



Buona's Nutritional and Allergen Information

The nutritional and allergen information contained in our restaurants or on our website (www.buona.com) was 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 values for a menu item may vary from the values listed due to variations in serving sizes, the actual 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 restaurants.

We ask that when placing your order you alert our order taker and / or manager 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.

Do 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's Complete Nutritional and Allergen Information

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Nutritional											Allergens							
BUONA CLASSICS	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein								
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
"Skinny" Buona Beef 5"	266	11	6	0	58	942	15	1	1	23							X	X
Buona Beef 5"	332	12	6	0	58	1,101	28	1	1	26							X	X
"Skinny" Buona Beef 7"	396	17	8	0	80	1,423	25	1	1	32							X	X
Buona Beef 7"	463	18	8	0	80	1,582	38	1	1	35							X	X
"Skinny" Buona Beef 10"	647	28	13	0	123	2,335	45	1	1	50							X	X
Buona Beef 10"	714	29	14	0	123	2,494	58	2	2	52							X	X
"Skinny" Buona Beef & Sausage Combo 7"	642	40	15	0	113	2,016	25	1	1	43							X	X
Combo Buona Beef & Sausage 7"	709	40	15	0	113	2,175	38	1	1	46							X	X
"Skinny" Buona Beef & Sausage Combo 10"	1,002	62	23	0	165	3,209	44	1	1	64							X	X
Combo Buona Beef & Sausage 10"	1,069	63	23	0	165	3,368	57	2	2	66							X	X
"Skinny" Charbroiled Italian Sausage 7"	474	31	10	0	57	1,376	25	1	1	23							X	X
Charbroiled Italian Sausage 7"	541	32	10	0	57	1,535	38	1	1	26							X	X
"Skinny" Charbroiled Italian Sausage 10"	768	49	17	0	89	2,297	44	1	1	37							X	X
Charbroiled Italian Sausage 10"	835	50	17	0	89	2,456	57	2	2	39							X	X
"Skinny" Meatballs Marinara 7"	494	29	12	1	68	1,355	35	2	5	23	X						X	X
Meatballs Marinara 7"	561	30	13	1	68	1,514	48	3	5	26	X						X	X
"Skinny" Meatballs Marinara 10"	843	49	21	1	113	2,348	62	4	9	40	X						X	X
Meatballs Marinara 10"	910	49	21	1	113	2,507	74	5	10	42	X						X	X
"Skinny" Pepper & Egg 7"	408	22	7	0	406	1,030	29	2	3	22	X	X					X	X
Pepper & Egg 7"	475	22	7	0	406	1,189	42	3	4	24	X	X					X	X
"Skinny" Pepper & Egg 10"	573	28	9	0	507	1,438	49	3	4	30	X	X					X	X
Pepper & Egg 10"	640	28	9	0	507	1,597	62	4	5	32	X	X					X	X
"Skinny" Pepper & Egg with Sausage 7"	610	39	13	0	341	1,772	28	2	3	35	X	X					X	X
Pepper & Egg with Sausage 7"	677	40	13	0	341	1,931	41	2	3	38	X	X					X	X
"Skinny" Pepper & Egg with Sausage 10"	876	54	18	0	410	2,551	47	3	3	50	X	X					X	X
Pepper & Egg with Sausage 10"	943	54	19	0	410	2,710	60	3	4	52	X	X					X	X
Gravy Bread	327	13	6	0	14	1,181	43	1	1	10							X	X
BUONA CLASSIC EXTRAS																		
	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein								
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
Mozzarella Cheese (1oz)	94	7	5	0	22	87	1	0	0	7	X							
Sweet Bell Peppers (3pc)	20	2	0	0	0	21	1	1	1	0								
Hot Giardiniera (1oz)	125	11	1	0	0	250	5	0	3	0								
											*This product contains none of the above listed allergens							
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LOW CARB BOWLS																		
	Calories	Total	Saturated	Trans	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein								
	(kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
Beef Bowl	308	19	8	0	80	1,162	4	1	1	28	X							
Beef and Sausage Bowl	592	42	18	0	143	1,974	2	1	1	49	X							
Meatball and Sausage Bowl	881	66	28	1	154	2,570	22	3	11	49	X						X	X
Grilled Chicken and Spinach Bowl	771	58	18	0	160	1,592	17	1	10	40	X							

