



NUTRITIONAL GUIDE

Menu Item	Additional Portion info	Calorie Range	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Allergen Statement
Barros - Dessert, Cinnamon Bread Sticks	1/8 order	200 300	50	6	1	0	0	230	47	14	5	Contains Soy, Wheat. May also contain Gluten.
Barros - Dessert, Cinnamon Bread Sticks	whole order	1584 2376	400	44	8	0	0	1840	376	115	43	Contains Soy, Wheat. May also contain Gluten.
Barros - Dessert, Cookie Sundae		752 1128	350	39	17	0	55	590	138	95	12	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Dressing, 1000 Island	portion cup	304 456	310	35	6	0	15	700	14	9	0	Contains Egg, Soy.
Barros - Dressing, Balsamic Vinaigrette	portion cup	136 204	130	14	1.5	0	0	550	12	12	0	Contains Soy.
Barros - Dressing, Blue Cheese	portion cup	344 516	420	46	6	0	30	750	3	3	3	Contains Egg, Milk, Soy.
Barros - Dressing, Caesar	portion cup	280 420	340	38	6	0	30	930	3	0	3	Contains Egg, Fish, Milk, Soy.
Barros - Dressing, Honey Mustard	portion cup	104 156	0	0	0	0	0	810	26	14	3	Contains Egg, Milk.
Barros - Dressing, Italian	portion cup	96 144	50	6	0	0	0	1250	17	6	0	Contains Soy.
Barros - Dressing Poppy Seed	portion cup	288 432	250	27	4	0	0	640	22	20	0	Contains Egg, Milk, Soy, Tree Nuts.
Barros - Dressing, Ranch	portion cup	232 348	290	32	4.5	0	30	780	3	3	3	Contains Egg, Milk, Soy.
Barros - Kids Drink, Apple Juice		80 120	0	0	0	0	0	10	24	23	0	
Barros - Kids Meal, Chicken Strips	no drink	744 1116	470	52	8	0	85	1980	71	7	38	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Kids Meal, French Bread Pizza	no drink	608 912	360	40	20	0	100	3040	63	9	35	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Kids Meal, Spaghetti	no drink	360 540	70	8	0	0	0	720	82	15	14	Contains Wheat. May also contain Gluten.
Barros - Kids Meal, Spaghetti with Meatballs	no drink	488 732	180	20	4.5	0	30	1170	85	16	23	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w Meatballs with White Garlic Bread		1296 1944	540	60	13	0	60	2960	216	39	54	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w Mozzarella Cheese & Meatballs with White Garlic Bread		1512 2268	730	81	26	0	135	3570	218	40	72	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w Mozzarella Cheese with White Garlic Bread		1256 1884	510	56	17	0	75	2680	211	39	54	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w/ Meatball , Small with White Garlic Bread		800 1200	360	40	9	0	30	1790	128	20	31	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w/ Mozzarella Cheese & Meatball , Small with White Garlic Bread		904 1356	460	51	15	0	70	2100	129	21	40	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne w/ Mozzarella Cheese , Small with White Garlic Bread		776 1164	350	38	11	0	40	1650	125	20	31	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne with White Garlic Bread		1040 1560	320	35	4	0	0	2070	209	38	36	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Add Meatballs		256 384	230	25	9	0	60	890	7	1	18	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Penne, Small with White Garlic Bread		672 1008	250	28	4	0	0	1350	124	20	22	Contains Milk, Soy, Wheat. May also contain Gluten.

