



Nutrition

Allergens

Hot Dogs and Chili	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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		
Bowl of Chili with Cheese and Onions	420	240	30	10	0	80	740	20	0	10	20	2650	10	260	0			X		X								
Char-Grilled Maxwell Street Polish	570	350	40	10	0	90	1890	30	0	10	20	0	30	50	0					X							X	
Badger Brat	530	280	30	10	0	70	1690	40	0	10	20	0	10	100	0					X			X				X	
Chili Cheese Dog	500	270	30	10	0	70	1670	40	0	0	20	960	0	350	0			X		X			X				X	
Hot Dog with Everything	340	130	10	10	0	30	1560	40	0	10	10	90	0	70	0					X			X				X	
Jumbo Chili Cheese Dog	610	360	40	20	0	100	2160	40	0	10	30	960	0	350	0			X		X			X				X	
Jumbo Hot Dog with Everything	450	220	20	10	0	60	2050	40	0	10	20	90	0	70	0					X			X				X	

Chicken Sandwiches	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Breaded Chicken Club	810	420	50	10	0	80	2320	60	0	10	30	190	0	80	0	X				X			X				X
-without Mayo	720	330	40	10	0	70	2230	60	0	10	30	190	0	80	0					X			X				X
Breaded Chicken Croissant	670	390	40	10	0	70	1660	50	0	0	20	440	0	60	0	X		X		X			X				X
-without Mayo	580	300	30	10	0	60	1570	50	0	0	20	440	0	60	0			X		X			X				X
Breaded Chicken Sandwich	700	340	40	10	0	50	1870	60	0	10	30	190	0	80	0	X				X			X				X
-without Mayo	610	250	30	0	0	40	1780	60	0	10	30	190	0	80	0					X			X				X
Char-Broiled Chicken Club	540	230	30	10	0	80	1170	50	0	0	30	370	0	80	0	X				X			X				X
-without Mayo	450	140	20	0	0	80	1080	50	0	0	30	370	0	80	0					X			X				X
Char-Broiled Chicken Croissant	390	200	20	10	0	80	500	30	0	0	20	620	0	60	0	X		X		X			X				X
-without Mayo	300	110	10	10	0	70	410	30	0	0	20	620	0	60	0			X		X			X				X
Char-Broiled Chicken Sandwich	420	150	20	0	0	50	720	50	0	0	20	370	0	80	0	X				X			X				X
-without Mayo	330	60	10	0	0	50	630	50	0	0	20	370	0	80	0					X			X				X

Char-Broiled Burgers	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	680	310	30	10	0	130	1780	50	0	10	40	230	0	100	0	X				X			X				X
-without Mayo	630	270	30	10	0	120	1740	50	0	10	40	230	0	100	0					X			X				X
Burger	570	230	30	10	0	100	1330	50	0	10	30	230	0	100	0	X				X			X				X
-without Mayo	520	190	20	10	0	90	1290	50	0	10	30	230	0	100	0					X			X				X
Double Bacon Burger	960	480	50	20	0	220	2310	50	0	10	70	230	0	130	10	X				X			X				X
-without Mayo	910	430	50	20	0	220	2260	50	0	10	70	230	0	130	10					X			X				X
Double Burger	890	440	50	20	0	190	1900	50	0	10	60	230	0	130	10	X				X			X				X
-without Mayo	810	350	40	10	0	190	1870	50	0	10	60	250	0	130	10					X			X				X
Chili Cheese Burger	660	290	30	10	0	130	1440	50	0	10	40	960	0	250	10			X		X			X				X
Slice of American Cheese	90	60	10	0	0	20	380	0	0	0	0	400	0	150	0			X		X			X				X

Beef-N-Sausage Sandwiches	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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 N Cheddar Croissant	760	410	50	30	0	120	1400	50	0	10	30	1190	10	420	0			X	X	X			X				X
Big Beef Sandwich	640	250	30	10	0	40	2000	70	0	0	30	170	30	130	0					X			X				X
Char-Grilled Italian Sausage Sandwich	630	270	30	10	0	60	1820	60	0	0	30	230	0	140	0					X			X				X
Combo Beef and Char-Grilled Sausage Sandwich	920	460	50	20	0	100	2960	70	0	0	40	400	30	150	0			X	X	X			X				X
Italian Beef Sandwich	530	170	20	10	0	30	1580	60	0	0	20	120	20	120	0			X	X	X			X				X
Home-Cooked Sweet Peppers	45	35	4	1	0	0	305	2	1	1	0	250	50	130	0					X							
Hot Peppers	50	40	0	0	0	0	100	0	0	0	0	500	10	0	0					X			X				
Mozzarella	90	63	7	4.5	0	20	199	1	0	0	6	200	0	150	0			X		X							

