

## Johnny Carino's Core Nutrition Information

Appetizers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Pepperoni Calzone, Small (1 calzone)	616	332	37	15	0	65	2059	74	4	6	36	1422	10	524	5
Pepperoni Calzone (1 calzone)	1100	592	66	26	0	117	3607	141	7	8	64	2030	13	821	10
Fried Calamari, Mini (1 serving)	266	63	7	2	0	337	716	27	1	1	24	229	15	93	2
Fried Calamari, Mini (1 serving) with Spicy Marinara Sauce	291	67	7	2	0	337	1235	31	2	3	25	700	21	108	3
Fried Calamari, Solo (1 serving)	532	128	14	4	0	675	1449	52	2	1	48	500	22	194	4
Fried Calamari, Solo (1 serving) with Spicy Marinara Sauce	557	133	15	4	0	675	1968	57	3	4	49	970	28	209	5
Fried Calamari, Family (1 serving)	1064	256	28	8	0	1350	2898	104	4	2	96	1000	44	388	8
Fried Calamari, Family (1 serving) with Spicy Marinara Sauce	1114	266	30	8	0	1350	3936	114	6	8	98	1940	56	418	10
Italian Chicken Nachos, Mini (1 serving)	490	197	22	9	0	62	1175	46	4	1	27	781	6	339	3
Italian Chicken Nachos, Solo (1 serving)	847	278	31	14	0	105	1968	91	7	2	50	1340	12	576	6
Italian Chicken Nachos, Family (1 serving)	1694	557	62	27	0	210	3936	183	15	4	100	2680	24	1152	13
Italian Sausage Nachos, Mini (1 serving)	519	212	24	10	0	69	1228	46	4	1	30	852	6	387	3
Italian Sausage Nachos, Solo (1 serving)	995	449	50	20	0	116	2520	93	8	2	44	1500	12	588	7
Italian Sausage Nachos, Family (1 serving)	1990	899	100	40	0	232	5041	185	16	5	89	3001	25	1176	14
Italian Combo Nachos, Mini (1 serving)	461	182	20	8	0	55	1122	46	4	1	24	710	6	291	3
Italian Combo Nachos, Solo (1 serving)	921	364	40	17	0	110	2244	92	8	2	47	1420	12	582	7
Italian Combo Nachos, Family (1 serving)	1842	728	81	34	0	221	4488	184	15	5	94	2840	25	1164	13
Spinach and Artichoke Dip (1 serving)	719	369	41	19	0	89	2006	63	9	2	28	5118	16	606	6
Fried Mozzarella, Mini (1 serving)	535	279	31	14	1	76	1303	39	1	5	25	902	3	560	1
Fried Mozzarella, Mini (1 serving) with Spicy Marinara Sauce	560	283	31	14	1	76	1823	44	2	7	25	1373	10	575	1
Fried Mozzarella, Solo (1 serving)	899	469	52	24	1	129	2195	66	2	8	41	1563	6	952	1
Fried Mozzarella, Solo (1 serving) with Spicy Marinara Sauce	924	474	53	24	1	129	2715	71	3	11	42	2033	13	967	2
Fried Mozzarella, Family (1 serving)	1781	929	103	48	3	254	4339	131	4	15	82	2993	10	1861	2
Fried Mozzarella, Family (1 serving) with Spicy Marinara Sauce	1832	938	104	48	3	254	5377	141	6	21	83	3933	24	1891	4
Baked Stuffed Mushrooms (1 serving)	477	334	37	23	1	173	1134	22	3	4	14	2825	14	271	2
Queso Italiano, Solo (1 serving)	1481	854	95	46	0	226	2557	95	7	3	67	3715	73	1048	7
Hot Wings, 12 (1 serving)	1678	1342	149	31	0	385	1932	6	0	6	77	631	3	174	4
Hot Wings, 12 (1 serving) with Wing Spice	17-23														
Hot Wings, 12 (1 serving) with Wing Sauce	41-420														
Hot Wings, 12 (1 serving) with Wing Sauce Choice Buffalo	1719	1349	150	31	0	385	7977	13	3	9	79	4580	8	198	5
Hot Wings, 12 (1 serving) with Wing Sauce Choice Chipotle	1721	1349	150	31	0	385	8041	14	3	9	79	4580	8	201	5
Hot Wings, 12 (1 serving) with Wing Sauce Choice Garlic Teriyaki	1860	1342	149	31	0	385	5162	46	0	38	83	631	21	352	4
Hot Wings, 12 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	2098	1342	149	31	0	385	3672	114	0	102	77	631	25	174	6
Hot Wings, 12 (1 serving) with Wing Sauce Choice Sriracha Habanero	1755	1345	149	31	0	385	5445	24	1	7	78	1897	5	182	4
Hot Wings, 12 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	2098	1342	149	31	0	385	4692	108	0	90	77	1231	3	414	4
Hot Wings, 12 (1 serving) with Wing Spice Choice BBQ Spice	1695	1347	150	31	0	385	2088	9	1	6	78	683	3	174	5
Hot Wings, 12 (1 serving) with Wing Spice Choice Cajun Seasoning	1695	1344	149	31	0	385	3012	10	1	6	78	1294	5	209	5
Hot Wings, 12 (1 serving) with Wing Spice Choice Crushed Red Pepper	1701	1349	150	31	0	385	1935	9	2	6	78	1109	3	180	5
Hot Wings, 12 (1 serving) with Wing Spice Choice Lemon Pepper	1700	1344	149	31	0	385	3155	10	1	6	78	645	7	192	4

