

ROMANO'S MACARONI GRILL

Antipasti

A variety of shareable appetizer plates made with the finest ingredients

Mediterranean Olives **YES!**

Handpicked olives from regional farms in Italy. Marinated with extra virgin olive oil, orange zest and roasted red pepper

Tomato Bruschetta **YES!**

Ripe grape tomatoes, fresh basil, garlic and extra virgin olive oil served with grilled, rustic focaccia bread

Fresh Mozzarella **NO!**

Fritta **FRESH MOZZARELLA** with a delicate garlic-herb crust, served with arrabbiata sauce

Roasted Vegetables **YES!**

Yellow and red peppers, eggplant, zucchini and red onions slowly roasted with extra virgin olive oil and fresh rosemary

Mozzarella Alla Caprese **NO!**

Vine-ripened tomatoes with imported **BUFFALO MOZZARELLA**, extra virgin olive oil, aged balsamic vinegar and fresh basil

Spinach Artichoke Dip **NO!**

Baby spinach and artichoke hearts with **AGED ITALIAN CHEESES**. Served with focaccia bread

Calamari Fritti **NO! FRIED**

Crispy calamari simply seasoned with sea salt and served with fresh lemon and arrabbiata sauce

Crab Stuffed Mushrooms **NO! NO CRAB**

Fresh mushrooms filled with **LUMP CRABMEAT**, shrimp and Italian seasonings, then baked until golden

Prosciutto e Parmigian **NO!**

Imported **ITALIAN PROSCIUTTO AND AGED PARMIGIANO REGGIANO CHEESE** served with fig jam

Romano's Sampler **NO!**

TOMATO BRUSCHETTA, FRESH MOZZARELLA FRITTA AND CALAMARI FRITTI served with arrabbiata sauce

Neopolitan Pizza

Authentic Italian pizza handcrafted with the finest ingredients, then baked at a blistering 600 degrees in our Brick Oven to create a thin and crispy crust.

SO MANY BETTER OPTIONS THAN PIZZA

Margherita **NO!**

Imported Italian tomato sauce, **FRESH MOZZARELLA**, roasted grape tomatoes, extra virgin olive oil and fresh basil. With

Roasted Vegetali **NO!**

Roasted yellow and red peppers, eggplant, zucchini and red onions with fresh **MOZZARELLA** and basil

Quattro Formaggio **NO!**

FRESH MOZZARELLA, ASIAGO, FONTINA AND RICOTTA CHEESE with fresh basil, roasted garlic and lemon zest

Italian Sausage **NO!**

Handcrafted **ITALIAN SAUSAGE, FRESH MOZZARELLA** And fresh basil

Pepperoni **NO!**

ARTISAN PEPPERONI, FRESH MOZZARELLA and fresh basil

Prosciutto e Arugula **NO!**

IMPORTED ITALIAN PROSCIUTTO, FRESH MOZZARELLA and arugula

Soup

Amalfi Chicken **NO!**

Slow-roasted chicken with garden vegetables and **PARMESAN-FILLED SACCHETTI PASTA** in a chicken broth with fresh lemon zest

Pasta e Fagioli **YES! GREAT SOUP.**

White cannellini beans with fresh vegetables and imported orecchiette pasta in a flavorful broth

Classic Italian

Spaghetti Bolognese **NO!**

Imported spaghetti sauteed with slow-simmered **BOLOGNESE MEAT SAUCE**

Eggplant Parmigian **NO!**

Fresh eggplant pan-seared with a delicate crust and baked with imported Italian tomato sauce, fresh **MOZZARELLA** and basil. Served with capellini pasta.

Fettuccine Alfredo **NO!**

Imported fettuccine pasta sauteed with **CREAM, BUTTER AND PARMESAN CHEESE**.

Spaghetti e Meatballs **NO!**

Imported artisan spaghetti and handmade **MEATBALLS**. Served with your choice of Italian tomato sauce or authentic **BOLOGNESE MEAT SAUCE**

Lasagna Al Forno **NO!**

Layered with authentic **BOLOGNESE MEAT SAUCE, RICOTTA AND MOZZARELLA**

Chicken Parmigiana **NO!**

HAND-BREADED chicken breast, pan-seared and baked with imported Italian tomato sauce, fresh **MOZZARELLA**, basil and oven-roasted tomatoes. Served with capellini pasta

Chicken Marsala **YES!**

Chicken topped with Portobello mushrooms, roasted garlic and Marsala wine sauce with capellini pasta

Chicken Scaloppine **NO!**

Sauteed chicken with artichokes, mushrooms, **AGED PROSCIUTTO AND LEMON BUTTER** with capellini pasta

Pasta

Capellini Pomodoro **YES!**

Imported capellini pasta tossed with ripe grape tomatoes, Italian tomato sauce, extra virgin olive oil and fresh basil

Sausage Salentino **NO! SAUSAGE IN THE TITLE**

ITALIAN SAUSAGE sauteed with imported orecchiette pasta, tender broccoflower, garlic, roasted tomatoes and extra virgin olive oil

Pollo Caprese **YES!**

Juicy chicken simply grilled with extra virgin olive oil and fresh lemon. Served with Capellini Pomodoro and Buffalo mozzarella

Create Your Own Pasta **NO! TOO MUCH OF A CHANCE TO GO CRAZY.**

You can choose an imported artisan pasta, your favorite sauce and a selection of fresh toppings. Our chefs will prepare your handcrafted dish just the way you like it.

