



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.



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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
BUONA CLASSICS																		
"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
Beef and Cheddar Croissant	545	28	16	0	109	1,070	41	1	6	30	X						X	X
BUONA CLASSIC EXTRAS																		
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								
LOW CARB BOWLS																		
Beef Bowl	509	31	16	0	139	1,643	4	1	2	48	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	666	42	11	0	95	1,143	30	3	9	43	X						X	



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HAND-TOSSED SALADS (excludes bread)	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
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	6	0	18	1,101	30	4	17	9	X							X
Classic Cobb (without dressing)	345	21	5	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 Avocado Chicken (without dressing)	552	38	5	0	38	671	31	8	6	23				X			X	X
Strawberry Avocado Chicken (half portion dressing)	676	47	7	0	46	976	39	8	15	23		X		X			X	X
Strawberry Avocado Chicken (full portion dressing)	800	57	8	0	55	1,282	48	8	23	24		X		X			X	X
Roasted Beet & Quinoa (without dressing)	322	7	1	0	0	327	55	7	17	9				X				X
Roasted Beet & Quinoa (half portion dressing)	474	22	3	0	0	550	59	7	21	9				X				X
Roasted Beet & Quinoa (full portion dressing)	625	37	5	0	0	774	64	7	24	9				X				X
Buffalo Ranch Chicken (without dressing)	477	19	4	0	44	1,986	48	9	7	24	X						X	X
Buffalo Ranch Chicken (half portion dressing)	602	32	6	0	55	2,168	51	9	9	25	X	X					X	X
Buffalo Ranch Chicken (full portion dressing)	727	45	8	0	67	2,350	53	9	10	25	X	X					X	X
Crispy Chicken (without dressing)	526	34	10	0	285	1,093	20	3	4	33	X	X					X	X
Crispy Chicken (half portion dressing)	652	45	12	0	295	1,296	27	3	11	33	X	X					X	X
Crispy Chicken (full portion dressing)	778	56	13	0	306	1,499	35	3	18	34	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	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
Avocado (1 serving)	90	8	1	0	0	4	4	4	0	1								
Meatballs (3 each)	353	28	12	1	68	954	8	2	3	18	X						X	X
Grilled Chicken (3.50 oz)	162	7	1	0	61	1,724	2	0	0	21								
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			



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ANGUS BURGERS																		
Single Burger	694	41	13	0	114	809	44	2	11	35	X	X					X	X
Single Burger with American Cheese	754	45	16	0	114	1,065	45	2	11	38	X	X					X	X
Double Burger	972	59	20	0	207	886	44	2	11	62	X	X					X	X
Double Burger with American Cheese	1,093	68	26	0	207	1,399	47	2	11	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)	994	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	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								
*This product contains none of the above listed allergens																		
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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	629	32	8	0	106	2,373	45	2	9	41	X	X					X	X
Crispy Breaded Chicken	697	37	8	1	76	1,189	59	2	10	32	X	X					X	X
Parmesan Chicken	596	23	8	1	81	2,500	59	3	8	39	X							X
Buffalo Chicken	761	41	10	1	85	2,479	64	3	12	34	X	X					X	X
Char-Grilled Chicken Avocado Jack	876	50	11	0	121	1,372	60	5	9	44	X	X					X	X
Grilled Salmon	674	32	5	0	74	1,644	62	7	3	34		X		X				X
Chicken Tenders (4 piece)	603	33	6	1	100	1,340	34	2	0	42							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	952	42	12	0	145	1,732	88	9	9	55	X						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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	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-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	X
BBQ Chicken (2 servings - 6 slices)	1,055	41	21	0	72	2,313	115	4	15	55	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 Verdure (1 serving - 3 slices)	511	23	9	0	16	1,124	58	3	6	20	X							X
Arugula Verdure (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	657	27	8	0	93	1,578	61	4	1	42	X	X		X			X	X
Turkey Club	632	28	7	0	72	1,936	64	3	6	34	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 Vegetable - Cup	79	2	0	0	12	861	10	1	2	7								X
Chicken Vegetable - 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								
1/2 Slab Ribs - no sauce	555	46	17	0	159	148	0	0	0	32								
Full Slab Ribs with sauce	1,250	93	34	0	319	855	34	0	28	63								
Full Slab Ribs - no sauce	1,110	93	34	0	319	295	0	0	0	63								
BBQ Beef	687	20	9	0	77	1,851	91	1	50	31	X						X	X
BBQ Beef with Coleslaw	767	24	9	0	79	2,056	100	2	58	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	779	30	11	0	68	413	101	2	72	14	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																		
Chocolate Chip Cannoli with Nuts	317	17	5	0	27	64	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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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 (2 each)	302	16	3	1	50	670	17	1	0	21							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																		
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	X							
Parmesan Chips	114	3	1	0	2	909	20	21	1	3	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								
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						
Side 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								
Coffee	0	0	0	0	0	5	0	0	0	0								
Diet Pepsi	0	0	0	0	0	50	0	0	0	0								
Dr. Pepper	182	0	0	0	0	58	45	0	45	0								
Fresh Brewed Tea	0	0	0	0	0	8	0	0	0	0								
Green Citrus Tea	79	0	0	0	0	119	22	0	21	0								
Lemonade	165	0	0	0	0	99	45	0	43	0								
Mountain Dew	182	0	0	0	0	83	51	0	51	0								
Peach Tea	3	0	0	0	0	139	0	0	0	0								
Pepsi	165	0	0	0	0	41	45	0	45	0								
Sierra Mist	165	0	0	0	0	41	43	0	43	0								
Sierra Mist Free	0	0	0	0	0	41	0	0	0	0								
Sobe Life Pomegranate	0	0	0	0	0	50	0	0	0	0								