



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.

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.



As the world has become more understanding of balanced eating & allergy issues, so too has the Buonavalanto family. This is why we never prepare any menu items ahead of time!

The Buonavalanto family is committed to taking the time to make everything fresh for your taste and your health when you order it. We hope you find our comprehensive nutritional and allergen guide useful as you plan your next dining experience with us. If you have any questions about the information below, please contact us via e-mail at balancedeating@buona.com

	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BUONA CLASSICS										
Buona Beef 5"	332	12	6	0	58	1,101	21	1	1	26
Buona Beef 7"	463	18	8	0	80	1,582	38	1	1	35
Buona Beef 10"	714	29	14	0	123	2,494	58	2	2	52
BBQ Beef Sandwich	598	20	9	0	77	1,851	91	1	50	31
Beef and Cheddar Croissant	598	30	17	0	127	1,266	41	1	6	37
Rizzo #44 Beef (7")	654	29	16	0	113	1,961	48	1	4	47
Combo Buona Beef & Sausage 7"	709	40	15	0	113	2,175	38	1	1	46
Combo Buona Beef & Sausage 10"	1,069	63	23	0	165	3,368	57	2	2	66
Charbroiled Italian Sausage 7"	541	32	10	0	57	1,535	38	1	1	26
Charbroiled Italian Sausage 10"	835	50	17	0	89	2,456	57	2	2	39
Meatballs Marinara 7"	561	30	13	1	68	1,514	48	3	5	26
Meatballs Marinara 10"	910	49	21	1	113	2,507	74	4	10	42
Gravy Bread	327	13	6	0	14	1,181	43	1	1	10
"Skinny" Buona Beef 5"	266	11	5	0	58	942	15	0	0	23
"Skinny" Buona Beef 7"	396	17	8	0	80	1,423	25	1	1	32
"Skinny" Buona Beef 10"	647	28	13	0	123	2,335	45	1	1	50
"Skinny" Buona Beef & Sausage Combo 7"	642	40	15	0	113	2,016	25	1	1	43
"Skinny" Buona Beef & Sausage Combo 10"	1,002	62	23	0	165	3,209	44	1	1	64
"Skinny" Charbroiled Italian Sausage 7"	474	31	10	0	57	1,376	25	1	1	23
"Skinny" Charbroiled Italian Sausage 10"	768	49	17	0	89	2,297	44	1	1	37
"Skinny" Meatballs Marinara 7"	494	29	12	1	68	1,355	35	2	5	23
"Skinny" Meatballs Marinara 10"	843	49	21	1	113	2,348	62	4	9	40
Chicken Pomodoro	699	42	13	0	150	1,262	35	2	5	45
Turkey Pesto	792	39	10	0	96	1,881	71	3	4	41

								Allergens			
			Tree		Shell-						
Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat				
							X	X			
							X	X			
							X	X			
X							X	X			
X							X	X			
X							X	X			
							X	X			
							X	X			
							X	X			
X							X	X			
X							X	X			
							X	X			
							X	X			
X							X	X			
X							X	X			
X	X		X				X	X			

	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
FRIDAY TRADITIONS										
Pepper & Egg 7"	475	22	7	0	406	1,189	42	3	4	24
Pepper & Egg 10"	640	28	9	0	507	1,597	62	4	5	32
Pepper & Egg with Sausage 7"	677	40	13	0	341	1,931	41	2	3	38
Pepper & Egg with Sausage 10"	943	54	19	0	410	2,710	60	3	4	52
"Skinny" Pepper & Egg 7"	408	22	7	0	406	1,030	29	2	3	22
"Skinny" Pepper & Egg 10"	573	28	9	0	507	1,438	49	3	4	30
"Skinny" Pepper & Egg with Sausage 7"	610	39	13	0	341	1,772	28	2	3	35
"Skinny" Pepper & Egg with Sausage 10"	876	54	18	0	410	2,551	47	3	3	50

								Allergens			
			Tree		Shell-						
Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat				
X	X						X	X			
X	X						X	X			
X	X						X	X			
X	X						X	X			
X	X						X	X			
X	X						X	X			
X	X						X	X			