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Nutrition

Allergens

Barnelli's Sandwiches	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	290	30	10	0	90	2620	50	0	0	40	5430	20	320	0	X	X	X		X			X	X		X
Cajun Chicken Caesar Pita	600	230	30	0	0	100	2500	50	0	0	40	3450	20	360	0	X	X	X		X			X	X		X
Chicken Caesar Pita	520	230	30	0	0	70	1530	40	0	0	30	2780	10	310	0	X	X	X		X			X	X		X
Chicken Caesar Wrap	790	430	50	10	0	50	1870	70	10	10	20	3820	20	270	0	X	X	X		X			X	X		X
Chicken Caprese Panini	630	260	30	10	0	100	1840	50	0	0	40	840	10	390	0	X		X		X						X
Chicken Cobb Wrap	950	510	60	20	0	220	2650	60	10	10	50	2870	20	430	0	X		X	X					X		X
Chicken Focaccia Sandwich	950	410	50	10	0	120	2800	90	10	10	40	1030	0	410	0	X		X		X			X			X
Chicken Parmesan Sandwich	1080	480	50	20	0	140	2440	90	10	10	60	1020	10	840	0			X		X						X
Chicken Portabella Ciabatta	720	250	30	10	0	100	2160	70	0	0	40	380	0	310	0	X		X		X			X			X
Grilled Filet of Chicken Sandwich	640	350	40	10	0	80	1460	40	0	10	30	290	0	210	0	X		X		X			X	X		X
Grilled Tuna Sandwich	480	170	20	0	0	60	1820	40	0	10	30	260	10	90	0	X	X	X		X			X			X
Meatball Sandwich	1090	620	70	30	0	180	2450	70	0	10	50	1010	10	720	0	X		X		X			X			X
Turkey Florentine Panini	650	310	30	10	0	120	2380	50	0	0	30	2120	0	270	0	X		X		X						X

Other Sandwiches	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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 Tuna Sandwich	550	200	20	10	0	80	1710	50	0	10	40	650	0	230	0	X	X	X		X			X			X
Grilled Vegetable Sandwich	650	270	30	10	0	40	990	70	10	10	20	1540	70	380	0			X		X			X			X
Halibut Filet Sandwich	520	190	20	10	0	40	1350	60	0	10	20	610	0	250	0	X	X	X		X			X			X
Vegetable Croissant	640	350	40	20	0	90	1700	50	0	10	20	1390	0	350	0	X		X		X			X			X

Nudies (Just the meat, no bun)	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Bratwurst	320	250	30	10	0	70	690	0	0	0	20	0	0	20	0											
Breaded Chicken	380	220	20	0	0	40	1380	20	0	0	20	0	0	20	0								X			X
Burger Patty	280	170	20	10	0	90	530	0	0	0	30	0	0	20	0											
Char-Broiled Chicken (Barnelli's)	110	10	0	0	0	50	270	0	0	0	20	20	0	10	0	X							X	X		X
Char-Broiled Chicken (Portillo's)	110	30	0	0	0	50	220	0	0	0	20	180	0	10	0											
Char-Grilled Italian Sausage	280	210	20	10	0	50	960	0	0	0	20	220	0	20	0											
Char-Grilled Polish Sausage	400	320	40	10	0	90	1450	0	0	0	20	0	30	0	0											
Cup of Italian Beef	270	190	20	10	0	30	1000	10	0	0	10	120	20	10	0				X							
Grilled Tuna	190	80	10	0	0	50	800	0	0	0	30	70	0	20	0		X	X				X				X
Halibut	160	70	10	0	0	20	440	10	0	0	10	100	0	40	0		X	X								X
Hot Dog	150	110	10	10	0	30	480	0	0	0	10	0	0	0	0											
Jumbo Hot Dog	260	200	20	10	0	60	970	0	0	0	10	0	0	0	0											