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Hot Wings, 6 (1 serving)	840	671	75	15	0	193	968	3	0	3	39	321	2	89	2
Hot Wings, 6 (1 serving) with Wing Spice	8-12														
Hot Wings, 6 (1 serving) with Wing Sauce	20-210														
Hot Wings, 6 (1 serving) with Wing Sauce Choice Buffalo	860	675	75	15	0	193	3991	7	1	4	39	2296	4	101	2
Hot Wings, 6 (1 serving) with Wing Sauce Choice Chipotle	861	675	75	15	0	193	4023	7	1	4	39	2296	4	102	2
Hot Wings, 6 (1 serving) with Wing Sauce Choice Garlic Teriyaki	931	671	75	15	0	193	2583	23	0	19	41	321	11	178	2
Hot Wings, 6 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	1050	671	75	15	0	193	1838	57	0	51	39	321	12	89	3
Hot Wings, 6 (1 serving) with Wing Sauce Choice Sriracha Habanero	878	673	75	15	0	193	2724	12	0	3	39	954	2	93	2
Hot Wings, 6 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	1050	671	75	15	0	193	2348	54	0	45	39	621	2	209	2
Hot Wings, 6 (1 serving) with Wing Spice Choice BBQ Spice	848	674	75	15	0	193	1046	4	1	3	39	347	2	89	2
Hot Wings, 6 (1 serving) with Wing Spice Choice Cajun Seasoning	848	672	75	15	0	193	1508	5	1	3	39	653	3	107	3
Hot Wings, 6 (1 serving) with Wing Spice Choice Crushed Red Pepper	851	675	75	15	0	193	970	5	1	3	39	560	2	92	2
Hot Wings, 6 (1 serving) with Wing Spice Choice Lemon Pepper	850	673	75	15	0	193	1580	5	1	3	39	328	3	98	2
Boneless Wings, 12 (1 serving)	841	466	52	9	0	105	1920	48	3	0	45	0	0	0	3
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Buffalo	883	474	53	9	0	105	7965	55	6	3	46	3949	5	23	4
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Chipotle	884	474	53	9	0	105	8029	56	6	3	46	3949	5	27	4
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Garlic Teriyaki	1023	466	52	9	0	105	5150	88	3	32	50	0	18	178	4
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	1261	466	52	9	0	105	3660	156	3	96	45	0	22	0	5
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Sriracha Habanero	918	469	52	9	0	105	5432	66	4	1	46	1266	2	7	3
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	1261	466	52	9	0	105	4680	150	3	84	45	600	0	240	3
Boneless Wings, 12 (1 serving) with Wing Spice Choice BBQ Spice	858	471	52	9	0	105	2076	50	4	0	46	52	0	0	4
Boneless Wings, 12 (1 serving) with Wing Spice Choice Cajun Seasoning	858	469	52	9	0	105	3000	52	4	0	46	664	2	35	5
Boneless Wings, 12 (1 serving) with Wing Spice Choice Crushed Red Pepper	864	474	53	9	0	105	1923	51	5	0	45	478	0	6	4
Boneless Wings, 12 (1 serving) with Wing Spice Choice Lemon Pepper	863	469	52	9	0	105	3143	52	4	0	46	14	4	18	4
Boneless Wings, 6 (1 serving)	421	233	26	4	0	53	960	24	2	0	23	0	0	0	2
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Buffalo	441	237	26	4	0	53	3982	28	3	1	23	1975	3	12	2
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Chipotle	442	237	26	4	0	53	4015	28	3	1	23	1975	3	14	2
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Garlic Teriyaki	512	233	26	4	0	53	2575	44	2	16	25	0	9	89	2
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	631	233	26	4	0	53	1830	78	2	48	23	0	11	0	3
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Sriracha Habanero	459	235	26	4	0	53	2716	33	2	0	23	633	1	4	2
Boneless Wings, 6 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	631	233	26	4	0	53	2340	75	2	42	23	300	0	120	2
Boneless Wings, 6 (1 serving) with Wing Spice Choice BBQ Spice	429	236	26	4	0	53	1038	25	2	0	23	26	0	0	2
Boneless Wings, 6 (1 serving) with Wing Spice Choice Cajun Seasoning	429	234	26	4	0	53	1500	26	2	0	23	332	1	18	2
Boneless Wings, 6 (1 serving) with Wing Spice Choice Crushed Red Pepper	432	237	26	4	0	53	961	26	3	0	23	239	0	3	2
Boneless Wings, 6 (1 serving) with Wing Spice Choice Lemon Pepper	431	235	26	4	0	53	1572	26	2	0	23	7	2	9	2

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Pizzas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
3 Meat Pizza, 8 Inch (6 slices)	515	238	26	11	0	67	1689	70	3	3	39	894	4	446	5
3 Meat Pizza, 8 Inch (1 slice)	86	40	4	2	0	11	281	12	1	0	6	149	1	74	1
3 Meat Pizza, 11 Inch (6 slices)	933	413	46	18	0	120	3197	138	7	5	69	1501	7	684	10
3 Meat Pizza, 11 Inch (1 slice)	155	69	8	3	0	20	533	23	1	1	12	250	1	114	2
3 Meat Pizza, 14 Inch (8 slices)	1762	756	84	34	0	216	6157	275	13	10	133	2932	14	1359	19
3 Meat Pizza, 14 Inch (1 slice)	220	94	10	4	0	27	770	34	2	1	17	367	2	170	2
5 Meat Pizza, 8 inch (1 slice)	151	79	9	4	0	21	540	18	1	1	9	219	4	61	1
5 Meat Pizza, 8 inch (4 slices)	603	317	35	15	0	84	2162	72	4	4	37	878	17	243	6
5 Meat Pizza, 11 inch (1 slice)	215	115	13	6	0	30	746	24	1	1	13	307	5	113	2
5 Meat Pizza, 11 inch (6 slices)	1290	691	77	33	0	180	4478	144	8	8	81	1845	28	679	11
5 Meat Pizza, 14 inch (1 slice)	323	173	19	8	0	45	1124	36	2	2	20	462	7	170	3
5 Meat Pizza, 14 inch (8 slices)	2582	1387	154	67	0	362	8989	287	16	16	162	3696	58	1360	22
BBQ Chicken Pizza, 8 Inch (1 slice)	83	23	3	1	0	9	272	15	0	4	6	100	1	73	1
BBQ Chicken Pizza, 8 Inch (6 slices)	497	137	15	7	0	52	1630	91	3	21	39	600	6	435	5
BBQ Chicken Pizza, 11 Inch (1 slice)	149	35	4	2	0	15	513	30	1	7	12	152	2	110	2
BBQ Chicken Pizza, 11 Inch (6 slices)	896	212	24	11	0	90	3080	180	6	42	69	914	11	661	9
BBQ Chicken Pizza, 14 Inch (1 slice)	199	38	4	2	0	19	726	44	1	11	15	161	3	114	2
BBQ Chicken Pizza, 14 Inch (8 slices)	1590	302	34	14	0	153	5808	354	12	84	122	1288	22	914	18
Chicken Alfredo Pizza, 8 Inch (1 slice)	89	37	4	2	0	13	265	12	0	0	7	143	0	99	1
Chicken Alfredo Pizza, 8 Inch (6 slices)	532	223	25	13	0	80	1592	70	3	1	45	861	1	596	4
Chicken Alfredo Pizza, 11 Inch (1 slice)	158	62	7	4	0	24	491	23	1	0	13	231	0	156	1
Chicken Alfredo Pizza, 11 Inch (6 slices)	950	374	42	22	0	142	2943	139	5	3	80	1385	1	935	8
Chicken Alfredo Pizza, 14 Inch (1 slice)	213	78	9	5	0	32	692	34	1	1	18	279	0	183	2
Chicken Alfredo Pizza, 14 Inch (8 slices)	1703	625	69	36	0	257	5535	273	11	6	144	2229	3	1466	17
Johnny's Favorite Pizza, 8 Inch (1 slice)	75	31	3	1	0	6	230	12	1	1	5	191	3	74	1
Johnny's Favorite Pizza, 8 Inch (6 slices)	452	189	21	9	0	37	1380	73	4	4	33	1144	15	446	5
Johnny's Favorite Pizza, 11 Inch (1 slice)	134	53	6	2	0	10	430	24	1	1	9	314	5	114	2
Johnny's Favorite Pizza, 11 Inch (6 slices)	805	315	35	14	0	60	2578	144	9	8	57	1883	29	682	9
Johnny's Favorite Pizza, 14 Inch (1 slice)	200	79	9	3	0	15	645	36	2	2	14	471	7	170	2
Johnny's Favorite Pizza, 14 Inch (8 slices)	1602	630	70	27	0	120	5157	286	17	16	113	3766	57	1364	18
Margherita Pizza, 8 Inch (1 slice)	69	27	3	1	0	6	216	12	1	1	5	195	1	90	1
Margherita Pizza, 8 Inch (6 slices)	414	159	18	8	0	34	1298	71	3	3	32	1171	6	538	4
Margherita Pizza, 11 Inch (1 slice)	122	43	5	2	0	9	403	24	1	1	9	343	2	145	1
Margherita Pizza, 11 Inch (6 slices)	731	257	29	13	0	55	2415	141	7	6	56	2055	12	867	9
Margherita Pizza, 14 Inch (1 slice)	182	64	7	3	0	14	604	35	2	2	14	505	3	217	2
Margherita Pizza, 14 Inch (8 slices)	1453	514	57	27	0	110	4831	281	13	12	111	4041	24	1732	17
Pepperoni and Pepperoni Pizza, 8 Inch (1 slice)	68	31	3	2	0	8	242	11	1	0	4	80	0	39	1
Pepperoni and Pepperoni Pizza, 8 Inch (6 slices)	410	189	21	9	0	47	1451	68	3	2	26	483	2	234	5
Pepperoni and Pepperoni Pizza, 11 inch (1 slice)	152	73	8	4	0	18	512	23	1	1	10	203	1	111	2
Pepperoni and Pepperoni Pizza, 11 inch (6 slices)	913	437	49	22	0	107	3073	137	6	5	60	1218	5	664	9
Pepperoni and Pepperoni Pizza, 14 inch (1 slice)	227	109	12	5	0	27	768	34	2	1	15	305	1	166	2
Pepperoni and Pepperoni Pizza, 14 Inch (8 slices)	1818	874	97	44	0	214	6146	272	13	10	119	2436	10	1327	19
Spicy Pepperoni Hawaiian Pizza, 8 inch (1 slice)	118	53	6	3	0	17	362	24	2	6	11	268	7	111	1
Spicy Pepperoni Hawaiian Pizza, 8 inch (4 slices)	471	211	23	10	0	67	1446	94	6	22	44	1072	26	445	5
Spicy Pepperoni Hawaiian Pizza, 11 inch (1 slice)	164	60	7	3	0	20	452	31	2	7	13	310	9	114	2
Spicy Pepperoni Hawaiian Pizza, 11 inch (6 slices)	983	360	40	16	0	120	2711	186	12	44	80	1858	53	682	11
Spicy Pepperoni Hawaiian Pizza, 14 inch (1 slice)	176	90	10	4	0	30	678	46	3	11	20	465	13	171	3
Spicy Pepperoni Hawaiian Pizza, 14 inch (8 slices)	1407	719	80	31	0	240	5422	369	23	88	160	3716	105	1364	21

