicken Limone	600	30	14	0	140	2470	38	5	4	42
Chicken Milanese	980	43	19	0	135	2340	105	5	9	43
Grilled Chicken Marsala	470	23	11	0	125	1990	25	3	3	36
Tuscan Grilled Pork Chop	790	47	18	0	205	3080	27	6	4	68
Two Course Lunch Combos (280 - 930 Cals)										
Spaghetti Bolognese, Mezza	430	19	7	0	50	1080	44	3	6	19
Pasta Brio, Mezza	620	27	11	0	80	1330	63	0	6	31
Lasagna, Mezza	930	45	25	0	160	1710	84	6	11	42
Margherita Flatbread, Mezza	490	24	10	0	45	1020	46	2	5	23
Sausage Pepperoni Ricotta Flatbread, Mezza	620	23	15	0	80	1650	47	2	4	27
Lobster Bisque, Bowl	390	32	21	0	150	1130	13	0	1	6
Caesar Salad	390	33	6	0	25	470	17	2	3	6
Wedge Salad	500	44	12	0	75	1070	9	2	5	14
Chopped Salad	280	23	3.5	0	10	960	12	3	4	5
Brunch (430 - 1220 Cals)										
Tuscan Sausage Scrambler	930	63	31	0	625	2320	56	5	5	39
Garden Veggie Scrambler	820	55	28	0	585	2040	56	5	6	30
Avocado Toast	430	30	10	0	400	940	23	4	2	17
Berries & Cream French Toast	1190	58	24	0	1130	1030	144	5	63	34
Bistecca Alla Romano	1100	78	37	0	735	2780	48	5	5	50
Scrambled Eggs, Kid's	770	48	21	0	960	1040	56	6	21	28
French Toast, Kid's	600	22	8	0	555	490	86	3	38	16
Happy Hour (180 - 1080 Cals)										
Margherita Flatbread	840	48	21	0	90	1740	64	3	8	39
Sausage Pepperoni Ricotta Flatbread	970	43	24	0	130	2580	66	2	8	45
Calamari	370	19	3	0	305	840	24	1	3	22
Tomato Caprese Salad	180	15	6	0	30	370	4	1	3	8
Bar Burger	1010	48	19	0	140	2780	101	7	10	46
Beef Carpaccio	350	26	4.5	0	60	410	6	0	1	22

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

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