Side Orders	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Baked Potato	230	0	0	0	0	0	10	50	0	0	10	0	60	40	0											
Chicken Tenders	510	230	30	0	0	70	1580	40	0	10	30	0	0	0	0	X										X
Chili Cheese Fries	500	270	30	10	0	20	1000	50	0	0	10	840	10	80	0			X								
Cole Slaw	200	120	10	0	0	10	300	20	0	10	0	2530	50	50	0	X										
Cup of Cheese Sauce	140	90	10	0	0	0	720	10	0	0	0	0	0	60	0			X								
French Fries, Large	530	250	30	10	0	10	160	70	10	0	10	0	20	0	0											
French Fries, Small	370	180	20	10	0	10	110	50	0	0	0	0	10	0	0											
Fruit Cup (Fall/Winter)	40	0	0	0	0	0	0	10	0	10	0	30	20	10	0											
Fruit Cup (Spring/Summer)	120	0	0	0	0	0	0	30	0	20	0	40	30	20	0											
Fresh Baked House Bread - 1/2 Loaf	240	10	0	0	0	0	560	50	0	0	10	0	0	60	0					X						X
Fresh Baked House Bread (Full Loaf)	480	10	0	0	0	0	1110	100	0	0	20	0	0	120	0					X						X
Garlic Bread	540	340	40	10	0	0	1000	50	0	0	10	2000	0	80	0			X		X			X			X
Meatball with Sauce and Cheese (1 meatball)	380	270	30	10	0	80	640	10	0	0	20	410	10	210	0	X		X		X			X			X
Onion Rings	350	70	10	0	0	10	790	60	0	10	10	0	0	30	0			X								X
Side Mostaccioli in Marinara (Kids)	520	220	20	10	0	60	990	50	0	0	30	900	10	710	0			X		X						X
Side Mostaccioli in Meat Sauce (Kids)	500	200	20	10	0	60	1000	50	0	10	30	1140	10	660	0			X								X
Side Spaghetti in Marinara (Kids)	520	220	20	10	0	60	990	50	0	0	30	900	10	710	0			X		X						X
Side Spaghetti in Meat Sauce (Kids)	500	200	20	10	0	60	1000	50	0	10	30	1140	10	660	0			X								X
Tamale	340	150	20	10	0	30	1020	40	0	0	10	500	0	20	0											
Tamale in Bowl of Chili	540	280	30	10	0	70	1350	40	0	0	20	1460	0	240	0			X								

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Allergens

Soups	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	30	0	0	0	10	1150	20	0	0	10	3080	0	30	0					X			X	X		X
Broccoli Cheddar Soup	240	140	20	10	0	50	1600	10	0	0	10	1880	10	190	0			X								X
Chicken Noodle Soup	130	30	0	0	0	40	960	10	0	0	10	3180	0	30	0	X							X			X
Clam Chowder	260	110	10	10	0	40	1150	30	0	10	10	310	0	210	0		X	X				X	X			X
Corn Chowder	200	80	10	0	0	10	950	30	0	10	0	610	10	0	0								X			X
Cream of Chicken with Wild Rice Soup	240	100	10	0	0	40	1000	20	0	0	20	880	0	70	0			X					X			X
Minestrone Soup	200	30	0	0	0	10	1090	40	10	10	10	2810	10	60	0											X
Stuffed Green Pepper Soup	300	80	10	0	0	30	1460	40	0	10	10	490	20	100	0								X	X		X
Tomato Bisque	360	240	30	20	0	80	1300	20	0	10	10	2810	20	250	0			X								X

