



NUTRITION GUIDE

Effective: July 13th, 2021

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

APPETIZERS & SIDES	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Breadstick (Appetizer)	870	240	27	11	0	0	2160	135	9	7	24
Meatball Appetizer	1080	670	74	31	1	295	2870	49	4	18	52
Mozzarella Marinara	1310	730	81	40	2	160	3840	75	7	9	70
Side Broccoli	530	410	45	15	0.5	5	1100	29	12	5	9
SALADS	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Salad Caesar	620	490	54	10	0.5	50	950	27	5	5	10
Salad Caesar w/Chicken	780	520	58	11	0.5	165	1530	28	5	5	40
Salad Caesar w/Shrimp	680	500	55	10	0.5	150	2070	28	5	5	22
Salad Italian	580	460	51	8	0	5	1480	26	4	10	6
Salad Italian Chicken	740	500	55	9	0	120	2060	27	4	11	36
Salad Italian Shrimp	640	470	53	9	0	105	2600	27	5	10	18
PASTA & ENTREES <small>W BREADSTICKS</small>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Baked Penne w/Sausage	1220	490	55	20	0	100	3790	133	11	25	52
Chicken Parmesan	2420	910	101	27	0.5	290	9190	258	21	25	125



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Fettuccine Alfredo	1240	540	60	37	1.5	185	2870	129	7	15	46
Fettuccine Alfredo w/Chicken	1400	570	64	38	1.5	295	3440	130	7	15	76
Fettuccine Alfredo w/Shrimp	1310	550	61	37	1.5	285	3980	130	7	15	58
Lasagna w/Marinara	1270	610	68	33	2	220	3870	102	9	32	65
Lasagna w/Meat Sauce	1400	690	77	36	2.5	260	4280	102	9	32	76
Pasta Baked Crab & Shrimp Alfredo	1450	650	73	43	2	380	5070	119	7	15	80
Spaghetti Marinara Meatball	1260	430	48	19	0.5	145	3390	159	13	29	51
Spaghetti Meat Sauce Meatball	1450	550	61	23	1.5	205	4010	159	13	28	68
DESSERTS	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Hand Pie Blueberry Lemon	550	270	30	18	1	80	190	67	2	35	5
Hand Pie Caramel Pecan	590	320	36	19	1	80	200	63	2	30	6
Hand Pie Chocolate	600	280	31	20	1	75	240	77	2	45	6
Hand Pie Cinnamon Apple	510	260	28	17	1	75	170	61	1	31	5
Hand Pie Sweet Dark Cherry	510	260	28	17	1	75	170	59	1	29	5
LUNCH COMBOS <small>W/O CHOICE SALAD</small>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)



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LC Chicken Parmesan	1550	500	56	15	0	145	5840	192	16	23	74
LC Fettuccine Alfredo	1250	540	60	37	1.5	185	2930	130	7	15	46
LC Fettuccine Alfredo w/Chicken	1410	580	64	38	1.5	300	3500	131	7	15	76
LC Fettuccine Alfredo w/Shrimp	1310	550	62	38	1.5	285	4050	130	7	15	58
LC Lasagna w/Marinara	1270	610	68	33	2	220	3870	102	9	32	65
LC Lasagna w/Meat Sauce	1400	690	77	36	2.5	260	4280	102	9	32	76
LC Spaghetti Marinara	750	100	11	3	0	0	2280	139	12	23	25
LC Spaghetti Marinara Meatball	1260	430	48	19	0.5	145	3390	159	13	29	51
LC Spaghetti Meat Sauce	940	220	24	8	0.5	60	2890	140	12	22	42
KIDS ENTRÉE <small>W BREADSTICK</small>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Kids Mac N Cheese	1000	270	29	9	0.5	35	2240	150	8	23	34
Kids Penne Pasta Plain	330	50	6	2	0	0	480	59	4	1	11
Kids Penne Pasta w/Alfredo Sauce	750	360	40	24	1	120	2080	72	4	9	27
Kids Penne Pasta w/Marinara Sauce	440	80	9	2.5	0	0	1750	79	7	15	15

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Cals: Calories	Chol: Cholesterol	(g): grams
Fat Cals: Calories from Fat	Sod: Sodium	(mg): milligrams
Sat: Saturated Fat	Carbs: Carbohydrates	
Trans: Trans Fat	Prot: Protein	

The nutritional analysis is comprised of data from an independent testing facility commissioned by Brinker, combined with nutrient data from Brinker suppliers, the United States Department of Agriculture and nutrient database analysis of Brinker 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. Brinker attempts to provide nutritional information regarding its products that is as complete as possible. While menu item ingredients 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 Brinker products.



