



### **NUTRITIONAL INFORMATION**

All nutritional information is derived from a computer analysis of recipes with the help of Genesis R&D Food Formulation & Labeling Software, from ESHA Research in Salem, Oregon, and data provided by the suppliers of our food items. The nutrition information provided is based on standard recipes that may vary based on portion size, regional and seasonal differences in products or substitution of ingredients. This information is not to be used by individuals with special dietary needs in lieu of professional medical advice. The nutritional information is subject to change. Nutrition Information does not include Sides or Breadstick. Nutrition Information for salads (except Garden and Garden with Chicken) Includes Dressing.

Some menu items may not be available at all restaurants; limited time offers and regional or test menu items may not be included. Any modifications or substitutions to your meal that you request, will impact the nutritional information detailed in this document.

For any questions or concerns please contact Customer Service at <https://www.unos.com/contact>

Information as of July, 2021  
U.S. Restaurants Only

Unless otherwise noted, meals that include a choice of side(s) are listed without sides. Nutrition information for sides are available separately. Salads are listed with dressing unless otherwise noted.

Menu Item	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)
<b>Appetizers</b>											
CHEESY GARLIC BREAD	1180	290	33	9	0	130	2330	126	6	10	52
PIZZA SKINS	1970	1180	131	43	0	185	2800	146	7	8	53
MOZZARELLA STICKS	1090	510	57	23	0	140	3340	107	4	9	46
BUFFALO CHICKEN QUESADILLAS	860	270	30	15	0	140	2610	81	4	11	46
SPINACH ARTICHOKE DEEP DIP	1710	1030	114	28	0	85	3250	132	7	7	34
SHRIMP & CRAB DIP	1160	740	84	40	0	170	2300	66	2	13	32
GRILLED SHRIMP WITH ORANGE CILANTRO DIPPING SAUCE	200	0	1	0	0	145	930	27	0	18	32
BUFFALO WINGS	1130	800	89	23	0	460	3890	6	2	4	71
HONEY BBQ WINGS	1170	780	86	21	0	460	2820	25	2	21	69
BUFFALO BONELESS BITES	1450	880	97	21	0	175	4460	67	2	4	75
RED CHILI GLAZED BITES	1530	850	95	19	0	175	3800	98	2	31	73
HONEY BBQ BONELESS BITES	1490	850	94	19	0	175	3390	86	2	21	73
GIANT FRIED RAVIOLI	680	150	37	16	0	155	1660	63	2	8	26
MUCHOS NACHOS	1700	130	61	14	0	150	3930	199	1	13	66
<b>Soups &amp; Side Salads</b>											
FRENCH ONION	450	270	30	14	0	55	2070	25	2	6	19
