



# **BRAVO**

*cucina italiana*

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*nutrition facts*

MENU ITEM	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>MAIN MENU</b>											
<b>STARTERS</b>											
Calamari	690	480	55	10	0	85	900	14	2	4	36
Chicken + Polenta	420	250	28	11	0	150	1370	17	1	3	25
Crispy Shrimp Napoli	650	480	54	27	0	305	1110	17	1	4	24
Margherita Flatbread	580	280	32	7	0	30	1500	97	4	4	23
Zucchini Fritti	490	340	38	7	0	30	730	30	1	4	6
Mediterranean Olives	110	110	12	0	0	0	1040	1	1	0	0
Spinach + Artichoke Dip	990	470	53	19	0	85	2750	104	6	5	38
Chicken + Spinach Flatbread	580	260	30	10	0	85	2160	96	3	2	40
Crispy 'Mozz' Ravioli	610	330	37	16	0	90	1830	48	0	7	22
Pecorino Cheese Dip	1020	420	47	29	0	110	1710	110	3	37	46
Handmade Meatballs	770	520	58	19	1	130	1670	19	0	4	43
Pepperoni Flatbread	530	230	26	12	0	75	2070	99	3	6	28
<b>SIDE SALADS</b>											
House (Insalata Della Casa) - no dressing	90	10	1	1	0	5	130	34	6	6	6
Chopped - no dressing	80	40	4	2.5	0	15	200	8	3	4	10
Red Wine Vinaigrette - 1 oz.	60	50	5	1	0	0	310	3	0	1	0
Lemon Vinaigrette - 1 oz.	170	160	17	2	0	0	320	4	0	3	0
Creamy Parmesan - 1 oz.	100	90	10	2.5	1	10	290	2	0	1	1
Caesar Salad	310	270	31	4	0	35	390	8	2	1	5
Tomato Caprese	270	180	21	7	0	35	1750	11	1	6	10
<b>ENTRÉE SALADS</b>											
Mediterranean Vegetable	460	250	28	2	0	0	2210	49	7	22	9
Grilled Chicken	590	380	43	9	0	105	1750	16	2	9	36
Grilled Salmon	780	530	60	7	0	75	2860	29	5	10	32
Romano Crusted Chicken	1040	650	72	18	1	285	2250	37	3	10	61

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<b>SALAD ADDS</b>											
Grilled Chicken	200	70	8	2	0	90	690	1	0	0	32
Grilled Shrimp	160	60	7	1	0	195	290	2	0	0	21
Grilled Salmon	300	200	22	3	0	65	680	1	0	0	23
<b>SOUPS</b>											
Italian Wedding Soup	200	110	12	4.5	0	20	1130	16	2	3	9
Lobster Bisque	480	330	38	23	1	155	1450	18	0	4	9
Soup of the Day	70-350	20-270	2-31	2-18	0	5-95	740-1200	10-33	2-12	2-9	1-11
<b>NEAPOLITAN PIZZAS</b>											
Margherita Pizza	760	280	32	7	0	30	1500	97	4	4	23
Chicken + Spinach Pizza	810	260	30	10	1	85	2160	96	3	6	28
Pepperoni Pizza	750	230	26	12	0	75	2070	99	3	2	40
Sicilian Pizza	970	390	43	17	1	100	3180	101	0	6	46
Vegetarian Pizza	710	150	16	7	0	40	2620	106	1	11	34
<b>IMBRIOLO FAMILY RECIPES</b>											
Spaghetti Pesto	790	440	50	9	0	20	800	74	6	2	19
Spaghetti Pomodoro	790	390	44	8	0	20	1310	85	6	9	24
Spaghetti Cacio E Pepe	830	480	55	25	0	100	1370	73	5	2	26
Spaghetti Bolognese	760	340	38	10	0.5	55	840	79	6	5	27
<b>ALFREDO FRESCO</b>											
Fettuccini Alfredo	1490	690	77	41	1	310	3210	142	0	11	56
Primavera Alfredo	1190	560	62	30	0	245	1970	111	0	7	33
Shrimp Alfredo	1250	530	59	36	0	460	2480	108	0	5	53