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HAND-TOSSED SALADS (excludes bread)																		
Buona Chopped (without dressing)	221	13	3	0	18	584	17	4	5	9	X							X
Buona Chopped (half portion dressing)	338	23	5	0	18	842	23	4	11	9	X							X
Buona Chopped (full portion dressing)	454	33	7	0	18	1,101	30	4	17	9	X							X
Classic Cobb (without dressing)	345	21	6	0	229	365	23	8	8	17	X	X						
Classic Cobb (half portion dressing)	457	30	8	0	239	630	28	9	12	18	X	X						
Classic Cobb (full portion dressing)	570	40	9	0	249	895	33	9	17	20	X	X						
Strawberry Spinach Avocado (without dressing)	184	12	2	0	0	102	13	7	4	5				X				X
Strawberry Spinach Avocado (half portion dressing)	308	22	3	0	9	408	22	7	12	5		X		X				X
Strawberry Spinach Avocado (full portion dressing)	433	32	5	0	17	713	30	7	21	5		X		X				X
Roasted Beet & Quinoa (without dressing)	269	7	1	0	0	478	44	6	18	7				X				X
Roasted Beet & Quinoa (half portion dressing)	420	22	3	0	0	701	48	7	22	7				X				X
Roasted Beet & Quinoa (full portion dressing)	572	37	5	0	0	924	52	7	26	7				X				X
Buffalo Ranch Chicken (without dressing)	429	17	3	1	33	2,185	47	9	10	21	X	X					X	X
Buffalo Ranch Chicken (half portion dressing)	555	29	5	1	45	2,367	49	9	11	22	X	X					X	X
Buffalo Ranch Chicken (full portion dressing)	680	42	7	1	56	2,549	52	9	12	22	X	X					X	X
Crispy Chicken (without dressing)	384	23	5	1	246	1,116	22	5	9	24	X	X					X	X
Crispy Chicken (half portion dressing)	510	33	6	1	256	1,319	29	5	16	24	X	X					X	X
Crispy Chicken (full portion dressing)	636	44	8	1	266	1,522	37	5	23	24	X	X					X	X
Tuscan Harvest (without dressing)	231	7	2	0	6	135	38	7	27	5	X			X				X
Tuscan Harvest (half portion dressing)	266	7	2	0	6	250	46	7	35	5	X			X				X
Tuscan Harvest (full portion dressing)	300	8	2	0	6	364	54	7	43	5	X			X				X
Old Neighborhood House (without dressing)	213	7	0	0	0	457	28	6	5	4	X							X
Old Neighborhood House (half portion dressing)	352	22	3	0	0	696	28	6	5	4	X							X
Old Neighborhood House (full portion dressing)	491	38	5	0	0	934	28	6	5	4	X							X
Classic Caesar (without dressing)	160	8	3	0	14	343	12	4	2	8	X							X
Classic Caesar (half portion dressing)	308	24	5	0	33	624	13	4	3	8	X	X			X		X	X
Classic Caesar (full portion dressing)	456	40	8	0	52	905	14	4	4	9	X	X			X		X	X
Piece of Wheat Ciabatta Bread	58	1	0	0	0	153	12	0	0	2								X
SALAD EXTRAS																		
Avocado (1 serving)	90	8	1	0	0	4	4	4	0	1								
Quinoa Mix (1/2 cup)	112	2	0	0	0	164	21	2	1	3								
Grilled Chicken (3.50 oz)	162	7	1	0	61	1,724	2	0	0	21					X		X	
Tuna Salad (4 oz)	125	3	0	0	77	235	0	0	0	25					X			
Grilled Salmon (4 oz)	251	17	3	0	67	855	1	0	0	23					X			
Meatballs (3 each)	353	28	12	1	68	954	8	2	3	18	X						X	X