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Barros - Pasta, Ravioli w Meatball, Small with White Garlic Bread		712 1068	380	42	11	0	50	2110	97	19	31	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli w Meatball, with White Garlic Bread		1120 1680	570	64	18	0	95	3590	154	37	55	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli w Mozzarella Cheese & Meatball, Small with White Garlic Bread		816 1224	470	53	18	0	85	2410	98	20	41	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli w Mozzarella Cheese & Meatball, with White Garlic Bread		1336 2004	760	85	31	0	170	4200	157	38	73	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli w Mozzarella Cheese, Small with White Garlic Bread		688 1032	360	40	13	0	55	1970	95	19	32	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli w Mozzarella Cheese, with White Garlic Bread		1080 1620	540	60	22	0	110	3310	150	37	55	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli with White Garlic Bread		864 1296	350	39	9	0	35	2700	147	36	37	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Ravioli, Small with White Garlic Bread		584 876	270	30	7	0	20	1660	93	19	22	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Meatball, Small with White Garlic Bread		784 1176	360	40	9	0	30	1790	125	17	31	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Meatballs with White Garlic Bread		1272 1908	540	60	13	0	60	2960	210	33	54	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Mozzarella Cheese & Meatball, Small with White Garlic Bread		896 1344	460	51	15	0	70	2100	126	18	40	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Mozzarella Cheese & Meatballs with White Garlic Bread		1488 2232	730	81	26	0	135	3570	212	33	72	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Mozzarella Cheese with White Garlic Bread		1232 1848	510	56	17	0	75	2680	205	32	54	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti w Mozzarella Cheese, Small with White Garlic Bread		768 1152	350	38	11	0	40	1650	122	17	31	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti with White Garlic Bread		1016 1524	320	35	4	0	0	2070	203	32	36	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pasta, Spaghetti, Small with White Garlic Bread		656 984	250	28	4	0	0	1350	121	17	22	Contains Milk, Soy, Wheat. May also contain Gluten.

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Barros - Pizza, Barros Special, GF, Slice	1/6	144 216	90	9	4.5	0	30	650	17	2	8	Contains Milk.
Barros - Pizza, Barros Special, Lg, Slice	1/10	248 372	110	12	7	0	40	810	37	2	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Med, Slice	1/8	224 336	90	10	6	0	30	720	34	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Mini, Slice	1/4	200 300	90	10	5	0	30	620	30	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Sm, Slice	1/6	176 264	80	9	5	0	30	630	26	2	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, Lg, Slice	1/10	216 324	110	12	6	0	40	760	28	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, Med, Slice	1/8	192 288	90	10	5	0	30	680	26	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, Mini, Slice	1/4	176 264	90	10	5	0	30	580	23	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, Sm, Slice	1/6	152 228	80	9	4.5	0	30	600	20	2	10	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, XL, Lunch Slice	1/8	360 540	180	20	11	0	65	1330	47	4	23	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, Thin, XL, Slice	1/12	240 360	120	13	7	0	45	880	32	3	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, XL, Lunch Slice	1/8	416 624	180	21	11	0	65	1410	61	4	26	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Barros Special, XL, Slice	1/12	272 408	120	14	7	0	45	940	41	3	17	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, GF, Slice	1/6	144 216	70	8	4	0	30	470	19	5	9	Contains Milk, Soy.
Barros - Pizza, BBQ Chicken, Lg, Slice	1/10	256 384	100	11	6	0	45	630	40	5	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Med, Slice	1/8	224 336	80	9	5	0	35	560	37	5	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Mini, Slice	1/4	208 312	80	9	5	0	35	480	32	4	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Sm., Slice	1/6	176 264	70	7	4	0	30	460	28	4	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, Lg, Slice	1/10	224 336	90	10	6	0	45	580	32	5	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, Med, Slice	1/8	200 300	80	9	5	0	35	510	29	5	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, Mini, Slice	1/4	176 264	80	9	5	0	35	440	25	3	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, Sm., Slice	1/6	160 240	60	7	4	0	30	420	23	4	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, XL, Lunch Slice	1/8	368 552	160	17	10	0	70	950	52	8	27	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, Thin, XL, Slice	1/12	248 372	100	12	6	0	50	630	35	5	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, XL, Lunch Slice	1/8	424 636	160	18	10	0	70	1030	66	9	29	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BBQ Chicken, XL, Slice	1/12	280 420	110	12	7	0	50	690	44	6	20	Contains Milk, Soy, Wheat. May also contain Gluten.

