



NUTRITIONAL INFORMATION

All nutritional information is derived from a computer analysis of recipes with the help of Genesis R&D Food Formulation & Labeling Software, Version 9.12.1, 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 November, 2018
U.S. Restaurants Only

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)
Appetizers											
MOZZARELLA STICKS	1100	520	57	23	0	140	3300	108	4	9	46
MUCHO NACHOS	1700	640	71	20	0	150	3810	199	22	13	66
MUCHO NACHOS W/PULLED PORK	1960	780	87	25	0	230	4200	205	13	35	82
MEATBALLS MARINARA	1210	560	63	23	0	300	4060	74	7	18	53
KNOT YOUR AVERAGE PRETZEL	970	170	19	6	0	20	1400	165	5	8	29
GUACAMOLE CHIPS & DIP	370	130	14	2	0	0	3580	56	10	4	6
BUFFALO CHICKEN QUESADILLAS	1100	380	43	20	0	140	2950	124	8	13	54
SHRIMP & CRAB DIP	1120	710	81	22	0	265	2500	64	2	12	41
PIZZA SKINS	2100	1270	142	49	0	215	3070	148	7	9	62
SPINACH ARTICHOKE DEEP DIP	1320	840	94	28	0	95	2920	93	6	6	31
STEAK & CHEESE SPRING ROLLS	1290	680	75	41	0	165	1610	91	4	10	43
ROASTED EGGPLANT, SPINACH & FETA	980	290	32	11	0	45	1930	136	10	16	44
ROASTED EGGPLANT SPINACH & FETA (half)	490	140	16	6	0	20	970	68	5	8	22
CAPRESE	1060	320	36	15	0	60	2510	138	5	21	46
CAPRESE (half)	530	160	18	8	0	30	1260	69	3	11	23
BUFFALO WINGS	1200	870	97	24	0	465	3990	6	2	5	71
TERIYAKI GLAZED WINGS	1250	840	93	22	0	465	3450	30	2	23	70
RED CHILI GLAZED WINGS	1260	830	93	22	0	465	3350	38	2	32	69
FIREBALL BBQ WINGS	1210	830	93	22	0	465	2970	22	2	17	70
HONEY BBQ WINGS	1220	830	92	22	0	465	2940	26	2	21	69
CHICAGO FIRE WINGS	1210	880	98	24	0	465	4110	9	3	4	72
BUFFALO BONELESS BITES	1520	940	105	22	0	180	4560	67	2	5	75
TERIYAKI GLAZED BITES	1560	890	99	20	0	180	4020	90	2	23	73
RED CHILI GLAZED BITES	1580	910	101	20	0	180	3920	99	2	32	73
FIREBALL BBQ BITES	1540	910	101	20	0	180	3540	83	2	17	74
HONEY BBQ BONELESS BITES	1550	900	100	20	0	180	3510	87	2	21	73
CHICAGO FIRE BITES	1540	950	106	22	0	180	4410	70	3	5	76
Soups											
FRENCH ONION	450	270	30	14	0	55	2070	25	2	6	19
TUSCAN PESTO MINISTRONE SOUP	150	25	3	0	0	0	1390	24	4	3	6
NEW ENGLAND CLAM CHOWDER	430	240	25	15	0.5	105	1570	25	1	7	11
VEGGIE SOUP	140	15	1.5	0	0	0	930	27	4	4	5
CHILI	440	130	14	5	0	40	1360	61	15	15	20
BROCCOLI & CHEDDAR SOUP	380	190	21	10	0.5	40	1580	18	3	4	11
ITALIAN WEDDING SOUP	180	50	6	1.5	0	20	1100	24	3	3	10
TOMATO SOUP	180	60	7	3	1.5	15	1290	24	3	7	4
CHICKEN NOODLE SOUP	170	50	6	1.5	0	35	960	12	1	3	15
Salads Includes Dressing Unless Otherwise Noted											
GARDEN STARTER SALAD (excludes dressing)	90	45	5	1	0	0	95	10	2	3	2
CAESAR STARTER SALAD	220	170	19	4.5	0	20	330	9	3	2	5
WEDGE STARTER SALAD	230	170	19	5	0	25	550	10	3	5	7
BERRY & GOAT CHEESE STARTER SALAD	170	90	10	2.5	0	10	130	18	2	13	4
BERRY & GOAT CHEESE	460	225	25	6	0	25	480	55	5	28	12
BERRY & GOAT CHEESE (lunch)	290	125	14	3.5	0	15	350	36	3	14	8
CAESAR SALAD (lunch)	340	205	23	5.5	0	25	550	27	4	3	17
CHICKEN CAESAR SALAD (lunch)	370	185	20	4.5	0	60	860	29	4	3	21
CHICKEN CAESAR SALAD	680	405	45	10	0	115	1500	35	6	6	37
