

Johnny Carino's Tavern 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)
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
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
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
Queso Italiano, Tavern (1 serving)	855	472	52	25	0	138	1501	56	4	2	42	1925	37	537	4
Chips and Guacamole (1 serving)	780	263	29	4	0	0	1612	115	17	4	16	1066	53	174	4
Chips and Guacamole, Bar Food (1 serving)	348	102	11	1	0	0	734	55	7	2	7	457	23	81	2
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
Fried Ravioli (1 serving)	880	199	22	11	0	246	3268	139	6	44	27	1169	2	400	3
Hot Wings, 5 (1 serving)	699	559	62	13	0	160	805	3	0	3	32	263	1	73	2
Hot Wings, 5 (1 serving) with Wing Sauce Choice Buffalo	716	562	63	13	0	160	3324	5	1	4	33	1908	3	83	2
Hot Wings, 5 (1 serving) with Wing Sauce Choice Chipotle	717	562	63	13	0	160	3350	6	1	4	33	1908	3	84	2
Hot Wings, 5 (1 serving) with Wing Sauce Choice Garlic Teriyaki	775	559	62	13	0	160	2151	19	0	16	35	263	9	147	2
Hot Wings, 5 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	874	559	62	13	0	160	1530	48	0	43	32	263	10	73	3
Hot Wings, 5 (1 serving) with Wing Sauce Choice Sriracha Habanero	731	560	62	13	0	160	2269	10	0	3	33	790	2	76	2
Hot Wings, 5 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	874	559	62	13	0	160	1955	45	0	38	32	513	1	173	2
Hot Wings, 5 (1 serving) with Wing Spice Choice BBQ Spice	706	561	63	13	0	160	870	4	0	3	33	285	1	73	2
Hot Wings, 5 (1 serving) with Wing Spice Choice Cajun Seasoning	706	560	62	13	0	160	1255	4	0	3	33	539	2	87	2
Hot Wings, 5 (1 serving) with Wing Spice Choice Crushed Red Pepper	709	562	63	13	0	160	806	4	1	3	33	462	1	75	2
Hot Wings, 5 (1 serving) with Wing Spice Choice Lemon Pepper	708	560	62	13	0	160	1315	4	0	3	33	269	3	80	2

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Hot Wings, 10 (1 serving)	1398	1118	124	26	0	321	1610	5	0	5	64	526	3	145	3
Hot Wings, 10 (1 serving) with Wing Sauce Choice Buffalo	1433	1124	125	26	0	321	6648	11	3	8	66	3817	7	165	4
Hot Wings, 10 (1 serving) with Wing Sauce Choice Chipotle	1434	1124	125	26	0	321	6701	12	3	8	66	3817	7	168	4
Hot Wings, 10 (1 serving) with Wing Sauce Choice Garlic Teriyaki	1550	1118	124	26	0	321	4302	38	0	32	69	526	18	293	3
Hot Wings, 10 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	1748	1118	124	26	0	321	3060	95	0	85	64	526	21	145	5
Hot Wings, 10 (1 serving) with Wing Sauce Choice Sriracha Habanero	1463	1121	124	26	0	321	4538	20	1	6	65	1581	4	152	3
Hot Wings, 10 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	1748	1118	124	26	0	321	3910	90	0	75	64	1026	3	345	3
Hot Wings, 10 (1 serving) with Wing Spice Choice BBQ Spice	1413	1123	125	26	0	321	1740	8	1	5	65	569	3	145	4
Hot Wings, 10 (1 serving) with Wing Spice Choice Cajun Seasoning	1413	1120	124	26	0	321	2510	8	1	5	65	1078	4	174	4
Hot Wings, 10 (1 serving) with Wing Spice Choice Crushed Red Pepper	1418	1124	125	26	0	321	1613	8	2	5	65	924	3	150	4
Hot Wings, 10 (1 serving) with Wing Spice Choice Lemon Pepper	1417	1120	124	26	0	321	2629	8	1	5	65	538	6	160	3
Hot Wings, 15 (1 serving)	2098	1678	186	39	0	481	2415	8	0	8	96	789	4	218	5
Hot Wings, 15 (1 serving) with Wing Sauce Choice Buffalo	2149	1686	188	39	0	481	9971	16	4	11	99	5725	10	248	6
Hot Wings, 15 (1 serving) with Wing Sauce Choice Chipotle	2151	1686	188	39	0	481	10051	18	4	11	99	5725	10	251	6
Hot Wings, 15 (1 serving) with Wing Sauce Choice Garlic Teriyaki	2325	1678	186	39	0	481	6453	58	0	48	104	789	26	440	5
Hot Wings, 15 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	2623	1678	186	39	0	481	4590	143	0	128	96	789	31	218	8
Hot Wings, 15 (1 serving) with Wing Sauce Choice Sriracha Habanero	2194	1681	186	39	0	481	6806	30	1	9	98	2371	6	228	5
Hot Wings, 15 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	2623	1678	186	39	0	481	5865	135	0	113	96	1539	4	518	5
Hot Wings, 15 (1 serving) with Wing Spice Choice BBQ Spice	2119	1684	188	39	0	481	2610	11	1	8	98	854	4	218	6
Hot Wings, 15 (1 serving) with Wing Spice Choice Cajun Seasoning	2119	1680	186	39	0	481	3765	13	1	8	98	1618	6	261	6
Hot Wings, 15 (1 serving) with Wing Spice Choice Crushed Red Pepper	2126	1686	188	39	0	481	2419	11	3	8	98	1386	4	225	6
Hot Wings, 15 (1 serving) with Wing Spice Choice Lemon Pepper	2125	1680	186	39	0	481	3944	13	1	8	98	806	9	240	5