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Barros - Pizza, BYO Cheese, Mozzarella, GF, Slice		64 96	50	6	3.5		20	170		1	0	5 Contains Milk.
Barros - Pizza, BYO Cheese, Mozzarella, Lg, Slice		88 132	80	8	5		30	240		1	0	7 Contains Milk.
Barros - Pizza, BYO Cheese, Mozzarella, Med., Slice		72 108	60	7	4.5		25	200		1	0	6 Contains Milk.
Barros - Pizza, BYO Cheese, Mozzarella, Mini, Slice		72 108	60	7	4.5		25	200		1	0	6 Contains Milk.
Barros - Pizza, BYO Cheese, Mozzarella, Sm, Slice		64 96	50	6	3.5		20	170		1	0	5 Contains Milk.
Barros - Pizza, BYO Cheese, Mozzarella, XL, Slice		96 144	80	9	6		35	270		1	0	8 Contains Milk.
Barros - Pizza, BYO Crust, GF, Slice		56 84	10	1.5	0	0	0	160		15	1	1
Barros - Pizza, BYO Crust, Lg, Slice		128 192	10	1	0	0	0	200		34	1	6 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Med., Slice		120 180	10	1	0	0	0	180		32	1	5 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Mini, Slice		104 156	10	1	0	0	0	160		28	1	5 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Sm, Slice		88 132	5	1	0	0	0	135		24	1	4 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Thin, XL, Slice		104 156	10	1	0	0	0	160		28	1	5 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, XL, Slice		144 216	10	1.5	0	0	0	220		38	1	6 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Thin, Lg, Slice		96 144	10	1	0	0	0	150		25	1	4 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Thin, Med, Slice		88 132	5	1	0	0	0	140		24	1	4 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Thin, Mini, Slice		80 120	5	0.5	0	0	0	125		21	0	4 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Crust, Thin, Sm, Slice		64 96	5	0.5	0	0	0	100		18	0	3 Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, BBQ, GF, Slice		12 18	0	0	0	0	0	110		4	4	0
Barros - Pizza, BYO Sauce, BBQ, Lg, Slice		16 24	0	0	0	0	0	130		5	4	0
Barros - Pizza, BYO Sauce, BBQ, Med., Slice		16 24	0	0	0	0	0	120		5	4	0
Barros - Pizza, BYO Sauce, BBQ, Mini, Slice		8 12	0	0	0	0	0	80		3	3	0
Barros - Pizza, BYO Sauce, BBQ, Sm, Slice		12 18	0	0	0	0	0	110		4	4	0
Barros - Pizza, BYO Sauce, BBQ, XL, Slice		20 30	0	0	0	0	0	160		6	5	0
Barros - Pizza, BYO Sauce, Hot Wing, GF, Slice		8 12	10	1	0	0	0	170		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Hot Wing, Lg, Slice		8 12	10	1	0	0	0	200		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Hot Wing, Med., Slice		8 12	10	1	0	0	0	190		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Hot Wing, Mini, Slice		4 6	5	0.5	0	0	0	125		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Hot Wing, Sm, Slice		8 12	10	1	0	0	0	170		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Hot Wing, XL, Slice		12 18	15	1.5	0	0	0	250		0	0	0 Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Pizza, GF, Slice		4 6	0	0	0	0	0	180		1	1	0
Barros - Pizza, BYO Sauce, Pizza, Lg, Slice		4 6	0	0	0	0	0	220		1	1	0
Barros - Pizza, BYO Sauce, Pizza, Med., Slice		4 6	0	0	0	0	0	210		1	1	0
Barros - Pizza, BYO Sauce, Pizza, Mini, Slice		4 6	0	0	0	0	0	140		1	0	0
Barros - Pizza, BYO Sauce, Pizza, Sm, Slice		4 6	0	0	0	0	0	180		1	1	0
Barros - Pizza, BYO Sauce, Pizza, XL, Slice		4 6	0	0	0	0	0	280		1	1	0