Salads	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Chipotle BBQ Salad w/Chicken (1/2 Salad)	270	150	20	0	0	40	690	20	0	0	10	1930	10	130	0	X		X	X				X	X		X
-without dressing	190	80	10	0	0	40	440	10	0	0	10	1930	10	110	0			X					X	X		X
Chipotle BBQ Salad w/Chicken (Full Salad)	540	290	30	10	0	90	1390	40	0	10	30	3860	20	260	0	X		X	X				X	X		X
-without dressing	370	150	20	10	0	70	880	30	0	10	30	3860	20	220	0			X					X	X		X
Chopped Salad (1/2 Salad)	400	230	30	10	0	50	840	20	0	10	20	3580	30	120	0			X					X	X		X
-without dressing	270	120	10	10	0	50	590	20	0	0	20	3580	30	120	0			X					X	X		X
Chopped Salad (Full Salad)	800	460	50	10	0	90	1690	50	10	10	40	6270	60	250	0			X					X	X		X
-without dressing	550	240	30	10	0	90	1180	40	10	10	40	6270	60	250	0			X					X	X		X
Classic Caesar Salad (1/2 Salad)	280	210	20	0	0	120	330	10	0	0	10	5110	20	120	0	X	X	X		X			X	X		X
-without dressing	110	50	10	0	0	110	150	10	0	0	10	5110	20	80	0	X	X	X		X			X	X		X
Classic Caesar Salad (Full Salad)	570	430	50	10	0	240	670	20	0	0	20	10230	40	250	0	X	X	X		X			X	X		X
-without dressing	230	110	10	0	0	220	300	20	0	0	10	10230	40	170	0	X		X		X			X	X		X
Garbage Salad (1/2 Salad)	390	300	30	10	0	40	1090	10	0	0	10	2330	20	240	0			X						X		X
-without dressing	230	150	20	10	0	40	880	10	0	0	10	2330	20	240	0			X						X		X
Garbage Salad (Full Salad)	740	590	70	20	0	70	2010	10	0	10	20	4600	40	400	0			X						X		X
-without dressing	430	290	30	10	0	70	1590	10	0	0	20	4600	40	400	0			X						X		X
Greek Salad w/Chicken (1/2 Salad)	290	200	20	0	0	30	700	10	0	0	10	4790	30	70	0			X					X	X		X
-without dressing	160	80	10	0	0	30	480	10	0	0	10	4790	30	70	0			X					X	X		X
Greek Salad w/Chicken (Full Salad)	570	410	50	10	0	70	1400	20	10	10	20	9580	50	140	0			X					X	X		X
-without dressing	320	160	20	0	0	70	960	20	10	10	20	9580	50	140	0			X					X	X		X
Hot Grilled Chicken Caesar Salad (Barnelli's)	690	420	50	10	0	210	1050	20	0	0	40	10110	40	260	0	X	X	X		X			X	X		X
-without dressing	350	130	10	0	0	180	600	20	0	0	30	10350	40	170	0	X		X		X			X	X		X
Hot Grilled Chicken Caesar Salad (Portillo's)	690	460	50	10	0	210	970	20	0	0	30	10350	40	250	0	X	X	X		X			X	X		X
-without dressing	350	130	10	0	0	180	600	20	0	0	30	10350	40	170	0	X		X		X			X	X		X
Hot Grilled Tuna Caesar Salad	720	490	50	10	0	180	850	20	0	0	40	10150	40	250	0	X	X	X		X			X	X		X
-without dressing	380	160	20	0	0	160	480	20	0	0	40	10150	40	170	0	X	X	X		X			X	X		X
Original Chicken Caesar Salad (1/2 Salad)	340	230	30	0	0	140	440	10	0	0	20	5200	20	130	0	X	X	X		X			X	X		X
-without dressing	170	70	10	0	0	130	260	10	0	0	10	5200	20	90	0	X		X		X			X	X		X
Original Chicken Caesar Salad (Full Salad)	640	440	50	10	0	180	860	20	0	0	30	10260	40	250	0	X	X	X		X			X	X		X
-without dressing	300	120	10	0	0	160	490	20	0	0	30	10260	40	170	0	X		X		X			X	X		X
Side Garden Salad (w/o Dressing)	170	70	10	0	0	10	260	20	0	0	10	2670	20	110	0			X		X						X
Side Greek Pasta Salad	470	220	20	10	0	20	850	50	0	0	10	590	10	60	0			X					X	X		X
Tuscan Chicken & Bacon (1/2 Salad)	300	160	20	0	0	140	540	20	0	20	10	2070	10	30	0	X		X					X	X	X	X
-without dressing	200	110	10	0	0	140	290	10	0	0	10	2070	10	30	0	X							X	X	X	X
Tuscan Chicken & Bacon (Full Salad)	610	330	40	10	0	280	1080	40	0	30	30	4140	20	60	0	X		X					X	X	X	X
-without dressing	410	220	20	10	0	270	580	20	0	10	30	4140	20	60	0	X							X	X	X	X