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Boneless Wings, 5 (1 serving)	350	194	22	4	0	44	800	20	1	0	19	0	0	0	1
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Buffalo	368	198	22	4	0	44	3319	23	3	1	19	1645	2	10	2
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Chipotle	368	198	22	4	0	44	3345	23	3	1	19	1645	2	11	2
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Garlic Teriyaki	426	194	22	4	0	44	2146	37	1	13	21	0	8	74	2
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	525	194	22	4	0	44	1525	65	1	40	19	0	9	0	2
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Sriracha Habanero	383	195	22	4	0	44	2263	28	2	0	19	528	1	3	1
Boneless Wings, 5 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	525	194	22	4	0	44	1950	63	1	35	19	250	0	100	1
Boneless Wings, 5 (1 serving) with Wing Spice Choice BBQ Spice	358	196	22	4	0	44	865	21	2	0	19	22	0	0	2
Boneless Wings, 5 (1 serving) with Wing Spice Choice Cajun Seasoning	358	195	22	4	0	44	1250	22	2	0	19	277	1	15	2
Boneless Wings, 5 (1 serving) with Wing Spice Choice Crushed Red Pepper	360	198	22	4	0	44	801	21	2	0	19	199	0	3	2
Boneless Wings, 5 (1 serving) with Wing Spice Choice Lemon Pepper	360	195	22	4	0	44	1310	22	2	0	19	6	2	8	2
Boneless Wings, 10 (1 serving)	701	388	43	8	0	88	1600	40	3	0	38	0	0	0	3
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Buffalo	736	395	44	8	0	88	6638	46	5	3	38	3291	4	19	3
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Chipotle	737	395	44	8	0	88	6691	47	5	3	38	3291	4	23	3
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Garlic Teriyaki	853	388	43	8	0	88	4292	73	3	27	42	0	15	148	3
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	1051	388	43	8	0	88	3050	130	3	80	38	0	18	0	4
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Sriracha Habanero	765	391	43	8	0	88	4527	55	3	1	38	1055	2	6	3
Boneless Wings, 10 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	1051	388	43	8	0	88	3900	125	3	70	38	500	0	200	3
Boneless Wings, 10 (1 serving) with Wing Spice Choice BBQ Spice	715	393	43	8	0	88	1730	42	3	0	38	43	0	0	3
Boneless Wings, 10 (1 serving) with Wing Spice Choice Cajun Seasoning	715	391	43	8	0	88	2500	43	3	0	38	553	2	29	4
Boneless Wings, 10 (1 serving) with Wing Spice Choice Crushed Red Pepper	720	395	44	8	0	88	1603	43	4	0	38	398	0	5	3
Boneless Wings, 10 (1 serving) with Wing Spice Choice Lemon Pepper	719	391	43	8	0	88	2619	43	3	0	38	12	3	15	3

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Boneless Wings, 15 (1 serving)	1051	583	65	11	0	131	2400	60	4	0	56	0	0	0	4
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Buffalo	1104	593	66	11	0	131	9956	69	8	4	58	4936	6	29	5
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Chipotle	1105	593	66	11	0	131	10036	70	8	4	58	4936	6	34	5
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Garlic Teriyaki	1279	583	65	11	0	131	6438	110	4	40	63	0	23	223	5
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Johnny's BBQ Sauce	1576	583	65	11	0	131	4575	195	4	120	56	0	28	0	6
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Sriracha Habanero	1148	586	65	11	0	131	6790	83	5	1	58	1583	3	9	4
Boneless Wings, 15 (1 serving) with Wing Sauce Choice Sweet Chili Sauce	1576	583	65	11	0	131	5850	188	4	105	56	750	0	300	4
Boneless Wings, 15 (1 serving) with Wing Spice Choice BBQ Spice	1073	589	65	11	0	131	2595	63	5	0	58	65	0	0	5
Boneless Wings, 15 (1 serving) with Wing Spice Choice Cajun Seasoning	1073	586	65	11	0	131	3750	65	5	0	58	830	3	44	6
Boneless Wings, 15 (1 serving) with Wing Spice Choice Crushed Red Pepper	1080	593	66	11	0	131	2404	64	6	0	56	598	0	8	5
Boneless Wings, 15 (1 serving) with Wing Spice Choice Lemon Pepper	1079	586	65	11	0	131	3929	65	5	0	58	18	5	23	5

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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)
Grilled Barbecue Chicken Salad (1 salad)	938	401	45	10	0	131	2048	96	10	37	40	6191	55	392	8
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
Citrus Pecan Salad (1 salad)	1008	671	75	13	0	25	808	71	12	52	12	8939	78	262	5
Citrus Pecan Salad (1 salad) with Grilled Chicken	1263	697	77	14	0	157	1740	72	12	52	64	8990	81	293	6
Citrus Pecan Salad (1 salad) with Grilled Shrimp	1099	685	76	14	0	163	943	71	12	52	30	9102	80	309	7
Chopped Club Salad, Half (1 salad)	172	148	17	6	0	-21	452	9	3	6	6	3629	23	105	1
Chopped Club Salad, Half with Chicken (1 salad)	427	174	20	7	0	111	1383	10	3	6	58	3680	25	137	2
Chopped Club Salad (1 salad)	385	354	39	11	0	-49	938	19	6	12	-30	8012	52	181	2
Chopped Club Salad with Chicken (1 salad)	640	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
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
Johnny's Chopped Italian Salad (1 salad)	518	209	23	8	2	23	1658	39	3	11	21	7437	34	218	7

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3 Meat Pizza, 8 Inch (1 slice)	129	60	7	3	0	17	422	18	1	1	10	224	1	112	1
3 Meat Pizza, 8 Inch (4 slices)	515	238	26	11	0	67	1689	70	3	3	39	894	4	446	5
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, 11 Inch (6 slices)	933	413	46	18	0	120	3197	138	7	5	69	1501	7	684	10
3 Meat Pizza, 14 Inch (1 slice)	220	94	10	4	0	27	770	34	2	1	17	367	2	170	2
3 Meat Pizza, 14 Inch (8 slices)	1762	756	84	34	0	216	6157	275	13	10	133	2932	14	1359	19
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)	124	34	4	2	0	13	408	23	1	5	10	150	2	109	1
BBQ Chicken Pizza, 8 Inch (4 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
Buffalo Chicken Pizza, 8 Inch (1 slice)	84	24	3	2	0	12	765	17	1	1	7	393	1	46	1
Buffalo Chicken Pizza, 8 Inch (4 slices)	335	94	10	6	0	48	3059	69	4	2	29	1573	4	183	5
Buffalo Chicken Pizza, 11 Inch (1 slice)	111	31	3	2	0	16	1019	23	1	1	10	522	1	60	2
Buffalo Chicken Pizza, 11 Inch (6 slices)	668	187	21	12	0	96	6112	138	9	4	57	3130	7	359	9
Buffalo Chicken Pizza, 14 Inch (1 slice)	166	47	5	3	0	24	1528	34	2	1	14	782	2	90	2
Buffalo Chicken Pizza, 14 Inch (8 slices)	1327	374	42	23	0	192	12225	273	17	8	114	6259	14	719	18
Chicken Alfredo Pizza, 8 Inch (1 slice)	133	55.75	6.25	3.25	0	20	398	17.5	0.75	0.25	11.25	215.25	0.25	149	1
Chicken Alfredo Pizza, 8 Inch (4 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
Chicken Bacon Cheddar Pizza, 8 Inch (1 slice)	173	92	10	4	0	24	464	18	1	1	12	204	1	143	1
Chicken Bacon Cheddar Pizza, 8 Inch (4 slices)	690	367	41	14	0	95	1856	71	3	3	48	816	4	572	4
Chicken Bacon Cheddar Pizza, 11 Inch (1 slice)	214	112	12	4	0	29	589	24	1	1	15	224	1	156	1
Chicken Bacon Cheddar Pizza, 11 Inch (6 slices)	1283	672	75	25	0	175	3532	141	6	6	87	1345	7	936	9
Chicken Bacon Cheddar Pizza, 14 Inch (1 slice)	296	153	17	5	0	40	839	35	1	1	20	269	2	183	2
Chicken Bacon Cheddar Pizza, 14 Inch (8 slices)	2367	1223	136	42	0	324	6713	278	12	12	158	2151	15	1467	17
Hawaiian Pizza, 8 Inch (1 slice)	109	37	4	2	0	11	369	19	1	2	9	206	3	110	1
Hawaiian Pizza, 8 Inch (4 slices)	436	149	17	7	0	42	1474	77	4	9	34	824	11	438	5
Hawaiian Pizza, 11 Inch (1 slice)	129	39	4	2	0	12	461	25	1	3	10	227	4	111	2
Hawaiian Pizza, 11 Inch (6 slices)	776	237	26	11	0	71	2767	153	7	18	60	1362	21	667	9
Hawaiian Pizza, 14 Inch (1 slice)	169	44	5	2	0	14	648	38	2	5	13	273	5	116	2
Hawaiian Pizza, 14 Inch (8 slices)	1354	352	39	15	0	115	5182	301	14	36	104	2184	43	929	19