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Barros - Pizza, BYO Sauce, Spicy BBQ, GF, Slice		12 18	5	0	0	0	0	140	2	2	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Spicy BBQ, Lg, Slice		12 18	5	0.5	0	0	0	170	2	2	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Spicy BBQ, Med., Slice		12 18	5	0.5	0	0	0	160	2	2	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Spicy BBQ, Mini, Slice		8 12	5	0	0	0	0	105	2	1	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Spicy BBQ, Sm, Slice		12 18	5	0	0	0	0	140	2	2	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Spicy BBQ, XL, Slice		16 24	5	0.5	0	0	0	210	3	3	0	Contains Milk, Soy.
Barros - Pizza, BYO Sauce, Teriyaki, GF, Slice		24 36	15	1.5	0	0	0	105	4	3	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, Teriyaki, Lg, Slice		28 42	15	2	0	0	0	130	5	4	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, Teriyaki, Med., Slice		28 42	15	1.5	0	0	0	120	4	3	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, Teriyaki, Mini, Slice		16 24	10	1	0	0	0	80	3	2	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, Teriyaki, Small, Slice		24 36	15	1.5	0	0	0	105	4	3	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Sauce, Teriyaki, XL, Slice		36 54	20	2	0	0	0	160	6	4	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Anchovy, GF, Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Anchovy, Lg, Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Anchovy, Med., Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Anchovy, Mini, Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Anchovy, Sm, Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Anchovy, XL, Slice		12 18	5	0.5	0			260	0	0	2	Contains Fish, Soy.
Barros - Pizza, BYO Topping, Bacon, GF, Slice		36 54	25	3	1	0	10	180	0	0	4	
Barros - Pizza, BYO Topping, Bacon, Lg, Slice		40 60	35	3.5	1.5	0	15	210	0	0	4	
Barros - Pizza, BYO Topping, Bacon, Med., Slice		40 60	30	3.5	1	0	15	200	0	0	4	
Barros - Pizza, BYO Topping, Bacon, Mini, Slice		24 36	20	2.5	1	0	10	135	0	0	3	
Barros - Pizza, BYO Topping, Bacon, Sm, Slice		36 54	25	3	1	0	10	180	0	0	4	
Barros - Pizza, BYO Topping, Bacon, XL, Slice		40 60	35	4	1.5	0	15	220	0	0	4	

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Barros - Pizza, BYO Topping, Black Olive, GF, Slice	16	24	15	1.5	0	0	0	70	0	0	0	0	
Barros - Pizza, BYO Topping, Black Olive, Lg, Slice	16	24	15	1.5	0	0	0	75	0	0	0	0	
Barros - Pizza, BYO Topping, Black Olive, Med., Slice	12	18	10	1.5	0	0	0	65	0	0	0	0	
Barros - Pizza, BYO Topping, Black Olive, Mini, Slice	12	18	10	1	0	0	0	55	0	0	0	0	
Barros - Pizza, BYO Topping, Black Olive, Sm, Slice	16	24	15	1.5	0	0	0	70	0	0	0	0	
Barros - Pizza, BYO Topping, Black Olive, XL, Slice	16	24	15	2	0	0	0	90	0	0	0	0	
Barros - Pizza, BYO Topping, Chicken, GF, Slice	21	31	0	0	0	0	0	13	0	1	0	4	
Barros - Pizza, BYO Topping, Chicken, Lg, Slice	22	33	0	0	0	0	0	14	0	1	0	4	
Barros - Pizza, BYO Topping, Chicken, Med., Slice	19	29	0	0	0	0	0	12	0	1	0	4	
Barros - Pizza, BYO Topping, Chicken, Mini, Slice	19	29	0	0	0	0	0	12	0	1	0	4	
Barros - Pizza, BYO Topping, Chicken, Sm, Slice	21	31	0	0	0	0	0	13	0	1	0	4	
Barros - Pizza, BYO Topping, Chicken, XL, Slice	21	31	0	0	0	0	0	13	0	1	0	4	
Barros - Pizza, BYO Topping, Garlic, GF, Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Garlic, Lg, Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Garlic, Med., Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Garlic, Mini, Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Garlic, Sm, Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Garlic, XL, Slice	0	0	0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Green Olive, GF, Slice	8	12	10	1	0	0	0	150	1	0	0	0	
Barros - Pizza, BYO Topping, Green Olive, Lg, Slice	8	12	10	1	0	0	0	160	1	0	0	0	
Barros - Pizza, BYO Topping, Green Olive, Med., Slice	8	12	5	1	0	0	0	140	1	0	0	0	
Barros - Pizza, BYO Topping, Green Olive, Mini, Slice	8	12	5	0.5	0	0	0	115	0	0	0	0	
Barros - Pizza, BYO Topping, Green Olive, Sm, Slice	8	12	10	1	0	0	0	150	1	0	0	0	
Barros - Pizza, BYO Topping, Green Olive, XL, Slice	12	18	10	1	0	0	0	190	1	0	0	0	

