



## NUTRITIONAL INFORMATION

MENU ITEM	Calories (kcal)	Calories from Fat (kcal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbs (grams)	Fiber (grams)	Sugars (grams)	Protein (grams)
<b>STARTERS</b>											
Boneless Chicken Bites - Buffalo Sauce	1027	655	73	12	0	131	4493	39	0	4	50
- Carolina Honey's	1007	487	54	10	0	130	3293	85	0	46	50
Bread Loaf	455	117	13	5	0	0	888	72	3	3	13
Kickin' Shrimp	767	534	59	12	0	294	1308	19	3	5	39
Onion Loaf - Half (served with Original BBQ sauce)	600	105	12	2	0	0	1329	114	6	34	11
Onion Loaf - Full (served with Original BBQ sauce)	1200	209	23	4	0	0	2658	205	12	48	23
Potato Skins (with Sour Cream)	751	461	51	25	0	137	1470	41	0	2	35
Roma's Sampler (served with Original BBQ sauce)	2467	1216	135	48	0	253	15398	225	16	46	85
Spinach Artichoke Dip with Chips	1308	716	80	38	0	171	12226	100	10	18	46
Steak & Wild Mushroom Flatbread	1142	833	93	42	0	234	2374	3	2	3	45
<b>SOUPS (Varieties may vary by location due to regional preferences. This is a sampling of some core soup varieties served in most of our restaurants.)</b>											
Baked Potato Soup - Cup	312	181	20	4	0	17	1340	26	3	0	5
- Bowl	495	280	31	6	0	27	2091	43	5	1	9
Chicken Tortilla - Cup	202	53	6	2	0	32	892	23	6	2	13
- Bowl	306	81	9	3	0	49	1342	34	9	2	20
<b>SALADS</b>											
Asian Salad - Grilled Chicken	356	27	3	0	0	69	2011	46	5	17	35
- Crispy Chicken	725	239	27	5	0	60	1946	81	5	17	37
- Grilled Salmon	475	151	17	3	0	84	1109	45	5	17	35
- Add values for 3 oz. Pan Asian Dressing	390	297	33	3	0	0	1230	21	0	21	0
Bleu Cheese Wedge Chop	939	805	89	22	0	105	1937	15	2	11	18
Caesar Salad - Full*	559	463	51	10	0	58	1571	21	3	8	13
- Full and topped with Grilled Chicken*	696	478	53	10	0	128	3029	21	3	8	42
- Full and topped with Grilled Salmon*	811	601	67	13	0	141	1876	21	3	8	41
Dinner Caesar Side Salad*	215	165	18	4	0	21	578	10	2	3	6
*Note: All Caesar Salads are tossed in Caesar Dressing, nutritional values for Caesar Salad Dressing are included in the salad. Refer to list of salad dressing listed on next page for more details about Caesar Dressing.											
Chipotle Salad with Grilled Chicken	1409	666	74	35	0	214	3417	112	16	7	82
Chipotle Salmon Salad	1528	790	88	38	0	229	2295	112	16	7	82
- Add values for 3 oz. Southwest Dressing	358	325	36	5	0	0	958	9	0	6	0
Grilled Chicken & Fire Roasted Salad	400	138	15	6	0	101	1695	15	6	7	41
- Add values for 3 oz. Tomato Pesto Vinaigrette	328	301	33	4	0	0	768	8	0	5	0
Roma's Dinner Salad (1.5 fl. oz. of dressing not included; see below)	88	30	3	1	0	6	174	11	2	3	4
<b>DRESSINGS (Varieties may vary by location due to regional preferences. This is a sampling of some core salad dressings typically served in most of our restaurants.)</b>											
Balsamic Dijon Dressing - 1.5 fl. oz.	117	98	11	2	0	10	384	4	0	3	1
- 3.0 fl. oz.	237	196	22	4	0	19	767	8	1	6	2
Balsamic Fig Dressing - 1.5 fl. oz.	90	0	0	0	0	0	285	24	0	21	0
- 3.0 fl. oz.	180	0	0	0	0	0	570	48	0	42	0
Buttermilk Ranch - 1.5 fl. oz.	182	169	19	4	0	24	390	1	0	1	1