Chicken Cannelloni **NO!**

Hand-rolled pasta filled with roasted chicken and spinach then baked in an **ASIAGO CREAM SAUCE** and imported tomato sauce.

Pollo Limone Rustica **NO!**

Slow-roasted chicken sauteed with imported penne pasta, lemon-basil **CREAM SAUCE** and fresh spinach, then baked until golden.

Carmela's Chicken Rigatoni **YES!**

Slow-roasted chicken, cremini mushrooms, caramelized onions with imported rigatoni pasta in a Marsala demi glace

Pasta Milano **NO!**

Roasted chicken, sun-dried tomatoes, fresh mushrooms and imported farfalle pasta in a roasted garlic **CREAM SAUCE**

Antonio's Beef Rigatoni **NO!**

BRAISED BEEF sauteed with tomato sauce, caramelized onions, fresh basil and imported rigatoni pasta

Mushroom Ravioli **NO!**

Porcini-filled pasta sauteed with a delicate **PARMESAN BUTTER SAUCE** topped with cremini mushrooms and fresh sage

Shrimp Portofino **NO!**

Jumbo shrimp sauteed with fresh spinach, mushrooms and pine nuts in a **LEMON BUTTER SAUCE** with imported capellini pasta

Seafood Linguine **YES! A RARE PASTA OPTION.**

Seared sea scallops, jumbo shrimp and sweet clams sauteed with extra virgin olive oil, oven-roasted tomatoes and fresh arugula

Lobster Ravioli **NO!**

Lobster-filled pasta sauteed with a delicate **CREAM SAUCE** topped with tender lobster meat and fresh oregano

Insalta

Fresh Greens or Caesar With any entree

Warm Spinach Salad **NO!**

Fresh spinach wilted and tossed with **PROSCIUTTO**, roasted garlic, fresh lemon and extra virgin olive oil. Topped with **TOASTED GOAT CHEESE**

Chicken Caesar **NO!**

Grilled chicken with fresh romaine lettuce, aged **ROMANO, HOMEMADE CROUTONS AND CAESAR DRESSING**.

Parmesan Crusted Chicken **NO!**

CRISPY CHICKEN WITH AGED PARMESAN, fresh greens, tomatoes, radishes and aged **PROSCIUTTO** with Mediterranean vinaigrette

Scallops & Spinach Salad **YES!**

Seared sea scallops with fresh spinach wilted and tossed with aged prosciutto, roasted garlic, fresh lemon and extra virgin olive oil

Insalata Blu **NO!**

Fresh greens with **CRUMBLLED BLEU CHEESE**, toasted walnuts, red onions and balsamic vinaigrette

Pan Seared Fish

~~Crusted Sole~~ **NO!**

Filet of sole pan-seared with a **DELICATE CRUST AND TOPPED WITH LEMON BUTTER**. Served with Italian Mediterranean couscous

Corvina **YES!**

Flaky white fish seared with white wine, fresh lemon and sun-dried tomatoes. Served with rustic Mediterranean vegetables

Snapper "Acqua Pazza" **YES!**

Snapper filet simmered in a white wine broth with ripe tomatoes, fresh herbs with sweet clams and gold potatoes

King Salmon **YES!**

King salmon filet simply seasoned with cracked black pepper and sea salt. Served with rustic Mediterranean vegetables

Mediterranean Grill

~~Italian Sausage Spiedini~~ **NO!**

Artisan southern **ITALIAN SAUSAGE** simply seasoned with fresh Italian herbs. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables.

Grilled Chicken Spiedini **YES! THE NEXT FOUR CHOICES ARE ALL GREAT SOURCES OF LEAN PROTEIN.**

Juicy chicken breast seasoned with extra virgin olive oil and fresh lemon zest. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables

Jumbo Shrimp Spiedini **YES!**

Succulent jumbo shrimp seasoned with extra virgin olive oil and fresh lemon zest. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables

Aged Beef Tenderloin Spiedini **YES!**

Fork-tender Certified Angus Beef® seasoned with sea salt and cracked black pepper. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables

Kids Menu

~~Romano's Mac & Cheese~~ **NO!**

Imported penne pasta topped with **MELTED CHEESE**

~~Pasta Pomodoro~~ **NO!**

Spaghetti tossed with harvest-fresh tomato sauce and **FRESH MOZZARELLA CHEESE**

~~Grilled Cheese Sandwich~~ **NO!**

Italian-style with a **BLEND OF MELTED CHEESES SERVED** with a crisp salad

~~Cheese Pizza~~ **NO!**

Authentic Italian pizza handcrafted with **MOZZARELLA** and harvest-fresh tomato sauce.

