



CARRABBA'S
ITALIAN GRILL®

healthi 

Restaurant Guide to

Carrabba's Italian Grill

Last updated on Oct, 1st 2022

OVERVIEW

Carrabba's is built on the foundation of family. Many of their recipes are even from the family who created the company. You can't get much better than family recipes! With a wonderful atmosphere and authentic, delicious food, you'll definitely leave here feeling satisfied.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT CARRABBA'S ITALIAN GRILL

- Try to stay away from pasta dishes and choose lean proteins
- Pair a side salad with a veggie side to go along with your main dish
- If your portions are large, ask for a box to take the rest home

FRIENDLY MENU ITEM'S AT CARRABBA'S ITALIAN GRILL

SOUPS & SALAD

Let's start off with their delicious soups and entree salads. The Johnny Rocco Salad with shrimp and scallops (or one or the other) is a delicious start. Mama Mandola's Sicilian Chicken soup is a wonderful soup option, as well as the Sausage & Lentil soup, Minestrone soup, and the Tomato Basil soup.

Soup & Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
Johnny Rocco Salad w/ shrimp & scallops	550	42g	16g	31g
Mama Mandola's Sicilian Chicken Soup (cup/bowl)	230 / 320	6g / 11g	29g / 32g	15g / 24g
Sausage & Lentil Soup (cup/bowl)	220 / 430	11g / 22g	19g / 37g	12g / 24g

Soup & Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
Minestrone Soup (cup/bowl)	110 / 210	4g / 8g	16g / 31g	3g / 5g
Tomato Basil Soup (cup/bowl)	190 / 370	15g / 29g	13g / 26g	3g / 5g

MAIN COURSE

We know that Carrabba's has everything Italian. But here, it may be best to steer clear of the heavy pasta dishes and opt for something lighter.

Their Specialties section has multiple great options that will fit into your budget. The Chicken Bryan is wood grilled chicken topped with goat cheese, sun dried tomatoes, basil and lemon butter sauce, delicious! The classic Chicken Marsala is another wonderful choice. It's their wood grilled chicken topped with mushrooms and Lombardo Masala wine sauce. Another classic is the Tuscan-Grilled chicken which is seasoned with Mr.C's Grill Baste, olive oil and herbs. Last is the Chicken or Veal Piccata. Thin and tender cutlets sautéed and topped with lemon butter sauce, parsley and capers.

Next, let's move on to steaks and chops. The Tuscan-Grilled 7oz Sirloin is a wonderful protein option. Or, you could try out the Tuscan-Grilled Grilled Pork Chop. These both pair wonderfully with some broccoli or asparagus and a side salad!

Let's talk about seafood. This can be a great, light, but filling option since it maximizes on protein! The Spiedino Di Mare is a wonderful dish that includes shrimp or sea scallops (or both) with Italian breadcrumbs, and lemon butter sauce. The Mahi Wulfe is lightly breaded, wood grilled and topped with artichokes, sun-dried tomatoes, and basil lemon butter sauce. Talk about all the flavor! For the Salmon lovers, try out the Simply Grilled Salmon.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Chicken Bryan	490	25g	12g	54g
Chicken Marsala	400	20g	3g	47g
Tuscan-Grilled Chicken	320	6g	0g	64g
Chicken Piccata	580	29g	27g	51g
Veal Piccata	410	19g	17g	39g
Tuscan-Grilled Sirloin (7oz)	350	19g	3g	39g
Tuscan-Grilled Pork Chop (1 pice)	400	27g	3g	33g
Spiedino Di Mare, shrimp	480	31g	24g	28g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Spiedino Di Mare, scallops	480	31g	27g	23g
Mahi Wulfe	490	20g	22g	54g
Simply Grilled Salmon	540	39g	1g	45g

SIDES

These sides pair wonderfully with the steak, chicken, or seafood entrees.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Sautéed Broccoli	140	11g	10g	5g
Garlic Mashed Potatoes	350	17g	46g	6g
Penne Pomodoro	350	6g	62g	12g
Sautéed Spinach	170	14g	9g	4g
Grilled Asparagus	45	2.5g	5g	3g

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Side House Salad	340	28g	17g	6g
Side Italian Salad	320	29g	14g	4g
Side Caesar Salad	340	31g	8g	9g