MENU ITEM	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>PASTAS</b>											
Pasta Woozie (Chicken + Spinach Alfredo)	950	480	54	27	0	275	2780	60	3	5	57
Pasta Bravo (Chicken Rigatoni)	960	400	45	15	0	145	2190	91	5	12	58
Spaghetti + Meatballs	810	340	38	11	0.5	200	2280	83	4	17	40
Spaghetti + Vegetable Meatballs	690	270	30	8	0	65	1630	92	8	18	25
Sausage Tortelloni	990	603	67	28	2	220	2500	55	1	16	41
Lasagne	1180	640	72	38	0	230	3370	71	1	13	66
Shrimp Fra Diavolo	710	240	27	10	0	200	1580	86	4	9	32
<b>PARMS</b>											
Eggplant Parmigiana	990	550	62	16	0	60	2410	88	7	19	35
Chicken Parmigiana	1450	760	86	22	1	185	3270	91	4	19	75
Veal Parmigiana	1450	760	86	23	0	290	4740	121	4	16	68
<b>CHICKEN</b>											
Chicken Caprese	990	430	49	7	0	230	2370	52	3	6	91
Chicken Scaloppini	1050	410	46	15	0	220	760	44	3	3	74
Chicken Marsala	1060	560	64	19	0	210	2740	53	8	4	66
<b>MEATS</b>											
Grilled Pork Chop	1060	600	68	21	0	210	2690	54	7	9	70
Filet Mignon	870	530	60	29	0	205	1010	41	5	3	42
New York Strip	1440	880	99	41	0	365	1890	43	5	4	93

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<b>SEA</b>											
Shrimp Scampi	710	280	32	11	0	180	1470	74	4	4	31
Grilled Salmon	540	280	31	5	0	75	2330	29	6	9	32
Grilled Shrimp	410	200	22	3.5	0	200	1360	30	4	8	26
Lobster Ravioli	550	150	17	6	0	230	1520	57	2	8	32
Shrimp + Lobster Fettuccine	850	430	48	17	0	290	2670	60	3	5	48
<b>LUNCH</b>											
<b>SANDWICHES</b>											
Organic Meatball	450	140	16	6	0	105	1270	55	2	3	24
Roasted Turkey	740	320	36	9	0	150	1580	69	8	24	39
Grilled Chicken	750	290	33	8	0	140	1700	62	6	24	54
<b>MEZZA ENTRÉES</b>											
Lasagne (Mezza)	620	330	38	19	0	115	1930	71	1	9	34
Chicken Parmigiana (Mezza)	1140	610	68	17	0	144	2551	71	3	15	59
Chicken Marsala (Mezza)	830	450	50	15	0	164	2551	41	6	3	51
<b>COMBO HALF ENTRÉES</b>											
Margherita Flatbread	580	200	23	5	0	20	700	49	2	2	13
Chicken + Spinach Flatbread	580	180	21	6	0	45	1020	48	2	0	21
Pepperoni Flatbread	530	230	26	12	0	75	2070	99	3	6	28
Pasta Bravo (Chicken Rigatoni)	500	220	25	9	0	75	1180	46	2	6	28
Eggplant Parmigiana	730	380	43	9	6	35	1520	88	5	12	22
Shrimp Fra Diavolo	330	140	14	5	0	100	790	43	2	4.5	16
Pasta Woozie (Chicken + Spinach Alfredo)	580	290	33	17	0	165	1660	60	2	4	31
Lasagne	620	330	38	19	0	115	1930	71	1	9	34
Shrimp Scampi	380	110	12	4	0	80	590	74	1	1	12