- 3.0 fl. oz.	364	337	37	8	0	48	780	3	0	2	2
Bleu Cheese - 1 fl. oz.	248	230	26	5	0	30	330	2	0	2	3
- 3.0 fl. oz.	495	459	51	11	0	60	660	3	0	3	6
Caesar - 1.5 fl. oz.	210	203	23	4	0	23	630	3	0	3	3
- 3.0 fl. oz.	420	405	45	8	0	45	1260	6	0	6	6
Honey Mustard - 1.5 fl. Oz.	270	243	27	4	0	0	255	8	0	8	0
- 3.0 fl. oz.	540	486	54	8	0	0	510	15	0	15	0
Italian (Fat Free) - 1.5 fl. oz.	15	0	0	0	0	0	735	5	0	3	0
- 3.0 fl. oz.	30	0	0	0	0	0	1470	9	0	6	0
Pan Asian Dressing - 1.5 fl. oz.	195	149	17	2	0	0	615	11	0	11	0
- 3.0 fl. oz.	390	297	33	3	0	0	1230	21	0	21	0
Red Wine Vinaigrette - 1.5 fl. oz.	218	203	23	3	0	0	495	5	0	3	0
- 3.0 fl. oz.	435	405	45	6	0	0	990	9	0	6	0
Southwest Dressing - 1.5 fl. oz.	180	162	18	2	0	0	479	5	0	3	0
- 3.0 fl. oz.	358	325	36	5	0	0	958	9	0	6	0
Tomato Pesto Vinaigrette - 1.5 fl. oz.	164	150	17	2	0	0	384	4	0	3	0
- 3.0 fl. oz.	328	301	33	4	0	0	768	8	0	6	0
<b>SEAFOOD (Side options not included unless listed.)</b>											
Mahi Mahi - Grilled	243	19	2	0	0	207	1050	3	1	1	53
- Blackened	274	22	2	1	0	207	1741	9	3	1	54
Salmon - Grilled	536	280	31	6	0	167	1658	6	2	0	58
- Blackened	536	280	31	6	0	167	1658	6	2	0	58
add Fish Grill Toppings - Sweet Thai Chili Sauce	108	0	0	0	0	0	540	27	0	18	0
- Kickin' Sauce	272	261	29	6	0	15	324	2	0	2	0
- Garlic Scampi Butter	277	262	29	14	0	55	147	3	0	0	0
- Tomato Pesto Salad	28	6	2	1	0	0	117	3	1	2	0
- Mojo Glace	28	2	0	0	0	0	24	6	0	5	0
- Pineapple Salsa	18	1	0	0	0	0	197	4	1	3	2
- Shrimp Piccata	252	144	16	7	0	171	1214	4	1	1	22
Cajun Seared Mahi (includes wild rice blend & fire-roasted vegetable)	478	57	6	1	0	207	2363	47	6	5	60
Shrimp & Salmon Piccata (includes wild rice blend & broccoli)	1051	528	59	18	0	338	2170	4	1	1	78
Shrimp Scampi Pasta	1289	598	66	30	0	409	1895	108	6	10	62
South Miami Fried Shrimp	679	292	32	5	0	230	1364	64	6	13	38
<b>CHICKEN (Side items not included unless listed.)</b>											
BBQ 1/2 Chicken	685	318	35	10	0	176	1924	44	0	40	44
Chicken Spinach Stack (includes wild rice blend)	594	158	18	7	0	171	3908	40	2	3	69

Chicken Tenderloin Platter (with honey mustard)	1294	826	92	14	0	90	2552	69	0	5	45
Chicken Alfredo Florentine Pasta	1105	364	40	14	0	138	3381	119	11	22	62
Mojo Chicken (with wild rice)	490	38	4	0	0	142	3761	50	2	14	62
<b>Refer to Side Items served with Chicken below / Pasta dishes are not served with sides.</b>											
<b>RIBS (Side items not included.)</b>											
Original Baby Back Ribs - Full Slab (1.5 lbs. Pork Rack)	844	344	38	14	0	156	4053	83	0	75	45
- Roma Rack (1lbs. Pork Rack)	563	229	25	9	0	104	2702	55	0	50	30
- Half Slab (3/4 lbs. Pork Rack)	511	172	19	7	0	78	2906	64	0	57	23
St. Louis Ribs - Full Slab (1.5 lbs. Pork Rack)	1491	847	94	37	0	418	2075	45	0	40	115
- Roma Rack (1lbs. Pork Rack)	1059	568	63	25	0	280	1971	45	0	40	77
- Half Rack (3/4 lbs. Pork Rack)	613	280	31	12	0	138	1864	44	0	40	38
Beef Ribs - Full Slab (6 Pieces)	2289	1697	189	82	0	395	2895	66	0	60	75
- Roma Rack (4 Pieces)	1578	1137	126	55	0	265	2371	55	0	50	50
St. Louis Sampler (1.5 lbs. Pork Rack)	1796	847	94	37	0	418	4870	121	0	108	115
