



# POWER LUNCH

MONDAY - FRIDAY 11 AM TO 4 PM

## STARTERS

**Italian Nachos** Chicken, Sausage or Combo  
Crispy pasta chips, black olives, pepperoncinis, roma tomatoes, jalapeños, alfredo, mozzarella and parmesan  
**Regular 8.79 / Mini 3.99 / Family Size 16.99**

**Hand-Breaded Calamari**  
Thinly cut and lightly fried. Served with spicy marinara sauce  
**Regular 8.99 / Mini 3.99 / Family Size 17.49**

**Baked Stuffed Mushrooms**  
Spinach, parmesan, red onions and garlic topped with lemon basil cream sauce, roma tomatoes and basil **7.99**

**Sicilian Fire Sticks**   
Tomato-basil tortillas rolled with Italian sausage, chicken, bacon, roma tomatoes, jalapeños and Italian cheeses. Served with spicy marinara and ranch  
**Regular 8.99 / Mini 3.99**

**Mozzarella with Marinara**  
Breaded in special seasonings. Served with spicy marinara sauce  
**Regular 6.99 / Family Size 13.49**

**Bruschetta Bread**  
Traditional grilled garlic bread with roma tomatoes, seasoned olive oil and basil  
**Regular 6.99 / Mini 3.99 / Family Size 13.49**

**Italian Sliders**  
Choice of meatball, chicken parmesan or Italian sausage **5.99**

## PIZZAS

**Create Your Own Pizza**  
Start with a traditional cheese pizza **7.99**  
Each additional topping **50¢**

Artichokes • Basil • Black Olives • Extra Mozzarella  
Jalapeños • Mushrooms • Red Onions • Roasted Red Peppers • Roma Tomatoes • Sun-Dried Tomatoes  
Bacon • Grilled Chicken • Ham • Italian Sausage  
Pepperoni • Spinach • Parmesan • Provelone

## GRILLED PANINIS

**Chicken Parmesan**  
Hand-breaded chicken breast topped with mozzarella and tomato sauce **8.49**

**Smoked Turkey and Bacon**  
Smoked turkey, applewood smoked bacon, gorgonzola, mozzarella and roma tomatoes **8.49**

**Italian Meatball**  
Handmade meatballs, topped with tomato sauce and provolone **8.49**

**Chicken Caesar**  
Grilled chicken breast, Caesar dressing, lettuce, tomatoes, red onions and parmesan **8.49**

**ALL PANINIS SERVED WITH  
HOMEMADE ITALIAN CHIPS OR PASTA SALAD**

### GLUTEN FREE MENU ALSO AVAILABLE

If you have a favorite Carino's dish that is not currently on the menu or have a special request, ask us! We'll be happy to do whatever we can to honor your request or make a recommendation.

## SALADS

**Pecan-Crusted Chicken**  
Fresh spinach, gorgonzola, roma tomatoes, applewood smoked bacon, red onions and crispy onion straws. Served with warm bacon vinaigrette **10.49**

**Classic Caesar**  
Romaine, roma tomatoes, black olives, red onions, parmesan and garlic croutons  
**9.49 chicken GF / 10.49 shrimp and artichokes**

**Zesty Calamari**   
Crispy, breaded calamari over romaine with black olives, roma tomatoes and pepperoncinis. Served with roasted garlic ranch **10.99**

**Honey Pecan-Crusted Salmon**   
Romaine, sun-dried tomatoes, red onions and roma tomatoes. Served with tangy lemon caper vinaigrette **11.49**

**Italian Wedge**   
Iceberg wedge, applewood smoked bacon, candied pecans, gorgonzola, roma tomatoes and apple slices. Served with roasted garlic ranch  
**6.99 à la carte / 3.99 with entrée**

**House or Caesar Salad**   
Add a House or Caesar Salad  
**2.99 à la carte**

**Dressing Choices:** Creamy Gorgonzola, Zesty Ranch, Roasted Garlic Ranch, Signature Caesar, Honey Mustard, Sun-Dried Tomato Balsamic Vinaigrette, House Chianti Vinaigrette

## LUNCH COMBINATIONS

**Choose a Unlimited\* Soup or Salad and  
1/2 Panini with side! .....6.99**

### Soups & Salads

Minestrone  
Italian Chili  
Potato Soup  
House Salad   
Caesar Salad

### Paninis

Chicken Caesar  
Smoked Turkey and Bacon  
Chicken Parmesan  
Italian Meatball

### Sides

Pasta Salad  
Homemade Italian Chips

\*Unlimited applies to dine-in only

## LUNCH ENTRÉES

**Honey Pecan-Crusted Salmon Salad**   
Romaine, sun-dried tomatoes, red onions and roma tomatoes. Served with tangy lemon caper vinaigrette **8.99**