BROCCOLI & CHEDDAR SOUP	310	190	21	10	0.5	40	1580	18	3	4	11
HOUSE SIDE SALAD (excludes dressing)	90	45	5	1	0	0	95	10	2	3	2
HOUSE SIDE SALAD gluten sensitive	25	5	0	0	0	0	20	6	2	3	1
CAESAR SIDE SALAD	220	170	19	4.5	0	20	330	9	3	2	5
CAESAR SIDE SALAD gluten sensitive	160	130	15	3.5	0	15	260	5	2	2	4
BERRY & GOAT CHEESE SIDE SALAD	170	90	10	2.5	0	10	130	18	2	13	4
WEDGE SIDE SALAD	230	170	19	5	0	25	550	10	3	5	7
<b>Signature Salads</b> includes Dressing Unless Otherwise Noted											
HOUSE SALAD	270	120	13	6	0	30	510	30	4	6	14
BERRY & GOAT CHEESE SALAD	340	45	21	5	0	20	240	34	3	25	7
CHICKEN CAESAR SALAD	560	370	41	9	0	110	1280	17	5	5	33
CHICKEN CAESAR SALAD gluten sensitive	440	290	32	7	0	110	1140	9	5	5	32
CHOPPED HONEY CRISP CHICKEN	1320	810	90	24	0	140	2000	67	5	18	53
ITALIAN CHOPPED SALAD	680	440	48	14	0.5	130	3130	29	5	13	32
<b>Salad Dressings</b>											
CAESAR	200	180	20	4.5	0	20	310	1	0	1	3
BALSAMIC VINAIGRETTE	160	140	16	2	0	0	330	3	0	3	0
BLEU CHEESE	210	200	23	4.5	0	15	280	1	0	1	1
RANCH	170	170	18	3	0	15	350	3	0	1	0
AVOCADO RANCH	140	140	15	2.5	0	10	290	3	1	1	0
LOW FAT VINAIGRETTE	60	40	4.5	0	0	0	150	5	0	3	0
HONEY MUSTARD	200	170	18	3	0	15	270	9	0	9	0
LOW FAT HONEY VINAIGRETTE	80	30	3.5	0	0	0	110	13	0	11	0
GREEK	130	-	14	2	0	0	200	1	0	0	0
<b>Deep Dish Pizzas (Individual)</b> Per Slice - 6 Slices/Pizza											
CHICAGO MEAT MARKET	500	290	32	9	0	55	1060	29	1	2	20
CHEESE & TOMATO	430	260	29	8	0	20	590	28	1	1	14
CHICAGO CLASSIC	560	350	39	12	0	55	1100	28	1	2	23
FARMER'S MARKET	390	230	26	6	0	15	490	31	2	3	10
NUMERO UNO	460	280	31	8	0	30	830	30	2	3	14
PRIMA PEPPERONI	430	270	30	8	0	25	660	28	1	1	14
CHICAGO FIRE	600	380	42	11	0	45	970	33	1	1	21
<b>Deep Dish Pizzas (Regular)</b> Per Slice - 8 Slices/Pizza											
CHICAGO MEAT MARKET	570	320	35	9	0	60	1240	30	1	3	22
CHEESE & TOMATO	410	180	20	3	0	20	650	27	1	1	13
CHICAGO CLASSIC	540	350	38	12	0	50	1070	28	1	2	22
FARMER'S MARKET	400	200	22	4	0	15	510	31	2	3	10
NUMERO UNO	440	250	28	6	0	25	820	29	2	3	13
PRIMA PEPPERONI	420	210	23	4	0	20	690	27	1	1	13
FOUR CHEESE & PESTO	476	60	28	7	0	39	691	28	0	3	16
MEATBALL & RICOTTA	515	38	33	4	0	43	818	28	0	3	15
NEW YORK DELI	454	53	25	6	0	33	838	30	0	3	16
<b>Deep Dish Pizzas (Large)</b> Per Slice - 10 Slices/Pizza											
CHICAGO MEAT MARKET	680	380	42	11	0	75	1490	35	2	3	26
CHEESE & TOMATO	500	220	24	4	0	25	780	33	1	2	16

