



NUTRITION AND ALLERGEN INFORMATION

HOT DOGS · BEEF · BURGERS · SALADS

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
BEEF & SAUSAGE SANDWICHES																											
Beef N Cheddar Croissant	670	349	39	21	0	96	1207	54	0	6	25	987	14	274	3			•	•	•						•	
Char-Grilled Italian Sausage	630	269	30	10	0	60	1820	58	0	2	28	228	0	144	2				•	•				•		•	
Italian Beef Sandwich																											
Regular Sandwich	530	172	19	7	0	28	1577	65	0	2	21	117	19	125	2				•	•				•		•	
Big Beef Sandwich	790	258	29	10	0	42	2365	97	0	3	32	175	28	187	3				•	•				•		•	
Italian Beef and Sausage Sandwich	1070	469	52	18	0	97	3321	97	0	3	50	398	28	209	4				•	•				•		•	

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
HOT DOGS																											
Chili Cheese Dog																											
Regular	500	266	30	14	0	73	1669	36	1	5	21	956	1	349	2			•	•				•			•	
Jumbo	610	356	40	18	0	98	2159	37	1	6	27	956	1	349	3			•	•				•			•	
Hot Dog with Everything																											
Regular	340	134	15	5	0	30	1560	39	2	13	12	87	2	68	2				•	•				•		•	
Jumbo	450	224	25	9	0	55	2050	40	2	14	18	87	2	68	3				•	•				•		•	
Maxwell Street Polish	570	354	39	13	0	88	1886	32	1	7	25	1	32	54	3				•	•						•	

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
CHICKEN																											
Breaded Chicken Club	740	309	34	7	0	105	2608	69	1	6	38	186	2	78	4	•			•	•			•			•	
Breaded Chicken Croissant	630	278	31	8	0	97	1943	51	0	5	28	436	2	58	3	•		•	•	•			•			•	
Breaded Chicken Sandwich	600	228	25	3	0	75	2158	69	1	6	30	186	2	78	4	•			•	•			•			•	
Broiled Chicken Club	550	222	25	6	0	100	1319	45	1	5	33	186	2	72	3	•			•	•			•			•	
Broiled Chicken Croissant	440	191	21	7	0	92	654	27	0	4	24	436	2	52	2	•		•	•	•						•	
Broiled Chicken Sandwich	410	141	16	2	0	70	869	45	1	5	26	186	2	72	3	•			•	•			•			•	

MENU ITEMS		NUTRITION														ALLERGENS											
BURGERS		TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Bacon Burger																											
Single		670	319	35	11	0	129	1416	43	1	5	41	186	2	90	4	•				•			•			•
Double		950	484	54	18	0	223	1942	43	1	5	68	186	2	114	7	•				•			•			•
Hamburger																											
Single		570	238	26	8	0	99	1325	47	2	7	34	226	3	104	5	•				•			•			•
Double		900	453	50	15	0	198	1888	47	2	7	61	226	3	129	7	•				•			•			•
Slice of American Cheese		90	63	7	5	0	20	380	2	0	0	4	400	0	150	0			•					•			

MENU ITEMS		NUTRITION														ALLERGENS											
SANDWICHES		TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Grilled Portobello Sandwich		570	221	25	7	0	23	1292	66	6	7	21	529	3	260	2			•		•				•		•
Grilled Tuna Sandwich		600	250	28	8	0	80	1642	47	1	5	38	654	4	234	3	•		•		•			•			•
Meatball Sandwich		1050	509	57	21	0	127	3018	83	7	7	57	1231	13	630	7	•		•		•			•			•
Vegetable Croissant		650	355	39	19	0	90	1688	53	1	7	17	1394	2	353	2	•		•		•			•			•