~~Crispy Fish Filet~~ **NO!**

Filet of fish lightly **CRUSTED IN-HOUSE** and served with a crisp salad

Grilled Salmon Spiedini **YES!**

King salmon simply seasoned with fresh lemon and extra virgin olive oil. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables Center-Cut

~~Lamb Spiedini~~ **NO! CAN'T DO LAMB.**

TENDER LAMB LOIN seasoned with fresh rosemary and garlic olive oil. Grilled on skewers with fresh rosemary and served with colorful roasted vegetables

Honey Balsamic Chicken **YES! JUST A NUMBER OF GREAT CHOICES COMING**

Grilled chicken with honey balsamic glaze. Served with sun-dried tomato capellini pasta and grilled broccoli

Prime Pork Loin **YES! GO AHEAD.**

Tenderloin of pork with a Marsala balsamic glaze. Served with sauteed spinach, cannellini beans and roasted tomatoes

~~Chicken Strips~~ **NO!**

HAND-BREADED chicken breast with fresh broccoli

~~Spaghetti & Meat Sauce~~ **NO!**

Imported spaghetti with traditional **ITALIAN MEAT SAUCE**

~~Spaghetti & Meatball~~ **NO!**

Imported spaghetti with harvest-fresh tomato sauce and a **HANDMADE MEATBALL**

Grilled Chicken & Broccoli **YES! ONE OF TWO HEALTHY OPTIONS.**

Juicy, grilled chicken breast served with fresh broccoli and imported pasta

Beef Kabob **YES! THE OTHER.**

Grilled Certified Angus Beef served with fresh broccoli

Grilled Halibut **YES! PERFECT.**

Seasoned halibut topped with fresh tomatoes and basil. Served with Italian Mediterranean couscous

Calabrese Strip **YES!**

Certified Angus Beef strip steak served with Calabrese potatoes roasted with rosemary and ripe grape tomatoes

Free Raised® veal **YES! EVEN VEAL**

grilled and served with Calabrese potatoes and grilled asparagus

Center-Cut Filet **YES! YES!**

8 oz. aged Certified Angus Beef® filet seasoned with fresh Mediterranean herbs. Served with Calabrese potatoes and fresh grilled asparagus

Desserts

Simple Lemon Pound Cake NO!

DELICATE SLICES OF LEMON POUND CAKE GARNISHED WITH FRESH STRAWBERRIES.

Vanilla Gelato NO!

AUTHENTIC ITALIAN GELATO SERVED WITH FRESH STRAWBERRIES/ITALIAN

Sorbetto YES!

Refreshing Italian sorbet made with fresh lemons

Lemon Passion Cake NO!

CITRUS CAKE SOAKED IN SWEET CREAM THEN TOPPED WITH LEMON MOUSSE AND WHIPPED CREAM

Panna Cotta NO!

SOUTHERN ITALIAN-STYLE VANILLA CUSTARD WITH FRESH BERRIES AND TOPPED WITH HAZELNUT

Ricotta Cheesecake NO!

TOPPED WITH ALL-NATURAL ACACIA HONEY AND FRESH ORANGE ZEST

Seasonal Berries YES!

Topped with all-natural Acacia honey and fresh lemon

Cafe Affogato NO!

AUTHENTIC ITALIAN VANILLA GELATO TOPPED WITH ESPRESSO AND FRANGELICO LIQUEUR

Chocolate Cake NO!

DRIZZLED WITH HOMEMADE GANACHE AND TOPPED WITH PRALINE

Tiramisu NO!

LADYFINGERS SOAKED IN ESPRESSO, THEN LAYERED BETWEEN RICH, MASCARPONE CREAM

ATHlean-XX™
FOR WOMEN

ATHLEAN AT A GLANCE

The Macaroni Grill is and wants to be known for its offering of pastas; just as the Cheesecake Factory is and wants to be known for their cheesecakes. Both, however, have done a reasonable job in getting away from their namesake specialties to provide you with a balance of taste and responsibility for what goes into your body. In the case of the Macaroni Grill avoid the pastas in isolation and move towards their Speidinis which offer a bowlful of flavor with lean proteins, combine these with a number of great antipasti offerings and you shouldn't need to fear the macaroni.

For more of these great Ez Eating Out Cheat-ah Sheets please visit www.athleanxxforwomen.com/ez-app for over 50 of the top chain restaurants.

INSTRUCTIONS FOR USE: These sheets feature the best options available at the time of printing for the country's top 50 chain restaurants. It's always a risk when you find yourself outside of your own kitchen as you lose control over what exactly is going into your meal. These sheets are not to serve as a permanent eating guide but rather to help you make the best choices available given where you may find yourself when out with family and friends.