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Menu Item	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)
CHICAGO CLASSIC	650	410	46	14	0	75	1260	33	1	2	26
FARMER'S MARKET	480	240	27	5	0	20	630	37	2	3	13
NUMERO UNO	530	300	34	7	0	35	980	35	2	3	16
PRIMA PEPPERONI	500	250	27	5	0	25	830	33	1	2	15
FOUR CHEESE & PESTO	572	72	33	8	0	47	829	34	0	2	19
MEATBALL & RICOTTA	619	46	40	5	0	52	982	34	0	3	18
NEW YORK DELI	540	63	30	7	0	39	994	35	0	3	19
<b>Chicago Thin Crust (Individual) Per Slice - 9 Slices/Pizza</b>											
CHEESE PLEASE!	110	40	4.5	2	0	10	180	13	1	1	6
CHEESE PLEASE!cauliflower crust	80	40	4.5	2.5	0	15	170	6	1	1	5
SUPER RONI	150	70	8	3	0	15	310	13	1	1	7
SUPER RONI cauliflower crust	120	70	8	3.5	0	20	300	6	1	1	7
VEGGIE EXTRAVAGANZA	130	45	5	2	0	10	200	15	1	2	6
VEGGIE EXTRAVAGANZA cauliflower crust	100	50	6	2.5	0	15	190	7	1	1	6
WINDY CITY WORKS	150	70	7	3	0	20	270	14	1	1	8
WINDY CITY WORKS cauliflower crust	120	70	8	3.5	0	20	260	7	1	1	7
MARGHERITA	103	2	1	0	0	5	182	13	0	3	5
SPICY HAWAIIAN	150	50	6	2	0	15	390	19	1	6	7
SPICY HAWAIIAN cauliflower crust	120	50	6	2.5	0	15	380	12	1	6	6
BBQ CHICKEN	130	40	4.5	2	0	15	260	15	0	3	8
BBQ CHICKEN cauliflower crust	100	40	4.5	2.5	0	20	240	8	1	3	7
NASHVILLE HOT	189	22	9	2	0	16	492	18	0	2	7
BIANCO LOVE	149	14	6	2	0	13	206	14	0	1	6
<b>Chicago Thin Crust (Extra Large) Per Slice - 16 Slices/Pizza</b>											
CHEESE	170	60	6	3	0	15	260	19	1	1	8
PEPPERONI	210	90	10	4	0	20	400	20	1	1	10
VEGGIE EXTRAVAGANZA	180	70	7	3	0	15	290	21	1	2	9
STEAK & CHEESE	220	90	10	5	0	35	360	21	1	2	13
WINDY CITY WORKS	220	90	10	4	0	25	380	21	1	2	12
SPICY HAWAIIAN	210	70	8	3	0	20	530	28	1	9	9
PESTO CHICKEN	190	70	8	2	0	15	370	22	1	3	8
BBQ CHICKEN	180	50	6	2.5	0	20	350	22	1	4	10
NASHVILLE HOT	293	34	12	4	0	30	676	25	0	3	13
MARGHERITA	159	3	2	0	0	8	284	20	0	2	8
BIANCO LOVE	206	19	9	2	0	14	261	20	0	1	8
<b>Gluten Sensitive Pizzas Per Slice - 6 Slices/Pizza</b>											
GLUTEN SENSITIVE VEGGIE PIZZA	160	50	6	3	0	5	200	24	1	3	7
GLUTEN SENSITIVE CHEESE PIZZA	160	50	6	3	0	5	200	23	1	2	6
GLUTEN SENSITIVE PEPPERONI PIZZA	200	80	9	4	0	15	350	23	1	2	8
<b>Pasta</b>											
SHRIMP SCAMPI	1190	490	54	18	0	220	1540	128	6	10	44
CHICKEN SPINOCOLI	1260	560	62	29	0.5	250	2850	105	7	13	77
REGULAR MAC & CHEESE	1740	920	103	52	1	270	2640	140	6	14	70
BUFFALO CHICKEN MAC & CHEESE	2200	1190	133	58	1	310	4310	160	6	14	96
RATTLESNAKE PASTA	1410	630	70	25	0.5	215	2120	126	6	10	67
CHICKEN & BROCCOLI ALFREDO	1450	660	73	26	0.5	215	2150	132	7	13	68
RAMANO-CRUSTED CHICKEN PARM	1260	60	39	7	0	180	2390	125	7	15	82
DEEP DISH RAVIOLI "LASAGNA"	1190	220	65	25	0	215	3240	3	7	14	60
<b>STEAK, SEAFOOD &amp; CHICKEN</b>											
GRILLED SHRIMP & SIRLOIN	690	400	45	16	0	245	1400	1	0	0	66
TOP SIRLOIN STEAK	560	330	37	15	0	135	880	0	0	0	52
SIRLOIN TIPS	470	180	20	5	0	165	500	4	1	2	62
BAKED HADDOCK	530	290	33	6	0	155	490	12	1	2	48
LEMON BASIL SALMON	490	330	38	6	0	95	700	0	0	0	40
FISH & CHIPS	1350	830	93	14	0	90	2360	106	6	17	32
CHICKEN TENDER PLATTER (includes french fries)	1600	940	106	18.5	0	100	3510	88	7	0	72
MEDITERRANEAN CHICKEN	560	90	21	10	0	140	1940	43	1	5	49
LEMON HERB CHICK SKEWERS	440	-	28	4.5	0	100	1170	2	0	0	40
<b>BURGERS &amp; SANDWICHES</b>											
1/2 LB BURGER	1000	650	72	25	0	170	1070	35	2	2	46
1/2 LB BURGER gluten sensitive	1030	670	74	24	0	170	1160	46	6	7	45
1/2 LB CHEDDAR BURGER	1110	730	81	30	0	200	1250	35	2	2	53