## Johnny Carino's Core Nutrition Information

Salad & Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caesar Salad, Side (1 salad)	272	197	22	4	0	20	670	15	2	2	6	5009	20	117	2
Classic Caesar Salad (1 salad)	816	591	66	12	0	60	2010	45	6	6	18	15027	60	351	6
Classic Caesar Salad (1 salad) with Grilled Chicken	1071	617	69	13	0	192	2941	46	6	6	70	15078	62	383	7
Classic Caesar Salad (1 salad) with Grilled Shrimp	907	606	68	12	0	198	2144	46	6	6	36	15190	61	399	8
Classic Caesar Salad (1 salad) with Grilled Salmon	1219	813	91	17	0	194	2256	45	6	6	63	15141	68	380	6
Pecan Breaded Chicken Salad, Solo (1 salad)	634	279	31	12	0	152	1541	48	6	6	38	11456	43	346	6
Pecan Breaded Chicken Salad, Solo (1 salad) with Chianti Dressing	755	348	39	14	0	157	2822	60	6	16	38	11458	46	346	6
Chopped Club Salad, Half (1 salad)	257	161	18	6	0	45	917	9	3	6	13	3654	24	121	1
Chopped Club Salad (1 salad)	555	380	42	12	0	83	1869	20	6	12	22	8063	54	213	3
Italian Wedge Salad, Half (1 salad)	366	281	31	7	0	31	645	15	3	10	8	621	5	128	1
Italian Wedge Salad (1 salad)	569	406	45	12	0	47	860	27	6	19	15	1240	8	215	2
Italian Wedge Salad (1 salad) with Chianti Dressing	649	433	48	12	0	47	2140	39	6	29	15	1240	11	215	2
Italian Wedge Salad (1 salad) with Creamy Gorgonzola Dressing	889	694	77	19	0	87	1340	29	6	21	19	1440	8	295	2
Italian Wedge Salad (1 salad) with Ranch Dressing	769	604	67	15	0	67	1400	29	6	21	15	1240	8	255	2
Italian Wedge Salad (1 salad) with Roasted Garlic Ranch Dressing	749	575	64	14	0	63	1314	30	6	21	16	1248	10	263	2
Minestrone Soup (1 bowl)	151	16	2	1	0	3	1401	26	6	6	9	3220	16	120	2
Italian Chili (1 bowl)	259	115	13	4	0	26	927	24	4	6	12	956	22	46	2
Roasted Garlic and Potato Soup (1 bowl)	429	248	28	15	0	74	1398	31	1	2	15	864	1	262	1
House Salad, Side (1 salad)	131	53	6	1	0	5	301	16	2	2	6	4413	18	98	2
House Salad, Side (1 salad) with Chianti Dressing	171	67	7	1	0	5	941	22	2	7	6	4413	19	98	2
House Salad, Side (1 salad) with Creamy Gorgonzola Dressing	291	197	22	5	0	25	541	17	2	3	8	4513	18	138	2
House Salad, Side (1 salad) with Ranch Dressing	231	152	17	3	0	15	571	17	2	3	6	4413	18	118	2
House Salad, Side (1 salad) with Roasted Garlic Ranch Dressing	221	137	15	2	0	14	528	18	2	3	6	4417	19	122	2
House Salad, Family (1 salad)	475	183	20	2	0	10	1039	63	8	10	19	17512	71	254	7
House Salad, Family (1 salad) with Chianti Dressing	635	237	26	2	0	10	3599	87	8	30	19	17512	76	254	7
House Salad, Family (1 salad) with Creamy Gorgonzola Dressing	1115	759	84	16	0	90	1999	67	8	14	27	17912	71	414	7
House Salad, Family (1 salad) with Ranch Dressing	875	579	64	8	0	50	2119	67	8	14	19	17512	71	334	7
House Salad, Family (1 salad) with Roasted Garlic Ranch Dressing	834	520	58	8	0	44	1947	70	8	14	20	17527	74	350	7

