



## Nutritional Information Guide

(Menu items as of July 2010)

<b>APPETIZERS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Nachos	1,047	431	48	19	1	152	3,403	94	9	2	59
Bruschetta Bread	1,288	774	86	15	12	3	1,878	105	7	7	25
Hand-Breaded Calamari	1,233	231	26	6	0	653	5,264	176	7	5	68
Mozzarella with Marinara	743	384	43	19	1	101	2,234	57	2	9	33
Shrimp Scampi with Garlic Toast	2,031	1,430	159	91	4	556	1,817	91	5	8	40
Baked Stuffed Mushrooms	463	332	37	23	1	173	1,095	20	2	4	13
Sicilian Fire Sticks	1,564	849	94	32	0	180	4,601	115	13	9	58

<b>PIZZAS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Create Your Own Pizza — no toppings (Toppings will change nutritional information)	467	192	21	12	0	52	2,068	72	6	5	34
The Classic Pizza Margherita	481	193	21	12	0	52	2,071	75	7	7	35

<b>SOUPS/SALADS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pecan Crusted Chicken	972	447	50	16	0	159	3,417	86	6	16	41
Honey Pecan Crusted Salmon	794	403	45	7	0	117	1,661	52	7	38	45
Classic Grilled Chicken Caesar	726	483	54	8	1	89	1,928	35	6	6	32
Italian Wedge	794	595	66	15	0	69	1,392	34	6	25	18
Shrimp & Artichoke Caesar	521	305	34	6	2	201	1,280	23	4	6	33
Caesar Salad — Add on	264	189	21	3	0	19	649	15	2	2	6
House Salad — Add on	171	66	7	1	0	5	908	22	2	7	6
Garlic Potato Soup	549	319	35	19	0	97	1,796	38	2	3	19
Italian Chili Soup	246	109	12	4	0	24	879	23	4	6	11
Minestrone Soup	159	8	1	1	0	3	1,720	30	7	7	10

<b>SIGNATURE ITALIAN DRINKS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bellini — 14 oz. pilsner	344	0	0	0	0	0	16	46	0	39	0
Margarita Primo Italiano	263	1	0	0	0	0	483	27	0	20	0
Italian Sangria — glass	259	0	0	0	0	0	13	35	0	30	0
Amalfi Strawberry Lemonade	320	1	0	0	0	0	21	54	2	51	0
Italian Margarita — 14 oz pilsner	216	0	0	0	0	0	486	26	0	25	0
Italian Margarita — On the rocks with Sauza Gold Tequila	257	1	0	0	0	0	483	35	0	28	0
Pomegranate Granita	461	0	0	0	0	0	1	74	0	62	0
Italian Sodas without cream*	101	0	0	0	0	0	10	26	0	25	0
Italian Sodas with cream*	116	10	1	1	0	6	21	27	0	26	0

\* Nutritional information may vary slightly depending on flavor selection

## LUNCH

<b>PANINIS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Meatball w/ parmesan shoestring fries	1,740	637	71	33	3	168	2,851	221	6	127	53
Chicken Parmesan w/ parmesan shoestring fries	1,831	709	79	33	7	155	2,556	223	4	123	56
Smoked Turkey and Bacon w/ parmesan shoestring fries	1,635	575	64	31	3	148	2,525	205	4	124	60

<b>LUNCH ENTRÉES</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spicy Shrimp and Chicken	969	503	56	21	7	210	1,395	73	3	8	42
Homemade 16-Layer Lasagna	902	417	46	23	0	243	2,252	62	6	19	57
Spicy Romano Chicken	920	492	55	20	7	131	1,482	74	4	10	33
Jalapeno Garlic Tilapia	1,255	913	101	45	10	274	932	51	3	3	32
Create Your Own Pasta — alfredo	506	147	16	10	0	49	781	70	4	4	18
Create Your Own Pasta — spicy marinara	355	30	3	0	0	0	338	68	5	7	13
Create Your Own Pasta — meat sauce	384	38	4	1	0	7	458	71	4	10	15
Create Your Own Pasta — Italian sausage	577	210	23	7	0	79	796	63	4	3	29
Homemade Parmigiana — chicken	630	179	20	7	1	117	1,514	74	4	9	39
Homemade Parmigiana — eggplant	646	241	27	14	0	103	1,226	67	9	14	34
Angel Hair with Artichokes	457	77	9	1	0	5	1,035	77	7	10	15
Angel Hair with Artichokes — chicken	578	135	15	2	1	47	1,392	77	7	10	30
Grilled Chicken Bowtie Festival	989	538	60	23	7	143	1,485	72	4	6	38
Skilletini-chicken, sausage or combo	1,191	634	70	15	1	105	2,218	94	6	10	45