MENU ITEM	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>BRUNCH</b>											
Sicilian Omelette	1360	1110	123	48	0	1105	3970	47	5	8	72
Eggs & Bacon	1180	770	85	34	0	1160	2240	55	4	4	52
Stuffed French Toast	1260	630	70	20	0	21	340	135	6	73	3
Kids Scrambled Eggs	490	320	36	17	0	585	920	14	2	12	26
Kids Fresh Fruit	50	0	0	0	0	0	0	12	2	9	1
<b>DESSERT</b>											
Crème Brûlée	640	460	52	30	0	470	60	40	0	36	6
Tiramisu	380	190	21	13	0	160	85	44	0	30	4
Caramel Mascarpone Cheesecake	830	330	38	22	0	230	290	94	0	79	6
Warm Chocolate Cake	890	540	61	35	1	305	330	81	3	65	11
Seasonal Sweet	110-860	170-440	19-50	12-30	0	75-320	280-350	55-93	1-3	40-62	5-14
<b>KIDS MENU</b>											
<b>CREATE YOUR OWN PASTA</b>											
Plain Spaghetti	260	50	6	0	0	0	190	43	3	1	8
Plain Rigatoni	270	30	3.5	0	0	0	0	52	2	0	9
Plain Campanelle	270	30	3.5	0	0	0	0	52	2	0	9
Plain Gluten Free Pasta	280	40	4.5	0	0	0	0	54	1	0	5
Plain Cheese-Filled Pasta	240	50	6	4	0	30	280	33	2	0	14
Tomato Sauce	920	190	22	8	0	140	2180	147	6	15	27
Alfredo Sauce	1150	420	48	25	0	225	2430	138	6	5	36
Butter Sauce	800	150	17	8	0	140	1300	129	6	3	24
Meatball	700	260	29	9	0	95	1730	90	4	19	28
Meat Sauce	70	40	4	1.5	0	20	320	2	0	1	6
Chicken	280	180	21	2	0	65	510	1	0	0	24

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<b>SIDES + SALADS</b>											
Insalata Bambino	130	90	10	1	0	3	150	8	2	2	3
Junior Caesar Salad	300	270	30	3.5	0	30	400	7	2	0	5
Broccoli	30	0	0	0	0	0	270	6	4	2	2
Fresh Fruit	130	0	0	0	0	0	0	34	4	34	1
French Fries	560	340	39	7	0	0	1910	58	4	13	4
<b>ENTRÉES</b>											
Cheese Ravioli	270	170	20	10	0	45	1200	20	0	9	6
Mac & Cheese	950	580	65	36	0	170	2040	64	2	6	31
Lasagne	700	390	44	23	0	140	1920	41	0	9	39
Chicken Parmesan	1060	580	65	22	3	130	2250	73	3	11	49
Grilled Chicken	560	320	37	11	0	120	1090	29	6	15	32
Grilled Salmon	660	440	49	13	0	115	1240	29	6	15	30
Chicken Fingers	800	360	40	8	1	60	1970	77	6	29	31
Cheese Pizza	800	220	24	12	0	55	3030	99	4	5	46
Pepperoni Pizza	880	290	32	15	0	80	3430	97	4	5	50
<b>DESSERT</b>											
Ice Cream Sundae	910	450	50	44	0	40	280	101	0	88	18

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<b>HAPPY HOUR</b>											
<b>BAR BITES</b>											
Crispy 'Mozz' Ravioli	610	330	37	16	0	90	1830	48	0	7	22
Mediterranean Olives	110	110	12	0	0	0	1040	1	1	0	0
Calamari	690	480	55	10	1	85	900	14	2	4	36
Crispy Shrimp Napoli	650	480	54	27	0	305	1110	17	1	4	24
Chicken + Polenta	420	250	28	11	0	150	1370	17	1	3	25
Tomato Caprese	270	180	21	7	0	35	1750	11	1	6	10
Pecorino Cheese Dip	1020	420	47	29	0	75	2070	99	3	6	28
Handmade Meatballs	510	340	38	13	0	86	1102	13	0	3	28
Margherita Flatbread	580	200	23	5	0	20	700	49	2	2	13
Chicken + Spinach Flatbread	580	180	21	6	0	45	1020	48	2	0	21
Pepperoni Flatbread	530	230	26	12	0	75	2070	99	3	6	28
<b>BEVERAGES</b>											
<b>WINES</b>											
Sparkling Wine/Prosecco - glass	130	0	0	0	0	0	10	8	0	2	0
Sparkling Wine/Prosecco - split	320	0	0	0	0	0	20	20	0	5	0
Sparkling Wine/Prosecco - bottle	640	0	0	0	0	0	40	40	0	9	1
Champagne - split	120	0	0	0	0	0	0	3	0	1	0
Champagne - bottle	670	0	0	0	0	0	0	9	0	9	1
Whites and Rosés - 6/9 oz. glass	125-260	0	0	0	0	0	10-15	4-5	0	2-3	0
Whites and Rosés - bottle	525-675	0	0	0	0	0	35-50	16-18	0	7-10	1
Reds - 6/9 oz. glass	125-240	0	0	0	0	0	5-7	4-5	0	1-2	0
Red - bottle	525-675	0	0	0	0	0	30-45	15-17	0	5-7	1