Johnny Carino's Tavern Nutrition Information

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)
Johnny's Favorite Pizza, 8 Inch (1 slice)	113	47	5	2	0	9	345	18	1	1	8	286	4	112	1
Johnny's Favorite Pizza, 8 Inch (4 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)	104	40	5	2	0	9	325	18	1	1	8	293	2	135	1
Margherita Pizza, 8 Inch (4 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 Mushroom Pizza, 8 Inch (1 slice)	126	60	7	3	0	12	386	18	1	1	9	254	1	110	1
Pepperoni and Mushroom Pizza, 8 Inch (4 slices)	502	240	27	12	0	47	1544	71	4	3	34	1014	4	440	5
Pepperoni and Mushroom Pizza, 11 Inch (1 slice)	151	70	8	3	0	13	485	24	1	1	10	290	1	112	2
Pepperoni and Mushroom Pizza, 11 Inch (6 slices)	908	418	46	21	0	81	2908	141	7	7	59	1742	9	671	9
Pepperoni and Mushroom Pizza, 14 Inch (1 slice)	226	104	12	5	0	20	727	35	2	2	15	436	2	168	2
Pepperoni and Mushroom Pizza, 14 Inch (8 slices)	1807	835	93	41	0	161	5817	280	15	14	118	3484	17	1341	19
Pepperoni and Pepperoni Pizza, 8 Inch (1 slice)	103	47	5	2	0	12	363	17	1	1	7	121	1	59	1
Pepperoni and Pepperoni Pizza, 8 Inch (4 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
Pepperoni and Sausage Pizza, 8 inch (1 slice)	115	56	6	2	0	15	385	17	1	1	7	138	1	60	1
Pepperoni and Sausage Pizza, 8 inch (4 slices)	460	222	25	10	0	60	1540	68	3	3	30	552	3	242	5
Pepperoni and Sausage Pizza, 11 inch (1 slice)	169	84	9	4	0	22	542	23	1	1	11	226	1	113	2
Pepperoni and Sausage Pizza, 11 inch (6 slices)	1013	504	56	23	0	132	3251	138	7	5	67	1357	6	680	10
Pepperoni and Sausage Pizza, 14 inch (1 slice)	252	126	14	6	0	33	813	34	2	1	17	339	1	170	3
Pepperoni and Sausage Pizza, 14 inch (8 slices)	2018	1008	112	47	0	264	6501	273	14	10	135	2715	11	1361	20
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
Spinach and Artichoke Pizza, 8 Inch (1 slice)	146	88	10	5	0	11	399	18	2	1	6	1067	3	82	2
Spinach and Artichoke Pizza, 8 Inch (4 slices)	585	352	39	19	0	44	1595	73	6	2	24	4268	12	327	7
Spinach and Artichoke Pizza, 11 Inch (1 slice)	167	94	10	5	0	12	476	24	2	1	7	1159	3	94	2
Spinach and Artichoke Pizza, 11 Inch (6 slices)	1004	562	62	30	0	74	2856	144	12	4	45	6954	20	562	13
Spinach and Artichoke Pizza, 14 Inch (1 slice)	215	116	13	6	0	12	606	34	2	1	10	1250	4	99	3
Spinach and Artichoke Pizza, 14 Inch (8 slices)	1716	926	103	48	0	95	4846	275	18	7	76	9998	29	795	22
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 Tavern 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 Tavern Nutrition Information

Burgers + Tacos	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)
Bacon and Egg Burger (1 sandwich)	1123	686	76	22	0	357	1280	52	1	6	53	972	3	199	8
Bacon and Egg Burger (1 sandwich) with French Fries	1473	843	94	26	0	357	2320	98	5	6	57	972	8	199	8
Guacamole Burger (1 serving)	1015	628	70	22	0	155	1044	45	1	5	48	1149	47	317	7
Guacamole Burger (1 serving) with French Fries	1365	785	88	26	0	155	2084	91	5	5	52	1149	52	317	7
Black and Bleu Burger (1 sandwich)	774	398	44	16	0	121	875	47	1	5	45	699	3	212	6
Black and Bleu Burger (1 sandwich) with French Fries	1124	555	62	20	0	121	1915	93	5	5	49	699	8	212	6
Classic American Burger (1 sandwich)	995	592	66	18	0	145	1386	52	1	11	43	816	3	174	6
Classic American Burger (1 sandwich) with French Fries	1346	748	83	23	0	145	2426	98	5	11	47	816	8	174	7
Johnny's Famous Burger (1 sandwich)	968	470	52	20	0	145	1343	70	1	22	52	946	7	326	7
Johnny's Famous Burger (1 sandwich) with French Fries	1318	626	70	25	0	145	2383	116	5	22	56	946	12	326	8
The 'Shroom Burger (1 sandwich)	1021	598	66	19	0	139	1535	59	1	18	45	960	5	189	6
The 'Shroom Burger (1 sandwich) with French Fries	1372	755	84	24	0	139	2575	105	5	18	49	960	10	189	7
Southwest Tri Tip Tacos (1 serving)	722	247	27	5	0	61	866	90	14	5	30	4225	40	174	5
Grilled Chicken Tacos (1 serving)	821	170	19	3	0	66	1877	124	10	31	38	816	31	221	4
Pub Cod Tacos (1 serving)	1225	679	75	12	0	58	2652	114	11	8	26	978	39	213	4