## Johnny Carino's Core Nutrition Information

Sandwiches & Tri Tip	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blackened Chicken, Bacon and Avocado Sandwich (1 serving)	736	361	40	10	0	86	1423	51	4	7	41	1106	10	184	5
Blackened Chicken, Bacon and Avocado Sandwich (1 serving) with French Fries	1204	570	63	16	0	86	2810	112	9	7	46	1106	16	184	6
Chicken Parmesan and Avocado Club (1 serving)	1041	565	63	16	0	145	1529	68	4	6	48	1078	10	243	6
Chicken Parmesan and Avocado Club (1 serving) with French Fries	1508	774	86	22	0	145	2915	130	9	6	53	1078	16	243	6
Santa Fe BBQ Chicken Sandwich (1 sandwich)	714	273	30	12	0	96	1274	63	1	21	45	967	8	302	4
Santa Fe BBQ Chicken Sandwich (1 sandwich) with French Fries	1065	430	48	17	0	96	2314	109	5	21	49	967	13	302	5
BBQ Tri Tip Sandwich (1 sandwich)	882	195	22	7	0	122	2144	128	2	66	44	178	15	47	7
BBQ Tri Tip Sandwich (1 sandwich) with French Fries	1233	351	39	12	0	122	3184	174	6	66	48	178	20	47	8
BBQ Tri Tip Sandwich, Half (1 sandwich)	441	97	11	4	0	61	1072	64	1	33	22	89	7	23	4
BBQ Tri Tip Sandwich, Half (1 sandwich) with French Fries	792	254	28	8	0	61	2112	110	5	33	26	89	12	23	4
Johnny's Famous Tri Tip Sandwich (1 sandwich)	1261	743	83	16	0	183	2368	83	7	17	49	559	6	68	8
Johnny's Famous Tri Tip Sandwich (1 sandwich) with French Fries	1611	900	100	20	0	183	3408	129	11	17	53	559	11	68	8
Johnny's Famous Tri Tip Sandwich, Half (1 sandwich)	630	372	41	8	0	91	1184	41	4	8	25	280	3	34	4
Johnny's Famous Tri Tip Sandwich, Half (1 sandwich) with French Fries	981	528	59	12	0	91	2224	87	8	8	29	280	8	34	5
Tri Tip Dip Sandwich (1 sandwich)	941	445	49	12	0	143	2564	77	4	15	45	179	6	69	6
Tri Tip Dip Sandwich (1 sandwich) with French Fries	1291	602	67	16	0	143	3604	123	8	15	49	179	11	69	7
Tri Tip Dip Sandwich, Half (1 sandwich)	471	223	25	6	0	72	1282	39	2	8	23	90	3	35	3
Tri Tip Dip Sandwich, Half (1 sandwich) with French Fries	1291	602	67	16	0	143	3604	123	8	15	49	179	11	69	7

## Johnny Carino's Core Nutrition Information

Classic Italian & Combos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Lasagna (1 serving)	733	391	43	19	0	185	1898	44	4	8	41	3320	11	686	5
Lasagna, Family (1 serving)	2357	1251	139	62	0	604	5945	139	13	26	135	10443	34	2284	16
Angel Hair Pasta with Artichokes, Lunch (1 serving)	539	176	20	3	0	5	1052	72	9	7	16	1225	16	114	5
Angel Hair Pasta with Artichokes, Lunch (1 serving) with Grilled Shrimp	630	186	21	3	0	97	1142	73	9	7	28	1334	17	145	6
Angel Hair Pasta with Artichokes, Lunch (1 serving) with Grilled Sliced Chicken	728	190	21	3	0	54	1108	72	9	7	36	1243	17	123	5
Angel Hair Pasta with Artichokes (1 serving)	804	277	31	4	0	5	1863	107	14	9	23	1326	19	139	7
Angel Hair Pasta with Artichokes (1 serving) with Grilled Shrimp	895	292	32	4	0	143	1997	108	14	9	41	1489	21	186	10
Angel Hair Pasta with Artichokes (1 serving) with Grilled Sliced Chicken	993	291	32	4	0	54	1918	107	14	9	43	1344	20	148	8
Angel Hair Pasta with Artichokes, Family (1 serving)	1609	555	62	8	0	10	3726	215	29	18	46	2648	37	278	15
Angel Hair Pasta with Artichokes, Family (1 serving) with Grilled Shrimp	1791	583	65	9	0	286	3995	216	29	18	83	2975	41	372	19
Angel Hair Pasta with Artichokes, Family (1 serving) with Grilled Sliced Chicken	1987	583	65	9	0	109	3837	215	29	18	85	2684	39	296	16
Baked Cheese Tortelloni, Lunch (1 serving)	858	355	39	22	0	154	2152	75	5	6	48	1855	4	1047	5
Baked Cheese Tortelloni, Dinner (1 serving)	1104	448	50	28	0	200	2783	100	7	8	61	2351	6	1305	6
Baked Cheese Tortelloni, Family (1 serving)	2207	895	99	56	0	399	5566	200	13	16	122	4676	11	2610	12
Carinos Combo, Solo (1 serving)	1427	607	67	26	0	316	3206	115	9	17	88	4617	24	912	10
Mama Carino's Feast (1 serving)	2847	1433	159	51	0	416	5354	222	18	25	132	4705	37	380	21
Spaghetti with Meatballs, Dinner (1 serving)	1218	529	59	18	0	153	2279	119	9	16	53	2210	25	228	10
Fettuccine Alfredo, Lunch (1 serving)	584	239	27	11	0	47	799	66	3	4	18	507	0	196	3
Fettuccine Alfredo, Lunch (1 serving) with Grilled Shrimp	675	247	27	12	0	124	873	66	3	4	29	598	1	222	4
Fettuccine Alfredo, Lunch (1 serving) with Grilled Sliced Chicken	773	253	28	12	0	96	854	66	3	4	38	525	1	205	3
Fettuccine Alfredo, Solo (1 serving)	880	361	40	17	0	72	1213	99	5	6	28	762	0	306	4
Fettuccine Alfredo, Solo (1 serving) with Grilled Shrimp	971	371	41	18	0	164	1303	99	5	6	40	870	2	337	6
Fettuccine Alfredo, Solo (1 serving) with Grilled Sliced Chicken	1069	375	42	18	0	121	1269	99	5	6	47	779	1	315	5
Fettuccine Alfredo, Family (1 serving)	1761	722	80	35	0	143	2426	198	9	12	56	1523	1	612	8
Fettuccine Alfredo, Family (1 serving) with Grilled Shrimp	1943	741	82	35	0	327	2605	199	9	12	80	1741	3	674	11
Fettuccine Alfredo, Family (1 serving) with Grilled Sliced Chicken	2139	736	82	35	0	193	2482	198	9	12	75	1541	2	621	9
<b>Classic Cheese Ravioli (1 serving)</b>	565	224	25	14	0	142	970	55	5	2	28	1027	0	518	1
Add Grilled Chicken	189	19	2	1	0	99	185	0	0	0	39	45	2	22	1
Add Grilled Shrimp	91	14	1	0	0	138	134	1	0	0	18	163	2	48	2
Add Italian Sausage	553	391	43	15	0	157	1587	3	1	0	38	459	3	54	3
Add Meatballs	356	223	24	9	0	102	902	10	1	1	22	514	5	114	3
Sauce Choice Alfredo	271	183	20	14	0	68	1071	10	0	1	8	680	0	255	0
Sauce Choice Basil Pesto	978	921	102	18	0	14	1363	7	1	0	7	2778	26	262	2
Sauce Choice Green Chile Jalapeno Alfredo	246	160	17	12	0	59	932	11	0	2	8	840	35	226	0
Sauce Choice Meat Sauce	190	127	14	5	0	28	834	9	1	5	7	1404	9	42	2
Sauce Choice Tomato Sauce	71	21	2	0	0	0	667	12	2	6	2	1070	13	43	2
Sauce Choice Marinara	50	8	0	0	0	0	1039	9	1	5	1	940	13	31	1
Sizzling Sirloin, 14 oz (1 serving)	955	525	58	23	0	207	697	20	1	3	82	58	5	136	7
Sizzling Sirloin, 14 oz (1 serving) with Sauce Choice Mushroom Gorgonzola	1339	842	94	42	0	255	1806	24	2	4	92	1598	6	373	7
Sizzling Sirloin, 14 oz (1 serving) with Sauce Choice Mushroom Marsala	1390	902	100	36	0	236	961	26	2	4	83	690	6	138	7
Sizzling Sirloin, 7 oz (1 serving)	525	270	30	12	0	104	447	19	1	3	42	39	4	80	4
Sizzling Sirloin, 7 oz (1 serving) with Sauce Choice Mushroom Gorgonzola	909	587	65	30	0	152	1555	23	2	4	52	1579	5	317	4
Sizzling Sirloin, 7 oz (1 serving) with Sauce Choice Mushroom Marsala	960	646	72	25	0	133	710	25	2	4	43	671	6	82	4
Guest Choice with Side French Fries	351	157	17	5	0	0	1040	46	4	0	4	0	5	0	1
Guest Choice with Spaghetti and Tomato Sauce	285	81	9	1	0	0	239	43	3	4	9	357	4	14	2