MENU ITEMS		NUTRITION														ALLERGENS											
BARNELLI'S SANDWICHES		TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Buffalo Chicken Wrap		660	291	32	9	0	88	2622	54	5	4	38	5427	17	319	2	•		•					•	•		•
Cajun Chicken Caesar Pita		600	231	26	4	0	99	2497	46	5	2	44	3448	18	357	5	•	•	•		•			•	•		•
Chicken Caesar Pita		520	228	25	4	0	65	1525	40	3	1	30	2775	15	313	3	•	•	•		•			•	•		•
Chicken Caesar Wrap		770	418	46	7	0	49	1764	65	5	4	24	3817	19	274	2	•	•	•					•	•		•
Chicken Caprese Panini		640	269	30	10	0	104	1822	48	3	1	40	838	6	394	2	•		•		•						•
Chicken Cobb Wrap		950	506	56	21	0	223	2646	58	5	6	51	2872	19	425	3	•		•	•					•		•
Chicken Focaccia Sandwich		1040	511	57	16	0	124	2661	88	7	6	42	1027	2	408	4	•		•		•			•			•
Chicken Parmesan Sandwich		1080	479	53	20	0	144	2440	89	8	8	61	1020	6	842	4			•		•						•
Chicken Portabella Ciabatta		750	286	32	9	0	106	2146	69	4	3	45	382	2	312	2	•		•		•				•		•
Grilled Filet of Chicken Sandwich		670	384	43	7	0	91	1412	38	3	6	31	294	3	214	3	•		•		•			•	•		•

Menu Items	Nutrition															Allergens												
EXTRAS & CONDIMENTS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat		
	Cup of Cheese Sauce	90	61	7	2	0	0	870	8	0	2	2	0	0	56	0			•									
	Hot Peppers	50	41	5	1	0	0	100	2	0	1	0	500	12	0	0									•			
	Side of Gravy	120	119	13	6	0	14	431	1	0	0	0	16	0	5	0				•								
	Side of Sweet Peppers	40	36	4	1	0	0	304	2	1	1	0	127	25	7	0												
	Slice of American Cheese	90	63	7	5	0	20	380	2	0	0	4	400	0	150	0			•					•				

Menu Items	Nutrition															Allergens													
NUDIES	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat			
	Barnelli's Char-Broiled Chicken	130	36	4	1	0	55	390	2	0	0	21	0	0	0	1	•							•	•		•		
	Bratwurst	320	252	28	10	0	70	690	1	0	1	16	0	0	20	1													
	Breaded Chicken	310	107	12	2	0	65	1680	26	0	1	23	0	0	13	2												•	
	Burger Patty	280	165	18	7	0	94	526	0	0	0	27	0	0	25	3													
	Char-Grilled Italian Sausage	280	211	23	8	0	55	956	0	0	0	18	223	0	22	1													
	Char-Grilled Polish Sausage	400	315	35	13	0	88	1450	3	0	3	20	0	30	0	2													
	Cup of Italian Beef	270	194	22	9	0	33	1000	7	0	0	11	122	19	6	1				•									
	Flounder	180	61	7	1	0	30	540	17	0	0	13	100	1	20	1		•	•									•	
	Grilled Tuna	190	79	9	2	0	51	797	1	0	0	27	68	2	18	1		•	•				•					•	
	Hot Dog	150	108	12	5	0	30	480	2	0	1	7	0	0	0	1													
	Jumbo Hot Dog	260	198	22	9	0	55	970	3	0	2	13	0	0	0	1													
Portillo's Char-Broiled Chicken	130	36	4	1	0	55	390	2	0	0	21	0	0	0	1														

Menu Items	Nutrition															Allergens												
SOUPS	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat		
	Beef Vegetable with Barley Soup	120	28	3	1	0	12	1149	17	5	4	6	3079	3	28	0					•		•	•			•	
	Broccoli Cheddar Soup	180	79	9	5	0	25	1450	16	1	8	8	0	0	314	0			•				•					
	Chicken Noodle Soup	140	23	3	1	0	38	988	15	1	3	14	625	2	25	0	•		•				•				•	
	Clam Chowder	260	113	13	6	0	41	1151	27	0	7	10	311	3	208	1			•			•	•				•	