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	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
ANGUS BURGERS																		
Single Burger	704	40	11	0	104	919	49	2	8	35	X	X					X	X
Single Burger with American Cheese	764	44	14	0	104	1,175	50	2	8	38	X	X					X	X
Double Burger	982	58	18	0	197	996	49	2	8	62	X	X					X	X
Double Burger with American Cheese	1,103	67	24	0	197	1,509	52	2	8	67	X	X					X	X
Pretzel Bacon (single)	711	40	12	0	113	701	46	2	6	39	X	X					X	X
Avocado Pepper Jack (single)	1,004	64	15	0	119	1,029	63	5	6	39	X	X					X	X
BURGER ADD ONS																		
American Cheese (1 slice)	61	5	3	0	0	256	1	0	0	3	X						X	
Blue Cheese	55	4	3	0	10	190	0	0	0	3	X							
Havarti Cheese	110	9	6	0	25	210	0	0	0	6	X							
Pepper Jack Cheese (1 slice)	60	5	3	0	15	330	0	0	0	3	X						X	
Provolone Cheese	80	6	3	0	15	180	0	0	0	5	X							
Crispy Jalapenos (1/4 cup)	160	12	0	0	0	120	12	0	0	0								X
Pretzel Bun	248	5	2	0	0	319	42	1	3	8	X						X	X
Applewood Bacon (2 slices)	60	5	2	0	11	173	0	0	0	4								
Avocado (1 serving)	68	6	1	0	0	3	3	3	0	1								
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JUMBO ANGUS HOT DOGS																		
Chicago-Style	396	21	10	0	45	1,860	36	0	8	15								X
Chili Dog	437	25	11	0	58	1,222	33	1	6	19	X						X	X
CHICKEN SANDWICHES																		
Char-Grilled Chicken	619	30	6	0	81	2,743	50	2	6	34	X	X					X	X
Crispy Breaded Chicken	707	36	7	1	66	1,299	64	3	7	32	X	X					X	X
Parmesan Chicken	596	23	8	1	81	2,500	59	3	8	39	X						X	X
Buffalo Chicken	771	40	9	1	75	2,589	69	3	9	34	X	X					X	X
Char-Grilled Chicken Avocado Jack	866	49	9	0	96	1,742	65	5	6	37	X	X					X	X
Grilled Salmon	674	32	5	0	74	1,644	62	7	3	34		X			X			X
CAFÉ SANDWICHES																		
Turkey Ciabatta	825	40	10	0	85	2,257	78	9	5	38	X	X						X
Caprese	1,043	58	20	0	120	1,432	94	10	12	34	X							X
Pollo Pomodoro	932	42	12	0	130	1,992	88	9	9	48	X							X
Tuna Genovese	539	8	0	0	77	1,059	78	8	4	39					X		X	X
Italiano	987	69	21	0	147	3,382	44	2	3	45	X						X	X