## Johnny Carino's Core Nutrition Information

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
<b>Classic Italian &amp; Combos</b>															
<b>Skilletini, Dinner (1 serving)</b>	994	675	75	13	0	87	2199	102	8	16	-18	1117	63	93	4
Add Grilled Chicken	378	38	4	2	0	198	370	0	0	0	78	90	4	44	2
Add Grilled Shrimp	137	21	2	0	0	207	201	2	0	0	27	245	3	72	3
Add Italian Sausage	553	391	43	15	0	157	1587	3	1	0	38	459	3	54	3
Combo - Chicken and Shrimp	280	33	3	1	0	237	319	1	0	0	57	208	4	70	3
Combo - Chicken and Sausage	466	215	24	9	0	178	979	2	1	0	58	275	4	49	3
Combo - Sausage and Shrimp	368	210	23	8	0	217	928	3	1	0	37	393	4	75	4
<b>Skilletini, Family Platter (1 serving)</b>	1988	1350	150	26	0	174	4398	204	16	32	-36	2234	126	186	8
Add Grilled Chicken	756	76	8	4	0	396	740	0	0	0	156	180	8	88	4
Add Grilled Shrimp	273	42	3	0	0	414	402	3	0	0	54	489	6	144	6
Add Italian Sausage	1106	782	86	30	0	314	3174	6	2	0	76	918	6	108	6
Combo - Chicken and Shrimp	560	66	6	2	0	474	638	2	0	0	114	416	8	140	6
Combo - Chicken and Sausage	931	429	47	17	0	355	1957	3	1	0	116	549	7	98	5
Combo - Sausage and Shrimp	735	419	45	15	0	433	1855	5	1	0	74	785	7	150	7
<b>Italian Combinations (1 serving)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Johnny's Classic Combo (1 serving) with Entree Choice Baked Cheese Tortellini	314	74	8	5	0	55	505	42	3	1	16	273	0	273	2
Johnny's Classic Combo (1 serving) with Entree Choice Chicken Parmesan with Pasta and Sauce	505	155	17	5	0	117	1057	47	3	6	39	958	10	165	4
Johnny's Classic Combo (1 serving) with Entree Choice Eggplant Parmesan	334	144	16	6	0	42	693	34	5	7	13	938	9	229	2
Johnny's Classic Combo (1 serving) with Entree Choice Grilled Chicken Jalapeno Ravioli	823	257	29	15	0	96	584	17	2	3	11	1425	18	91	1
Johnny's Classic Combo (1 serving) with Entree Choice Lasagna	733	391	43	19	0	185	1898	44	4	8	41	3320	11	686	5
Johnny's Classic Combo (1 serving) with Entree Choice Top Sirloin	525	270	30	12	0	104	447	19	1	3	42	39	4	80	4
<b>Side Items</b>															
French Fries (1 serving)	351	157	17	5	0	0	1040	46	4	0	4	0	5	0	1
Garlic Butter (1 fluid ounce)	186	183	20	9	0	0	226	1	0	0	0	1174	2	10	0
Mashed Potatoes (1 serving)	240	147	16	11	0	62	335	20	2	2	3	577	24	30	1
Table Bread (1 loaf)	305	49	5	2	0	0	790	55	2	2	8	167	0	0	3
Vegetable Medley, Landing (1 serving)	77	32	4	1	0	0	242	8	3	3	3	1577	48	38	1
Vegetable Medley, Side (1 serving)	153	65	7	1	0	0	484	15	5	6	7	3128	96	75	2

## Johnny Carino's Core Nutrition Information

Chicken Specialties + Seafood	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chicken Milano, Lunch (1 serving)	626	386	43	22	0	136	1415	13	0	1	44	1790	2	433	2
Chicken Milano, Lunch (1 serving) with Fettuccine Alfredo	1089	593	66	33	0	185	2226	59	2	4	59	2299	2	653	3
Chicken Milano, Dinner (1 serving)	860	498	55	28	0	205	1644	13	0	1	72	2356	4	480	3
Chicken Milano, Dinner (1 serving) with Fettuccine Alfredo	1324	705	78	39	0	254	2454	60	3	5	87	2870	4	702	4
Chicken Milano, Family (1 serving)	1537	813	90	46	0	409	3065	27	1	3	143	3673	8	959	5
Chicken Milano, Family (1 serving) with Fettuccine Alfredo	2466	1228	136	69	0	507	4686	121	5	9	173	4701	8	1404	9
Chicken Parmesan, Lunch (1 serving)	643	193	21	5	0	117	1163	69	4	8	43	1130	13	161	5
Chicken Parmesan, Dinner (1 serving)	1010	310	34	10	0	235	2115	94	6	12	78	1915	21	329	8
Chicken Parmesan, Family (1 serving)	1980	592	66	18	0	458	4177	188	12	24	153	3745	42	585	16
Grilled Chicken Parmesan, Lunch (1 serving)	504	140	16	4	0	79	875	51	4	9	39	1197	14	150	4
Grilled Chicken Parmesan, Dinner (1 serving)	723	202	22	7	0	159	1465	58	5	12	70	1915	22	303	6
Grilled Chicken Parmesan, Family (1 serving)	1405	377	42	13	0	307	2878	115	11	25	138	3718	43	533	12
Eggplant Parmesan, Lunch (1 serving)	668	288	32	11	0	84	1385	69	10	14	26	1876	18	459	4
Eggplant Parmesan, Dinner (1 serving)	668	288	32	11	0	84	1385	69	10	14	26	1876	18	459	4
Eggplant Parmesan, Family (1 serving)	1311	561	62	21	0	162	2686	137	19	29	50	3621	36	848	8
Spicy Romano Chicken, Lunch (1 serving)	970	521	58	28	0	146	1306	73	6	8	37	2314	6	210	5
Spicy Romano Chicken, Dinner (1 serving)	1333	702	78	36	1	162	1974	110	10	10	46	3263	11	298	8
Spicy Romano Chicken, Family (1 serving)	2484	1222	136	63	1	323	3732	220	19	21	92	5488	21	596	16
Chicken Balsamico (1 serving)	726	161	18	4	0	137	1044	71	4	23	65	3720	24	141	5
Grilled Chicken Bowtie Festival, Lunch (1 serving)	1008	544	60	29	0	151	1176	71	4	6	41	2259	9	248	4
Grilled Chicken Bowtie Festival, Dinner (1 serving)	1296	685	76	34	0	151	1447	103	5	7	47	2766	9	252	5
Grilled Chicken Bowtie Festival, Family (1 serving)	2417	1192	132	59	0	303	2687	206	11	15	94	4499	18	512	10
Chicken Marsala, Lunch (1 serving)	412	182	20	10	0	96	866	16	1	1	29	670	4	20	2
Chicken Marsala, Lunch (1 serving) with Fettuccine	674	256	28	11	0	96	903	55	3	3	37	670	4	20	3
Chicken Marsala, Lunch (1 serving) with Garlic Sautéed Spinach	444	192	21	10	0	96	1218	20	2	1	31	6390	22	88	3
Chicken Marsala, Dinner (1 serving)	772	367	41	20	0	194	1395	26	1	2	57	1380	7	39	3
Chicken Marsala, Dinner (1 serving) with Fettuccine	1033	441	49	22	0	194	1432	65	3	4	65	1380	7	40	5
Chicken Marsala, Dinner (1 serving) with Garlic Sautéed Spinach	804	377	42	21	0	194	1747	30	2	2	59	7100	25	107	5
Chicken Marsala, Family (1 serving)	2066	882	98	44	0	387	2864	130	6	7	130	2761	14	79	9
Lemon Rosemary Chicken, Dinner (1 serving) with Vegetable Medley	691	153	17	3	0	132	1299	63	8	14	66	5258	93	128	6
Lemon Rosemary Chicken, Family (1 serving)	1224	239	27	4	0	264	2107	109	10	22	125	7342	86	173	9
Chicken Scallopini, Lunch (1 serving)	1283	918	102	55	0	284	816	48	3	4	39	3762	7	19	3
Chicken Scallopini, Dinner (1 serving)	1665	1163	129	69	0	407	1285	50	3	5	68	4890	12	36	4
Chicken Scallopini, Family (1 serving)	3236	2220	247	132	0	775	2441	102	7	10	137	9259	25	73	9
Spicy Romano Shrimp and Chicken, Lunch (1 serving)	1018	532	59	28	0	223	1176	72	3	8	47	2305	6	230	5
Spicy Romano Shrimp and Chicken, Dinner (1 serving)	1382	715	79	37	1	254	1652	107	5	10	57	3172	9	310	7
Spicy Romano Shrimp and Chicken, Family (1 serving)	2582	1249	139	65	1	507	3088	214	10	21	114	5306	19	620	14
Seafood Fettuccine with Red Sauce, Dinner (1 serving)	1245	568	63	10	0	415	1723	104	7	11	65	1290	23	142	10
Seafood Fettuccine with Red Sauce, Family (1 serving)	2381	939	104	17	0	830	3238	227	14	22	135	2569	46	279	21
Seafood Fettuccine with White Sauce, Dinner (1 serving)	1291	600	67	27	0	460	1737	101	5	6	70	2278	10	277	9
Seafood Fettuccine with White Sauce, Family (1 serving)	2527	1055	117	45	0	920	3269	221	11	12	143	3534	20	551	18