	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ADD ONS										
Mozzarella Cheese (1oz)	94	7	5	0	22	87	1	0	0	7
Sweet Bell Peppers (3pc)	20	1	0	0	0	21	1	1	1	0
Hot Giardiniera (1oz)	125	11	1	0	0	250	5	0	3	0
Mild Giardiniera (1 oz)	74	7	0	0	0	460	2	2	0	2

								Allergens			
			Tree		Shell-						
Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat				
X											
*This product contains none of the above listed allergens											
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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
HAND-TOSSED SALADS (excludes bread)																		
Buona Chopped (without dressing)	330	18	5	0	23	735	26	5	7	12	X							X
Buona Chopped (half portion dressing)	447	28	6	0	23	994	32	5	13	12	X							X
Buona Chopped (full portion dressing)	564	38	8	0	23	1,252	39	5	20	12	X							X
Strawberry Avocado Chicken (without dressing)	668	42	6	1	50	846	43	10	7	30				X			X	X
Strawberry Avocado Chicken (half portion dressing)	793	52	8	1	59	1,152	51	10	16	30		X		X			X	X
Strawberry Avocado Chicken (full portion dressing)	917	62	9	1	67	1,457	60	10	24	30		X		X			X	X
Pomegranate Acai (without dressing)	386	16	1	0	0	408	49	9	29	13				X				X
Buffalo Ranch Chicken (without dressing)	476	19	4	0	44	1,985	48	9	7	24	X						X	X
Buffalo Ranch Chicken (half portion dressing)	601	32	6	0	55	2,167	50	9	8	24	X	X					X	X
Buffalo Ranch Chicken (full portion dressing)	726	45	8	0	67	2,349	53	9	10	25	X	X					X	X
Crispy Chicken (without dressing)	544	34	10	0	285	1,098	24	5	6	34	X	X					X	X
Crispy Chicken (half portion dressing)	670	45	12	0	295	1,302	31	5	13	34	X	X					X	X
Crispy Chicken (full portion dressing)	796	56	13	0	306	1,504	38	5	20	35	X	X					X	X
Tuscan Harvest (without dressing)	417	22	5	0	13	318	46	7	28	10	X			X				X
Tuscan Harvest (half portion dressing)	452	22	5	0	13	433	54	7	36	10	X			X				X
Tuscan Harvest (full portion dressing)	487	23	5	0	13	547	62	7	44	10	X			X				X
Old Neighborhood House (without dressing)	116	3	0	0	1	181	17	4	7	4	X							X
Old Neighborhood House (half portion dressing)	255	18	3	0	1	420	17	4	7	4	X							X
Old Neighborhood House (full portion dressing)	394	34	5	0	1	659	17	4	7	4	X							X
The Meatball Salad (without dressing)	712	59	15	1	52	1,368	23	5	10	18								
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 ADD ONS																		
Avocado (1 serving)	90	8	1	0	0	4	4	3	0	1								
Meatballs (2 each)	353	28	12	1	68	954	8	2	3	18	X						X	X
Grilled Chicken (4 oz)	180	7	1	0	74	1,496	2	0	0	27								
Tuna Salad (4 oz)	125	3	0	0	77	235	0	0	0	25				X			X	
Grilled Salmon (4 oz)	251	17	3	0	67	855	1	0	0	23				X				
PROTEIN BOWLS																		
Beef Bowl	782	55	28	0	157	2,758	8	1	3	60	X							
Beef and Sausage Bowl	904	68	32	0	169	2,987	7	1	3	64	X							
Meatball and Sausage Bowl	946	70	31	1	142	2,644	23	3	13	55	X						X	X
Chicken and Avocado Bowl	604	35	10	0	95	1,000	27	8	9	46	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)	Tree				Shell-															
											Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat												
ALL NATURAL BURGERS																														