Johnny Carino's Tavern Nutrition Information

Tavern Favorites + BBQ 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)
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
Fish and Chips (1 serving)	1330	804	89	17	0	70	2196	96	6	12	33	636	50	33	3
Grilled Garlic Shrimp (1 serving)	868	531	59	23	0	234	1702	50	5	0	36	2536	20	106	5
Baby Back Ribs, Half Rack	874	590	66	24	0	226	622	22	0	18	46	66	6	106	4
Baby Back Ribs, Full Rack	1311	885	99	36	0	339	933	33	0	27	69	99	9	159	6
Tavern Favorite with Side Choice French Fries	351	157	17	5	0	0	1040	46	4	0	4	0	5	0	1
Tavern Favorite with Side Choice Mashed Potatoes	263	169	19	11	0	62	471	21	2	2	3	584	24	31	1
BBQ Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BBQ Combo (1 serving) with BBQ Chicken Breast	319	25	3	1	0	132	437	18	0	16	52	48	6	25	2
BBQ Combo (1 serving) with BBQ Chicken Wings	748	373	41	11	0	162	1024	54	0	48	39	310	12	25	3
BBQ Combo (1 serving) with BBQ Grilled Shrimp	192	18	2	0	0	184	470	20	0	16	24	218	6	62	4
BBQ Combo (1 serving) with BBQ Ribs	437	295	33	12	0	113	311	11	0	9	23	33	3	53	2
BBQ Combo (1 serving) with BBQ Tri Tip Beef	577	146	16	6	0	122	1354	73	0	64	35	11	15	46	4
BBQ Combo (1 serving) with Ketchup for Fries	69	1	0	0	0	0	533	16	1	14	1	267	4	9	0
BBQ Combo (1 serving) with Side Choice French Fries	351	157	17	5	0	0	1040	46	4	0	4	0	5	0	1
BBQ Combo (1 serving) with Side Choice Mashed Potatoes	240	147	16	11	0	62	335	20	2	2	3	577	24	30	1

Johnny Carino's Tavern 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 and Jalapeno Cream Ravioli, Dinner (1 serving)	1646	1047	116	58	0	414	2772	77	8	9	67	6170	46	413	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 Scaloppini, Lunch (1 serving)	1283	918	102	55	0	284	816	48	3	4	39	3762	7	19	3
Chicken Scaloppini, Dinner (1 serving)	1665	1163	129	69	0	407	1285	50	3	5	68	4890	12	36	4
Chicken Scaloppini, Family (1 serving)	3236	2220	247	132	0	775	2441	102	7	10	137	9259	25	73	9
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

Johnny Carino's Tavern 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)
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
Shrimp Scampi, Dinner (1 serving)	1290	838	95	51	0	306	757	72	5	7	31	3542	14	125	6
Shrimp Scampi, Family (1 serving)	2580	1676	190	102	0	612	1514	144	10	14	62	7084	28	250	12
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 Tavern Nutrition Information

Johnny's Meal For Two	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)
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
Pizza, Regular (1 serving)	688-1290														
Mama Carino's Feast (1 serving)	2847	1433	159	51	0	416	5354	222	18	25	132	4705	37	380	21
Lasagna (1 serving)	733	391	43	19	0	185	1898	44	4	8	41	3320	11	686	5
Classic Cheese Ravioli (1 serving)	565	224	25	14	0	142	970	55	5	2	28	1027	0	518	1
Sauce Choice Alfredo	271	183	20	14	0	68	1071	10	0	1	8	680	0	255	0
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
Lemon Rosemary Chicken, Dinner (1 serving) with Vegetable Medley	691	153	17	3	0	132	1299	63	8	14	66	5258	93	128	6
Spicy Romano Shrimp and Chicken, Dinner (1 serving)	1382	715	79	37	1	254	1652	107	5	10	57	3172	9	310	7
Chicken Parmesan, Dinner (1 serving)	1010	310	34	10	0	235	2115	94	6	12	78	1915	21	329	8
Shrimp Scampi Ravioli, Dinner (1 serving)	1390	84	97	53	0	311	763	77	5	7	33	3568	16	133	7
Spicy Shrimp Ravioli, Dinner (1 serving)	1540	790	86	41	1	290	1817	117	6	11	62	3425	10	340	8
Chicken and Bacon Green Chile Jalapeno Ravioli, Dinner (1 serving)	1430	702	81	44	0	156	1486	113	6	8	51	2795	10	261	6

Johnny Carino's Tavern 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)	853	462	51	23	0	215	2193	49	5	10	48	3861	13	819	6
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
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
Classic Cheese Ravioli (1 serving)	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 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

Johnny Carino's Tavern Nutrition Information

Side Items	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)
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 Tavern 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)
Classic Italian & Combos															
Skilletini, Dinner (1 serving)	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
Skilletini, Family Platter (1 serving)	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
Create Your Own Pasta, Dinner (1 serving)	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 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
Create Your Own Pasta - Family Platter	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 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
Italian Combinations (1 serving)	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	853	462	51	23	0	215	2193	49	5	10	48	3861	13	819	6
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
Johnny's Classic Combo (1 serving) with Side Choice Mashed Potatoes	240	147	16	11	0	62	335	20	2	2	3	577	24	30	1
Johnny's Classic Combo (1 serving) with Side Choice Fries	351	157	17	5	0	0	1040	46	4	0	4	0	5	0	1

Johnny Carino's Tavern 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)
Pronto Light															
Table Bread (1 loaf)	305	49	5	2	0	0	790	55	2	2	8	167	0	0	3
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
	429	248	28	15	0	74	1398	31	1	2	15	864	1	262	1
Caesar Salad, Side (1 salad)	272	197	22	4	0	20	670	15	2	2	6	5009	20	117	2
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
Pronto Bistro															
1/2 Market Club Sandwich (1 serving)	476	233	26	10	0	68	2004	34	2	4	26	408	4	162	3
Johnny's Famous Tri Tip Sandwich, Half (1 sandwich)	630	372	41	8	0	91	1184	41	4	8	25	280	3	34	4
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 Chopped Club Salad	257	161	18	6	0	45	917	9	3	6	13	3654	24	121	1
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 Half Salad Choice Italian Wedge Salad	366	281	31	7	0	31	645	15	3	10	8	621	5	128	1
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
Pronto Pasta															
Spicy Romano Shrimp and Chicken, Lunch (1 serving)	1018	532	59	28	0	223	1176	72	3	8	47	2305	6	230	5
Chicken Parmesan, Lunch (1 serving)	643	193	21	5	0	117	1163	69	4	8	43	1130	13	161	5
Eggplant Parmesan, Lunch (1 serving)	668	288	32	11	0	84	1385	69	10	14	26	1876	18	459	4
Spicy Romano Chicken, Lunch (1 serving)	970	521	58	28	0	146	1306	73	6	8	37	2314	6	210	5
Grilled Chicken Bowtie Festival, Lunch (1 serving)	1008	544	60	29	0	151	1176	71	4	6	41	2259	9	248	4
Baked Cheese Tortelloni, Lunch (1 serving)	858	355	39	22	0	154	2152	75	5	6	48	1855	4	1047	5
Chicken Scaloppini, Lunch (1 serving)	1283	918	102	55	0	284	816	48	3	4	39	3762	7	19	3
Lasagna, (1 serving)	853	462	51	23	0	215	2193	49	5	10	48	3861	13	819	6
Create Your Own Pasta Lunch (1 serving)	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 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	33	5	0	0	0	0	686	6	1	3	1	620	9	20	1
Tri Tip Sandwiches															
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 Tavern Nutrition Information