Rib Combos - St. Louis Ribs(0.6 lbs rack) & BBQ 1/4 Chicken	1047	498	55	20	0	255	2848	66	0	60	68
- St.Louis Ribs (0.6 lbs.) & Chicken Tenderloins	1478	809	90	23	0	227	3502	88	0	48	76
- St.Louis Ribs (0.6 lbs.) & Grilled Salmon	1269	814	90	36	10	321	2600	38	0	30	75
<b>Refer to Side Items served with Ribs below.</b>											
Side Barbecue Sauce - Blue Ridge Smokies (1.5 oz.)	66	0	0	0	0	0	615	17	0	15	0
- Bourbon (1.5 oz.)	62	11	1	0	0	0	156	11	0	9	0
- Carolina Honey (1.5 oz.)	90	0	0	0	0	0	735	24	0	21	0
- Original (1.5 oz.)	68	0	0	0	0	0	660	17	0	15	0
- Red Hots (1.5 oz.)	75	0	0	0	0	0	675	18	0	17	0
<b>STEAKS (Side items not included.)</b>											
Filet Medallions (3)	655	426	47	20	0	180	1874	1	0	0	56
add Steak Toppings - Asiago Crust	348	321	36	8	0	44	498	1	0	0	5
- BBQ Onions	43	12	1	0	0	0	117	7	1	5	0
- Cabernet Demi Glace	53	31	3	1	0	0	265	3	0	0	0
- Peppercorn Sauce	96	67	7	4	0	20	246	3	1	0	0
- Wild Mushrooms	55	38	4	2	0	11	51	2	0	0	1
Filet Mignon - 8 oz.	845	653	73	36	0	237	1112	1	0	0	44
New York Strip - 12 oz.	1001	681	76	37	0	293	1958	1	0	0	72
Ribeye - 14 oz.	1332	874	97	45	0	582	1209	1	0	0	106
<b>Refer to Side Items served with Fish and Steaks below. Pasta dishes are not served with sides.</b>											
<b>BURGERS (Side items not included.)</b>											
Cajun Onion Burger	1038	467	52	22	0	170	2896	82	6	15	59
Cheesy Burger	820	445	49	23	0	187	1991	34	2	5	58
Memphis Burger	1046	575	64	27	0	226	3993	46	2	16	66
Steakhouse Burger	942	525	58	25	0	190	3028	40	3	7	55
Wild Mushroom & Havarti Burger	861	475	53	26	0	185	2083	36	2	6	55
Burgers typically served with French Fries, add these values:	404	174	19	4	0	0	1221	53	5	0	4
<b>Refer to Side Items listed below for other options.</b>											
<b>SANDWICHES (Side items not included.)</b>											
Chicken Jack & Bacon Sandwich	813	452	50	15	0	126	2010	40	1	13	50
Noita's Panini	1222	658	73	32	0	203	4175	65	2	3	69
Pulled Pork BBQ Sandwich	570	283	31	11	0	83	3083	46	2	15	25
Sandwiches typically served with French Fries, add these values:	404	174	19	4	0	0	1221	53	5	0	4
<b>Refer to Side Items listed below for other options.</b>											
<b>SIDE ITEMS</b>											
Bacon Macaroni & Cheese	461	254	28	14	0	65	1237	31	2	5	21
Baked Potato (toppings listed below)	315	4	0	0	0	0	26	69	7	4	9
- add Bacon Pieces	35	27	3	2	0	10	135	0	0	0	2
- add Cheddar Cheese	55	41	5	3	0	15	90	1	0	0	3
- add Chives	2	0	0	0	0	0	0	0	0	0	0
- add Sour Cream	32	24	3	2	0	11	8	1	0	0	0
- and Whipped Margarine	43	43	5	1	0	0	85	0	0	0	0
Broccoli (with Herb Butter)	145	107	12	5	0	0	149	6	2	2	3
Cole Slaw	126	97	11	2	0	7	326	7	1	6	1
Corn on the Cob	223	57	6	1	0	0	85	37	4	5	5
French Fries	404	174	19	4	0	0	1221	53	5	0	4
Loaded Mashed Potatoes	338	202	22	14	0	67	575	29	3	2	5
Roasted Garlic Green Beans	298	253	28	5	0	0	449	9	4	2	2
Wild Rice Blend	143	3	0	0	0	0	600	32	1	1	5
Roma's Dinner Salad - see salad dressing listed above (1.5 fl. oz.)	88	30	3	1	0	6	174	11	2	3	4
Roma's Caesar Dinner	215	165	18	4	0	21	578	10	2	3	6