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1/2 LB CHEDDAR BURGER gluten sensitive	1140	750	83	29	0	200	1340	46	6	7	52
BACON CHEDDAR BURGER	1350	890	99	36	0	245	2070	35	2	2	71
BACON CHEDDAR BURGER gluten sensitive	1380	910	101	35	0	245	2160	46	6	7	70
AGED CHEDDAR & MUSHROOM BURGER	1120	730	81	31	0	200	1250	37	2	3	53
GLUTEN FREE HAMBURGER BUN	220	50	6	0.5	0	0	360	39	4	5	6
CLASSIC BEYOND BURGER	560	290	32	10	0	0	920	42	4	3	26
FISH SANDWICH	670	0	35	5	0	45	1210	68	1	4	21
BBQ BACON CHICKEN SANDWICH	910	130	43	15	0	185	2540	52	0	18	74
CHICKEN PARM SANDWICH	940	110	48	12	0.5	160	2740	60	0	5	65
CAPRESE SANDWICH	450	80	18	8	0	35	770	52	0	3	21
<b>Vegan</b>											
VEGAN CHEESEBURGER DEEP DISH (IND.)	1970	0	129	29	0	0	4000	164	2	11	32
VEGAN CHEESEBURGER DEEP DISH (REGULAR)	3940	0	258	57	0	0	8010	328	4	21	64
VEGAN CHEESEBURGER DEEP DISH (LARGE)	5900	0	386	86	0	0	11530	489	5	32	96
VEGAN GARDEN PIZZA	800	320	20	9	0	0	2050	145	9	8	26
VEGAN CHEESE PIZZA	1020	320	35	9	0	0	2050	145	9	8	26
<b>Desserts</b>											
UNO DEEP DISH SUNDAE	1520	670	74	39	0	155	700	206	5	139	19
AWESOME CHOCOLATE CAKE	1740	710	79	32	1.5	0	770	241	10	168	20
CHOCOLATE BROWNIE SUNDAE	1130	480	53	25	0	115	480	152	4	113	12
OOEY GOOEY DOUGH BITES	1370	350	39	11	0	55	1080	230	4	107	23
ICE CREAM SUNDAE gluten sensitive	890	340	38	21	0	115	230	126	0	107	9
CHOCOLATE CHIP COOKIES	550	240	27	13	0	45	310	78	3	46	7
BROWNIES	520	210	23	7	0	40	310	77	3	42	5
STRAWBERRY SHOOTER	220	-	11	7	0	35	135	30	0	25	2
BROWNIE CHOCOLATE SHOOTER	230	-	16	9	0	50	150	23	1	19	2
CRAZY-GOOD CARAMEL CAKE	640	-	25	6	0	70	930	96	1	67	8
<b>KIDS MENU</b>											
KID'S MACARONI & CHEESE	440	120	13	3.5	0	20	820	64	3	11	16
KID'S SPAGHETTI & MEATBALL	630	190	22	8	0	95	1450	73	5	11	26
KID'S CHEESE PIZZA	610	190	22	10	0	40	1440	68	7	8	38
KID'S PEPPERONI PIZZA	690	260	29	12	0	55	1740	68	7	8	42
KID'S GRAPES	50	0	0	0	0	0	0	14	1	12	1
KID'S SUNDAE	430	170	18	9	0	40	160	63	1	48	4
<b>SIDES</b>											
FRENCH FRIES	450	290	33	4.5	0	0	1550	35	7	0	5
LOADED MASHED	420	230	26	12	0	60	850	37	3	4	13
ROASTED SEASONAL VEGETABLES	70	35	4	0	0	0	105	8	2	5	2
RED BLISS MASHED POTATOES	280	120	14	4.5	0	10	560	36	3	3	5
STEAMED BROCCOLI	70	50	6	1	0	0	420	5g	3	0	3
SWEET POTATO FRIES	430	220	25	3.5	0	0	740	47	7	19	2
<b>NON-ALCOHOLIC BEVERAGES</b>											
RASPBERRY LIME RICKEY	140	0	0	0	0	0	20	33	2	23	0
PINEAPPLE LEMONADE (shareable)	640	5	0	0	0	0	65	159	6	132	2
ICED TEA	0	0	0	0	0	0	10	0	0	0	0
LEMONADE	190	0	0	0	0	0	5	48	0	45	0
PEPSI	130	0	0	0	0	0	25	38	0	38	0
DIET PEPSI	0	0	0	0	0	0	35	0	0	0	0
MOUNTAIN DEW	140	0	0	0	0	0	55	42	0	42	0
MIST TWIST	130	0	0	0	0	0	35	37	0	37	0
MUG ROOT BEER	130	0	0	0	0	0	55	40	0	40	0
<b>Pick &amp; Choose</b>											
PEACH MULE	230	0	0	0	0	0	10	33	0	30	0
BLACKBERRY SMASH	250	0	0	0	0	0	15	34	2	29	1
BLUEBERRY MOJITO	210	0	0	0	0	0	20	31	0	27	0
WINDY CITY HURRICANE	250	0	0	0	0	0	10	32	1	19	1
TOWERING ICED TEA	360	0	0	0	0	0	5	52	1	48	0
BLOOD ORANGE COSMO	200	0	0	0	0	0	10	22	1	19	0
POMEGRANATE MARGARITA	340	0	0	0	0	0	0	49	0	45	0
POMEGRANATE MARGARITA (shareable)	1360	0	0	0	0	0	0	195	2	180	0
BLUE REEF MARGARITA	340	0	0	0	0	0	10	79	1	71	1
BLUE REEF MARGARITA (shareable)	1520	0	0	0	0	0	80	343	4	313	2