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HAND-ROLLED PIZZA																		
Quattro Formaggi (1 serving - 3 slices)	547	25	14	0	47	1,080	55	2	5	27	X							X
Quattro Formaggi (2 servings - 6 slices)	1,094	49	28	0	94	2,159	109	3	10	53	X							X
Sausage (1 serving - 3 slices)	534	24	12	0	30	1,234	53	2	5	26	X							X
Sausage (2 servings - 6 slices)	1,068	48	24	0	60	2,467	106	3	10	51	X							X
Pepperoni (1 serving - 3 slices)	515	23	12	0	29	1,171	53	2	5	23	X							X
Pepperoni (2 servings - 6 slices)	1,030	46	24	0	58	2,341	106	3	10	46	X							X
Margherita (1 serving - 3 slices)	452	19	9	0	46	865	53	2	3	17	X							X
Margherita (2 servings - 6 slices)	904	38	17	0	92	1,729	105	3	7	33	X							X
Roasted Vegetable (1 serving - 3 slices)	528	22	11	0	17	1,240	59	5	7	24	X							X
Roasted Vegetable (2 servings - 6 slices)	1,056	43	21	0	34	2,480	117	9	13	48	X							X
BBQ Chicken (1 serving - 3 slices)	528	21	11	0	36	1,157	58	2	8	28	X							X
BBQ Chicken (2 servings - 6 slices)	1,055	41	21	0	72	2,313	115	4	15	55	X							X
Beef & Giardiniera (1 serving - 3 slices)	542	24	12	0	31	1,223	55	2	6	27	X							X
Beef & Giardiniera (2 servings - 6 slices)	1,084	47	23	0	61	2,445	110	4	12	53	X							X
Arugula Verduro (1 serving - 3 slices)	511	23	9	0	16	1,124	58	3	6	20	X							X
Arugula Verduro (2 servings - 6 slices)	1,021	45	17	0	31	2,248	116	7	12	39	X							X
Supremo (1 serving - 3 slices)	555	26	13	0	33	1,263	56	2	6	26	X							X
Supremo (2 servings - 6 slices)	1,109	51	25	0	65	2,526	111	4	12	51	X							X
GRILLED PANINI																		
Chicken Artichoke	595	23	7	0	73	1,674	60	4	1	34	X	X		X				X
Turkey Club	566	21	6	0	62	1,783	65	4	6	32	X	X						X
HOMEMADE SOUPS																		
Minestrone - Cup	110	3	0	0	1	611	18	3	3	4								X
Minestrone - Bowl	176	4	0	0	1	919	30	5	5	6								X
Chicken Penne - Cup	79	2	0	0	12	861	10	1	2	7								X
Chicken Penne - Bowl	128	3	0	0	18	1,295	16	2	4	10								X
Cheddar Broccoli - Cup	75	5	1	0	6	403	5	1	2	3	X							X
Cheddar Broccoli - Bowl	113	7	2	0	9	604	8	2	2	4	X							X
Chili - Cup	188	8	3	0	24	702	18	3	4	10	X						X	X
Chili - Bowl	307	13	5	0	39	1,079	30	5	6	17	X						X	X



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BARBEQUE																		
1/2 Slab Ribs with sauce	625	46	17	0	159	428	17	0	14	32	*This product contains none of the above listed allergens							
1/2 Slab Ribs - no sauce	555	46	17	0	159	148	0	0	0	32	*This product contains none of the above listed allergens							
Full Slab Ribs with sauce	1,250	93	34	0	319	855	34	0	28	63	*This product contains none of the above listed allergens							
Full Slab Ribs - no sauce	1,110	93	34	0	319	295	0	0	0	63	*This product contains none of the above listed allergens							
BBQ Beef	697	19	7	0	67	1,961	96	1	47	31	X						X	X
BBQ Beef with Coleslaw	777	23	8	0	69	2,166	105	2	55	32	X	X					X	X
HAND MIXED SHAKES																		
Kids Vanilla	315	8	4	0	34	158	43	0	2	9	X							
Regular Vanilla	623	18	12	0	60	280	82	0	57	16	X							
Large Vanilla	1,043	28	18	0	105	490	139	0	96	28	X							
Kids Chocolate	415	8	4	0	34	173	67	0	48	9	X							
Regular Chocolate	688	17	11	0	56	278	101	0	72	15	X							
Large Chocolate	1,173	26	17	0	98	485	177	0	127	26	X							
Kids Strawberry	334	8	4	0	34	158	48	0	34	9	X							
Regular Strawberry	556	15	10	0	49	228	77	1	56	13	X							
Large Strawberry	908	23	15	0	83	385	129	1	94	22	X							
Kids Ghirardelli Brownie	328	13	3	0	30	189	44	1	31	6	X	X		X			X	X
Regular Ghirardelli Brownie	593	23	9	0	51	303	76	1	55	11	X	X		X			X	X
Large Ghirardelli Brownie	1,291	46	17	0	118	680	171	2	121	26	X	X		X			X	X
Kids Oreo	460	12	5	0	34	408	67	1	38	11	X						X	X
Regular Oreo	738	22	10	0	41	693	106	2	58	15	X						X	X
Large Oreo	1,413	41	17	0	83	1,385	206	4	112	30	X						X	X
Kids Reese's	438	20	2	0	22	239	49	0	39	11	X		X				X	
Regular Reese's	1,008	45	9	0	51	513	114	0	88	23	X		X				X	
Large Reese's	1,813	83	13	0	88	955	203	0	159	42	X		X				X	
Kids Twix	332	12	7	0	19	150	45	0	32	6	X						X	X
Regular Twix	797	30	19	0	45	335	105	1	75	14	X						X	X
Large Twix	1,392	52	32	0	76	601	186	2	132	25	X						X	X
DESSERTS																		
Hand-Filled Cannoli	327	18	6	0	27	66	33	2	21	9	X	X	X				X	X
Ghirardelli Fudge Brownie	683	34	3	0	53	440	90	4	66	6	X	X		X			X	X
Ghirardelli Fudge Brownie with Nuts	730	39	4	0	53	462	92	4	67	7	X	X		X			X	X
Chocolate Chip Cookie	370	20	10	0	25	250	48	2	29	4	X	X					X	X
Oatmeal Raisin Cookie	360	14	6	0	20	200	53	3	19	4	X	X					X	X