Fresh Salads	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)
Grilled Barbecue Chicken Salad (1 salad)	938	401	45	10	0	131	2048	96	10	37	40	6191	55	392	8
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
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
Citrus Pecan Salad (1 salad)	1008	671	75	13	0	25	808	71	12	52	12	8939	78	262	5
Citrus Pecan Salad (1 salad) with Grilled Chicken	1263	697	77	14	0	157	1740	72	12	52	64	8990	81	293	6
Citrus Pecan Salad (1 salad) with Grilled Shrimp	1099	685	76	14	0	163	943	71	12	52	30	9102	80	309	7
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

Johnny Carino's Tavern Nutrition Information

Catering 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)
Italian Sandwich Trays (Serves 6-8 people)															
Market Club Sandwich Tray (5 full sandwiches)	5046	2465	276	106	0	721	21237	355	16	42	276	4320	42	1717	27
Box Lunch (1 Serving)															
Create Your Own Pasta - Tomato Sauce	441	126	13	2	0	0	465	67	4	7	13	706	9	28	4
Create Your Own Pasta - Marinara Sauce	427	117	12	2	0	0	711	65	4	6	13	620	9	20	4
Create Your Own Pasta - Meat Sauce	519	196	21	5	0	18	575	65	4	6	17	927	6	28	4
Create Your Own Pasta - Alfredo Sauce	573	233	25	11	0	45	732	66	3	4	17	449	0	168	3
Create Your Own Pasta - Green Chile Jalapeno Alfredo	556	218	23	10	0	39	640	66	3	4	17	554	23	149	3
Angel Hair with Artichokes	539	176	20	3	0	5	1052	72	9	7	16	1225	16	114	5
Chicken Alfredo with Penne	773	253	28	12	0	96	854	66	3	4	38	525	1	205	3
Grilled Chicken Bowtie Festival	1008	544	60	29	0	151	1176	71	4	6	41	2259	9	248	4
Spaghetti & Handmade Meatballs	676	273	29	8	0	67	1061	74	5	8	28	1045	12	104	6
Skilletini, Chicken	1372	713	79	15	0	285	2569	102	8	16	60	1207	67	137	6
Skilletini, Sausage	1547	1066	118	28	0	244	3786	105	9	16	20	1576	66	147	7
Skilletini, Combo	1460	890	99	22	0	265	3178	104	9	16	40	1392	67	142	7
Market Club Sandwich	1009	493	55	21	0	144	4247	71	3	8	55	864	8	343	5
Add House Salad - House Dressing	171	67	7	1	0	5	941	22	2	7	6	4413	19	98	2
Add House Salad - Ranch Dressing	231	152	17	3	0	15	571	17	2	3	6	4413	18	118	2
Add Caesar Salad	272	197	22	4	0	20	670	15	2	2	6	5009	20	117	2
Mini Chocolate Cake	239	66	7	3	0	15	174	40	1	32	3	60	0	50	2
Canned Soda Coke	98	0	0	0	0	0	6	27	0	27	0	0	0	0	0
Canned Soda Diet Coke	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Canned Soda Sprite	96	0	0	0	0	0	22	26	0	26	0	0	0	0	0
Canned Soda DR Pepper	109	0	0	0	0	0	35	27	0	27	0	0	0	0	0
Create Your Own Package (Serves 8-10 people)															
Create Your Own Pasta and Sauce - Tomato Sauce	2640	752	84	12	0	0	2816	400	28	44	80	4280	52	172	24
Create Your Own Pasta and Sauce - Marinara Sauce	2556	700	76	12	0	0	4304	388	24	40	76	3760	52	124	20
Create Your Own Pasta and Sauce - Meat Sauce	3116	1176	132	32	0	112	3484	388	24	40	100	5616	36	168	24
Create Your Own Pasta and Sauce - Alfredo Sauce	3440	1400	156	68	0	272	4432	392	20	24	104	2720	0	1020	16
Create Your Own Pasta and Sauce - Green Chile Jalapeno Alfredo	3340	1308	144	60	0	236	3876	396	20	28	104	3360	140	904	16
Sides (Serves 10-12 people)															
Add Vegetable Medley	612	260	28	4	0	0	1936	60	20	24	28	12512	384	300	8
Add Grilled Chicken	756	76	8	4	0	396	740	0	0	0	156	180	8	88	4
Add Sausage (8)	2212	1564	172	60	0	628	6348	12	4	0	152	1836	12	216	12
Add Meatballs (12)	1424	892	96	36	0	408	3608	40	4	4	88	2056	20	456	12
Fresh-Baked Bread (2)	610	98	10	4	0	0	1580	110	4	4	16	334	0	0	6
Classic Package (Serves 8-10 people)															
Baked Tortelloni	4414	1790	198	112	0	798	11132	400	26	32	244	9352	22	5220	24
Angel Hair with Artichokes w/ Chicken	3974	1166	130	18	0	218	7674	430	58	36	170	5368	78	592	32
Handmade Eggplant Parmesan	2622	1122	124	42	0	324	5372	274	38	58	100	7242	72	1696	16
Traditional Package (Serves 8-10 people)															
Grilled Chicken Bowtie Festival	4834	2384	264	118	0	606	5374	412	22	30	188	8998	36	1024	20
Handmade Chicken Parmesan	3960	1184	132	36	0	916	8354	376	24	48	306	7490	84	1170	32
Lemon Rosemary Chicken	2448	478	54	8	0	528	4214	218	20	44	250	14684	172	346	18
Skilletini, Chicken	5488	2852	316	60	0	1140	10276	408	32	64	240	4828	268	548	24
Skilletini, Sausage	6188	4264	472	112	0	976	15144	420	36	64	80	6304	264	588	28
Skilletini, Combo	5838	3558	394	86	0	1058	12710	414	34	64	160	5566	266	568	26
Signature Package (Serves 8-10 people)															
Chicken Penne Alfredo	4196	1476	164	72	0	668	5172	392	20	24	260	2900	8	1108	20
Grilled Chicken Jalapeno Ravioli	1274	688	76	62	0	428	45	120	2	8	33	-1258	-15	327	2
Spicy Shrimp and Chicken	5528	2860	316	148	4	1016	6608	428	20	40	228	12688	36	1240	28
Spicy Shrimp Ravioli	3680	1644	180	124	4	896	2093	292	4	16	180	-22616	-108	349	12
Lasagna Package (Serves 12 people)															

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Lasagna 10236 5544 612 276 0 2580 26316 588 60 120 576 46332 156 9828 72

