



Buona's Nutritional and Allergen Information

The nutritional and allergen information contained in our restaurants or website (www.buona.com) was prepared by Nutritional Information Service.

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 value.

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 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 Buonavolanto fam
This is why we never prepare any menu items ahead of time!

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

Allergens

BUONA CLASSICS

Buona Beef 5"
Buona Beef 7"
Buona Beef 10"
Beef and Cheddar Croissant
Combo Buona Beef & Sausage 7"
Combo Buona Beef & Sausage 10"
Charbroiled Italian Sausage 7"
Charbroiled Italian Sausage 10"
Meatballs Marinara 7"
Meatballs Marinara 10"
Gravy Bread
"Skinny" Buona Beef 5"
"Skinny" Buona Beef 7"
"Skinny" Buona Beef 10"
"Skinny" Buona Beef & Sausage Combo 7"
"Skinny" Buona Beef & Sausage Combo 10"
"Skinny" Charbroiled Italian Sausage 7"
"Skinny" Charbroiled Italian Sausage 10"
"Skinny" Meatballs Marinara 7"
"Skinny" Meatballs Marinara 10"

Milk	Egg	Cashew	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

FRIDAY TRADITIONS

Pepper & Egg 7"
Pepper & Egg 10"
Pepper & Egg with Sausage 7"
Pepper & Egg with Sausage 10"
"Skinny" Pepper & Egg 7"
"Skinny" Pepper & Egg 10"
"Skinny" Pepper & Egg with Sausage 7"
"Skinny" Pepper & Egg with Sausage 10"

Milk	Egg	Cashew	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

ADD ONS

Mozzarella Cheese (1oz)
Sweet Bell Peppers (3pc)
Hot Giardiniera (1oz)
Mild Giardiniera (1 oz)

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

Pepperoni Pizza (4 slices)
Rigatoni Pasta with Marinara
Rigatoni Pasta with Alfredo

X							X	X
X	X						X	X
X	X						X	X

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Allergens

HOMEMADE SOUPS

Minestrone
Cheddar Broccoli

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

HAND MIXED SHAKES

Kids Vanilla
Regular Vanilla
Large Vanilla
Kids Chocolate
Regular Chocolate
Kids Strawberry
Regular Strawberry
Large Strawberry
Kids Ghirardelli Brownie
Regular Ghirardelli Brownie
Large Ghirardelli Brownie
Kids Oreo
Regular Oreo
Large Oreo
Kids Reese's
Regular Reese's
Large Reese's

Milk	Egg	Cashew	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	



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Allergens

SIDES

Regular Fries
Large Fries
Cheese Fries
Side Caesar Salad
Side Fruit Salad
Side House Salad
Side Pasta Salad
Side Potato Salad

Milk	Egg	Cashew	Peanut	Nut	Fish	fish	Soy	Wheat
							X	
							X	
							X	
X	X				X		X	X
*This product contains none of the above listed allergens								
X								X
							X	X
	X							

BEVERAGES

1% Milk
Apple Juice
Coffee
Diet Pepsi
Dr. Pepper
Green Citrus Tea
Lemonade
Mountain Dew
Pepsi
Sierra Mist
Sierra Mist Free
Sobe Life Pomegranate

Milk	Egg	Cashew	Peanut	Nut	Fish	fish	Soy	Wheat
X								
*This product contains none of the above listed allergens								
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DESSERTS

Chocolate Chip Cannoli with Nuts
Ghirardelli Fudge Brownie
Ghirardelli Fudge Brownie with Nuts
Chocolate Chip Cookie

Milk	Egg	Cashew	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

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