## Johnny Carino's Core Nutrition Information



<b>Chicken Specialties + Seafood</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Shrimp Scampi, Dinner (1 serving)	2005	1311	146	78	0	470	1164	110	7	10	48	5450	22	193	9
Shrimp Scampi, Family (1 serving)	3975	2599	289	155	0	926	2256	219	14	21	94	10652	43	331	17
Jalapeno Garlic Tilapia, Lunch (1 serving)	1199	888	99	54	0	253	682	49	3	4	27	5312	18	33	3
Jalapeno Garlic Tilapia , Dinner (1 serving)	1521	1103	123	67	0	346	1102	58	4	5	46	7805	32	63	5
Lemon Pepper Salmon (1 serving)	652	462	51	21	0	113	693	9	2	4	30	3410	25	54	2
Lobster Ravioli (1 serving)	1058	653	73	36	1	300	1693	73	8	5	29	4455	20	318	1

## Johnny Carino's Core Nutrition Information

Create Your Own Pasta + Sandwiches + Desserts																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
<b>Create Your Own Pasta, Dinner (1 serving)</b>	589	167	19	3	0	0	37	88	5	5	18	0	0	0	4	
Add Grilled Chicken	189	19	2	1	0	99	185	0	0	0	39	45	2	22	1	
Add Grilled Shrimp	91	14	1	0	0	138	134	1	0	0	18	163	2	48	2	
Add Italian Sausage	553	391	43	15	0	157	1587	3	1	0	38	459	3	54	3	
Add Meatballs	356	223	24	9	0	102	902	10	1	1	22	514	5	114	3	
Sauce Choice Alfredo	271	183	20	14	0	68	1071	10	0	1	8	680	0	255	0	
Sauce Choice Basil Pesto	978	921	102	18	0	14	1363	7	1	0	7	2778	26	262	2	
Sauce Choice Green Chile Jalapeno Alfredo	246	160	17	12	0	59	932	11	0	2	8	840	35	226	0	
Sauce Choice Meat Sauce	190	127	14	5	0	28	834	9	1	5	7	1404	9	42	2	
Sauce Choice Tomato Sauce	71	21	2	0	0	0	667	12	2	6	2	1070	13	43	2	
Sauce Choice Marinara	50	8	0	0	0	0	1039	9	1	5	1	940	13	31	1	
<b>Create Your Own Pasta - Family Platter</b>	1178	334	38	6	0	0	74	176	10	10	36	0	0	0	8	
Add Grilled Chicken	378	38	4	2	0	198	370	0	0	0	78	90	4	44	2	
Add Grilled Shrimp	182	28	2	0	0	276	268	2	0	0	36	326	4	96	4	
Add Italian Sausage	1106	782	86	30	0	314	3174	6	2	0	76	918	6	108	6	
Add Meatballs	712	446	48	18	0	204	1804	20	2	2	44	1028	10	228	6	
Sauce Choice Alfredo	542	366	40	28	0	136	2142	20	0	2	16	1360	0	510	0	
Sauce Choice Basil Pesto	1956	1842	204	36	0	28	2726	14	2	0	14	5556	52	524	4	
Sauce Choice Green Chile Jalapeno Alfredo	492	320	34	24	0	118	1864	22	0	4	16	1680	70	452	0	
Sauce Choice Meat Sauce	380	254	28	10	0	56	1668	18	2	10	14	2808	18	84	4	
Sauce Choice Tomato Sauce	142	42	4	0	0	0	1334	24	4	12	4	2140	26	86	4	
Sauce Choice Marinara	100	16	0	0	0	0	2078	18	2	10	2	1880	26	62	2	
Tri Tip Sandwiches																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
BBQ Tri Tip Sandwich (1 sandwich)	882	195	22	7	0	122	2144	128	2	66	44	178	15	47	7	
BBQ Tri Tip Sandwich (1 sandwich) with French Fries	1233	351	39	12	0	122	3184	174	6	66	48	178	20	47	8	
BBQ Tri Tip Sandwich, Half (1 sandwich)	441	97	11	4	0	61	1072	64	1	33	22	89	7	23	4	
BBQ Tri Tip Sandwich, Half (1 sandwich) with French Fries	792	254	28	8	0	61	2112	110	5	33	26	89	12	23	4	
Johnny's Famous Tri Tip Sandwich (1 sandwich)	1261	743	83	16	0	183	2368	83	7	17	49	559	6	68	8	
Johnny's Famous Tri Tip Sandwich (1 sandwich) with French Fries	1611	900	100	20	0	183	3408	129	11	17	53	559	11	68	8	
Johnny's Famous Tri Tip Sandwich, Half (1 sandwich)	630	372	41	8	0	91	1184	41	4	8	25	280	3	34	4	
Johnny's Famous Tri Tip Sandwich, Half (1 sandwich) with French Fries	981	528	59	12	0	91	2224	87	8	8	29	280	8	34	5	
Tri Tip Dip Sandwich (1 sandwich)	941	445	49	12	0	143	2564	77	4	15	45	179	6	69	6	
Tri Tip Dip Sandwich (1 sandwich) with French Fries	1291	602	67	16	0	143	3604	123	8	15	49	179	11	69	7	
Tri Tip Dip Sandwich, Half (1 sandwich)	471	223	25	6	0	72	1282	39	2	8	23	90	3	35	3	
Tri Tip Dip Sandwich, Half (1 sandwich) with French Fries	1291	602	67	16	0	143	3604	123	8	15	49	179	11	69	7	

