



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.

As the world has become more understanding of balanced eating & allergy issues, so too has the Buonavolanto family.
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 order it.
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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	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	

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Allergens

HAND-TOSSED SALADS (excludes bread)

Buona Chopped (without dressing)
Buona Chopped (half portion dressing)
Buona Chopped (full portion dressing)
Strawberry Avocado Chicken (without dressing)
Strawberry Avocado Chicken (half portion dressing)
Strawberry Avocado Chicken (full portion dressing)
Buffalo Ranch Chicken (without dressing)
Buffalo Ranch Chicken (half portion dressing)
Buffalo Ranch Chicken (full portion dressing)
Crispy Chicken (without dressing)
Crispy Chicken (half portion dressing)
Crispy Chicken (full portion dressing)
Old Neighborhood House (without dressing)
Old Neighborhood House (half portion dressing)
Old Neighborhood House (full portion dressing)
Classic Caesar (without dressing)
Classic Caesar (half portion dressing)
Classic Caesar (full portion dressing)
Piece of Wheat Ciabatta Bread

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								X
X								X
X								X
X	X							X
X	X				X		X	X
X	X				X		X	X
X	X						X	X

SALAD ADD ONS

Grilled Chicken (6 oz)
Avocado (1 serving)
Gluten Free Pita
Meatballs (2 each)
Chicken Tenders (2 each)
Grilled Chicken (6 oz)

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

PROTEIN BOWLS

Beef Bowl
Beef and Sausage Bowl
Meatball and Sausage Bowl
Chicken and Avocado Bowl

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

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Allergens

ALL NATURAL BURGERS

Single Burger
Single Burger with American Cheese
Double Burger
Double Burger with American Cheese
Bacon Cheddar (single)
Avocado Pepper Jack (single)

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

BURGER ADD ONS

American Cheese (1 slice)
Blue Cheese
Pepper Jack Cheese (1 slice)
Cheddar Cheese (1 slice)
Crispy Jalapenos (1/4 cup)
Applewood Bacon (2 slices)
Avocado (1 serving)

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

JUMBO ALL BEEF HOT DOG

Chicago-Style
Double Dog

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

CHICKEN SANDWICHES

Char-Grilled Chicken
Crispy Breaded Chicken
Parmesan Chicken
Buffalo Chicken
Char-Grilled Chicken Avocado Jack
Chicken Tenders (4 piece - without sauce)

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

PLANT BASED OPTIONS

Caprese
Vegan Beefless

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

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Allergens

HAND-ROLLED PIZZA

Quattro Formaggi (1 serving - 3 slices)
Quattro Formaggi (2 servings - 6 slices)
Sausage (1 serving - 3 slices)
Sausage (2 servings - 6 slices)
Pepperoni (1 serving - 3 slices)
Pepperoni (2 servings - 6 slices)
Margherita (1 serving - 3 slices)
Margherita (2 servings - 6 slices)
Roasted Vegetable (1 serving - 3 slices)
Roasted Vegetable (2 servings - 6 slices)
BBQ Chicken (1 serving - 3 slices)
BBQ Chicken (2 servings - 6 slices)
Beef & Giardiniera (1 serving - 3 slices)
Beef & Giardiniera (2 servings - 6 slices)
Supremo (1 serving - 3 slices)
Supremo (2 servings - 6 slices)

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	X
X							X	X
X							X	X

PASTAS (excludes bread)

Signature Rigatoni Marinara
Jumbo Cheese Ravioli
Fettuccine Alfredo
Rigatoni Pesto Cream

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

KID'S SELECTIONS (does not include side or beverage)

Buona Beef
Hot Dog (plain)
Chicken Strips (2 each)
Grilled Chicken Tenders (6oz)
Cheese Pizza (1 slice)
Cheese Pizza (4 slices)
Sausage Pizza (1 slice)
Sausage Pizza (4 slices)
Pepperoni Pizza (1 slice)
Pepperoni Pizza (4 slices)
Rigatoni Pasta with Marinara
Rigatoni Pasta with Alfredo

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

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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			X				X	

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Allergens

Tree Shell-

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