HONEY CRISP CHICKEN	1440	845	95	25	0	145	2220	86	6	20	62
HONEY GRILLED CHICKEN	830	435	49	16	0	160	1700	55	6	20	46
HONEY CRISP CHICKEN (lunch)	880	495	55	14	0	85	1410	57	4	10	40
CLASSIC COBB SALAD	990	615	68	19	0	400	2380	41	12	10	59
COBB SALAD (lunch)	560	325	36	10	0	205	1300	30	6	6	31
SOUTHWESTERN BLACK BEAN	690	380	42	10	0	45	1810	57	14	10	29
SOUTHWESTERN CHICKEN	600	340	38	9	0	120	1730	33	7	8	35
Salad Dressings											
CAESAR	260	240	26	6	0	30	420	2	0	2	4
BALSAMIC VINAIGRETTE	210	190	21	3	0	0	430	4	0	4	0
BLEU CHEESE	280	270	30	6	0	20	380	2	0	2	2
RANCH	230	220	25	4	0	20	470	4	0	2	0
AVOCADO RANCH	190	180	20	3	0	15	380	4	1	2	0
LOW FAT VINAIGRETTE	80	50	6	0	0	0	200	6	0	4	0
HONEY MUSTARD	260	220	25	4	0	20	360	11	0	11	0

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)
LOW FAT HONEY VINAIGRETTE	110	40	4.5	0	0	0	150	17	0	15	0
Deep Dish Pizzas (Individual) Per Slice - 4 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
Deep Dish Pizzas (Regular) Per Slice - 6 Slices/Pizza											
CHICAGO MEAT MARKET	670	390	43	12	0	70	1410	39	2	3	27
CHEESE & TOMATO	570	350	38	11	0	30	790	37	2	2	19
CHICAGO CLASSIC	740	470	52	16	0	70	1470	37	2	3	31
FARMER'S MARKET	520	310	35	8	0	20	650	42	3	4	14
NUMERO UNO	610	370	42	11	0	40	1100	39	2	3	19
PRIMA PEPPERONI	570	360	39	11	0	30	880	37	2	2	18
CHICAGO FIRE	790	500	56	15	0	60	1290	44	2	1	28
Deep Dish Pizzas (Large) Per Slice - 8 Slices/Pizza											
CHICAGO MEAT MARKET	750	440	49	13	0	80	1590	44	2	3	30
CHEESE & TOMATO	640	390	43	12	0	35	890	41	2	2	22
CHICAGO CLASSIC	830	530	59	18	0	95	1620	42	2	3	34
FARMER'S MARKET	600	360	40	10	0	20	760	47	3	4	16
NUMERO UNO	680	420	47	12	0	45	1240	44	2	4	21
PRIMA PEPPERONI	650	400	44	12	0	35	990	41	2	2	20
CHICAGO FIRE	950	590	66	18	0	70	1550	52	2	2	35
Chicago Thin Crust (Individual) Per Slice - 9 Slices/Pizza											
CHICAGO THIN CHEESE	110	40	4.5	2	0	10	180	13	1	1	6
CHICAGO THIN PEPPERONI	150	70	8	3	0	15	310	13	1	1	7
CHICAGO THIN VEGETABLE	130	45	5	2	0	10	200	15	1	2	6
CHICAGO THIN STEAK & CHEESE	150	60	7	3.5	0	25	250	14	1	1	9
CHICAGO THIN WORKS	150	70	7	3	0	20	270	14	1	1	8
CHICAGO THIN SPICY HAWAIIAN	150	50	6	2	0	15	390	19	1	6	7
CHICAGO THIN PESTO CHICKEN	130	45	5	1.5	0	10	260	15	1	2	5
CHICAGO THIN BBQ CHICKEN	130	40	4.5	2	0	15	260	15	0	3	8
CHICAGO THIN PRCHETTA & ARUGULA	150	60	6	3	0	15	290	14	1	2	8
CHICAGO THIN PULLED PORK	150	50	6	2	0	15	300	17	1	4	6
Chicago Thin Crust (Extra Large) Per Slice - 16 Slices/Pizza											
CHICAGO THIN CHEESE	170	60	6	3	0	15	260	19	1	1	8
CHICAGO THIN PEPPERONI	210	90	10	4	0	20	400	20	1	1	10
CHICAGO THIN VEGETABLE	180	70	7	3	0	15	290	21	1	2	9
CHICAGO THIN STEAK & CHEESE	220	90	10	5	0	35	360	21	1	2	13
CHICAGO THIN WORKS	220	90	10	4	0	25	380	21	1	2	12
CHICAGO THIN SPICY HAWAIIAN	220	70	8	3	0	20	530	28	1	9	9
CHICAGO THIN PESTO CHICKEN	190	70	8	2	0	15	370	22	1	3	8
CHICAGO THIN BBQ CHICKEN	180	50	6	2.5	0	20	350	22	1	4	10
CHICAGO THIN PORCHETTA & ARUGULA	210	90	10	4.5	0	20	450	19	1	1	13
CHICAGO THIN PULLED PORK	210	70	8	3	0	20	420	25	1	6	9