**Chicken Fettuccine Alfredo**  
An Italian classic. Fettuccine in a creamy alfredo sauce **8.99**

**Spicy Shrimp and Chicken**   
Penne pasta, cayenne pepper romano cream sauce, mushrooms, sun-dried tomatoes and green onions **8.99**

**Spicy Romano Chicken**   
Bowtie pasta, cayenne pepper romano cream sauce, artichokes, mushrooms, sun-dried tomatoes and green onions **8.99**

**Homemade Baked Lasagna**  
**MADE FRESH DAILY.** Layers of pasta, Italian sausage, beef, meat sauce, ricotta, mozzarella and parmesan **8.99**

**Chicken Scaloppini**   
Sautéed chicken breast, mushrooms, roma tomatoes, bacon and lemon butter cream sauce. Served with spaghetti **8.99**

**Jalapeño Garlic Tilapia**   
Tilapia sautéed in lemon butter cream sauce. Served with garlic, spinach, roma tomatoes and angel hair **8.99**

**Homemade Parmigiana**  
Signature recipe. Tomato sauce, parmesan and mozzarella. Served with spaghetti  
**8.99 chicken / 7.49 eggplant**

**Baked Cheese Tortelloni**  
Creamy meat sauce tossed with ricotta. Baked with mozzarella and parmesan **8.99**

**Lemon Rosemary Chicken**   
Grilled chicken breast with angel hair, spinach, roma tomatoes and parmesan. Served with fresh vegetables **8.99**

**Skilletini® Chicken, Sausage, Shrimp,  
Steak or Combo**   
Sizzling skillet with spaghetti, spicy marinara sauce, parmesan, marinated onions and green bell peppers **8.99**

**ADD A HOUSE, CAESAR SALAD  
OR SOUP FOR ONLY 1.29**

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[www.carinos.com](http://www.carinos.com)

- Can be made Gluten Free  
Please request when ordering

- Spicy Item

- Low Fat Item

Dishes meet U.S. FDA definition of low fat and contain less than 3 grams of fat per 100 grams of food and no more than 30% of calories from fat.



## DINNER

### ONLY AT CARINO'S

#### Spicy Shrimp and Chicken

Penne pasta, cayenne pepper romano cream sauce, mushrooms, sun-dried tomatoes and green onions **14.99**

#### Angel Hair with Artichokes

Pasta with roma tomatoes, garlic, capers, basil, black olives and parmesan **11.99 / 12.29 chicken / 13.49 shrimp**

#### Spicy Romano Chicken

Bowtie pasta, cayenne pepper romano cream sauce, mushrooms, artichokes, sun-dried tomatoes and green onions **13.99**

#### Skilletini\* Chicken, Sausage or Combo

Sizzling skillet with spaghetti, spicy marinara, parmesan, marinated onions and green bell peppers **12.99 / 14.99 shrimp**

#### Chicken Penne Gorgonzola

Pasta, gorgonzola cream sauce, mushrooms, garlic and roma tomatoes **13.99**

#### Grilled Chicken Bowtie Festival

Pasta with bacon, garlic, red onions, roma tomatoes and asiago cream sauce **13.99**

#### Timballo Chicken, Sausage or Combo

Hot skillet filled with spaghetti, onions, peppers, mushrooms, black olives and pepperoni, baked with mozzarella and parmesan **14.49**

### BEEF AND CHICKEN

#### Tuscan Ribeye\*

A 12 ounce Ribeye steak grilled and seasoned, served with fresh vegetables and choice of pasta with sauce or roasted rosemary potatoes **18.99**

#### Italian Sirloin\*

Our 10 ounce sirloin grilled and seasoned, topped with your choice of mushroom gorgonzola cream sauce or sweet mushroom marsala sauce. Served with fresh vegetables and a side of pasta with sauce or roasted rosemary potatoes **17.99**

#### Italian Pot Roast GF

Pot roast sautéed in red wine marinara with parmesan, onions, carrots and peppers. Served with choice of spaghetti or roasted potatoes **15.49**

#### Italian Meat Loaf

Handmade with ground beef and italian sausage, green peppers, onions, fresh herbs and spices sliced, grilled then topped with a blend of tomato sauces served with Italian Vegetables and Spaghetti in the same sauce **14.99**

#### Lemon Rosemary Chicken GF

Grilled chicken breast with angel hair, spinach, roma tomatoes and parmesan. Served with fresh vegetables **13.99**

#### Shredded Beef Pappardelle

Wide, northern-style egg pasta with roast beef, marinated onions, carrots, roma tomatoes and a burgundy tomato cream sauce **14.99**

#### Chicken Scaloppini GF

Sautéed chicken breast, mushrooms, roma tomatoes, bacon and lemon butter cream sauce. Served with spaghetti **13.99**