Single Burger	693	41	13	0	114	809	44	2	10	35	X	X								X	X									
Single Burger with American Cheese	814	50	19	0	114	1,322	46	2	10	41	X	X							X	X										
Double Burger	971	59	20	0	207	886	44	2	10	62	X	X							X	X										
Double Burger with American Cheese	1,092	68	26	0	207	1,399	46	2	10	67	X	X							X	X										
Bacon Cheddar (single)	832	53	19	0	150	840	44	2	10	44	X	X							X	X										
Avocado Pepper Jack (single)	993	65	17	0	129	919	58	5	9	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 (1 slice)	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										
Cheddar Cheese (1 slice)	80	7	4	0	25	135	0	0	0	5	X																			
Crispy Jalapenos (1/4 cup)	160	12	0	0	0	120	12	0	0	0										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																				
Provolone Cheese (1 slice)																														
JUMBO ALL BEEF HOT DOG																														
Chicago-Style	340	17	7	0	34	1,677	35	0	8	13											X									
Double Dog	504	31	14	0	67	2,214	37	0	8	20																				
CHICKEN SANDWICHES																														
Char-Grilled Chicken	715	42	9	0	114	2,161	44	2	9	40	X	X								X	X									
Crispy Breaded Chicken	696	37	8	1	76	1,189	59	2	9	32	X	X								X	X									
Parmesan Chicken	687	35	11	1	89	2,609	57	3	8	39	X									X	X									
Buffalo Chicken	760	41	10	1	85	2,478	64	3	12	34	X	X								X	X									
Char-Grilled Chicken Avocado Jack	875	50	11	0	121	1,372	60	5	9	44	X	X								X	X									
Chicken Tenders (4 piece - without sauce)	1,065	65	10	1	130	2,747	77	3	38	43										X	X									
Meatless Options																														
Caprese	977	51	19	0	120	1,408	92	9	10	34	X										X									
Tuna Genovese	539	8	0	0	77	1,059	78	8	4	39					X					X	X									
Grilled Salmon	674	32	5	0	74	1,644	62	7	3	34		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)	492	22	11	0	61	897	53	2	4	19	X							X	
Margherita (2 servings - 6 slices)	984	44	21	0	122	1,794	106	3	7	38	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)	544	22	11	0	40	1,096	58	2	8	30	X						X	X	
BBQ Chicken (2 servings - 6 slices)	1,087	43	21	0	80	2,191	116	4	16	59	X						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)	500	21	9	0	16	1,120	58	3	6	20	X							X	
Arugula Verduro (2 servings - 6 slices)	999	42	17	0	31	2,240	115	7	11	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	
PASTAS (excludes bread)																			
Signature Rigatoni Marinara	900	18	4	0	94	1,304	152	5	11	32	X	X					X	X	
Jumbo Cheese Ravioli Marinara	860	38	17	0	144	2,260	96	3	11	40	X	X					X	X	
Rigatoni Pesto Cream																			
Fettuccine Alfredo	1,128	58	31	1	261	2,120	115	5	7	36	X	X					X	X	
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	512	28	11	0	5	1,354	49	2	1	16	X						X	X	
Hot Dog (plain)	304	16	7	0	34	777	27	0	4	12								X	
Chicken Strips (2 each)	302	16	3	1	50	670	17	1	0	21							X	X	
Cheese Pizza (1 slice)	116	5	2	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	7	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	
Rigatoni Pasta with Marinara	506	12	3	0	50	799	82	3	6	17	X	X					X	X	
Rigatoni Pasta with Alfredo	688	31	17	1	124	1,141	80	3	4	22	X	X					X	X	