Gluten Free Pizzas Per Slice - 6 Slices/Pizza											
GLUTEN FREE VEGGIE PIZZA	160	50	6	3	0	5	200	24	1	3	7
GLUTEN FREE CHEESE PIZZA	160	50	6	3	0	5	200	23	1	2	6
GLUTEN FREE PEPPERONI PIZZA	200	80	9	4	0	15	350	23	1	2	8
Chicken											
ROMANO CRUSTED CHICKEN PARMESAN	1120	360	42	11	0	140	3550	128	8	21	68
HERB RUBBED CHICKEN	310	180	20	2.5	0	105	990	1	0	0	32
BAKED STUFFED SPINOCOLI	330	140	15	6	0	135	1260	6	1	2	46
CHICKEN TENDERS (includes french fries)	1600	940	106	18.5	0	100	3510	88	7	0	72
HOUSE MADE BREAD	120	35	1	1	0	5	220	18	1	1	4
Pasta											
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
SHRIMP SCAMPI	1190	490	54	18	0	220	1540	128	6	10	44

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DEEP DISH 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
CHICKEN SPINOCOLI	1260	560	62	29	0.5	250	2850	105	7	13	77
Steak											
10 OZ. SIRLOIN	560	330	37	15	0	135	880	0	0	0	52
GRILLED SHRIMP & SIRLOIN	690	400	45	16	0	245	1400	1	0	0	66
SIRLOIN STEAK TIPS	470	180	20	5	0	165	500	4	1	2	62
SHRIMP SKEWER	130	70	8	0.5	0	110	520	1	0	0	13
Seafood											
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
Burgers Includes Fries											
UNO BURGER	1450	940	105	29.5	0	170	2620	70	9	2	51
CHEDDAR BURGER	1560	1020	114	34.5	0	200	2800	70	9	2	58
BACON CHEDDAR BURGER	1800	1180	132	40.5	0	245	3620	70	9	2	76
AGED CHEDDAR & MUSHROOM BURGER	1570	1020	114	35.5	0	200	2800	72	9	3	58
WHOLE HOG BURGER	3510	2260	252	82.5	0	525	8690	146	13	18	157
BACON ME HAPPY BURGER	2060	1280	144	43.5	0	260	3860	107	10	34	82
DOUBLE GRILLED CHEESE BURGER	1990	1290	144	42.5	0	230	3520	103	7	8	66
BREAKFAST ALL DAY BURGER	2010	1310	147	44.5	0	465	4220	74	8	5	92
BBQ PULLED PORK BURGER	1740	1090	122	37.5	0	240	3260	84	8	14	68
Sandwiches											
TURKEY BACON GUACAMOLE	820	380	42	10	0	105	2480	57	6	7	55
TURKEY BACON GUACAMOLE <i>lunch</i>	410	190	21	5	0	50	1320	29	3	3	27
BLACK BEAN VEGGIE BURGER	490	140	15	2.5	0	0	1650	67	13	7	24
CHICKEN PESTO	600	270	30	4.5	0	75	1590	52	3	5	30
CHICKEN PESTO <i>lunch</i>	300	140	15	2	0	35	800	26	2	3	15
FIREBALL CHICKEN SANDWICH	1010	460	51	17	0	145	2920	80	3	20	59
BURGER SLIDERS (3)	1490	770	87	33	0	235	1860	61	4	8	58
BURGER SLIDERS <i>lunch</i>	1000	520	58	22	0	155	1240	41	2	5	39
Desserts											
ALL AMERICAN	640	250	28	15	0	65	450	90	5	63	7
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
MINI CHOCOLATE BROWNIE SUNDAE	310	130	15	6	0	30	135	42	1	31	3
MINI ALL AMERICAN	300	120	13	7	0	30	220	43	3	30	3
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
Kids Menu											
CHICKEN POPS	810	400	44	8	0	60	1760	61	0	27	39
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 SAFARI NUGGETS	290	130	14	3	0	50	550	21	1	0	21
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 CHEESEBURGER	410	170	18	10	0	80	470	20	1	2	20
KID'S CHEESEBURGER (2)	810	330	37	20	0	160	940	40	2	5	41
KID'S GRILLED CHICKEN	300	75	8.5	0	0	75	715	33	2	5	27
KID'S GRAPES	50	0	0	0	0	0	0	14	1	12	1
CARROTS & CUCUMBERS	60	5	0	0	0	0	80	13	4	7	2
