MAGGIANO'S
LITTLE ITALY

Nutrition Data Effective 10/23/25

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

Nutrition is Listed As Served, Unless Otherwise Noted

Appetizers	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Bruschetta	770	59	10	1	30	1510	46	5	9	15
Calamari Fritte	830	54	9	0	495	2210	52	4	8	36
Calamari Fritte (Happy Hour)	440	28	4.5	0	250	1580	31	3	7	19
Table Rolls with Salted Butter (4 each)	850	41	20	1	75	1590	106	7	21	17
Crab Cakes	760	61	19	1	185	2090	28	5	11	25
Crispy Mozzarella	1620	108	47	2	185	4220	85	7	5	79
Flatbread Italian Sausage	1150	63	29	1.5	145	2920	88	7	8	58
Flatbread Margherita	960	48	23	1.5	100	2390	86	7	7	48
Garlic Bread	880	47	28	1.5	125	2050	80	9	8	36
Stuffed Mushrooms	690	60	33	2	135	1140	25	3	4	15
Sutffed Mushrooms (Happy Hour)	350	30	16	1	70	620	15	2	3	8
Wagyu Beef Meatballs	1860	133	37	3.5	270	2400	98	11	19	71
Zucchini Fritte	1730	131	24	1.5	50	2510	117	8	16	22
Zucchini Fritte (Happy Hour)	1110	93	16	1	45	1570	61	4	10	12
Salads	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Add Chicken	160	6	1	0	85	240	1	0	1	26
Add Parmesan-Crusted Chicken	270	11	5	0	115	560	7	3	1	34
Add Salmon	190	10	1.5	0	55	340	0	0	0	24
Add Shrimp to any Salad	100	2.5	0	0	155	250	0	0	0	19
Chef's Signature Caesar - Entrée	970	70	8	1	35	1680	66	0	6	22
Chef's Signature Caesar - Side	490	35	4	0.5	20	840	33	6	3	11

Salads	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Italian Chopped Salad - Entrée	1230	87	15	1.5	45	4690	83	14	12	32
Italian Chopped Salad - Side	610	44	7	0.5	25	2360	41	6	6	16
Maggiano's Salad - Entrée	930	84	19	1	65	1630	27	0	11	23
Maggiano's Salad - Side	470	42	10	0.5	35	810	14	6	6	12
Pasta	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Fettuccine Alfredo	2140	175	90	1.5	475	1970	148	11	7	32
Fettuccine Alfredo with Chicken	2390	185	94	1.5	585	2920	155	13	9	65
Fettuccine Alfredo with Shrimp	2280	177	90	1.5	720	2760	148	11	8	61
Fettuccine Bolognese	1170	60	25	1	205	2430	120	0	13	39
Four-Cheese Ravioli	1270	103	57	1	350	1850	68	4	7	35
Lasagna	1420	101	36	2.5	220	3410	65	8	18	64
Linguine di Mare	1390	45	12	1	355	3010	162	8	18	90
Linguine Vongole	1500	72	31	2	205	2170	152	6	8	64
Mushroom Ravioli	1010	71	34	2	215	2010	75	4	20	21
Our Famous Rigatoni "D"	2060	121	63	4	440	3070	161	9	26	85
Rigatoni alla Vodka	1890	130	68	3	315	2630	153	9	20	30
Shrimp Fra Diavolo	1390	63	24	0	370	2970	162	9	21	58
Spaghetti & Meat Sauce	1160	35	6	1	60	2830	165	12	28	47
Spaghetti & Meatball with Marinara	1630	82	15	2	95	2300	179	12	26	50
Spaghetti & Meatball with Meat Sauce	1490	56	17	2	155	3060	178	14	31	67
Substitute Gluten-Free Fusilli	610	6	2.5	0	170	1470	118	7	0	16
Wagyu Beef Stuffed Shells	1560	119	51	2.5	315	3490	87	11	20	54
Chicken	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Chicken Francese	1440	98	46	2	370	2700	62	14	6	83
Chicken Marsala	1730	107	57	3	430	3340	100	11	15	88
Chicken Parmesan	1610	81	23	1	250	4140	127	8	22	95
Chicken Piccata	1820	127	70	4	485	3490	91	11	8	87
Seafood	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Blackened Salmon w/Crispy Calabrian Shrimp	1420	111	50	3	450	4120	40	6	4	74
Branzino Crab Imperial	1060	72	26	1.5	260	2280	43	6	8	63
Lobster Carbonara	2050	138	67	2	510	4240	159	8	12	60