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	Nutritional										Allergens							
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
KID'S SELECTIONS (does not include side or beverage)																		
Buona Beef	228	8	4	0	38	733	21	1	1	18							X	X
Grilled Cheese	251	9	6	0	0	843	31	1	0	10	X						X	X
Hot Dog (plain)	360	21	10	0	45	960	28	0	4	15								X
Chicken Strips (3 each)	278	14	2	1	40	1,060	19	2	5	20	X	X					X	X
Cheese Pizza (1 slice)	116	5	3	0	4	249	13	0	1	5	X							X
Cheese Pizza (4 slices)	465	18	10	0	16	996	53	2	5	21	X							X
Sausage Pizza (1 slice)	134	6	3	0	8	309	13	0	1	6	X							X
Sausage Pizza (4 slices)	536	24	12	0	30	1,235	53	2	5	26	X							X
Pepperoni Pizza (1 slice)	129	6	3	0	7	293	13	0	1	6	X							X
Pepperoni Pizza (4 slices)	517	23	12	0	29	1,172	53	2	5	23	X							X
SIDES																		
Fries	304	15	3	2	0	1,250	38	4	0	4	*This product contains none of the above listed allergens							
Cheese Fries	439	26	7	2	0	1,970	47	4	0	6	X							
Parmesan Chips	224	10	3	2	9	411	28	5	2	7	X							
Side Caesar Salad	196	18	3	0	21	375	6	2	2	2	X	X			X		X	X
Side Fruit Salad	90	0	0	0	0	10	21	3	18	1	*This product contains none of the above listed allergens							
Side House Salad	224	19	3	0	0	322	9	2	4	1	X							X
Side Antipasto Salad	425	29	6	0	18	933	30	2	1	10	X							X
Side Potato Salad	272	22	3	0	23	352	16	1	1	2		X						
Coleslaw	240	14	2	0	7	615	27	3	24	1		X						
BEVERAGES																		
1% Milk	100	3	2	0	15	125	13	0	13	8	X							
Apple Juice	101	0	0	0	0	8	24	0	24	0	*This product contains none of the above listed allergens							
Coffee	0	0	0	0	0	5	0	0	0	0	*This product contains none of the above listed allergens							
Diet Pepsi	0	0	0	0	0	50	0	0	0	0	*This product contains none of the above listed allergens							
Dr. Pepper	182	0	0	0	0	58	45	0	45	0	*This product contains none of the above listed allergens							
Fresh Brewed Tea	0	0	0	0	0	8	0	0	0	0	*This product contains none of the above listed allergens							
Green Citrus Tea	79	0	0	0	0	119	22	0	21	0	*This product contains none of the above listed allergens							
Lemonade	165	0	0	0	0	99	45	0	43	0	*This product contains none of the above listed allergens							
Mountain Dew	182	0	0	0	0	83	51	0	51	0	*This product contains none of the above listed allergens							
Peach Tea	3	0	0	0	0	139	0	0	0	0	*This product contains none of the above listed allergens							
Pepsi	165	0	0	0	0	41	45	0	45	0	*This product contains none of the above listed allergens							
Sierra Mist	165	0	0	0	0	41	43	0	43	0	*This product contains none of the above listed allergens							
Sierra Mist Free	0	0	0	0	0	41	0	0	0	0	*This product contains none of the above listed allergens							
Sobe Life Pomegranate	0	0	0	0	0	50	0	0	0	0	*This product contains none of the above listed allergens							