Nutrition

Allergens

Seasonal Salads	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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 Chicken Salad (1/2 Salad)	340	110	10	0	0	40	1100	40	0	30	10	1650	10	100	0			X					X	X	X	
-without dressing	270	110	10	0	0	40	820	30	0	20	10	1650	10	100	0			X					X		X	
Apple Walnut Harvest Chicken Salad (Full Salad)	700	250	30	10	0	70	1200	90	10	60	30	3480	20	180	0			X					X	X	X	
-without dressing	560	250	30	10	0	70	640	50	10	40	30	3480	20	180	0			X					X		X	
Chicken Caprese Salad (1/2 Salad)	220	120	10	0	0	40	450	10	0	0	10	6390	40	190	0			X					X	X		
-without dressing	160	80	10	0	0	40	220	10	0	0	10	6390	40	190	0			X					X			
Chicken Caprese Salad (Full Salad)	420	240	30	10	0	80	900	20	0	10	30	4680	20	300	0			X					X	X		
-without dressing	300	150	20	10	0	80	440	10	0	0	30	4680	20	300	0			X					X			
Fresh Berry & Toasted Almond (1/2 Salad)	200	50	10	0	0	20	400	30	0	20	10	1610	20	40	0								X	X	X	
-without dressing	130	50	10	0	0	20	120	10	0	0	10	1610	20	40	0								X		X	
Fresh Berry & Toasted Almond (Full Salad)	390	100	10	0	0	50	810	50	10	30	20	3210	40	80	0								X	X	X	
-without dressing	250	100	10	0	0	50	250	20	10	0	20	3210	40	80	0								X		X	

Dressings (2oz. Portion)	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Caesar Dressing	340	320	40	0	0	20	370	0	0	0	0	0	0	80	0	X	X	X						X	X		X
Chipotle Ranch Dressing	170	140	20	0	0	10	510	10	0	0	0	0	0	40	0	X		X	X								
Raspberry Vinaigrette Dressing	140	0	0	0	0	0	560	40	0	30	0	0	0	0	0									X			
Honey Mustard Dressing	230	50	10	0	0	0	310	40	0	40	0	0	0	40	0												
House Dressing	250	220	20	0	0	0	510	10	0	10	0	0	0	0	0									X			
Lite French Dressing	80	0	0	0	0	0	430	20	0	20	0	0	0	0	0								X				
Lite Honey Dijon Dressing	80	0	0	0	0	0	310	20	0	20	0	0	0	0	0								X	X			
Lite Italian Dressing	30	0	0	0	0	0	580	10	0	0	0	0	0	0	0			X					X	X			
Lite Ranch Dressing	80	0	0	0	0	0	640	20	0	10	0	0	0	0	0			X	X								
Garbage Salad Dressing	310	300	30	10	0	0	420	0	0	0	0	0	0	0	0									X			
Greek Vinaigrette Dressing	250	250	30	10	0	0	440	0	0	0	0	0	0	0	0			X					X	X			
Ranch Dressing	260	230	30	10	0	20	420	0	0	0	0	0	0	40	0	X		X	X								

Pastas	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Fettuccine in Marinara Sauce Large	1270	430	50	30	0	90	1780	160	10	20	50	2560	40	920	10			X		X							X
Fettuccine in Marinara Sauce Small	890	330	40	20	0	80	1420	100	10	10	40	1930	20	820	0			X		X							X
Fettuccine in Meat Sauce Large	1190	350	40	20	0	100	1810	160	10	20	50	3530	60	740	10			X									X
Fettuccine in Meat Sauce Small	840	280	30	10	0	80	1440	100	10	10	40	2580	40	710	10			X									X
Mostaccioli in Marinara Sauce Large	1270	430	50	30	0	90	1780	160	10	20	50	2560	40	920	10			X		X							X
Mostaccioli in Marinara Sauce Small	890	330	40	20	0	80	1420	100	10	10	40	1930	20	820	0			X		X							X
Mostaccioli in Meat Sauce Large	1190	350	40	20	0	100	1810	160	10	20	50	3530	60	740	10			X									X
Mostaccioli in Meat Sauce Small	840	280	30	10	0	80	1440	100	10	10	40	2580	40	710	10			X									X
Spaghetti in Marinara Large	1270	430	50	30	0	90	1780	160	10	20	50	2560	40	920	10			X		X							X
Spaghetti in Marinara Small	890	330	40	20	0	80	1420	100	10	10	40	1930	20	820	0			X		X							X
Spaghetti in Meat Sauce Large	1190	350	40	20	0	100	1810	160	10	20	50	3530	60	740	10			X									X
Spaghetti in Meat Sauce Small	840	280	30	10	0	80	1440	100	10	10	40	2580	40	710	10			X									X