Seafood	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Shrimp Scampi	2130	150	83	5	590	2820	143	7	10	59
Simply Grilled Salmon	810	67	32	2	230	1570	6	2	1	49
Signature Cuts	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Beef Tenderloin Medallions 11 oz	1060	70	33	2	305	2350	46	4	10	71
Beef Tenderloin Medallions 5 oz	860	62	30	1.5	215	1970	46	4	10	40
16 oz Bone-In Ribeye	1940	173	82	6	325	2040	37	4	6	67
Add a Crab Cake	190	14	2.5	0	60	620	6	1	2	10
Add Crispy Calabrian Shrimp	180	8	1	0	140	1000	8	1	1	19
Center-Cut Filet Mignon	670	37	18	1	190	2090	31	4	6	57
New York Strip	1220	93	40	3.5	265	2170	36	4	4	67
Surf & Turf	1250	92	51	3.5	470	2030	15	1	4	93
Gluten-Free (served with GF Fusilli)	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Salad - Caesar Shareable	420	39	4.5	0.5	30	350	11	0	4	8
Salad - Caesar Individual	210	20	2	0	15	170	6	3	2	4
Salad - Italian Chopped Shareable	680	56	11	1	40	3360	29	9	10	17
Salad - Italian Chopped Individual	340	28	6	0	20	1700	13	4	5	9
Salad - Maggiano's Shareable	930	84	19	1	65	1630	27	0	11	23
Salad - Maggiano's Individual	470	42	10	0.5	35	810	14	6	6	12
Fettuccine Alfredo - Chicken	2250	172	92	1	725	3210	155	9	3	53
Fettuccine Alfredo - Shrimp	2190	168	91	1	795	3220	155	8	3	46
Rigatoni "D"	1950	111	64	4	610	4100	154	11	19	79
Shrimp Scampi	1970	140	84	5	760	3830	127	8	2	52
Rigatoni alla Vodka	1790	120	70	3	485	3670	146	10	13	24
Spaghetti with Marinara	1190	52	7	0.5	175	3420	155	12	19	24
Spaghetti with Meat Sauce	1000	25	8	1	230	3830	149	14	21	39
"The Grand" Chicken Parmesan	1360	48	14	1	360	3610	147	11	16	82
Grilled Salmon	810	67	32	2	230	1570	6	2	1	49
Center-Cut Filet Mignon	670	37	18	1	190	2090	31	4	6	57

Sides	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Crispy Vesuvio Potatoes	520	36	13	0.5	40	850	39	5	1	9
Fresh Grilled Asparagus	70	4.5	1.5	0	5	310	5	2	1	5
Garlic Mashed Potatoes	520	35	21	0.5	100	1010	48	3	4	9
Roasted Garlic Broccoli	200	14	1	0	0	380	17	6	3	5
Side Meatball	670	41	21	2	180	1020	37	5	12	40
Spaghetti Aglio Olio	850	58	32	2	130	1370	70	3	4	16
Spaghetti Marinara	660	31	2	0	0	1110	84	5	12	15
Desserts	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Apple Crostada	980	37	23	0	105	990	151	3	84	10
Chocolate Layer Cake	1310	75	33	0	110	990	155	8	112	16
Crème Brulee	740	52	27	0	520	80	69	1	62	9
Italian Donuts	1470	77	29	0.5	50	1780	179	5	77	19
Kid's Ice Cream	140	7	4.5	0	30	40	16	0	12	2
NY Style Cheesecake	920	59	35	1.5	250	440	88	4	65	13
Tiramisu	810	46	28	1	220	75	75	2	47	10
Vanilla Bean Ice Cream	410	22	14	1	85	115	47	0	36	7
Vera's Lemon Cookies (6 pc)	380	16	9	0.5	45	310	58	1	32	3
Vera's Lemon Cookies (3 pc) *Kids*	190	8	4.5	0	20	150	29	0	16	2
Kids	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Breaded Chicken	620	36	14	0	140	1790	41	2	3	36
Cheese Flatbread	860	38	23	1.5	105	2110	81	6	4	48
Cheese Ravioli with Marinara Sauce	340	14	8	0.5	65	1050	37	3	9	16
Grilled Chicken	450	26	12	0	130	1140	28	3	3	29
Lasagna	410	23	12	0.5	90	1430	26	3	9	25
Mac 'N Cheese a la Maggiano's	820	61	33	1	170	1050	55	4	3	24
Pasta w/Alfredo	710	57	28	0	155	490	54	2	3	9
Pasta w/Butter	440	28	15	1	60	150	40	2	2	7
Pasta w/Marinara	280	6	0.5	0	0	780	50	3	9	9
Spaghetti & Giant Meatballs & Marinara	690	28	11	1	90	1150	81	6	14	31