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GRAND PATRÓN MARGARITA	340	0	0	0	0	0	0	45	2	35	0
GRAND PATRÓN MARGARITA (shareable)	1320	0	0	0	0	0	0	174	5	139	2
BLOOD ORANGE MARGARITA	480	0	0	0	0	0	55	108	0	103	0
BLOOD ORANGE MARGARITA (shareable)	2010	0	0	0	0	0	240	452	5	425	1
RUBY RED SANGRIA	410	0	0	0	0	0	0	44	1	34	1
RUBY RED SANGRIA (shareable)	1660	5	0	0	0	0	20	177	6	136	3
MANGO BLUSH SANGRIA	240	0	0	0	0	0	5	30	1	24	1
MANGO BLUSH SANGRIA (shareable)	930	5	0	0	0	0	50	114	2	98	3
KNOB CREEK OLD FASHIONED	240	0	0	0	0	0	0	0	18	11	1
BASIL HAYDEN MANHATTAN	230	0	0	0	0	0	0	0	11	8	0
NOW THAT'S A MARTINI grey goose vodka	270	0	0	0	0	0	550	0	0	0	0
NOW THAT'S A MARTINI hendrick's gin	270	0	0	0	0	0	550	0	0	0	0
ABSOLUT BLOODY MARY	370	100	11	5	0	25	850	5	0	3	10