



Restaurant Guide to

# Carrabba's Italian Grill

Last updated on May, 2025

## Overview

Carrabba's is built on the foundation of family—and it shows in every bite. Many of their recipes come straight from the original founders' own family traditions, adding a warm, homemade touch you can truly taste. With a welcoming atmosphere and authentic, flavorful dishes, Carrabba's delivers a dining experience that feels just like home (but with way less cleanup). You'll leave full, happy, and already planning your next visit.

## This place is known for



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asian



Fish



Vegetables



Grill

### 3 Quick tips for eating Healthi at Carrabba's Italian Grill

- Opt for lean proteins like grilled chicken, fish, or steak instead of heavier pasta dishes.
- Balance your plate by pairing a side salad with a veggie-based side.
- Portions too big? Ask for a to-go box when your meal arrives and set half aside—built-in leftovers!

### Healthi-Friendly menu items at Carrabba's Italian Grill

#### Soups & Salads

Let's start with the lighter side of the menu!

Carrabba's offers some flavorful and satisfying soups and entrée salads that won't weigh you down. The Johnny Rocco Salad, featuring grilled shrimp and scallops (or just one, if you prefer), is a standout choice packed with protein.

For soups, you can't go wrong with Mama Mandola's Sicilian Chicken Soup—a comforting classic. Other great options include the hearty Sausage & Lentil, veggie-packed Minestrone, and the rich and creamy Tomato Basil.

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

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

## MAIN COURSE

We all know Carrabba's serves up everything Italian—but when you're aiming for a healthier choice, it's smart to steer clear of the heavier pasta dishes and opt for something lighter and protein-packed.

From the Specialties menu, there are several standout dishes that are full of flavor and fit beautifully into your wellness goals. The Chicken Bryan features wood-grilled chicken topped with creamy goat cheese, sun-dried tomatoes, basil, and a lemon butter sauce. It's a flavorful favorite that doesn't feel like a compromise. The Chicken Marsala is another classic, made with wood-grilled chicken, mushrooms, and a savory Lombardo Marsala wine sauce. If you're looking for something more straightforward, the Tuscan-Grilled Chicken is a great option. It's seasoned simply with Mr. C's Grill Baste, olive oil, and herbs for a clean, delicious meal. You can also try the Chicken or Veal Piccata—thin, tender cutlets sautéed and topped with lemon butter, parsley, and capers for a bright, tangy finish.

If you're craving something heartier, the Tuscan-Grilled 7oz Sirloin or the Grilled Pork Chop are excellent high-protein picks. Pair either with a side of steamed broccoli or asparagus and a house salad with dressing on the side for a balanced and satisfying meal.

Seafood lovers have several light yet filling options as well. The Spiedino Di Mare features shrimp or sea scallops (or both) coated in Italian breadcrumbs and finished with a light lemon butter sauce. The Mahi Wulfe is another delicious

choice—lightly breaded, wood-grilled mahi topped with artichokes, sun-dried tomatoes, and a basil lemon butter sauce full of flavor. And for a clean, simple dish, you can't go wrong with the Simply Grilled Salmon.

These menu items show that eating out doesn't have to mean giving up on your goals. With a few smart swaps and thoughtful choices, you can enjoy a satisfying and health-conscious meal at Carrabba's.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Chicken Bryan	490	25	12	54
Chicken Marsala	400	20	3	47
Tuscan-Grilled Chicken	320	6	0	64
Chicken Piccata	580	29	27	51
Veal Piccata	410	19	17	39
Tuscan-Grilled Sirloin (7oz)	350	19	3	39
Tuscan-Grilled Pork Chop (1 pice)	400	27	3	33
Spiedino Di Mare, shrimp	480	31	24	28
Spiedino Di Mare, scallops	480	31	27	23

Mahi Wulfe	490	20	22	54
Simply Grilled Salmon	540	39	1	45

## SIDES

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

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Sautéed Broccoli	140	11	10	5
Garlic Mashed Potatoes	350	17	46	6
Penne Pomodoro	350	6	62	12
Sautéed Spinach	170	14	9	4
Grilled Asparagus	45	2.5	5	3
Side House Salad	340	28	17	6
Side Italian Salad	320	19	14	4
Side Caesar Salad	340	31	8	9

## GLP-1 Friendly Options

If you're on a GLP-1 medication, Carrabba's can still be a delicious and satisfying dining experience. With a little strategy, you can enjoy flavorful meals that are high in protein, easy on your stomach, and support your health goals. Here's what to order—and what to skip—at Carrabba's.

### WHAT TO EAT

- Grilled lean proteins: Tuscan-Grilled Chicken, Simply Grilled Salmon, Chicken Bryan (easy on the sauce), or the Spiedino Di Mare
- Vegetable sides: Steamed broccoli, grilled asparagus
- Lighter soups: Tomato Basil, Minestrone

### WHAT TO SKIP

- Heavy creamy pastas like Fettuccine Alfredo or Lasagna
- High-fat starters like fried calamari or mozzarella sticks
- Carb-heavy sides such as mashed potatoes or seasoned fries
- Rich desserts and bread-heavy starters (especially if you're not hungry enough for a full entrée afterward)