Family Style Portions (nutrition information reflects a single portion/per person)										
Family Style Appetizers	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Calamari Fritte	210	14	2.5	0	125	550	13	1	2	9
Chef's Signature Caesar	240	18	2	0	10	420	16	3	1	6
Maggiano's Salad	230	21	5	0	15	410	7	3	3	6
Bruschetta	190	15	2.5	0	5	380	11	1	2	4
Stuffed Mushrooms	170	15	8	0.5	35	280	6	1	1	4
Crispy Mozzarella	410	27	12	0.5	45	1060	21	2	1	20
Wagyu Beef Meatballs	460	33	9	1	70	600	25	3	5	18
Zucchini Fritte	430	33	6	0	15	630	29	2	4	6
Family Style Main Course	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
"The Grand" Chicken Parmesan	450	24	9	0	120	1280	21	1	3	38
Beef Tenderloins	260	17	8	0	75	590	11	1	3	18
Chicken Piccata	490	35	19	1	175	1060	11	4	2	35
Fettuccine Alfredo with Chicken	600	46	24	0	145	730	39	3	2	16
Lasagna	360	25	9	0.5	55	850	16	2	5	16
Our Famous Rigatoni "D"	510	30	16	1	110	770	40	2	6	21
Rigatoni alla Vodka	470	32	17	1	80	660	38	2	5	8
Shrimp Scampi	530	38	21	1.5	150	710	36	2	2	15
Spaghetti & Meat Sauce	290	9	1.5	0	15	710	41	3	7	12
Simply Grilled Salmon	400	33	16	1	115	790	3	1	1	25
Wagyu Beef Stuffed Shells	390	30	13	0.5	80	870	22	3	5	13
Family Style Desserts	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Chocolate Layer Cake	330	19	8	0	30	250	39	2	28	4
New York Style Cheesecake	230	15	9	0	65	110	22	1	16	3
Tiramisu	200	12	7	0	55	20	19	0	12	2
Beverages - Non-Alcoholic	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Fresh Roasted Lavazza Coffee	5	0	0	0	0	5	0	0	0	0
Harvey & Son's Hot Tea	0	0	0	0	0	0	0	0	0	0
Iced Tea	5	0	0	0	0	10	2	0	0	0
Iced Tea - Peach	130	0	0	0	0	30	33	0	30	0
Iced Tea - Raspberry	140	0	0	0	0	15	34	0	33	0