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<b>BEERS</b>											
Light - 12 oz.	100	0	0	0	0	0	10	7	0	0	1
Regular - 12 oz.	150	0	0	0	0	0	15	12	0	0	0
Craft Beer - 12 oz.	230	0	0	10	0	0	0	35	0	0	0
<b>COCKTAILS</b>											
Top Shelf Italian Margarita	260	0	0	0	0	0	65	34	0	25	0
Strawberry Basil Limonata	270	0	0	0	0	0	10	39	0	37	0
Black Cherry Mule	260	0	0	0	0	0	0	36	0	35	0
Sparkling Mediterranean G&T	190	0	0	0	0	0	0	17	0	15	0
Bravo Old Fashioned	230	0	0	0	0	0	0	15	0	7	0
Raspberry Mojito	150	0	0	0	0	0	15	14	0	11	0
Red Sangria	220	0	0	0	0	0	0	21	0	17	0
White Peach Sangria	200	0	0	0	0	0	20	25	0	22	0
Flirtini	170	0	0	0	0	0	0	9	0	8	0
Tropical Cosmo	170	0	0	0	0	0	0	4	0	2	0
Razzbertini	200	0	0	0	0	0	0	11	0	10	0
Lemontini	240	0	0	0	0	0	10	13	0	13	0
Peach Bellinitini	200	0	0	0	0	0	0	12	0	11	0
Cosmopolitan	190	0	0	0	0	0	0	4	0	2	0
Lemon Basil Crush	200	0	0	0	0	0	5	11	0	10	0
Moscow Mule	140	0	0	0	0	0	0	15	0	13	0
Island Basil Smash	130	0	0	0	0	0	0	19	0	17	0
Manhattan	160	0	0	0	0	0	0	3	0	2	0
Classic Martini	220	0	0	0	0	0	0	3	0	0	0
Italian Lemonade	160	0	0	0	0	0	5	17	0	15	0
Espresso Martini	390	0	0	0	0	0	25	50	0	41	0
Affogato	670	170	16	14	0	10	115	80	0	67	6

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<b>HANDCRAFTED BEVERAGES</b>											
Lemonade	170	0	0	0	0	0	5	45	0	42	0
Berry Lemonade	110	0	0	0	0	0	10	28	0	26	0
White Peach Palmer	100	0	0	0	0	0	5	24	0	23	0
Mango Iced Tea	120	0	0	0	0	0	0	31	0	29	0
San Benedetto Peach Tea	130	0	0	0	0	0	0	28	0	28	0
San Pellegrino Grapefruit	140	0	0	0	0	0	0	34	0	31	0
<b>SPIRIT-FREE DRINKS</b>											
San Pellegrino Sparkling - large	0	0	0	0	0	0	10	0	0	0	0
San Pellegrino Sparkling - small	0	0	0	0	0	0	5	0	0	0	0
Acqua Panna (still) - small or large	0	0	0	0	0	0	0	0	0	0	0
<b>FOUNTAIN DRINKS</b>											
Pepsi Products	0-170	0	0	0	0	0	30-65	0-44	0	0-44	0
<b>COFFEE + TEA</b>											
Coffee	0	0	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	5	0	0	0	0
<b>FRUIT DRINKS</b>											
Apple Juice	210	0	0	0	0	0	65	53	0	53	0
Orange Juice	230	0	0	0	0	0	10	60	0	56	2
Cranberry Juice	230	0	0	0	0	0	65	56	0	56	0
Grapefruit Juice	190	0	0	0	0	0	45	42	0	32	4
Tomato Juice	90	0	0	0	0	0	1280	19	4	13	4