Johnny Carino's Tavern Nutrition Information

Catering 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)
Included Items in Packages															
Bread Loaf - one loaf	305	49	5	2	0	0	790	55	2	2	8	167	0	0	3
Salad - Caesar (Serves 8-10)	2176	1576	176	32	0	160	5360	120	16	16	48	40072	160	936	16
House Salad - House Dressing (Serves 8-10)	1368	536	56	8	0	40	7528	176	16	56	48	35304	152	784	16
House Salad - Ranch Dressing (Serves 8-10)	1848	1216	136	24	0	120	4568	136	16	24	48	35304	144	944	16
Gallon Lemonade	107	11	11	11	11	11	52	37	11	37	11	11	11	11	11
Gallon Ice Tea	0	0	0	0	0	0	53	0	0	0	0	0	0	53	0
Appetizers (Serves 10-12 people)															
Chicken Wings (24)	3356	2684	298	62	0	770	3864	12	0	12	154	1262	6	348	8
Baked Stuffed Mushrooms (24)	1908	1336	148	92	4	692	4536	88	12	16	56	11300	56	1084	8
Handmade Mini Meatballs (30)	1175	736	79	30	0	337	2977	33	3	3	73	1696	17	376	10
Mozzarella with Marinara (20)	3664	1876	208	96	6	508	10754	282	12	42	166	7866	48	3782	8
Salads (Serves 8-10 people)															
Caesar Salad	2176	1576	176	32	0	160	5360	120	16	16	48	40072	160	936	16
House Salad - House Dressing	1368	536	56	8	0	40	7528	176	16	56	48	35304	152	784	16
House Salad - Ranch Dressing	1848	1216	136	24	0	120	4568	136	16	24	48	35304	144	944	16
Desserts															
Mini Chocolate Cake (8)	1912	528	56	24	0	120	1392	320	8	256	24	480	0	400	16
1/2 Pan Tiramisu (6)	515	331	37	21	0	231	117	38	1	26	9	1146	0	68	1
Full Pan Tiramisu (12)	1031	661	73	41	0	461	233	76	3	52	19	2292	0	136	1
Cookie Tray (24) Varies from 1920-2880 Calories - upon selection	1920-2880	550-810	15-50	10-20	0-10	20-40	10-80	5-20	0-6	0-40	5-20	20-250	0-20	20-80	0-10
A La Carte Party Pans (Serves 8-10 people)															
Angel Hair with Artichokes	3218	1110	124	16	0	20	7452	430	58	36	92	5296	74	556	30
Angel Hair with Artichokes w/ Chicken	3974	1166	130	18	0	218	7674	430	58	36	170	5368	78	592	32
Baked Tortelloni	4414	1790	198	112	0	798	11132	400	26	32	244	9352	22	5220	24
Handmade Eggplant Parmesan	2622	1122	124	42	0	324	5372	274	38	58	100	7242	72	1696	16
Grilled Chicken Bowtie Festival	4834	2384	264	118	0	606	5374	412	22	30	188	8998	36	1024	20
Handmade Chicken Parmesan	3960	1184	132	36	0	916	8354	376	24	48	306	7490	84	1170	32
Lemon Rosemary Chicken	2448	478	54	8	0	528	4214	218	20	44	250	14684	172	346	18
Skilletini, Chicken	5488	2852	316	60	0	1140	10276	408	32	64	240	4828	268	548	24
Skilletini, Sausage	6188	4264	472	112	0	976	15144	420	36	64	80	6304	264	588	28
Skilletini, Combo	5838	3558	394	86	0	1058	12710	414	34	64	160	5566	266	568	26
Spicy Romano Chicken	5164	2498	278	130	2	1014	6176	428	20	42	228	10612	38	1240	28
Chicken Alfredo with Penne	4196	1476	164	72	0	668	5172	392	20	24	260	2900	8	1108	20
Spicy Shrimp and Chicken	5528	2860	316	148	4	1016	6608	428	20	40	228	12688	36	1240	28
Spicy Shrimp Ravioli	4737	3021	333	188	4	1280	9689	297	20	28	124	16725	29	3256	13
Grilled Chicken Jalapeno Ravioli	4638	2520	276	154	0	1138	8550	284	22	22	228	13746	176	2980	8
Handmade 16 Layer Lasagna	10236	5544	612	276	0	2580	26316	588	60	120	576	46332	156	9828	72
Mid Size Party Pans (Serves 5-7 People)															
Grilled Chicken Bowtie Festival	3626	1788	198	89	0	455	4031	309	17	23	141	6749	27	768	15
Handmade Chicken Parmesan	2970	888	99	27	0	687	6266	282	18	36	230	5618	63	878	24
Chicken Alfredo with Penne	3147	1107	123	54	0	501	3879	294	15	18	195	2175	6	831	15
Spicy Romano Chicken	3873	1874	209	98	2	761	4632	321	15	32	171	7959	29	930	21
Spicy Shrimp and Chicken	3553	2266	250	141	3	960	7267	223	15	21	93	12544	22	2442	10

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Johnny Carino's Tavern 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)	394	112	12	2	0	0	25	59	3	3	12	0	0	0	3
Kids Pasta (1 serving) with Tomato Sauce	441	126	13	2	0	0	465	67	4	7	13	706	9	28	4
Kids Pasta (1 serving) with Marinara Sauce	427	117	12	2	0	0	711	65	4	6	13	620	9	20	4
Kids Pasta (1 serving) with Meat Sauce	519	196	21	5	0	18	575	65	4	6	17	927	6	28	4
Kids Pasta (1 serving) with Alfredo Sauce	573	233	25	11	0	45	732	66	3	4	17	449	0	168	3
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
Pepperoni and Pepperoni Pizza, 8 Inch (1 slice)	103	47	5	2	0	12	363	17	1	1	7	121	1	59	1
Pepperoni and Pepperoni Pizza, 8 Inch (4 slices)	410	189	21	9	0	47	1451	68	3	2	26	483	2	234	5
Chicken Bacon Cheddar Pizza, 8 Inch (1 slice)	173	92	10	4	0	24	464	18	1	1	12	204	1	143	1
Chicken Bacon Cheddar Pizza, 8 Inch (4 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	134	14	2	0	0	30	71	4	4	14	0	0	0	4
Kids Grilled Chicken (1 serving) with vegetables	320	78	8	1	0	0	18	41	2	2	8	0	0	0	2
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
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
Tiramisu (1 serving)	773	496	55	31	0	346	175	57	2	39	14	1719	0	102	1
Chocolate Cannoli (1 serving)	612	234	26	9	0	55	113	75	2	35	16	300	0	370	3