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Nutritional

Allergens

HOMEMADE SOUPS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Minestrone	178	4	0	0	1	919	30	5	5	6
Chicken Vegetable	130	2	0	0	18	1,295	17	2	4	10
Cheddar Broccoli	113	7	2	0	9	604	8	2	2	4

Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
							X
							X
X							X

HAND MIXED SHAKES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Vanilla	315	8	5	0	34	158	43	0	29	9
Regular Vanilla	623	18	12	0	60	280	82	0	57	16
Large Vanilla	1,043	28	18	0	105	490	139	0	96	28
Kids Chocolate	415	8	5	0	34	173	67	0	48	9
Regular Chocolate	688	17	11	0	56	278	101	0	72	15
Large Chocolate	1,173	26	17	0	98	485	177	0	127	26
Kids Strawberry	334	8	5	0	34	158	48	0	34	9
Regular Strawberry	556	15	10	0	49	228	77	1	56	13
Large Strawberry	908	23	15	0	83	385	129	1	94	22
Kids Ghirardelli Brownie	328	13	3	0	30	189	44	1	31	6
Regular Ghirardelli Brownie	779	30	11	0	68	413	101	2	72	14
Large Ghirardelli Brownie	1,291	46	17	0	118	680	171	2	121	26
Kids Oreo	460	12	5	0	34	408	67	1	38	11
Regular Oreo	738	22	10	0	41	693	106	2	58	15
Large Oreo	1,413	41	17	0	83	1,385	206	4	112	30
Kids Reese's	438	20	2	0	22	239	49	0	39	11
Regular Reese's	1,008	45	9	0	51	513	114	0	88	23
Large Reese's	1,813	83	13	0	88	955	203	0	159	42
Kids Twix	332	12	7	0	19	150	45	0	32	6
Regular Twix	797	30	19	0	45	335	105	1	75	14
Large Twix	1,392	52	32	0	76	601	186	2	132	25

Milk	Egg	Peanut	Tree Nut	Fish	Shell-fish	Soy	Wheat
X							
X							
X							
X							
X							
X							
X							
X	X		X			X	X
X	X		X			X	X
X	X		X			X	X
X						X	X
X						X	X
X		X				X	
X		X				X	
X		X				X	
X						X	X
X						X	X
X						X	X



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SIDES	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Regular Fries	304	15	3	2	0	1,250	38	4	0	4
Large Fries	506	25	5	3	0	2,083	63	7	0	7
Cheese Fries	374	20	4	2	0	1,700	43	4	1	5
Parmesan Chips	500	26	4	0	2	576	61	3	0	8
Side Caesar Salad	196	18	3	0	21	375	6	2	2	2
Side Fruit Salad	109	0	0	0	0	11	25	4	21	1
Side House Salad	224	19	3	0	0	322	9	2	4	1
Side Pasta Salad	318	22	3	0	0	739	25	3	2	5
Side Potato Salad	272	22	3	0	23	352	16	1	1	2

Allergens	Tree								Shell-	
	Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat		
	*This product contains none of the above listed allergens									
	*This product contains none of the above listed allergens									
X										
X										
X	X				X			X		X
	*This product contains none of the above listed allergens									
X										X
										X
	X									

BEVERAGES	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
1% Milk	100	3	2	0	15	125	13	0	13	8
Apple Juice	101	0	0	0	0	8	24	0	24	0
Coffee	0	0	0	0	0	5	0	0	0	0
Diet Pepsi	0	0	0	0	0	45	0	0	0	0
Dr. Pepper	165	0	0	0	0	53	41	0	41	0
Fresh Brewed Tea	0	0	0	0	0	8	0	0	0	0
Green Citrus Tea	72	0	0	0	0	108	20	0	19	0
Lemonade	150	0	0	0	0	90	41	0	39	0
Mountain Dew	165	0	0	0	0	75	46	0	46	0
Peach Tea	3	0	0	0	0	126	0	0	0	0
Pepsi	150	0	0	0	0	38	41	0	41	0
Sierra Mist	150	0	0	0	0	38	39	0	39	0
Sierra Mist Free	0	0	0	0	0	38	0	0	0	0
Sobe Life Pomegranate	0	0	0	0	0	45	0	0	0	0

Allergens	Tree								Shell-	
	Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat		
	*This product contains none of the above listed allergens									
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X										
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DESSERTS	Nutritional									
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chip Cannoli with Nuts	287	14	4	0	27	54	30	1	19	8
Ghirardelli Fudge Brownie	683	34	3	0	53	440	90	4	66	6
Ghirardelli Fudge Brownie with Nuts	730	39	4	0	53	462	92	4	67	7
Chocolate Chip Cookie	370	20	10	0	25	250	48	2	29	4
Oatmeal Raisin Cookie	360	14	6	0	20	200	53	3	19	4

Allergens	Tree								Shell-	
	Milk	Egg	Peanut	Nut	Fish	fish	Soy	Wheat		
X	X			X					X	X
X	X			X					X	X
X	X			X					X	X
X	X								X	X
X	X								X	X