<b>Soup Cup - see list of soup options listed above</b>											
<b>DESSERTS</b>											
Bourbon Pecan Vanilla Cupcake	772	408	47	20	0	58	511	86	1	62	7
Chocolate Chunk Cookie Sandwich	486	189	21	12	0	28	350	70	2	47	5
Golden Apple Cranberry Tart	450	167	19	10	0	19	179	63	1	34	7
Red Velvet Cake	518	159	18	8	1	51	510	85	1	65	6
Raspberry Brownie Royale	477	161	18	5	0	20	236	74	2	57	5
Strawberry Cheesecake	413	240	27	16	0	105	240	42	0	30	7
<b>LUNCH (Side items not included unless listed.)</b>											
Asian Salad - Lunch Size with Grilled Chicken	289	21	2	0	0	69	1905	34	3	15	32
- Lunch Size with Crispy Chicken	532	177	20	4	0	45	1500	60	3	15	26
- Lunch Size with Grilled Salmon	407	145	16	3	0	84	783	33	3	15	32
- Add values for 1.5 oz. Pan Asian Dressing	195	149	17	2	0	0	615	11	0	11	0
BBQ 1/4 Chicken - Lunch (sides not included, see above "Sides")	342	159	18	5	0	88	962	22	0	20	22

Buffalo Boneless Chicken Bites & Fries	1730	1114	124	22	0	135	5771	93	6	5	57
Calamari Caesar Salad - Lunch Size	586	239	27	5	0	280	1879	59	6	6	30
*Note: All Caesar Salads are tossed in Caesar Dressing; nutritional values for Caesar Salad Dressing are included in the salad. Refer to list of salad dressing listed on next page for more details about Caesar Dressing.											
Chipotle Chicken Salad - Lunch Size	858	416	46	22	0	157	2477	58	9	4	55
- Add values for 1-1/2 oz. Southwest Dressing	180	162	18	2	0	0	479	5	0	3	0
Classic Burger (refer to Side selections for additional information)	587	275	31	11	0	124	1918	34	2	5	42
Chicken Spinach Stack - Lunch (includes wild rice)	594	158	18	7	0	172	3908	40	2	3	69
Filet Medallions - Lunch (with loaded mashed potatoes)	887	556	62	33	0	243	2164	36	4	3	44
Mojo Chicken - Lunch (with wild rice & broccoli)	467	127	14	5	0	69	2397	49	4	10	36
Original Baby Back Ribs - Lunch (includes cole slaw)	638	269	30	9	0	85	3232	71	1	63	23
Shrimp Scampi - Lunch	666	300	33	15	0	199	942	59	3	5	31
<b>KIDS</b>											
Kid's Appetizer (Celery & Carrots with Buttermilk Dressing)	190	169	19	4	0	24	407	3	1	2	1
Kid's Chicken Strips (includes fries & honey mustard)	970	552	61	11	0	45	2253	77	4	8	26
Kid's Hamburger (includes fries)	738	320	36	11	0	71	1392	73	5	4	30
Kid's Mac & Cheese (includes fries)	813	283	31	8	0	35	2167	110	7	16	21
Kids Pizza (includes fries)	863	301	33	12	0	30	2177	112	8	6	30
Kid's Ribs with Original Barbecue Sauce (includes fries)	719	351	39	13	0	105	1716	59	4	15	32
Kid's Sundae (with chocolate or caramel topping)	295	62	7	4	0	16	92	54	0	43	3

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Tony Roma's has made an effort to provide complete and current nutrition information. The values presented should be considered approximations. Ingredients will differ by region due to the variety of distribution companies used to supply our restaurants operating in the United States and Internationally.

If you would like additional information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at [nutritionalinfo@romacorp.com](mailto:nutritionalinfo@romacorp.com).