Beverages - Non-Alcoholic	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Arnold Palmer	90	0	0	0	0	15	24	0	22	0
Lavazza Cappuccino	45	2	1	0	5	35	4	0	3	2
Lavazza Espresso	5	0	0	0	0	10	1	0	0	0
Lemonade	170	0	0	0	0	25	46	0	44	0
Lemonade Raspberry	190	0	0	0	0	50	52	0	50	0
Soda - Barq's Root Beer	180	0	0	0	0	70	46	0	46	0
Soda - Coca Cola	150	0	0	0	0	50	42	0	42	0
Soda - Coke Zero	0	0	0	0	0	40	0	0	0	0
Soda - Diet Coke	0	0	0	0	0	40	0	0	0	0
Soda - Dr Pepper	160	0	0	0	0	55	42	0	41	0
Soda - Sprite	160	0	0	0	0	40	40	0	40	0
Kids Milk Skim	90	0	0	0	5	110	13	0	13	9
Kids Milk Whole	160	8	5	0	25	110	12	0	12	8
Kids Barq's Root Beer	120	0	0	0	0	45	31	0	31	0
Kids Coca Cola	100	0	0	0	0	35	28	0	28	0
Kids Diet Coke	0	0	0	0	0	30	0	0	0	0
Kids Dr Pepper	110	0	0	0	0	40	28	0	28	0
Kids Minute Maid Lemonade	120	0	0	0	0	15	31	0	30	0
Kids Sprite	110	0	0	0	0	25	27	0	27	0
Kids Juice Pineapple	140	0	0	0	0	5	32	1	30	1
Kids Juice Cranberry	150	0	0	0	0	5	36	0	32	0
Kids Juice Tomato	50	0	0	0	0	720	11	2	7	2
Kids Juice Grapefruit	120	0	0	0	0	70	30	0	30	0
Kids Juice Orange	130	0	0	0	0	5	31	1	22	2
Beverages - Cocktails & More	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Bellini - Frozen Peach	260	0	0	0	0	25	39	0	36	0
Bellini - Frozen Swirl	290	0	0	0	0	25	40	0	36	0
Blackberry Bourbon Sour	210	0	0	0	0	0	21	0	20	0
Citrus Mule	190	0	0	0	0	0	21	0	20	0
Grand Margarita	260	0	0	0	0	960	35	0	32	1
Lorenzo's Long Island	210	0	0	0	0	5	20	0	19	0

Beverages - Cocktails & More	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Moscato Mojito	170	0	0	0	0	10	13	0	10	0
Grey Goose Espresso Martini	150	0	0	0	0	5	5	0	2	0
Negroni	190	0	0	0	0	0	8	0	13	0
Perfect G+T	180	0	0	0	0	25	19	0	18	0
Pomegranate Martini	240	0	0	0	0	0	27	0	25	0
Puttin' on the Spritz (Glass)	210	0	0	0	0	25	28	1	27	0
Puttin on the Spritz (Pitcher)	810	0	0	0	0	100	111	2	105	1
Rosa Spritz	170	0	0	0	0	0	15	1	12	0
Sangria - Italian Red (Glass)	220	0	0	0	0	15	33	1	27	1
Sangria - Italian Red (Pitcher)	800	0	0	0	0	50	109	4	86	2
Sangria - Italian White (Glass)	260	0	0	0	0	10	35	1	31	0
Sangria - Italian White (Pitcher)	960	0	0	0	0	45	117	3	105	1
Smoked Old Fashioned	170	0	0	0	0	0	10	0	10	0
Beverages - Beer	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Bottle Birra Moretti 12 oz	140	0	0	0	0	10	12	0	12	2
Bottle Angry Orchard 12 oz	190	0	0	0	0	20	25	0	20	0
Bottle Bud Light 12 oz	110	0	0	0	0	0	7	0	0	1
Bottle Coors Light 12 oz	100	0	0	0	0	10	5	0	0	0
Bottle Guiness 12 oz	120	0	0	0	0	5	8	0	0	1
Bottle Heineken 0.0	70	0	0	0	0	5	17	0	4	0
Bottle Miller Lite 12 oz	100	0	0	0	0	5	3	0	0	0
Bottle Red Bridge GF 12 oz	130	0	0	0	0	0	14	0	0	0
Draft Bud Light 14 oz	130	0	0	0	0	0	8	0	0	1
Draft Goose Island IPA 14 oz	250	0	0	0	0	0	27	0	0	0
Draft Miller Light 14 oz	110	0	0	0	0	5	4	0	0	0
Draft Peroni 14 oz	170	0	0	0	0	0	13	0	0	1
Draft Stella Artois 14 oz	180	0	0	0	0	0	15	0	0	1
Beverages - Wine	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Dessert wine - Half Bottle	600	0	0	0	0	35	51	0	29	1
Dessert Wine -6 oz	280	0	0	0	0	15	24	0	14	0
Red Wine - 6 oz	150	0	0	0	0	5	5	0	1	0

