



The nutritional and allergen information contained in our restaurants or on our website (www.buona.com) were prepared by Nutritional Information Services (NIS). The data contained herein was compiled from nutritional information, ingredients and allergen listings provided by our suppliers / distributors and by an analysis generated using a software analysis program.



This information is meant to serve strictly as a guide for personal use and should not be considered a guarantee, but simply our effort to better inform our valued guests.

About Our Nutritional Information

The nutritional information listed on the following pages is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values for a menu item may vary from the values listed due to variations in serving sizes, product preparation and / or substitutions of ingredients by our suppliers / distributors.

Please check the information contained in our restaurants and on our website frequently to ensure that you have the most up-to-date nutritional and allergen information available.

About Our Allergen Information

We understand the challenges facing the community of people who struggle with food allergies or have to manage food and beverage sensitivities in their lives. It is important that you are aware that milk, egg, peanut, tree nut, fish, shellfish, soy and wheat allergens are present in our catering facility.

We ask that when placing your order you alert your sales representative to your food allergy or sensitivity. The more information relating to your specific needs you can provide, the better we can attempt to protect you. Due to the fact that we do not have separate equipment dedicated for the preparation of allergen-based food requests, the possibility of accidental cross contamination exists.

Decisions on the amount of precautions you should take before enjoying any of our menu items are always best made by you in consultation with your health care provider.



Buona at Home Catering Nutritional and Allergen Information



As the world has become more understanding of balanced eating & allergy issues, so too has the Buonavolanto family and Buona at Home Catering. The nutritional and allergen information listed below is based on a **1 serving size portion** of the standard recipe. We hope you find this comprehensive nutritional and allergen guide useful as you plan your next party or get-together with us!

If you have any questions about the information below, please contact us via e-mail at [balancedeating @buona.com](mailto:balancedeating@buona.com)

Nutritional

Allergens

MEAT & CHICKEN PARTY PANS	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens							
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
Buona Beef & Gravy	147	9	3	0	46	758	1	0	0	15	*This product contains none of the above listed allergens							
Italian Sausage - Natural	297	24	8	0	55	1,358	2	1	1	19	*This product contains none of the above listed allergens							
Italian Sausage - Red Sauce	331	25	8	0	55	1,438	7	1	4	20	*This product contains none of the above listed allergens							
Meatballs Marinara	158	11	4	0	22	731	8	0	4	8	X	X					X	X
Italian Pot Roast	203	7	3	0	60	2,596	5	1	1	25							X	X
Grilled Chicken Mediterranean	288	15	2	0	82	425	4	0	2	33	*This product contains none of the above listed allergens							
Lemon Chicken	395	12	3	0	221	898	28	1	0	42		X						X
Chicken Parmesan	521	20	7	0	243	1,096	34	1	4	50	X	X						X
Tuscan Tilapia	301	22	3	0	57	316	3	0	1	23				X				X
Chicken Cacciatore	373	21	3	0	83	701	9	1	2	35	X						X	X
Roasted Tenderloin	474	34	13	0	117	1,030	4	1	0	35							X	X

PASTA PARTY PANS

Lasagna Rotolo	415	19	10	0	166	1,198	34	2	5	26	X	X						X
Cavatappi Alfredo with Chicken	588	40	21	0	145	613	35	2	3	21	X						X	X
Pasta a la Buona	173	3	1	0	1	752	32	2	0	5	X							
Gnocchi in Vodka Sauce	253	8	3	0	13	1,158	41	1	3	6	X						X	
Eggplant Parmesan	424	19	10	0	168	1,239	34	2	5	27	X	X						X
Pasta & Broccoli	231	5	1	0	5	417	38	3	2	9	X							X
Jumbo Cheese Ravioli	245	10	5	0	35	1,036	27	1	6	13	X	X						X
Mostaccioli	199	5	2	0	9	699	33	1	5	6	X							X
Pasta Bolognese	240	9	2	0	13	781	32	1	4	10								X

SIDE DISH PARTY PANS

Wild Rice Florentine	39	1	0	0	0	134	7	0	0	1	X							X
Homestyle Mashed Potatoes	155	5	1	0	6	778	26	3	1	3	X							X
Vegetable Medley Capri	146	9	2	0	4	497	13	3	4	3	X							X
Roasted Vesuvio Potatoes	327	22	4	0	5	686	26	3	1	6	X							X
Italian Baked Broccoli	116	6	2	0	6	253	10	3	1	5	X							X

