



# Nutrition Information

Effective: 8/30/22

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

All Items Listed As Served Unless Otherwise Indicated.

**NOTE: Maggianno's Classic Recipes may have *different* nutrition than Maggianno's Little Italy recipes. If you have an allergen concern, please be sure to check the applicable brand's allergen guide.**

Appetizers & Sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fresh Baked Breadsticks	870	240	27	11	0	0	2160	135	9	7	24
Fresh Baked Breadsticks (1 only)	150	40	4.5	2	0	0	370	23	2	1	4
Garlic Butter Broccoli	530	410	45	15	0.5	5	1100	29	12	5	9
Meatballs	1080	670	74	31	1	295	2870	49	4	18	52
Mozzarella Marinara	1270	700	77	38	1.5	150	3780	75	7	9	67
Salads	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Caesar Salad	670	540	61	13	0.5	70	1120	27	5	5	18
Caesar Salad with Chicken	810	580	64	14	0.5	175	1650	28	5	5	46
Caesar Salad with Shrimp	720	560	63	14	0.5	190	1930	28	5	5	29
Italian Salad	620	580	65	13	0.5	25	1370	31	5	14	14
Italian Salad with Chicken	760	610	68	13	0.5	130	1900	31	5	15	42
Italian Salad with Shrimp	670	600	66	13	0.5	145	2180	31	5	15	25
Pastas & Entrees	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Baked Crab & Shrimp Alfredo	1640	940	104	51	2	400	6070	126	11	8	109
Baked Penne	1220	490	55	20	0	100	3790	133	11	25	52
Cheese Ravioli with Alfredo	1650	900	101	54	2.5	290	4320	101	9	9	84
Cheese Ravioli with Marinara	1270	590	66	36	2	220	3390	102	10	18	72
Cheese Ravioli with Meat Sauce	1400	670	74	39	2	255	3800	102	10	17	84
Chicken Parmesan	2420	910	101	27	0.5	290	9190	258	21	25	125
Fettuccine Alfredo	1320	650	72	34	1.5	130	3690	135	10	8	53
Fettuccine Alfredo with Chicken	1460	680	75	35	1.5	235	4220	136	10	8	80
Fettuccine Alfredo with Shrimp	1340	610	68	32	1	230	4390	135	9	8	57
Spaghetti & Meatballs with Marinara	1260	430	48	19	0.5	145	3390	159	13	29	51
Spaghetti & Meatballs with Meat Sauce	1450	550	61	23	1.5	205	4010	159	13	28	68

Pastas & Entrees	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Spaghetti with Marinara	750	100	11	3	0	0	2280	139	12	23	25
Spaghetti with Meat Sauce	940	220	24	8	0.5	60	2890	140	12	22	42
Lunch Combos - served with choice of salad	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cheese Ravioli with Alfredo	1650	900	101	54	2.5	290	4320	101	9	9	84
Cheese Ravioli with Marinara	1270	590	66	36	2	220	3390	102	10	18	72
Cheese Ravioli with Meat Sauce	1400	670	74	39	2	255	3800	102	10	17	84
Chicken Parmesan	1550	500	56	15	0	145	5840	192	16	23	74
Fettuccine Alfredo	1320	650	72	34	1.5	130	3690	135	10	8	53
Fettuccine Alfredo with Chicken	1460	680	75	35	1.5	235	4220	136	10	8	80
Fettuccine Alfredo with Shrimp	1340	610	68	32	1	230	4390	135	9	8	57
Spaghetti & Meatballs with Marinara	1260	430	48	19	0.5	145	3390	159	13	29	51
Spaghetti & Meatballs with Meat Sauce	1450	550	61	23	1.5	205	4010	159	13	28	68
Spaghetti with Marinara	750	100	11	3	0	0	2280	139	12	23	25
Spaghetti with Meat Sauce	940	220	24	8	0.5	60	2890	140	12	22	42
Kids	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Mac & Cheese	1000	270	29	9	0.5	35	2240	150	8	23	34
Penne with Alfredo	770	390	43	20	0.5	70	2520	76	5	4	27
Penne with Marinara	440	80	9	2.5	0	0	1750	79	7	15	15
Desserts	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cinnamon Apple Hand Pie	510	260	28	17	1	75	170	61	1	31	5
Blueberry Lemon Hand Pie	510	260	28	17	1	75	170	60	2	29	5
Hershey's Hand Pie	600	280	31	20	1	75	240	77	2	45	6