Beverages - Wine	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Red Wine - 9 oz	220	0	0	0	0	10	7	0	2	0
Red Wine - Bottle	630	0	0	0	0	30	19	0	5	1
White Wine - 6 oz	140	0	0	0	0	10	4	0	2	0
White Wine - 9 oz	210	0	0	0	0	15	7	0	2	0
White Wine - Bottle	590	0	0	0	0	35	19	0	7	1
Beverages -After Dinner Drinks	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Irish Cream Coffee	200	13	4	0	25	0	12	0	2	2
Nutty Italian Coffee	180	10	4	0	25	0	13	0	7	1
Sicilian Coffee	180	7	4	0	25	0	18	0	17	0
Tito's Tiramisu Martini	270	4.5	3	0	0	0	24	1	22	1
Delivery Menu Party Platters (PP): small serves approximately 8; large serves approximately 16										
PP Starters	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Stuffed Mushrooms - Large	4120	363	196	13	825	6830	151	20	23	92
Stuffed Mushrooms - Small	2060	181	98	6	410	3420	75	10	12	46
Crispy Mozzarella - Large	14760	1047	403	18	1620	37460	721	61	67	636
Crispy Mozzarella - Small	7380	524	201	9	810	18730	360	31	33	318
Bruscheta - Small	3080	235	41	3	120	6020	183	20	35	62
Bruscheta - Large	6160	470	82	6	240	12050	365	40	69	124
PP Salads	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Chef's Siganture Caesar - Large	9160	710	77	11	390	14600	532	94	46	189
Chef's Signature Caesar - Small	4580	355	39	5	195	7300	266	47	23	95
Italian Chopped - Large	11040	825	125	13	365	38960	675	112	100	258
Italian Chopped - Small	5520	413	63	7	180	19480	338	56	50	129
Maggiano's Salad - Large	9050	831	165	11	530	15330	242	89	121	186
Maggiano's Salad - Small	4530	416	82	6	265	7670	121	45	60	93
PP Pasta	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Fettuccine Alfredo Chicken - Large	19300	1492	761	11	4730	23750	1241	106	69	533
Fettuccine Alfredo Chicken - Small	9650	746	381	6	2365	11870	620	53	35	266
Fettuccine Alfredo Shrimp - Large	18400	1430	726	11	5775	22430	1188	85	62	501
Fettuccine Alfredo Shrimp - Small	9200	715	363	6	2885	11220	594	42	31	251
Fettuccine Alfredo - Large	17160	1403	724	11	3805	15790	1182	85	57	258

