

BRAVO

NUTRITION FACTS

BRAVO NUTRITION

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)
STARTERS											
SEA:											
Calamari	690	480	55	10	0	85	900	14	2	4	36
Shrimp Napoli	650	480	54	27	0	305	1110	17	1	4	24
DIPS:											
Pecorino Cheese Dip	1020	420	47	29	0	110	1710	110	3	37	46
Artichoke + Spinach Dip	1000	470	53	19	0	85	2750	104	6	5	38
PIZZAS:											
Margherita Pizza	760	280	32	7	0	30	1500	97	4	4	23
Pepperoni Pizza	750	230	26	12	0	75	2070	99	3	6	28
Chicken + Spinach Pizza	810	260	30	10	0	85	2160	96	3	2	40
MEATBALLS:											
Organic Chicken Meatballs	420	230	26	11	0	150	1370	17	1	3	25
GARDEN											
SALADS:											
Insalata Della Casa	240	180	20	5	0	25	680	10	2	4	7
Caprese Salad	270	180	21	7	0	35	1750	11	1	6	10
Caesar Salad	310	270	31	4	0	35	390	8	2	1	5
ENTRÉE SALADS:											
Mediterranean Vegetable Salad	460	250	28	2	0	0	2210	49	7	22	9
Grilled Chicken Salad	590	380	43	9	0	105	1750	16	2	9	36
Grilled Salmon Salad	780	530	60	7	0	75	2860	29	5	10	32
ADD-ONS:											
Grilled Chicken	200	70	8	1.5	0	80	620	1	0	0	29
Grilled Shrimp	520	200	22	3.5	0	200	1360	30	4	8	26
Grilled Salmon	300	180	20	3.5	0	75	770	2	0	0	27

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SOUPS											
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
LUNCH											
SANDWICHES:											
Organic Meatball Sandwich	450	140	16	6	0	105	1270	55	2	3	24
Roasted Turkey Sandwich	740	320	36	9	0	150	1580	69	8	24	39
Grilled Chicken Sandwich	430	290	33	8	0	140	1700	62	6	24	54
COMBOS											
SOUP OR SALAD:											
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
Caesar Salad	310	270	31	4	0	35	390	8	2	1	5
Insalata Della Casa	240	180	20	5	0	25	680	10	2	4	7
Caprese Salad	270	180	21	7	0	35	1750	11	1	6	10
HALF ENTRÉES:											
Pasta Bravo (Chicken Rigatoni)	570	220	25	9	0	75	1180	46	2	6	28
Shrimp Fra Diavolo	330	140	14	5	0	100	790	43	2	4.5	16
Eggplant Parmigiana	730	380	43	9	6	35	1520	88	5	12	22
Shrimp Scampi	380	110	12	4	0	80	590	74	1	1	12
Pasta Woozie (Chicken + Spinach Alfredo)	560	290	33	17	0	165	1660	60	2	4	31
Lasagne	700	330	38	19	0	115	1930	71	1	9	34

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IMBRIOLO FAMILY RECIPES											
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
PASTAS											
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
Shrimp Fra Diavolo	710	240	27	10	0	200	1580	86	4	9	32
Lasagne	1180	640	72	38	0	230	3370	71	1	13	66
MEATBALLS											
Spaghettini + Meatballs	810	340	38	11	0.5	200	2280	83	4	17	40
Organic Grass Fed Beef	810	340	38	11	0.5	200	2280	83	4	17	40
Organic Free-Range Chicken	720	270	31	9	0	185	2530	77	4	15	44
Organic Vegetable (Meatless)	690	270	30	8	0	65	1630	92	8	18	25
PARMS											
Eggplant Parmigiana	1010	550	62	16	0	60	2410	88	7	19	35
Chicken Parmesan	1400	760	86	22	1	185	3270	91	4	19	75
Veal Parmesan	1450	760	86	23	0	290	4740	121	4	16	68
CHICKEN											
Chicken Caprese	1010	430	49	7	0	230	2370	52	3	6	91
Chicken Scaloppini	880	410	46	15	0	220	760	44	3	3	74
Chicken Marsala	1060	560	64	19	0	210	2740	53	8	4	66