<b>LUNCH ENTRÉES (continued)</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Fettuccine	709	265	29	16	1	112	1,655	73	3	5	35
Chicken Scallopini	1,367	1,012	112	48	11	283	1,241	52	3	4	33
Spaghetti and Handmade Meatballs	739	224	25	8	0	128	1,700	91	8	14	37
Baked Cheese Tortelloni	741	311	35	21	0	140	2,245	61	5	10	43

## DINNER

<b>HOUSE SPECIALITIES</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spicy Shrimp and Chicken	1,294	653	73	26	10	244	1,805	106	5	9	53
Jalapeno Garlic Tilapia	1,607	1,137	126	54	13	378	1,608	58	3	3	56
Spicy Romano Chicken	1,248	639	71	25	10	145	2,081	110	7	15	42
Chicken Penne Gorgonzola	1,420	798	89	37	10	205	2,114	107	6	8	47
Five Meat Tuscan Pasta	1,167	616	68	17	0	78	1,902	99	7	13	38
Lobster Ravioli	933	560	62	29	7	198	1,905	64	5	7	26
Grilled Chicken Bowtie Festival	1,243	645	72	25	10	143	1,745	104	6	8	43
Angel Hair with Artichokes	673	127	14	1	0	5	1,780	113	11	14	22
Angel Hair with Artichokes w/ chicken	794	185	21	2	1	47	2,137	114	11	14	37
Angel Hair with Artichokes w/ shrimp	738	137	15	1	0	104	1,876	114	11	14	35
Grilled Italian Sirloin	1,020	726	81	37	0	281	864	3	1	0	65
Shrimp Scampi	2,051	1,344	149	83	6	514	1,157	115	7	10	46
Skilletini- Chicken	1,215	650	72	12	1	91	2,195	94	6	10	47
Skilletini- Sausage	1,406	855	95	22	0	120	2,615	95	7	10	43
Skilletini- Shrimp	1,189	556	62	10	0	184	1,655	114	7	11	44
Skilletini-Combo	1,258	606	67	11	1	147	1,935	115	7	11	49
Grilled Citrus Balsamic Salmon	1,373	852	95	30	10	193	1,509	76	5	28	49

<b>CLASSIC ITALIAN</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Homemade 16-Layer Lasagna	902	417	46	23	0	243	2,252	62	6	19	57
Spaghetti & Handmade Meatballs	1,108	337	37	12	0	192	2,551	136	11	21	55
Chicken Fettuccine	958	337	37	20	1	136	2,199	107	5	7	43
Chicken Milano	1,418	824	92	34	11	248	3,447	65	3	6	79
Chicken Balsamico	868	307	34	7	2	116	1,588	85	4	24	54
Stuffed Vegetable Rigatoni	907	377	42	14	6	116	2,708	96	12	15	32
Chicken Marsala	1,427	907	101	30	5	189	2,244	64	3	5	51
Create Your Own Pasta — Alfredo Sauce	766	226	25	15	0	75	1,200	105	5	6	27
Create Your Own Pasta — Marinara Sauce	532	45	5	0	0	0	508	102	7	10	20