PP Pasta	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Fettuccine Alfredo - Small	8580	701	362	6	1900	7890	591	42	29	129
Fettuccine Bolognese - Large	9380	477	199	8	1655	19410	959	71	101	311
Fettuccine Bolognese - Small	4690	238	100	4	825	9700	480	36	51	155
Four-Cheese Ravioli - Large	7600	615	341	7	2105	11120	411	23	42	209
Four-Cheese Ravioli - Small	3800	308	171	3.5	1055	5560	205	12	21	105
Lasagna - Large	11700	677	372	17	2735	33410	630	63	166	743
Lasagna - Small	5850	339	186	9	1370	16700	315	32	83	372
Mushroom Ravioli - Large	6070	424	206	13	1275	12050	451	25	118	127
Mushroom Ravioli - Small	3040	212	103	7	640	6030	225	13	59	64
Our Famous Rigatoni "D" - Large	16470	964	502	32	3510	24560	1289	71	206	682
Our Famous Rigatoni "D" - Small	8230	482	251	16	1755	12280	645	36	103	341
Rigatoni alla Vodka - Large	15310	1048	552	25	2555	21420	1225	70	158	256
Rigatoni alla Vodka - Small	7650	524	276	13	1275	10710	612	35	79	128
Spaghetti & Meatball w/Marinara - Large	13730	687	140	15	815	23530	1506	105	252	436
Spaghetti & Meatball w/Marinara - Small	6870	343	70	7	405	11770	753	52	126	218
Spaghetti w/Marinara - Large	11480	532	59	8	100	24550	1436	97	258	291
Spaghetti w/Marinara - Small	5740	266	30	4	50	12270	718	48	129	145
Spaghetti w/Meat Sauce - Large	10490	347	77	10	680	28820	1391	115	272	456
Spaghetti w/Meat Sauce - Small	5240	173	39	5	340	14410	695	57	136	228
Wagyu Stuffed Shells - Large	12640	964	414	18	2555	28300	701	85	160	442
Wagyu Stuffed Shells - Small	6320	482	207	9	1275	14150	350	42	80	221
PP Chicken, Fish, Veal & Steak	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
"The Grand" Chicken Parmesan - Large	8270	438	178	5	2190	23380	384	23	54	704
"The Grand" Chicken Parmesan - Small	4130	219	89	2.5	1095	11690	192	12	27	352
Beef Medallions - Large	5520	351	178	11	2050	12480	115	16	52	524
Beef Medallions - Small	2760	176	89	6	1025	6240	58	8	26	262
Chicken Francese - Large	7710	517	281	13	2910	13850	169	57	36	622
Chicken Francese - Small	3850	258	140	6	1455	6920	85	28	18	311
Chicken Marsala - Large	7860	443	227	9	2670	17770	274	71	98	649
Chicken Marsala - Small	3930	222	113	4.5	1335	8890	137	36	49	325
Chicken Piccata - Large	7740	518	281	13	2910	18810	176	61	36	626

PP Chicken, Fish, Veal & Steak	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Chicken Piccata - Small	3870	259	141	6	1455	9400	88	31	18	313
Simply Grilled Salmon - Large	3040	166	25	0.5	865	5370	4	1	0	382
Simply Grilled Salmon - Small	1520	83	13	0	435	2680	2	0	0	191
PP Sides	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Crispy Vesuvio Potatoes - Small	3100	219	78	3.5	245	5080	235	31	4	53
Fresh Grilled Asparagus - Small	640	40	13	0.5	55	2830	41	19	12	44
Garlic Mashed Potatoes - Small	2220	151	89	3	430	4290	207	15	17	39
Roasted Garlic Broccoli - Small	1230	86	7	1	0	2310	103	36	15	30
PP Desserts & Drinks	Cals	Fat (g)	Sat Fat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)
Tiramisu - Large	12160	712	427	16	3505	850	1073	28	666	155
Tiramisu - Small	6080	356	213	8	1755	430	537	14	333	77
Vera's Lemon Cookies (12 pc)	760	31	17	1	90	610	115	0	63	6
Whole Cheesecake	8820	548	325	15	2460	5250	815	31	601	152
Iced Tea - 1 Gallon	40	0	0	0	0	115	11	0	0	0
Iced Tea Peach - 1 Gallon	1330	0	0.5	0	0	290	335	4	308	2
Iced Tea Raspberry - 1 Gallon	1390	1	0	0	0	130	349	0	339	1
Lemonade - 1 Gallon	1760	0	0	0	0	240	464	0	448	0
Lemonade Raspeberry - 1 Gallon	1930	0	0	0	0	510	528	0	508	0
Bottled Water	0	0	0	0	0	0	0	0	0	0
Soda Can - Coke	140	0	0	0	0	50	40	0	40	0
Soda Can - Diet Coke	0	0	0	0	0	40	0	0	0	0
Soda Can - Sprite	140	0	0	0	0	65	38	0	38	0

Cals...Calories	Chol...Cholesterol	Mg...milligrams
Sod...Sodium	Sat Fat...Saturated Fat	G...grams
Carbs...Carbohydrates	Trans...Trans Fat	

The nutritional analysis is comprised of data from an independent testing facility commissioned by Maggiano's, combined with nutrient data from Maggiano's suppliers, the United States Department of Agriculture and nutrient database analysis of Maggiano's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Maggiano's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredient information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Maggiano's products.