Johnny Carino's Tavern Nutrition Information

Happy Hour + Extra Menu + 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)
Fresh Caprese Salad (1 salad)	383	280	31	14	0	60	527	5	0	4	15	976	4	495	0
Pepperoni and Salami Calzone (1 calzone)	1304	741	82	33	0	156	4508	143	7	8	75	2030	13	821	11
Pepperoni and Salami Calzone, Small (1 calzone)	711	401	45	18	0	84	2480	75	4	6	42	1422	10	524	6
Pepperoni and Salami Pizza, 8 inch (1 slice)	234	123	15	6	0	27	797	20	1	2	11	356	3	131	2
Pepperoni and Salami Pizza, 8 inch (4 slices)	935	492	58	22	0	107	3189	80	4	6	44	1425	10	524	6
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
Three Cheese Pizza, 11 inch (1 slice)	125	46	5	3	0	11	411	23	1	1	10	258	1	157	1
Three Cheese Pizza, 11 inch (6 slices)	753	276	31	16	0	69	2468	140	6	5	57	1545	6	941	9
Three Cheese Pizza, 14 inch (1 slice)	187	69	8	4	0	17	617	35	2	1	14	386	2	235	2
Three Cheese Pizza, 14 inch (8 slices)	1497	552	61	32	0	137	4937	278	12	10	114	3091	13	1882	17
1/4 Rack of Ribs and Pepperoni Pizza (1 serving)	930	399	44	16	0	71	2921	139	7	29	32	397	13	181	6
Queso and Guacamole Duo (1 serving)	869	519	58	27	0	120	1476	61	7	2	31	2035	23	655	2
Lobster + Bacon Mac & Cheese (1 serving)	1140	500	56	36	4	159	2006	76	4	11	49	1469	7	576	9
Bacon	248	30	4	8	4	2	840	3	0	6	18	42	6	30	6
Lobster	19	5	1	0	0	6	53	2	0	1	1	29	0	6	0
Alfredo Sauce	45	31	3	2	0	11	179	2	0	0	1	113	0	43	0
Pasta	56	16	2	0	0	0	4	8	0	0	2	0	0	0	0
Bread Crumbs	35	11	1	1	0	7	113	4	0	2	1	57	0	11	0
Kids Mac and Cheese	737	407	45	24	0	133	818	57	3	2	26	1227	0	486	2
Cheese + Bacon French Fries (1 serving)	1653	479	55	42	14	30	5352	106	8	21	73	372	31	189	23
Mozzarella with Marinara (1 serving)	471	237	26	12	1	63	1606	38	2	6	21	1223	10	482	1
Fried Meatballs with Tomato Sauce (1 serving)	1170	487	54	26	0	248	3656	100	4	46	49	2154	18	385	4
Dozen Parmesan Shrimp and French Fries (1 serving)	1877	629	69	30	0	349	6107	226	10	78	62	1904	23	440	6
Appetizer Sampler (1 serving)	2040	841	92	46	1	387	5567	178	7	64	89	4161	53	1206	7
Chicken Parmesan Panini (1 serving)	744	243	27	11	0	136	1636	74	3	3	51	1283	7	329	6
Chicken Parmesan Panini (1 serving) with French Fries	1095	400	44	16	0	136	2676	120	7	3	55	1283	12	329	7
Italian Meatball Panini (1 serving)	817	395	44	19	0	128	2050	64	4	4	42	1640	10	388	7
Italian Meatball Panini (1 serving) with French Fries	1168	552	61	24	0	128	3090	110	8	4	46	1640	15	388	8
Turkey and Applewood Bacon Panini (1 serving)	651	270	30	14	0	80	1306	52	3	2	43	1257	5	320	4
Turkey and Applewood Bacon Panini (1 serving) with French Fries	1002	427	47	19	0	80	2346	98	7	2	47	1257	10	320	5
Market Club Sandwich (1 serving)	952	465	52	20	0	136	4007	67	3	8	52	815	8	324	5
Market Club Sandwich (1 serving) with French Fries	1303	622	69	25	0	136	5047	113	7	8	56	815	13	324	6
Buffalo Fries, Small (1 serving)	459	244	27	8	0	18	2377	48	4	1	7	819	6	92	1
Buffalo Fries, Large (1 serving)	918	488	54	16	0	36	4754	95	9	2	15	1639	12	185	2
Fried Zucchini, Tavern (1 serving)	413	121	13	4	0	283	1520	54	3	6	18	1132	27	136	5
Fried Zucchini, Regular (1 serving)	662	210	23	7	0	567	2276	80	5	8	32	1769	47	230	7
Pepperoni and Pineapple Pizza, 8 Inch (1 slice)	86	40	4	2	0	8	257	12	1	1	6	169	1	73	1
Pepperoni and Pineapple Pizza, 8 Inch (6 slices)	516	240	27	12	0	47	1544	71	4	3	34	1014	4	440	5
Pepperoni and Pineapple Pizza, 11 Inch (1 slice)	156	70	8	3	0	13	485	24	1	1	10	290	1	112	2
Pepperoni and Pineapple Pizza, 11 Inch (6 slices)	936	418	46	21	0	81	2908	141	7	7	59	1742	9	671	9
Pepperoni and Pineapple Pizza, 14 Inch (1 slice)	311	104	12	5	0	20	727	35	2	2	15	436	2	168	2
Pepperoni and Pineapple Pizza, 14 Inch (8 slices)	1863	835	93	41	0	161	5817	280	15	14	118	3484	17	1341	19

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Johnny Carino's Tavern 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)
Happy Hour Pub Cod Taco (1 serving)	419	285	32	5	0	29	904	26	2	3	9	313	11	63	1
Happy Hour Southwest Chicken Taco (1 serving)	305	182	20	3	0	45	252	15	3	1	15	402	7	29	1
Happy Hour Southwest Tri Tip Taco (1 serving)	189	73	8	2	0	31	68	18	4	2	12	1944	12	49	2
Happy Hour Shrimp Taco (1 serving)	402	274	31	5	0	28	868	25	2	3	9	300	11	60	1
Ranch Dressing, (1 serving)	100	99	11	2	0	10	270	1	0	1	0	0	0	20	0
Blue Cheese, (1 serving)	160	144	16	4	0	20	240	1	0	1	2	100	0	40	0
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
Italian Tea (12 fluid ounces)	0	0	0	0	0	0	11	13	0	13	0	0	0	0	0
Italian Tea (12 fluid ounces) with Blackberry Syrup	54	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Tea (12 fluid ounces) with Cherry Syrup	54	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Tea (12 fluid ounces) with Hazelnut Syrup	54	0	0	0	0	0	11	27	0	26	0	0	0	0	0
Italian Tea (12 fluid ounces) with Lemon Syrup	54	0	0	0	0	0	11	26	0	26	0	0	0	0	0

2,000 calories a day is used for general nutritional advice, but calorie needs vary