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GRILL											
Grilled Pork Chop (Single)	1060	600	68	21	0	210	2690	54	7	9	70
Grilled Pork Chop (Double)	1540	830	94	29	0	370	3730	55	7	11	132
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
SEA											
Shrimp Scampi	710	280	32	11	0	180	1470	74	4	4	31
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
LT Grilled Salmon	540	280	31	5	0	75	2330	29	6	9	32
DESSERT											
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	730	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	400 - 860	170 - 440	19 - 50	12 - 30	0	75 - 320	280 - 350	55 - 93	1 - 3	40 - 62	5 - 14

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KIDS											
CREATE YOUR OWN PASTA:											
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
SAUCES:											
Tomato	920	190	22	8	0	140	2180	147	6	15	27
Alfredo	1150	420	48	25	0	225	2430	138	6	5	36
Butter	800	150	17	8	0	140	1300	129	6	3	24
PROTEIN:											
Meatball	700	260	29	9	0	95	1730	90	4	19	28
Meat Sauce	70	35	4	1.5	0	20	320	2	0	1	6
Chicken	280	180	21	2	0	65	510	1	0	0	24
KIDS ENTRÉES:											
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	400	45	8	1	60	1970	77	6	29	31
Cheese Pizza	980	240	27	12	0	55	3030	136	4	5	50
Pepperoni Pizza	1060	300	34	15	0	80	3430	134	4	5	46

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KIDS											
KIDS SIDES & SALADS:											
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
Veggie Of The Day	30	5	0	0	0	0	270	6	4	2	2
Fresh Fruit	70	0	0	0	0	0	0	17	2	13	1
French Fries	560	340	39	7	0	0	1910	58	4	13	4
KIDS DESSERT:											
Ice Cream Sundae	910	450	50	44	0	40	280	101	0	88	18
HAPPY HOUR											
BAR BITES:											
Calamari	690	480	55	10	1	85	900	14	2	4	36
Shrimp Napoli	690	480	54	27	0	305	1110	17	1	4	24
Organic Chicken Meatballs	420	270	31	9	0	185	2530	77	4	15	44
Tomato Caprese	270	180	21	7	0	35	1750	11	1	6	10
Margherita Pizza	510	200	23	5	0	20	700	49	2	2	13
Chicken + Spinach Pizza	540	180	21	6	0	45	1020	48	2	0	21
Organic Meatball Sandwich	490	140	16	6	0	105	1270	55	2	3	24
Pecorino Dip	1020	420	47	29	0	75	2070	99	3	6	28

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LARGE PARTY PANS											
SALADS + APPETIZERS:											
Insalata Della Casa	1430	1060	120	32	0	165	4050	62	11	21	44
Caesar Salad	2460	2110	239	27	0	200	2940	74	16	9	36
Caprese Salad	1610	1090	123	44	0	205	1280	63	6	37	62
Shrimp Napoli	2420	1740	197	93	0	1185	4260	66	4	14	100
Artichoke + Spinach Dip	2980	1380	156	56	0	255	8150	311	17	15	112
ENTRÉES:											
Pasta Wozzie (Chicken + Spinach Alfredo)	5620	2800	317	161	0	1625	16360	358	20	32	335
Pasta Bravo (Chicken Rigatoni)	5770	2370	268	89	0	855	12860	545	29	71	342
Chicken Marsala	6090	3210	363	110	0	1270	15540	310	47	25	395
Lasagne	7070	3840	435	227	0	1370	20190	426	8	76	399
Chicken Parmigiana	8330	4270	483	121	0	1085	19120	591	26	101	456
Grilled Salmon	3150	1660	188	30	0	450	13590	179	38	59	191
Chicken Scaloppini	6030	3200	362	96	0	1335	4530	263	17	16	444
Chicken Caprese	5490	2180	246	35	0	1000	13370	397	23	54	429
Spaghettini + Organic Grass Fed Beef Meatballs	4830	2010	228	69	4	1190	14190	493	29	92	239
Spaghettini + Organic Free-Range Chicken Meatballs	4330	1630	185	56	0	1110	15680	461	31	85	261
Spaghettini + Organic Vegetable Meatballs (Meatless)	4100	1600	181	46	0	400	10270	545	53	97	149
Spaghetti Pomodoro	3930	1560	176	29	0	105	6360	498	36	49	115