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Nutrition

Allergens

Specialty Pastas	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Baked Mostaccioli with Marinara	1380	660	70	40	0	190	2700	110	10	10	80	2940	20	1980	0			X		X						X
Baked Mostaccioli with Meat Sauce	1330	600	70	40	0	190	2720	110	10	10	80	3590	40	1870	10			X								X
Chicken Al Diavolo	2010	1130	130	60	0	410	1460	150	10	10	70	5570	10	330	10	X		X								X
Chicken Parmesan with Marinara	1690	800	90	40	0	240	3280	130	10	10	100	2910	30	1890	10			X		X						X
Chicken Parmesan with Meat Sauce	1630	730	80	40	0	240	3310	130	10	20	100	3720	50	1740	10			X								X
Chicken Siciliano	1490	760	80	40	0	200	4800	120	10	10	60	2110	60	330	10			X								X
Double Stuffed Cheese Ravioli with Marinara	950	390	40	20	0	200	1660	90	10	10	50	2260	20	930	10	X		X		X						X
Double Stuffed Cheese Ravioli with Meat Sauce	910	350	40	20	0	200	1680	90	10	10	50	2820	40	830	10	X		X		X						X
Fettuccine Alfredo	2410	1500	170	100	0	600	2510	140	10	0	100	4910	0	2320	10	X		X								X
- with Chicken	2590	1520	170	100	0	680	2960	150	10	10	130	4940	0	2350	10	X		X					X	X		X
- with Veggies	2450	1510	170	100	0	600	2580	150	10	10	100	10030	30	2350	10	X		X								X
Fettuccini Carbonara	2230	1410	160	70	0	440	3180	120	10	10	80	2540	10	300	10	X		X								X
Lasagna with Marinara	1180	380	40	20	0	160	1570	150	10	20	50	2380	30	920	10	X		X		X						X
Lasagna with Meat Sauce	1110	320	40	20	0	160	1590	150	10	20	50	3190	50	770	10	X		X								X
Oven Baked Spaghetti with Marinara	950	370	40	20	0	90	1590	110	10	10	40	2240	30	870	0			X		X						X
Oven Baked Spaghetti with Meat Sauce	890	310	30	20	0	90	1610	100	10	20	40	3050	50	720	10			X								X
Peasant Pasta	2160	1120	120	50	0	270	3630	170	10	10	90	2620	10	170	10			X						X		X
Penne Al Arrabbiata	1230	570	60	20	0	70	1720	130	10	10	40	2070	30	610	10			X		X						X
- with Chicken	1400	600	70	20	0	150	2350	130	10	10	70	2110	30	630	10			X		X						X
- with Sausage and Chicken	1690	810	90	30	0	200	3310	130	10	10	90	2330	30	650	10			X		X						X
Pesto Chicken and Mushrooms	1990	1110	120	50	0	380	1730	150	10	10	70	2910	10	390	10	X		X		X						X
Rigatoni Ala Vodka	2140	1160	130	80	0	360	1520	190	10	10	50	4520	20	710	10			X		X						X

Award-Winning Ribs & Sides	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Full Slab	1020	540	60	20	0	190	3880	80	0	70	40	30	0	80	0								X	X		X
Half Slab	510	270	30	10	0	100	1940	40	0	40	20	10	0	40	0								X	X		X

Homemade Desserts	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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
Chocolate Custard	150	70	10	0	0	50	80	20	0	10	0	270	0	100	0	X		X								X
Chocolate Eclair Cake	550	170	20	10	0	20	540	90	0	50	10	180	0	260	0			X					X			X
Portillo's Famous Chocolate Cake	720	330	40	10	0	120	780	90	0	60	10	130	0	90	0	X		X					X			X
Strawberry Shortcake	480	180	20	10	0	70	310	70	0	60	0	650	40	60	0	X		X					X			X
Vanilla Custard	170	90	10	10	0	60	60	20	0	10	0	390	0	100	0	X		X								X