Johnny Carino's Tavern 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)
Italian Tea (12 fluid ounces) with Orange Syrup	54	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Tea (12 fluid ounces) with Raspberry Syrup	54	0	0	0	0	0	17	26	0	26	0	0	0	0	0
Italian Tea (12 fluid ounces) with Vanilla Syrup	54	0	0	0	0	0	11	26	0	26	0	0	0	0	0
Italian Lemonade (12 fluid ounces)	96	0	0	0	0	0	41	26	0	26	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Blackberry Syrup	150	0	0	0	0	0	52	52	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Cherry Syrup	150	0	0	0	0	0	52	52	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Hazelnut Syrup	150	0	0	0	0	0	52	53	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Lemon Syrup	150	0	0	0	0	0	52	52	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Orange Syrup	150	0	0	0	0	0	52	52	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Raspberry Syrup	150	0	0	0	0	0	58	52	0	52	0	0	0	0	0
Italian Lemonade (12 fluid ounces) with Vanilla Syrup	150	0	0	0	0	0	52	52	0	52	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 Tavern 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)
Margaritas															
Johnny's Margarita, Regular (1 drink) 8.5 oz	136	0	0	0	0	0	4	17	0	16	0	6	3	9	0
Johnny's Margarita, Grandioso (1 drink) 18 oz	283	0	0	0	0	0	9	36	0	35	0	6	3	16	0
Primo Italiano Margarita (1 drink) 18 oz	280	0	0	0	0	0	480	33	1	22	0	49	168	11	0
Super Premium Top Shelf Margarita (1 drink) 18 oz	455	0	0	0	0	0	0	60	1	51	0	33	150	8	0
El Patron Margarita, Rocks (1 drink) 18 oz	298	0	0	0	0	0	0	35	0	32	0	3	102	2	0
El Patron Margarita, Rocks (1 drink) with Salt Rim 18 oz	298	0	0	0	0	0	480	35	0	32	0	3	102	2	0
Strawberry Margarita, Regular (1 drink) 8.5 oz	161	1	0	0	0	0	4	26	1	24	0	7	22	16	0
Strawberry Margarita, Grande (1 drink) 18 oz	332	1	0	0	0	0	8	52	2	49	0	7	34	27	0
Mango Margarita, Solo (1 drink) 8.5 oz	160	0	0	0	0	0	6	30	0	28	0	20	2	5	0
Mango Margarita, Grandioso (1 drink) 18 oz	339	1	0	0	0	0	13	63	0	60	0	43	4	11	0
Jalapeno Margarita, Rocks (1 drink) 16 oz	251	2	0	0	0	0	3	33	1	28	0	68	15	29	0
Jalapeno Margarita, Rocks (1 drink) with Salt Rim 16 oz	251	2	0	0	0	0	483	33	1	28	0	68	15	29	0
Skinny Margarita, Rocks (1 drink) 18 oz	246	0	0	0	0	0	1	24	0	18	0	34	20	11	0
Skinny Margarita, Rocks (1 drink) with Salt Rim 18 oz	246	0	0	0	0	0	481	24	0	18	0	34	20	11	0
Carinorita (1 drink) 18 oz + 6.7 oz beer	347	0	0	0	0	0	8	41	0	33	0	6	3	15	0
Martinis															
Dirty Martini (1 drink) with Gin Or Vodka	245	36	4	1	0	0	1156	3	0	0	0	0	0	0	0
Appletini (1 drink)	213	0	0	0	0	0	1	27	0	2	0	3	0	0	0
Johnny's Cosmopolitan (1 drink)	153	0	0	0	0	0	7	11	0	10	0	3	18	6	0
French Tickler Martini (1 drink)	194	0	0	0	0	0	2	11	0	5	0	8	9	2	0
Lemon Drop (1 drink)	228	0	0	0	0	0	2	19	0	17	0	6	14	7	0
Specialty Drinks															
Peach Bellini, Bar (1 drink) 8.5 oz	189	0	0	0	0	0	12	27	0	24	0	293	12	2	0
Peach Bellini, Solo (1 drink) 14 oz	311	0	0	0	0	0	19	44	0	40	0	482	20	4	0
Peach Bellini, Grandioso (1 drink) (pitcher - 60 oz)	1428	0	0	0	0	0	87	202	1	184	0	1852	67	17	0
Pomegranate Granita (1 drink) 18 oz	464	0	0	0	0	0	1	75	0	63	0	27	6	5	0
Amalfi Strawberry Lemonade, Solo (1 drink) 14 oz	330	1	0	0	0	0	21	55	2	51	0	10	44	28	0
Amalfi Strawberry Lemonade, Grandioso (1 drink) (Pitcher -60 oz)	971	2	0	0	0	0	64	161	6	150	1	26	120	75	1
Italian Sangria, Solo (1 drink) 16 oz	199	0	0	0	0	0	5	26	0	23	0	27	16	8	0
Italian Sangria, Grandioso (1 drink) Pitcher 60 oz	853	1	0	0	0	0	21	109	1	96	1	108	66	32	0
Michelada (1 drink) 16 oz	199	1	0	0	0	0	803	21	1	4	3	38	16	19	1
Michelada (1 drink) with Salt Rim 16 oz	199	1	0	0	0	0	1283	21	1	4	3	38	16	19	1
Tuscan Spritzer (1 drink) 14 oz	182	0	0	0	0	0	5	17	0	8	0	27	15	5	0
Beer With a Kick															
Dirty Brunette, Short (1 drink)	119	0	0	0	0	0	0	11	0	0	1	0	0	2	0
Dirty Brunette, Pint (1 drink)	237	0	0	0	0	0	0	22	0	1	1	0	0	3	0
Dirty Brunette, Grande (1 drink)	326	0	0	0	0	0	0	30	0	1	2	0	0	4	0
Black and Blue, Short (1 drink)	113	0	0	0	0	0	3	9	0	0	1	0	0	0	0
Black and Blue, Pint (1 drink)	227	0	0	0	0	0	5	18	0	0	1	0	0	0	0
Black and Blue, Grande (1 drink)	312	0	0	0	0	0	7	25	0	0	2	0	0	0	0
Fiery Apple Cider, Short (1 drink)	206	0	0	0	0	0	0	22	0	13	0	0	0	0	0
Fiery Apple Cider, Pint (1 drink)	318	0	0	0	0	0	0	34	0	22	0	0	0	0	0
Fiery Apple Cider, Grande (1 drink)	408	0	0	0	0	0	0	44	0	30	0	0	0	0	0

Johnny Carino's Tavern 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)
Snake Bite, Short (1 drink)	109	0	0	0	0	0	6	9	0	0	0	0	0	0	0
Snake Bite, Pint (1 drink)	217	0	0	0	0	0	11	17	0	0	0	0	0	0	0
Snake Bite, Grande (1 drink)	299	0	0	0	0	0	16	23	0	0	0	0	0	0	0
Dirty Blonde, Short (1 drink)	109	0	0	0	0	0	6	9	0	0	0	0	0	0	0
Dirty Blonde, Pint (1 drink)	217	0	0	0	0	0	11	17	0	0	0	0	0	0	0
Dirty Blonde, Grande (1 drink)	299	0	0	0	0	0	16	23	0	0	0	0	0	0	0

Johnny Carino's Tavern Nutrition Information

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

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