<b>CLASSIC ITALIAN (continued)</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Create Your Own Pasta — Meat Sauce	575	57	6	1	0	11	687	107	7	15	23
Create Your Own Pasta — Italian Sausage	1,004	412	46	15	0	157	1,591	95	6	5	53
Chicken Scallopini	1,806	1,337	149	60	14	396	2,144	55	3	6	57
Carino's Favorites Combo	1,408	529	59	25	1	334	3,408	128	10	23	89
Baked Cheese Tortelloni	1,004	405	45	27	0	189	2,979	87	7	13	57
Homemade Parmigiana — Chicken	1,124	430	48	15	2	237	2863	102	6	14	72
Homemade Parmigiana — Eggplant	689	284	32	15	0	103	1226	67	9	14	34
Lemon Rosemary Chicken	687	188	21	4	2	112	2,290	69	8	16	53

<b>DESSERTS</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mascarpone Bread Pudding	1,678	867	96	56	0	515	1,619	175	3	103	29
Italian Chocolate Cake	591	172	19	11	0	50	395	94	3	77	10
Mini Chocolate Cake	141	40	4	2	0	11	95	23	1	18	2
Tiramisu	773	488	54	29	0	328	84	59	0	42	12
Mini Tiramisu	311	228	25	14	0	145	37	16	0	13	5
Turtle Cheesecake	1,033	567	63	38	2	215	771	105	2	84	12
Mini Cheesecake w/ Amerena Cherries	228	117	13	8	0	65	160	25	0	21	3
Apple Skilletini	832	372	41	16	1	55	649	105	4	76	9

<b>KIDS MENU</b>	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Chicken and Broccoli Penne	472	136	15	8	0	55	950	60	3	4	22
Kids Pizza Dippers	483	171	19	11	0	49	1659	81	5	4	34
Kids Pizza Pasta	441	116	13	4	0	40	743	59	4	7	22
Kids Turkey and Cheese Panini	460	109	12	6	0	60	945	61	3	13	28
Kids Cheese Tortelloni	273	66	7	4	0	38	733	38	3	6	13
Kids Fettuccine Alfredo	341	73	8	5	0	23	359	55	3	3	12
Kids Grilled Chicken with Italian Green Beans	231	79	9	2	1	56	1075	14	4	6	24
Kids Grilled Chicken with Spaghetti	439	96	11	2	1	56	668	56	3	5	30
Kids Pizza (1 slice)	70	28	3	2	0	8	235	11	1	0	5
Kids Pizza (6 slices)	419	166	18	10	0	49	1412	68	5	3	33
Kids Spaghetti, with Butter and Cheese	478	227	25	5	6	5	310	52	3	3	11
Kids Spaghetti, with Meatball	469	117	13	4	0	64	851	66	5	8	22
Kids Spaghetti, with Tomato Sauce	277	18	2	0	0	0	192	55	3	5	9
Kids Ice Cream	180	72	8	6	0	35	75	21	0	21	5
Kids Ice Cream Sundae	335	72	8	6	0	35	97	58	0	51	5
Kids Apple Juice	145	0	0	0	0	0	18	36	0	35	0
Kids Cranberry Juice	165	0	0	0	0	0	41	41	0	41	0

Kids Grapefruit Juice	164	0	0	0	0	0	18	40	0	38	0
Kids Milk	188	90	10	6	0	44	156	15	0	15	10
Kids Orange Juice	138	0	0	0	0	0	19	34	0	30	0
Kids Pineapple Juice	164	0	0	0	0	0	18	40	0	38	0

## Disclaimers

The nutritional and allergen information disseminated by Fired Up, Inc./Carino's Italian and/or posted on the Fired Up, Inc./Carino's Italian website was prepared by Nutritional Information Services (NIS, [www.nistn.com](http://www.nistn.com)). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: eggs, fish, milk, MSG, peanuts, shellfish, soy, sulfites, tree nuts, and wheat. (Be further advised that the designation "wheat" includes the grains Barley, Oats, Rye and Triticale.)

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This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us at (1.512.263.0800).

Nutritional data may not include recent revisions to recipes based on supplier, portion or operational changes.

Certain items shown on our current menu were added after this data was collected and nutritional information for those items are not available at this time.