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FAMILY BUNDLES											
Pasta Woozie (Chicken + Spinach Alfredo)	3750	1870	212	108	0	1085	10910	239	13	22	224
Campanelle Alfredo	3330	1720	195	103	0	575	6800	322	14	30	103
Eggplant Parmigiana	4240	2130	241	63	2	250	10520	414	29	89	152
Lasagne	3530	1920	217	114	0	685	10100	213	4	38	199
Chicken Parmigiana	5750	2970	336	86	4	735	13840	411	19	79	308
Pasta Bravo (Chicken Rigatoni)	3760	1440	162	58	0	570	8910	380	21	45	226
Shrimp Fra Diavolo	3210	1330	151	41	0	795	5510	343	14	35	130
Chicken Marsala	4060	2140	242	73	0	845	10360	207	31	16	263
Spaghettini + Organic Grass Fed Beef Meatballs	2910	1060	120	34	2	535	7220	352	16	63	129
Spaghettini + Organic Free-Range Chicken Meatballs	2890	1090	123	37	0.5	740	10450	307	21	56	174
Spaghettini + Organic Vegetable Meatballs (Meatless)	2740	1070	121	31	0	270	6850	364	35	65	99
Spaghetti Pomodoro	2650	1070	121	20	0	70	4260	332	24	32	77
LARGE DESSERT TRAYS											
Tiramisu	3020	1480	168	106	0	1295	700	349	0	244	33
Cheesecake	5620	2650	300	178	0	1830	2150	696	0	592	45
Tiramisu + Cheesecake	4120	1880	213	129	0	1395	1450	519	0	411	37

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Beverages											
WINES:											
Whites and Rosé - glass	150	0	0	0	0	0	10	4	0	2	0
Whites and Rosé - quartino	220	0	0	0	0	0	15	6	0	3	0
Whites and Rosé - bottle	620	0	0	0	0	0	35	16	0	7	1
BUBBLY:											
Sparkling Prosecco - glass	130	0	0	0	0	0	10	2	0	2	0
Sparkling Prosecco - bottle	670	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
REDS											
Reds - glass	150	0	0	0	0	0	5	4	0	1	0
Reds - quartino	220	0	0	0	0	0	10	7	0	2	0
Red - bottle	630	0	0	0	0	0	30	19	0	5	1
COCKTAILS:											
Peach Bellini	260	0	0	0	0	0	60	51	0	48	0
Aperol Spritz	245	0	0	0	0	0	0	27	0	19	0
White Peach Sangria	200	0	0	0	0	0	20	25	0	22	0
Red Sangria	220	0	0	0	0	0	0	21	0	17	0
Italian Mule	200	0	0	0	0	0	0	13	0	12	0
Basil Fizz	120	0	0	0	0	0	0	21	0	20	0
Raspberry Mojito	150	0	0	0	0	0	15	14	0	11	0
Bravo Old Fashioned	230	0	0	0	0	0	0	15	0	7	0
Island Smash	130	0	0	0	0	0	0	19	0	17	0
Cucumber Basil Gimlet	130	0	0	0	0	0	0	10	0	8	0
Strawberry Fresca	190	0	0	0	0	0	0	18	0	15	0

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BEVERAGES											
BEERS:											
Light - 12 oz.	110	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
SPIRIT-FREE DRINKS:											
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
Handcrafted Beverages											
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
FOUNTAIN DRINKS:											
Pepsi Products	150	0	0	0	0	0	55	41	0	41	0
Coffee / Tea											
Coffee	0	0	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	5	0	0	0	0
FRUIT JUICES:											
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