KID'S SUNDAE	430	170	18	9	0	40	160	63	1	48	4
KID'S BURIED TREASURE	260	30	3	1.5	0	10	85	50	2	35	3
HOUSE MADE BREAD	120	35	1	1	0	5	220	18	1	1	4
Sides											
FRENCH FRIES	450	290	33	4.5	0	0	1550	35	7	0	5
WHOLE GRAIN BROWN RICE	190	50	6	0.5	0	0	100	32	2	4	4
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

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JUMBO ONION RINGS	370	60	7	1	0	0	630	68	4	13	7
CAULIFLOWER SMASH	400	310	35	16	0.5	60	1280	16	2	6	11
HOUSE MADE BREAD	120	35	1	1	0	5	220	18	1	1	4
Non-Alcoholic Beverages											
RASPBERRY LIME RICKEY	140	0	0	0	0	0	20	33	2	23	0
UNO COLADA	150	35	4	3.5	0	0	20	29	1	18	1
OREO® SMOOTHIE	440	160	17	8	0	20	300	69	12	45	4
WILDBERRY MANGO SMOOTHIE	320	60	6	3	0	10	105	54	1	35	5
STRAWBERRY SMOOTHIE	280	30	3.5	1.5	0	10	105	51	2	31	5
CHOCOLATE BANANA SMOOTHIE	370	30	3.5	1.5	0	10	140	70	1	34	5
TROPICAL FRUIT SMOOTHIE	240	10	1.5	1.5	0	0	15	55	2	23	0
BERRY BERRY PALMER <i>(shareable)</i>	620	5	0.5	0	0	0	60	157	7	141	2
PINEAPPLE LEMONADE <i>(shareable)</i>	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
Cocktails											
RUBY RED MULE	200	0	0	0	0	0	0	32	1	24	0
BLOOD ORANGE COSMO	200	0	0	0	0	0	10	22	1	19	0
CUCUMBER LEMON COOLER	170	0	0	0	0	0	20	19	3	13	0
PINK LEMON DROP	370	0	0	0	0	0	0	63	3	56	0
BARBADOS RUM PUNCH	300	0	0	0	0	0	20	41	0	34	0
UNO CLASSIC MOJITO	230	5	0	0	0	0	10	27	3	19	1
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
POMEGRANATE MARGARITA	340	0	0	0	0	0	0	49	0	45	0
POMEGRANATE MARGARITA <i>(shareable)</i>	1360	0	0	0	0	0	0	195	2	180	0
PRICKLY PEAR MARGARITA	350	0	0	0	0	0	0	42	1	37	0
PRICKLY PEAR MARGARITA <i>(shareable)</i>	1810	5	0	0	0	0	35	226	5	199	2
BLUE REEF MARGARITA	340	0	0	0	0	0	10	79	1	71	1
BLUE REEF MARGARITA <i>(shareable)</i>	1520	0	0	0	0	0	80	343	4	313	2
GRAND PATRÓN MARGARITA	340	0	0	0	0	0	0	45	2	35	0
GRAND PATRÓN MARGARITA <i>(shareable)</i>	1320	0	0	0	0	0	0	174	5	139	2
RUBY RED SANGRIA	410	0	0	0	0	0	0	44	1	34	1
RUBY RED SANGRIA <i>(shareable)</i>	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 <i>(shareable)</i>	930	5	0	0	0	0	50	114	2	98	3
Pick & Choose											
CAESAR SALAD	220	170	19	4.5	0	20	330	9	3	2	5
GARDEN SALAD <i>(excludes dressing)</i>	90	45	5	1	0	0	95	10	2	3	2
WEDGE SALAD	230	170	19	5	0	25	550	10	3	5	7
BERRY & GOAT CHEESE	170	90	10	2.5	0	10	130	18	2	13	4
CHICKEN SCAMPI	500	150	17	8	0	65	930	64	3	5	23
ZITI & SAUSAGE	840	410	45	20	0	115	2110	71	4	11	39
BUFFALO CHICKEN MAC & CHEESE	1110	610	68	29	0	155	2610	80	3	7	48
PEPPERONI	1290	830	92	28	0	95	2120	69	3	4	48
CHICAGO CLASSIC	1490	920	102	31	0	130	2680	75	3	5	55
Limited Time Only											
STEAK & CHEESE SPRING ROLLS	1290	680	75	41	0	165	1610	91	4	10	43
STOCKYARD RIB-EYE STEAK	900	595	67	27	0	200	2940	19	1	1	54
HADDOCK WITH LOBSTER FLORENTINE	1090	605	70	14	0	235	1820	44	3	6	72
SIRLOIN STEAK WITH LOBSTER FLORENTINE	950	525	59	21	0	215	3230	24	2	3	76
CAULIFLOWER SMASH	400	310	35	16	0.5	60	1280	16	2	6	11
BIRTHDAY CHEESECAKE	510	270	31	19	1	115	360	52	1	35	6