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Effective: July, 13th 2021



ALLERGEN GUIDE

MAGGIANO'S ITALIAN CLASSICS ALLERGEN/VEGETARIAN/VEGAN MATRIX										
EFFECTIVE: July 13th, 2021										
X Cross Contact Denotes Fried Items; fried items should NOT be consumed if you have a food allergy due to use of shared fryers										
X Denotes Contains Allergen VT Designates Vegetarian VG Designates Vegan										
**Soy Allergies: Many of our foods contain soybean oil and our fried items are prepared in 100% soybean oil. Under FDA regulations highly refined soybean oil is not considered allergenic and is exempt from labeling. Therefore, menu items that contain highly refined soybean oil will not be identified as containing soy on our allergen guide unless other forms of soy protein are present (e.g., hydrolyzed soy, soy flour, miso, edamame). Please check with your doctor to find out whether you should avoid highly refined soybean oil.										
APPETIZERS & SIDES	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Breadstick (Appetizer)				X			X		X	VT
Meatball Appetizer		X		X					X	
Mozzarella Marinara	X			X					X	
Side Broccoli				X			X			VT
SALADS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Salad Caesar		X	X	X			X		X	
Salad Caesar w/Chicken		X	X	X			X		X	
Salad Caesar w/Shrimp		X	X	X		X	X		X	
Salad Italian				X			X		X	VT
Salad Italian Chicken				X			X		X	
Salad Italian Shrimp				X		X	X		X	
PASTA & ENTREES <small>W BREADSTICKS</small>	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Baked Penne w/Sausage				X			X		X	
Chicken Parmesan	X			X			X		X	
Fettuccine Alfredo				X			X		X	VT
Fettuccine Alfredo w/Chicken				X			X		X	
Fettuccine Alfredo w/Shrimp				X		X	X		X	
Lasagna w/Marinara		X		X			X		X	
Lasagna w/Meat Sauce		X		X			X		X	
Pasta Baked Crab & Shrimp Alfredo				X		X	X		X	
Spaghetti Marinara Meatball		X		X			X		X	
Spaghetti Meat Sauce Meatball		X		X			X		X	
DESSERTS	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG
Hand Pie Blueberry Lemon				X					X	VT
Hand Pie Caramel Pecan				X			X	X	X	VT
Hand Pie Chocolate				X			X		X	VT



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Hand Pie Cinnamon Apple				X						X	VT
Hand Pie Sweet Dark Cherry				X						X	VT
LUNCH COMBOS W/O CHOICE SALAD	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG	
LC Chicken Parmesan	X			X			X		X		
LC Fettuccine Alfredo				X			X		X	VT	
LC Fettuccine Alfredo w/Chicken				X			X		X		
LC Fettuccine Alfredo w/Shrimp				X		X	X		X		
LC Lasagna w/Marinara		X		X			X		X		
LC Lasagna w/Meat Sauce		X		X			X		X		
LC Spaghetti Marinara				X			X		X	VT	
LC Spaghetti Marinara Meatball		X		X			X		X		
LC Spaghetti Meat Sauce				X			X		X		
LC Spaghetti Meat Sauce Meatball		X		X			X		X		
KIDS ENTRÉE W BREADSTICK	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat / Gluten	**Vegetarian VT Vegan VG	
Kids Mac N Cheese				X			X		X		
Kids Penne Pasta Plain/No Sauce				X			X		X		
Kids Penne Pasta w/Alfredo Sauce				X			X		X		
Kids Penne Pasta w/Marinara Sauce				X			X		X		
X Cross Contact - All fried ingredients are cooked in shared fryers and maybe exposed to all allergens/animal products. For this reason, guests with food allergies should avoid fried items.											
Vegetarian (VT)/Vegan (VG) - Our corporate dietitian has identified which menu items meet our vegetarian and vegan standards. Vegetarian (VT) items contain no beef, pork, poultry, fish, shellfish or ingredients derived from animals (e.g., gelatin, chicken broth, animal rennet), but items may contain eggs or milk. Cheeses processed with microbial enzymes (not rennet) are marked as vegetarian. Vegan (VG) items contain no animal-derived products. Because we use shared fryers in our restaurants, fried foods are exposed to animal product during the cooking process (e.g., French Fries cooked in same oil as Wings).											
Allergen Information - The health and safety of our guests are always top priorities. As part of this ongoing commitment, we provide the most current allergen menu information available from our food suppliers on the eight most common allergens including egg, fish, milk, peanut, shellfish, soy, tree-nuts, and wheat/gluten. Every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, and/or the season of the year. Certain menu items may vary from location to location and may not be available at all locations. Limited time offers, test products, or regional items have not been included on these menus. During normal kitchen operations involving shared cooking and preparation areas, the possibility exists for food items to come in contact with other food products. For example, fried items are identified with an "X" under the cross-contact column of the guide because of the use of shared fryers between foods. For this reason we advise guests with food allergies to avoid all fried foods.											