**Cals...Calories**

**Chol...Cholesterol**

**Fat Cals...Calories from Fat**

**Sod...Sodium**

**(g)...grams**

**Sat...Saturated Fat**

**Carbs...Carbohydrates**

**(mg)...milligrams**

**Trans...Trans Fat**

**Prot...Protein**

The nutritional analysis is comprised of data from an independent testing facility commissioned by Maggiano's Classics, combined with nutrient data from Maggiano's Classic suppliers, the United States Department of Agriculture and nutrient database analysis of Maggiano's Classic 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. It's Just Wings 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 Maggiano's Classic recipes.



# Allergen Information

EFFECTIVE: 8/30/22

**NOTE: Maggiano's Classic Recipes may have *different* allergens than Maggiano's Little Italy recipes. If you have an allergen concern, please be sure to check the applicable brand's allergen guide.**

X Cross Contact Denotes Fried Items or Grilled Items; these items should NOT be consumed if you have a food allergy due to use of shared fryers and grills

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	Treenuts	Wheat/ Gluten	VT/VG
Fresh Baked Breadsticks				X			X		X	VT
Garlic Butter Broccoli				X			X			VT
Meatballs		X		X					X	
Mozzarella Marinara	X			X					X	
Salads	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Caesar Salad		X	X	X			X		X	
Caesar Salad with Chicken	X	X	X	X			X		X	
Caesar Salad with Shrimp		X	X	X		X	X		X	
Italian Salad				X			X		X	VT
Italian Salad with Chicken	X			X			X		X	
Italian Salad with Shrimp				X		X	X		X	
Pastas & Entrees	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Baked Crab & Shrimp Alfredo				X		X	X		X	
Baked Penne				X			X		X	

Pastas & Entrees	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Cheese Ravioli with Alfredo		X		X			X		X	
Cheese Ravioli with Marinara		X		X			X		X	
Cheese Ravioli with Meat Sauce		X		X			X		X	
Chicken Parmesan	X			X			X		X	
Fettuccine Alfredo				X			X		X	
Fettuccine Alfredo with Chicken	X			X			X		X	
Fettuccine Alfredo with Shrimp				X		X	X		X	
Spaghetti & Meatballs with Marinara		X		X			X		X	
Spaghetti & Meatballs with Meat Sauce		X		X			X		X	
Spaghetti with Marinara				X			X		X	VT
Spaghetti with Meat Sauce				X			X		X	
Lunch Combos - served with choice of salad	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Cheese Ravioli with Alfredo		X		X			X		X	
Cheese Ravioli with Marinara		X		X			X		X	
Cheese Ravioli with Meat Sauce		X		X			X		X	
Chicken Parmesan	X			X			X		X	
Fettuccine Alfredo				X			X		X	
Fettuccine Alfredo with Chicken	X			X			X		X	
Fettuccine Alfredo with Shrimp				X		X	X		X	
Spaghetti & Meatballs with Marinara		X		X			X		X	
Spaghetti & Meatballs with Meat Sauce		X		X			X		X	
Spaghetti with Marinara				X			X		X	VT
Spaghetti with Meat Sauce				X			X		X	
Kids	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Mac & Cheese				X			X		X	
Penne with Alfredo				X			X		X	
Penne with Marinara				X			X		X	VT

Desserts	*Cross Contact	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenuts	Wheat/ Gluten	VT/VG
Cinnamon Apple Hand Pie				X					X	VT
Blueberry Lemon Hand Pie				X					X	VT
Hershey's Hand Pie				X			X		X	VT

- **Fryer or Grill Cross Contact:** All fried or grilled ingredients are cooked in shared fryers and grills and may be exposed to allergens including egg, milk, fish, soy, wheat, and various animal products. For these reasons, guests with food allergies should avoid menu items that contain fried and/or grilled ingredients

- **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 and grills in our restaurants, fried or grilled foods are exposed to animal product during the cooking process (e.g., Mozzarella Marinara)

**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 restaurant to restaurant 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 and grilled items are identified with a "X" under the cross-contact column because the dish contains ingredients prepared using shared fryers or grills. For these reasons, we advise guests with food allergies to avoid all fried and grilled foods.