## Johnny Carino's Core Nutrition Information

Desserts																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Italian Chocolate Cake (1 serving)	986	279	31	14	0	65	710	165	5	131	13	300	1	230	7	
Lemon Cream Cake (1 serving)	513	285	32	15	1	91	346	53	0	33	5	722	6	98	1	
New York Style Cheesecake (1 serving)	1070	666	74	43	3	360	790	84	2	68	19	0	0	175	2	
Red Velvet Fusion Cheesecake (1 serving)	730	405	45	25	2	175	540	73	2	55	10	0	0	110	2	
Tiramisu (1 serving)	773	496	55	31	0	346	175	57	2	39	14	1719	0	102	1	

## Johnny Carino's Core Nutrition Information

Lunch + Combos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Half Sandwich and Half Entree Salad Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Half Sandwich and Half Entree Salad Combo (1 serving) with Half Salad Choice Caesar Salad	272	197	22	4	0	20	670	15	2	2	6	5009	20	117	2
Half Sandwich and Half Entree Salad Combo (1 serving) with Half Salad Choice House Salad	131	53	6	1	0	5	301	16	2	2	6	4413	18	98	2
Half Sandwich and Half Entree Salad Combo (1 serving) with Half Sandwich Choice Johnny's Famous Tri Tip Sandwich	630	372	41	8	0	91	1184	41	4	8	25	280	3	34	4
Half Sandwich and Half Entree Salad Combo (1 serving) with Half Sandwich Choice Market Club Sandwich	476	233	26	10	0	68	2004	33	2	4	26	407	4	162	3
Pizza and Salad Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pizza and Salad Combo (1 serving) with Half Salad Choice Caesar Salad	272	197	22	4	0	20	670	15	2	2	6	5009	20	117	2
Pizza and Salad Combo (1 serving) with Half Salad Choice House Salad	131	53	6	1	0	5	301	16	2	2	6	4413	18	98	2
Pizza and Salad Combo (1 serving) with Pizza Choice Chicken Bacon Cheddar Pizza	690	367	41	14	0	95	1856	71	3	3	48	816	4	572	4
Pizza and Salad Combo (1 serving) with Pizza Choice Pepperoni and Pepperoni Pizza	410	189	21	9	0	47	1451	68	3	2	26	483	2	234	5
Pizza and Salad Combo (1 serving) with Pizza Choice Three Cheese Pizza	373	136	15	8	0	34	1227	70	3	3	28	772	3	464	4
Pizza and Salad Combo (1 serving) with Pepperoni Calzone	747	385	43	16	0	70	2360	90	6	8	42	5835	28	622	7
<b>Create Your Own Pasta Lunch (1 serving)</b>	394	112	12	2	0	0	25	59	3	3	12	0	0	0	3
Add Grilled Chicken	189	19	2	1	0	99	185	0	0	0	39	45	2	22	1
Add Grilled Shrimp	91	14	1	0	0	138	134	1	0	0	18	163	2	48	2
Add Italian Sausage	277	196	22	8	0	79	794	2	1	0	19	230	2	27	2
Add Meatballs	235	147	16	6	0	67	595	7	1	1	15	339	3	75	2
Sauce Choice Alfredo	179	121	13	9	0	45	707	7	0	1	5	449	0	168	0
Sauce Choice Basil Pesto	645	608	67	12	0	9	900	5	1	0	5	1833	17	173	1
Sauce Choice Green Chile Jalapeno Alfredo	162	106	11	8	0	39	615	7	0	1	5	554	23	149	0
Sauce Choice Meat Sauce	125	84	9	3	0	18	550	6	1	3	5	927	6	28	1
Sauce Choice Tomato Sauce	47	14	1	0	0	0	440	8	1	4	1	706	9	28	1
Sauce Choice Marinara	31	9	1	0	0	0	291	5	1	3	1	466	6	19	1

## Johnny Carino's Core Nutrition Information

Kids Menu	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Pasta (1 serving)	327	93	10	2	0	0	21	49	3	3	10	0	0	0	2
Kids Pasta (1 serving) with Alfredo Sauce	418	154	17	6	0	23	378	52	3	3	13	227	0	85	2
Kids Pasta (1 serving) with Butter	535	290	32	12	0	5	328	49	3	3	12	1083	0	68	2
Kids Pasta (1 serving) add Grilled Chicken	100	40	16	6	3	1	208	3	1	0	6	126	1	2	1
Kids Pasta (1 serving) add Meatball	120	98	23	6	0	51	226	42	3	3	21	257	3	57	4
Kids Pasta (1 serving) with Tomato Sauce	320	100	11	2	0	0	230	53	3	5	11	431	14	19	3
Pepperoni and Pepperoni Pizza, 8 Inch (1 slice)	68	31	3	2	0	8	242	11	1	0	4	80	0	39	1
Pepperoni and Pepperoni Pizza, 8 Inch (6 slices)	410	189	21	9	0	47	1451	68	3	2	26	483	2	234	5
Chicken Bacon Cheddar Pizza, 8 Inch (1 slice)	115	61	7	2	0	16	309	12	0	0	8	136	1	95	1
Chicken Bacon Cheddar Pizza, 8 Inch (6 slices)	690	367	41	14	0	95	1856	71	3	3	48	816	4	572	4
Three Cheese Pizza, 8 inch (1 slice)	93	34	4	2	0	8	307	17	1	1	7	193	1	116	1
Three Cheese Pizza, 8 inch (4 slices)	373	136	15	8	0	34	1227	70	3	3	28	772	3	464	4
Kids Chicken and Broccoli Penne (1 serving)	521	176	20	8	0	59	813	60	3	4	24	1414	34	162	3
Kids Grilled Chicken (1 serving) with tomato sauce	360	120	13	2	0	0	276	64	4	6	13	517	17	23	4
Kids Grilled Chicken (1 serving) with vegetables	320	65	7	1	0	0	15	34	2	2	7	0	0	0	1
Kids Cheese Tortellini (1 serving)	299	73	8	4	0	44	849	42	4	6	14	932	9	247	3
Kids Chicken Nuggets (1 serving)	640	442	49	11	0	53	2927	121	7	32	28	0	14	0	3
Kids Mac and Cheese (1 serving)	737	407	45	24	0	133	818	57	3	2	26	1227	0	486	2
Sliced Apples (1 serving)	50	3	0	0	0	0	0	12	1	1	0	0	2	0	0
Kids Ice Cream Sundae (1 serving)	295	90	10	5	0	35	85	47	0	41	4	300	1	150	0

