



BUCA DI BEPPO NUTRITIONAL GUIDE

The following nutritional information is calculated utilizing a combination of independent laboratory analysis and Genesis R&D Software version 11.4.0 ESHA Research, Inc. Buca di Beppo has made an effort to provide complete and current nutrition information, however, the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. From time to time we may have to obtain product from different or substitute supplies which may alter information contained herein. While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary. Please contact famiglia@bucainc.com if you have any further questions.

Calories are per serving based on a Buca Small which serves 3. Bread & Pizza calories are per piece											
Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
APPETIZERS											
Bruschetta	390	220	25	9	0.5	40	1340	26	3	5	18
Buca Trio Platter	550	320	36	13	0	150	2160	38	5	5	19
Fried Calamari	120	70	7	1	0	65	270	8	1	2	5
Fried Mozzarella	360	190	21	7	0	50	790	25	2	7	18
Mussels Bianca	580	330	37	19	0	260	630	5	0	0	57
Mussels Marinara	600	340	38	19	0	260	790	8	1	2	58
Mozzarella Caprese	180	140	16	5	0	25	430	3	1	2	7
Spicy Shrimp	390	230	26	9	0	95	2130	28	4	1	11
World Famous Meatball	300	140	16	60	0.5	120	700	12	3	3	28
Garlic Parmesan Wings, 6 pc	910	730	81	28	0	31	2240	8	0	1	41
Garlic Parmesan Wings, 12 pc	1830	1450	160	56	0	615	4480	16	0	2	83
Garlic Bread	60	25	2.5	0	0	0	110	8	0	0	2
Mozzarella Garlic Bread	70	30	3.5	1	0	0	140	8	0	0	3
PIZZA											
Pepperoni Pizza	300	160	18	8	0	45	980	20	1	2	13
Spicy Arrabbiata Pizza	280	150	17	6	0	35	810	21	1	3	12
Pizza con Formaggio	190	80	9	3.5	0	15	570	20	1	2	9
Margherita Pizza	160	50	6	2.5	0	15	450	20	1	2	7
SALADS											
Chopped Antipasti Salad	380	300	34	11	0	55	1570	10	3	3	12
Apple Gorgonzola Salad	510	350	39	9	0	30	810	33	5	25	11
Caesar Salad	140	100	11	2	0	10	440	9	2	2	4
Mixed Green Salad	170	130	14	2	0	5	740	9	3	3	1
SOUP											
Tomato Basil Soup Bowl	620	370	42	22	0	125	1270	56	2	6	10
Tomato Basil Soup Cup	310	190	21	11	0	65	630	28	1	3	5
Italian Wedding Soup Bowl	400	160	17	6	0	65	1770	35	3	2	27
Italian Wedding Soup Cup	240	80	9	3	0	35	880	25	2	1	15
Minestrone Soup Bowl	180	40	5	0.5	0	0	1200	27	4	9	4
Minestrone Soup Cup	120	20	2.5	0	0	0	600	19	2	5	3
Tuscan Bean Soup Bowl	160	20	2	0.5	0	5	770	25	7	5	11
Tuscan Bean Soup Cup	80	10	1	0	0	5	390	13	4	2	5
Spicy Italian Sausage Soup	490	400	44	27	0	170	1070	14	2	2	8
Spicy Italian Sausage Soup Cup	240	200	22	14	0	85	530	7	1	1	4

Calories are per serving based on a Buca Small which serves 3. Bread & Pizza calories are per piece

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
TRADITIONAL PASTAS											
Baked Ziti	610	180	20	10	0	60	2270	80	5	10	29
Fettuccine Alfredo	740	250	28	17	0.5	75	2210	97	6	10	26
Spaghetti Marinara	370	40	4.5	0	0	0	1800	70	5	13	13
Spaghetti with Meat Sauce	410	60	6	1.5	0	30	1760	68	5	12	21
Spaghetti with Meatballs	630	160	18	60	0.5	115	2360	80	7	15	38
STUFFED PASTAS											
Quattro al Forno	710	320	36	19	0	140	1400	62	4	11	34
Chicken Cannelloni	460	200	22	13	0	110	730	37	1	5	27
Stuffed Shells	380	190	21	10	0	65	860	30	3	8	17
Cheese Manicotti	420	170	19	11	0	80	970	43	2	8	17
Ravioli al Pomodoro	300	110	12	6	0	55	690	34	2	7	14
Ravioli with Meat Sauce	490	230	25	12	0	105	1520	39	4	11	26
SPECIALTY PASTAS											
Baked Rigatoni	740	230	26	10	0	75	2800	88	6	13	40
Chicken Carbonara	940	510	56	24	0	160	2140	74	4	6	35
Lasagna	390	170	19	9	0	65	1330	33	5	13	24
Penne Basilica	820	330	36	12	0.5	80	2380	94	5	7	30
Penne San Remo	800	320	35	11	0.5	60	2170	89	6	11	28
Shrimp Fra Diavolo	650	220	25	8	0	120	1910	79	5	9	30
Spicy Chicken Rigatoni	770	310	35	9	0	55	1960	89	6	10	26
ENTREES											
Chicken Limone	400	250	28	15	1	135	200	12	3	1	26
Chicken Parmigiana	870	500	56	13	0.5	125	1730	44	5	13	47
Eggplant Parmigiana	890	470	52	18	0.5	80	2850	65	10	24	41
Prosciutto Stuffed Chicken	520	200	22	6	0	120	1450	34	3	5	44
Salmon Sorrento	680	540	60	23	1	150	260	5	1	3	28
SIDES											
Italian Broccoli Romano	240	170	19	3	0	0	720	15	4	2	4
Green Beans	180	150	16	2.5	0	0	480	8	4	3	1
Brussels Sprouts & Prosciutto	180	130	14	2.5	0	15	520	9	3	2	7
Italian Sausage	200	140	15	4.5	0	50	740	5	2	2	13
Meatball	450	200	22	89	1	170	1320	24	5	9	40

Calories are per serving based on a Buca Small which serves 3. Bread & Pizza calories are per piece

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
KIDS											
Kid's Cheese Pizza	430	120	14	4.5	0	15	1380	59	2	7	19
Kid's Chicken Parmigiana	1060	640	71	12	1	60	1300	72	6	14	32
Kid's Fettuccine Alfredo	530	170	19	11	0.5	50	1680	72	4	7	19
Kids Macaroni & Cheese	710	290	33	20	0	100	2400	77	3	8	27
Kid's Pepperoni Pizza	540	210	23	9	0	45	1750	59	2	7	22
Kid's Spaghetti Marinara	530	50	6	0	0	0	1020	102	7	17	18
Kid's Spaghetti with Meatball	560	130	14	45	0.5	85	2140	76	7	14	31
Chocolate Milk	190	45	5	3	0	20	130	30	1	26	9
Kid's Pisa Punch	60	0	0	0	0	0	10	15	1	14	0
DESSERT											
Celebration Cake	1450	750	83	39	0	20	610	162	0	39	4
Chocolate Cake	570	250	28	12	0	50	350	77	4	58	5
Chocolate Chip Cannoli	140	45	13	9	0	0	125	46	0	35	7
Colossal Brownie Sundae	1210	490	54	27	0	110	600	174	6	133	8
Dolce Platter	1830	980	109	57	1	220	930	222	5	144	23
Homemade Cheesecake	460	270	30	18	0	20	330	71	1	33	8
Italian Creme Cake	390	210	23	12	0	80	180	40	1	27	3
Tiramisu	830	490	55	29	1.5	140	135	70	1	54	13