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Nutrition

Allergens

Drinks	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Coke, Large	240	0	0	0	0	0	10	60	0	60	0	0	0	0	0												
Coke, Small	150	0	0	0	0	0	10	40	0	40	0	0	0	0	0												
Diet Coke, Large	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0												
Diet Coke, Small	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0												
Hi-C Flashin Fruit Punch, Large	250	0	0	0	0	0	20	70	0	70	0	0	0	0	0												
Hi-C Flashin Fruit Punch, Small	160	0	0	0	0	0	10	40	0	40	0	0	0	0	0												
Iced Tea, Large	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0												
Iced Tea, Small	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0												
Minute Maid Lemonade, Large	230	0	0	0	0	0	100	60	0	60	0	0	0	0	0												
Minute Maid Lemonade, Small	150	0	0	0	0	0	60	40	0	40	0	0	0	0	0												
Root Beer, Large	270	0	0	0	0	0	60	70	0	70	0	0	0	0	0												
Root Beer, Small	170	0	0	0	0	0	40	50	0	50	0	0	0	0	0												
Sprite, Large	230	0	0	0	0	0	50	60	0	60	0	0	0	0	0												
Sprite, Small	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0												
Sweet Tea, Large	190	0	0	0	0	0	0	50	0	50	0	0	0	0	0												
Sweet Tea, Small	120	0	0	0	0	0	0	30	0	30	0	0	0	0	0												
Coffee	0	0	0	0	0	0	10	0	0	0	0	0	0	10	0												
Hot Chocolate	140	10	0	0	0	0	280	30	0	30	0	0	0	60	0			X					X				
Milk	120	50	10	0	0	30	120	10	0	10	10	500	0	300	0			X									

Shakes & Malts	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Chocolate Cake Shake, Large	1490	430	50	20	0	160	1330	240	0	200	20	550	0	720	10	X		X					X				X
Chocolate Cake Shake, Small	850	230	30	10	0	90	740	140	0	110	10	350	0	460	0	X		X					X				X
Chocolate Shake, Large	880	130	10	10	0	60	660	170	0	140	20	560	10	840	0			X					X				
Chocolate Shake, Small	540	80	10	10	0	40	400	100	0	90	10	350	0	520	0			X					X				
Strawberry Shake, Large	880	130	10	10	0	60	610	170	0	140	20	560	10	840	0			X									
Strawberry Shake, Small	540	80	10	10	0	40	380	100	0	90	10	350	10	520	0			X									
Vanilla Shake, Large	790	130	10	10	0	60	610	150	0	120	20	560	10	840	0			X									
Vanilla Shake, Small	500	80	10	10	0	40	380	90	0	80	10	350	0	520	0			X									
Chocolate Malt, Large	970	140	20	10	0	60	720	190	0	160	20	560	10	870	0			X		X			X				X
Chocolate Malt, Small	600	90	10	10	0	40	440	110	0	100	10	350	0	550	0			X		X			X				X
Strawberry Malt, Large	970	140	20	10	0	60	670	180	0	160	20	560	10	870	0			X		X							X
Strawberry Malt, Small	600	90	10	10	0	40	420	110	0	100	10	350	10	550	0			X		X							X
Vanilla Malt, Large	880	140	20	10	0	60	670	160	0	140	20	560	10	870	0			X		X							X
Vanilla Malt, Small	550	90	10	10	0	40	420	100	0	90	10	350	0	550	0			X		X							X

Smoothies	Total Calories (cal)	Fat Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (mg)	Cholesterol (mg)	Sodium (mg)	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	
Banana Smoothie	490	0	0	0	0	0	170	110	0	100	10	0	0	230	0			X									
Frozen Strawberry Lemonade	300	0	0	0	0	0	10	80	0	70	0	0	60	20	0												
Mango Smoothie	500	0	0	0	0	0	180	120	0	110	10	0	0	230	0			X									
Pomegranate Berry Smoothie	470	0	0	0	0	0	170	110	0	100	10	0	0	230	0			X									
Strawberry Banana Smoothie	480	0	0	0	0	0	170	110	0	100	10	0	0	230	0			X									
Strawberry Smoothie	480	0	0	0	0	0	170	110	0	100	10	0	0	230	0			X									

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