#### Chicken Milano

Sautéed chicken breast with mushrooms and alfredo layered with ham, basil and provolone. Served with fettuccine **13.99**

#### Chicken Marsala GF

Sautéed chicken breast with mushrooms and sweet wine sauce. Served with fettuccine or sautéed spinach **14.99**

#### Grilled Chicken Diavolo

Chicken breast served with spaghetti and spicy marinara sauce and fresh vegetables **13.99**

### CLASSIC ITALIAN

#### Homemade Baked Lasagna

**MADE FRESH DAILY.** Layers of pasta, Italian sausage, beef, meat sauce, ricotta, mozzarella and parmesan **11.99**

#### Carino's Favorites Combo

Lasagna, Chicken Parmigiana and Spaghetti with marinara **16.49**

#### Classic Fettuccine Alfredo

An Italian classic. Fettuccine in a creamy romano cheese sauce **9.99 / 12.49 chicken / 14.49 shrimp**

#### Spaghetti and Handmade Meatballs

Handmade meatballs and tomato sauce **11.49**

#### Baked Cheese Tortelloni

Creamy meat sauce tossed with ricotta. Baked with mozzarella and parmesan **11.49**

#### Homemade Parmigiana

Signature recipe. Tomato sauce, parmesan and mozzarella. Served with spaghetti **13.99 chicken / 11.99 eggplant**

#### Create Your Own Pasta

Spaghetti, angel hair, penne, fettuccine or bowtie. Served with choice of sauce

**Tomato, Spicy Marinara or Alfredo 9.99**

**Meat Sauce, Sausage or Fresh Vegetables 11.49**

### SEAFOOD

#### Shrimp Scampi

Angel hair, mushrooms, roasted garlic, roma tomatoes, basil, parmesan and white wine lemon butter sauce **15.99**

#### Jalapeño Garlic Tilapia GF

Tilapia sautéed in lemon butter cream sauce. Served with garlic, spinach, roma tomatoes and angel hair **14.99**

#### Lobster Ravioli

Maine lobster filled ravioli. Served with spinach, roma tomatoes, asiago and lemon basil cream sauce **16.99**

**ADD A HOUSE, CAESAR SALAD  
OR SOUP FOR ONLY 1.29**

**GF** – Can be made Gluten Free  
Please request when ordering

**🔥** – Spicy Item      **🍃** – Low Fat Item

**🍃** Dishes meet U.S. FDA definition of low fat and contain less than 3 grams of fat per 100 grams of food and no more than 30% of calories from fat.

\*Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.  
Food may be cooked to order.

### FAMILY PLATTERS

Your favorite dishes, served in larger portions to satisfy the group (Serves 2 to 3). Start with your choice of House Salad, Caesar Salad or Soup for only 1.29 per person!

Grilled Chicken Bowtie Festival .....	27.49
Chicken Penne Gorgonzola .....	27.49
Chicken Parmigiana .....	27.49
Lemon Rosemary Chicken GF .....	27.49
Chicken Fettuccine .....	24.49
Spicy Romano Chicken .....	27.49
Homemade Baked Lasagna .....	25.49
Pasta with Meatballs or Sausage .....	19.99
Italian Pot Roast .....	30.49
Skilletini* Chicken, Sausage or Combo .....	25.49
Spicy Shrimp & Chicken .....	28.49
Chicken Scaloppini GF .....	27.49
Chicken Milano .....	27.49
Skilletini* Shrimp .....	29.49

### CLASSIC DESSERTS

#### Desserts

Turtle Cheesecake • Italian Chocolate Cake  
Homemade Tiramisu • Lemon Cream Cake

#### Mini Desserts Only 2.00 each

Chocolate Cake • New York Cheesecake  
Turtle Cheesecake • Homemade Tiramisu

### DISCOVER CARINO'S

#### Happy Hour

Join your friends for Carino's Happy Hour! Enjoy Select drafts for 99¢ and \$2.99 Mini Appetizers everyday from 4PM-7PM.

#### Curbside To Go

With one phone call, your lunch or dinner will be ready for pick-up in just minutes.

#### Five-Course Wine Dinners

This quarterly event features a 5-course dinner with a chef-inspired menu, expertly paired with 5 wines, at a value price. Reserve your place today! See restaurant manager for details.

#### Carino's Gift Card

A Carino's gift card is the most delicious way to wish someone a happy birthday, anniversary, congratulations and happy holidays. Ask your server for details.

#### Loyal Luncher

Use your Frequent Lunch card five times and let Carino's buy your lunch on your sixth visit. Bring your Frequent Lunch card on Tuesdays and get two punches! Ask your server for details.

#### Carino's Catering

Our expert catering staff provides professional and affordable catering with flexible menus for groups of 5 to 5,000. See restaurant manager for details.