MENU ITEMS		NUTRITION														ALLERGENS												
SOUPS continued		TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
Corn Chowder		200	77	9	3	0	6	950	28	2	6	2	614	7	3	0									•			
Cream of Chicken with Wild Rice Soup		240	95	11	2	0	35	1003	18	5	5	16	882	3	74	0			•						•			•
Minestrone Soup		210	31	3	1	0	5	1087	35	6	7	8	2813	13	62	2												•
Stuffed Green Pepper Soup		300	81	9	3	0	28	1456	44	2	6	11	486	21	104	3									•	•		•
Tomato Bisque		360	236	26	16	0	81	1300	21	4	9	11	2813	15	250	3			•									•

MENU ITEMS		NUTRITION														ALLERGENS												
SALADS		TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
Apple Walnut Harvest Salad with Chicken																												
without dressing		560	239	27	8	0	85	807	49	5	36	29	3299	15	179	2			•									•
with dressing		680	320	36	9	0	85	1267	57	5	44	29	3299	15	179	2			•							•	•	
Barnelli's Hot Grilled Chicken Caesar Salad																												
without dressing		350	131	15	3	0	184	601	21	5	2	33	10350	43	173	4	•		•		•							•
with dressing		700	425	47	7	0	208	1045	22	4	5	42	10106	43	256	3	•	•	•		•			•	•			•
Chipotle BBQ Salad with Chicken																												
without dressing		380	138	15	6	0	85	1046	28	3	7	29	3683	18	210	2			•					•	•			•
with dressing		540	279	31	9	0	97	1556	33	4	9	30	3683	18	250	2	•		•	•				•	•			•
Chopped Salad																												
without dressing		550	229	25	12	0	105	1348	37	6	8	40	6089	59	247	4			•									•
with dressing		800	449	49	15	0	105	1862	45	7	14	40	6089	59	247	4			•							•		•
Classic Caesar Salad																												
without dressing		230	106	12	3	0	218	299	16	4	3	13	10226	41	168	2	•		•		•							•
with dressing		570	430	48	7	0	240	671	18	4	3	15	10226	41	248	3	•	•	•		•			•	•			•
Classic Caesar Salad with Chicken																												
without dressing		300	106	11	3	0	218	299	16	4	2	13	10226	41	168	2	•		•		•							•
with dressing		570	430	48	7	0	240	671	18	4	3	15	10226	41	248	3												
Classic Caesar Salad with Grilled Chicken																												
without dressing		360	111	12	3	0	201	855	18	4	2	38	10080	41	166	3	•		•		•							•
with dressing		880	588	65	9	0	228	1275	24	4	5	42	10080	42	294	4	•	•	•		•			•	•			•

MENU ITEMS	NUTRITION															ALLERGENS												
LIMITED TIME ONLY	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT		
	Big Pepper and Egg Sandwich	1060	490	54	11	0	815	2292	95	2	8	41	1587	90	316	5	•				•			•			•	
	Gyro Sandwich	810	456	51	21	0	92	1558	56	4	4	30	158	3	228	6			•		•			•	•		•	
	Pepper and Egg Croissant	660	326	36	15	0	588	1183	53	1	9	28	1458	60	161	5	•		•		•			•			•	
	Pepper and Egg Sandwich	710	326	36	8	0	543	1528	63	1	5	28	1058	60	211	3	•				•			•			•	
	Pita Bread, 1 Piece	230	45	5	1	0	0	370	38	2	0	7	0	0	150	3					•					•		•
	Salted Caramel Shake	980	128	14	9	0	59	1212	192	1	169	20	564	6	836	0			•									
	Side of Gyro Meat	310	225	25	10	0	55	670	8	1	1	13	0	0	20	2					•			•				•
	Side of Tzatziki Sauce	50	36	4	4	0	0	70	2	0	1	1	0	0	40	0			•									
	Tuna Salad Bowl	270	191	21	3	0	87	723	4	1	3	17	296	3	14	1	•	•								•		
Tuna Salad Croissant	660	335	37	13	0	132	1508	53	2	9	27	777	3	103	3	•	•	•		•				•			•	
Tuna Salad Sandwich	550	245	27	3	0	87	1511	51	7	6	24	226	9	32	3	•	•			•				•			•	