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Nutritional

Allergens

HOT APPETIZERS	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens							
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
Toasted Ravioli	167	7	2	0	8	512	22	2	3	5	X	X						X
Chicken Fingers	199	9	2	0	25	764	18	1	9	12	X	X					X	X
Buffalo Wings	148	12	2	0	54	1,002	3	0	1	8	X	X					X	X
Fingers & Wings Combo	173	10	2	0	39	883	11	1	5	10	X	X					X	X
Chicken Pesto Skewers	172	9	4	0	67	626	1	0	0	19	X			X				
Italian Mushroom Caps	333	26	6	0	18	694	19	2	3	7	X						X	X
Spinach & Artichoke Dip	305	20	4	0	10	472	24	2	1	6	X	X					X	X

COLD APPETIZERS

Mini Café Sandwiches	392	19	6	0	45	1,019	37	0	4	18	X	X			X		X	X
Shrimp Cocktail	53	1	0	0	52	216	4	0	2	7						X		
Hummus & Pita Duo	322	14	1	0	0	762	42	4	4	10	X						X	X
Italian Pinwheel Wraps	612	52	10	0	89	709	14	1	2	20	X	X		X				X
Tomato & Basil Bruschetta	303	18	5	0	16	960	26	2	2	10	X						X	X
Antipasto Abbondanza	160	12	5	0	38	774	2	0	1	11	X							
Artisan Cheese Selection	219	15	8	1	37	459	12	0	4	10	X							X
Fresh Vegetable Tray	58	3	1	0	0	52	6	2	3	2	X	X						
Shrimp Ceviche	174	10	2	0	92	790	5	1	1	17	X					X	X	X

SALAD BOWLS

Pasta Salad	558	24	3	0	0	969	76	4	9	11									X
Old Neighborhood House	194	19	3	0	1	215	4	1	2	1	X								
Classic Caesar	224	22	4	0	18	445	2	1	1	4	X	X			X				
Nonna's Potato Salad	544	43	6	0	45	703	32	2	2	5		X							
Classic Cobb	340	28	5	0	97	541	15	2	7	6		X							
Buona Chopped	219	16	2	0	10	370	12	2	6	4	X							X	
Tuscan Harvest	171	8	3	0	10	367	20	2	15	4	X			X					
*Add chicken to any salad	44	1	0	0	23	410	0	0	0	7	*This product contains none of the above listed allergens								



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Nutritional

Allergens

BY THE POUND	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Allergens							
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
Buona Beef & Gravy	147	9	3	0	46	758	1	0	0	15	*This product contains none of the above listed allergens							
Meatballs Marinara	321	33	8	0	45	1,158	14	1	8	15	X	X					X	X
Italian Sausage Natural	305	25	9	0	55	1,474	2	1	1	19	*This product contains none of the above listed allergens							
Italian Sausage Red Sauce	344	27	9	0	55	1,292	7	0	4	19	*This product contains none of the above listed allergens							
Fresh Italian Bread	112	1	0	0	0	265	22	1	1	4							X	X
Sweet Bell Peppers	20	1	0	0	0	54	1	1	1	0	*This product contains none of the above listed allergens							
Hot Giardiniera	50	45	5	1	0	380	2	1	0	0	*This product contains none of the above listed allergens							

DESSERTS

Italian Cookie Basket	*No information is available on this product at this time										*No information is available on this product at this time								
Crispy Treats	159	4	1	0	0	176	30	0	15	1	X							X	
Cheesecake Sampler	416	29	18	1	112	265	32	1	25	6	X	X		X				X	X
Assorted Cake Tray	298	17	5	2	33	199	35	1	25	2	X	X		X				X	X
Gourmet Cookies	440	21	10	1	26	272	60	3	31	5	X	X						X	X
Ghirardelli Brownies	607	27	3	0	53	406	87	3	65	5	X	X						X	X
Tiramisu	79	3	1	0	25	40	11	0	7	1	X	X						X	X
Cannoli Explosion	320	18	5	0	28	72	34	2	18	8	X	X		X				X	X
Sweet Treats	424	27	12	0	99	196	43	1	27	5	X	X		X				X	X
Fresh Fruit Medley	144	0	0	0	0	24	34	5	31	2	*This product contains none of the above listed allergens								
Brownie & Cookie Tray	371	17	4	0	29	243	52	2	35	3	X	X						X	X

KIDS MENU

Chicken Fingers	199	9	2	0	25	764	18	1	9	12	X	X						X	X
Mac & Cheese	288	12	5	0	19	549	36	1	3	11	X								X
Bagel Dogs	239	18	7	0	45	1,053	25	2	6	12									X