## Johnny Carino's Core Nutrition Information

Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Juice (12 fluid ounces)	175	0	0	0	0	0	22	44	0	41	0	0	105	0	0
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Coke (12 fluid ounces)	98	0	0	0	0	0	6	27	0	27	0	0	0	0	0
Coke (20 fluid ounces)	163	0	0	0	0	0	10	45	0	45	0	0	0	0	0
Cranberry Juice (12 fluid ounces)	210	0	0	0	0	0	53	53	0	53	0	0	90	0	0
Diet Coke (12 fluid ounces)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Diet Coke (20 fluid ounces)	0	0	0	0	0	0	17	0	0	0	0	0	0	0	0
Dr Pepper (12 fluid ounces)	109	0	0	0	0	0	35	27	0	27	0	0	0	0	0
Dr Pepper (20 fluid ounces)	182	0	0	0	0	0	58	45	0	45	0	0	0	0	0
Grapefruit Juice (12 fluid ounces)	153	0	0	0	0	0	22	37	0	35	0	0	105	0	0
Hot Chocolate (1 serving)	80	9	1	0	0	0	84	17	0	13	0	0	0	24	0
Hot Tea (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Iced Sweet Tea (12 fluid ounces)	71	0	0	0	0	0	0	18	0	18	0	0	0	0	0
Iced Sweet Tea (20 fluid ounces)	119	0	0	0	0	0	0	30	0	30	0	0	0	0	0
Iced Tea (12 fluid ounces)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Iced Tea (20 fluid ounces)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Raspberry Iced Tea (12 fluid ounces)	54	11	1	1	0	6	25	26	0	26	0	39	0	21	0
Raspberry Iced Tea (20 fluid ounces)	86	18	2	2	0	10	40	42	0	42	0	62	0	34	0
Italian Cream Soda (12 fluid ounces)	62	11	1	1	0	6	22	13	0	13	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Blackberry Syrup	116	11	1	1	0	6	22	27	0	27	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Cherry Syrup	116	11	1	1	0	6	22	27	0	27	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Hazelnut Syrup	124	11	1	1	0	6	22	28	0	27	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Lemon Syrup	116	11	1	1	0	6	22	27	0	27	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Orange Syrup	116	11	1	1	0	6	22	27	0	27	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Raspberry Syrup	116	11	1	1	0	6	28	26	0	26	0	39	0	16	0
Italian Cream Soda (12 fluid ounces) with Vanilla Syrup	116	11	1	1	0	6	22	27	0	27	0	39	0	16	0
Italian Cream Soda (16 fluid ounces)	83	14	2	1	0	8	30	18	0	18	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Blackberry Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Cherry Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Hazelnut Syrup	186	14	2	1	0	8	30	42	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Lemon Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Orange Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Raspberry Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Cream Soda (16 fluid ounces) with Vanilla Syrup	173	14	2	1	0	8	30	41	0	41	1	52	0	21	0
Italian Soda (12 fluid ounces)	47	0	0	0	0	0	11	13	0	13	0	0	0	0	0
Italian Soda (12 fluid ounces) with Blackberry Syrup	101	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Cherry Syrup	101	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Hazelnut Syrup	108	0	0	0	0	0	11	27	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Lemon Syrup	101	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Orange Syrup	101	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Raspberry Syrup	101	0	0	0	0	0	17	26	0	26	0	0	0	0	0
Italian Soda (12 fluid ounces) with Vanilla Syrup	101	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Soda (16 fluid ounces)	62	0	0	0	0	0	14	17	0	17	0	0	0	0	0
Italian Soda (16 fluid ounces) with Blackberry Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Cherry Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Hazelnut Syrup	165	0	0	0	0	0	14	41	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Lemon Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Orange Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Raspberry Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Italian Soda (16 fluid ounces) with Vanilla Syrup	152	0	0	0	0	0	14	40	0	40	0	0	0	0	0
Milk (12 fluid ounces)	225	108	12	8	0	53	188	18	0	18	12	450	4	450	0
Minute Maid Lemonade (12 fluid ounces)	96	0	0	0	0	0	41	26	0	26	0	0	0	0	0
Minute Maid Lemonade (20 fluid ounces)	160	0	0	0	0	0	68	43	0	43	0	0	0	0	0
Orange Juice (12 fluid ounces)	165	0	0	0	0	0	23	41	0	36	0	0	90	30	0
Pineapple Juice (12 fluid ounces)	196	0	0	0	0	0	22	48	0	46	0	0	105	0	0
Sprite (12 fluid ounces)	96	0	0	0	0	0	22	26	0	26	0	0	0	0	0
Sprite (20 fluid ounces)	160	0	0	0	0	0	36	43	0	43	0	0	0	0	0

## Johnny Carino's Core Nutrition Information

Alcoholic Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Peach Bellini, Solo (1 drink)	311	0	0	0	0	0	19	44	0	40	0	482	20	4	0
Italian Sangria, Solo (1 drink)	199	0	0	0	0	0	5	26	0	23	0	27	16	8	0
Amalfi Strawberry Lemonade, Solo (1 drink)	330	1	0	0	0	0	21	55	2	51	0	10	44	28	0
Pomegranate Granita (1 drink)	464	0	0	0	0	0	1	75	0	63	0	27	6	5	0
Italian Margarita, Solo (1 drink)	221	0	0	0	0	0	487	28	0	27	0	6	3	13	0
Italian Margarita on the Rocks, Solo (1 drink)	231	1	0	0	0	0	483	32	0	24	0	6	3	21	0
Primo Italiano Margarita (1 drink)	280	0	0	0	0	0	480	33	1	22	0	49	168	11	0
Super Premium Top Shelf Margarita (1 drink)	455	0	0	0	0	0	0	60	1	51	0	33	150	8	0

## Johnny Carino's Core Nutrition Information

Wine List	Glass	Grande	Bottle
<b>Sparkling &amp; Blush</b>			
Beringer White Zinfandel, California	140	240	610
Sutter Home Moscato, California	140	230	580
<b>White Wine</b>			
<b><i>Riesling</i></b>			
Chateau Ste. Michelle, Washington	130	210	530
<b><i>Pinot Grigio</i></b>			
Bolla, Italy	140	240	610
Caposaldo, Italy			610
Ecco Domani Italy	140	240	610
<b><i>Chardonnay</i></b>			
Albertoni, California	150	250	630
Chateau Ste. Michelle, Washington	130	210	530
Kendall - Jackson, California	130	220	550
Rodney Strong, California			560
<b>Red Wine</b>			
<b><i>Pinot Noir</i></b>			
Francis Coppola, California	160	260	670
Kenwood, California			630
Trinity Oaks	150	240	610
<b><i>Merlot</i></b>			
Albertoni, California	150	250	610
Blackstone, California			620
Ecco Domani, Italy	150	250	640
<b><i>Chianti</i></b>			
Banfi Bell'Agio Chianti Wicker, Italy	150	250	625
Cecchi Chianti Classico, Italy			550
<b><i>Cabernet Sauvignon</i></b>			
Albertoni, California	150	250	600
Chateau Ste. Michelle, Washington	150	240	620
<b><i>Malbec</i></b>			
Alamos Malbec, Argentina	150	240	620