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NUTRITIONAL GUIDE

Menu Item	Additional Portion info	Calorie Range	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Allergen Statement
Barros - Pizza, BYO Topping, Green Pepper, GF, slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Green Pepper, Lg, slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Green Pepper, Med., slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Green Pepper, Mini, slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Green Pepper, Sm, slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Green Pepper, XL, slice		0 0	0 0	0 0	0 0	0 0	0 0	0 0	1 0	0 0	0 0	
Barros - Pizza, BYO Topping, Ham, GF, Slice		8 12	0 0	0 0	0 0	0 0	5 80	5 80	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Ham, Lg, Slice		8 12	0 0	0 0	0 0	0 0	5 80	5 80	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Ham, Med., Slice		8 12	0 0	0 0	0 0	0 0	5 80	5 80	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Ham, Mini, Slice		4 6	0 0	0 0	0 0	0 0	5 60	5 60	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Ham, Sm, Slice		8 12	0 0	0 0	0 0	0 0	5 80	5 80	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Ham, XL, Slice		8 12	0 0	0 0	0 0	0 0	5 80	5 80	0 0	0 0	0 1	
Barros - Pizza, BYO Topping, Jalapeno, GF, slice		4 6	5 0	0 0	0 0	0 0	0 115	0 115	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Jalapeno, Lg, slice		4 6	5 0	0 0	0 0	0 0	0 135	0 135	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Jalapeno, Med., slice		4 6	5 0	0 0	0 0	0 0	0 115	0 115	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Jalapeno, Mini, slice		4 6	5 0	0 0	0 0	0 0	0 115	0 115	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Jalapeno, Sm, slice		4 6	5 0	0 0	0 0	0 0	0 115	0 115	0 0	0 0	0 0	
Barros - Pizza, BYO Topping, Jalapeno, XL, slice		4 6	5 0	0 0	0 0	0 0	0 150	0 150	0 0	0 0	0 0	

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Menu Item	Additional Portion info	Calorie Range	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Allergen Statement
Barros - Pizza, BYO Topping, Meatball, Lg, Slice		20 30	15	2	0.5	0	5	65	1	0	1	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Meatball, Med., Slice		20 30	20	2	0.5	0	5	70	1	0	1	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Meatball, Mini, Slice		16 24	15	1.5	0.5	0	5	55	0	0	1	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Meatball, Sm, Slice		20 30	20	2	1	0	5	75	1	0	2	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Meatball, XL, Slice		20 30	20	2	1	0	5	75	1	0	2	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, BYO Topping, Mushrooms, GF, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Mushrooms, Lg, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Mushrooms, Med., slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Mushrooms, Mini, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Mushrooms, Sm., slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Mushrooms, XL, slice		4 6	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Onions, GF, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Onions, Lg, slice		0 0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Onions, Med., slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Onions, Mini, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Onions, Sm, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Onions, XL, slice		4 6	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, GF, slice		0 0	0	0	0	0	0	85	0	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, Lg, slice		0 0	0	0	0	0	0	100	0	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, Med., slice		0 0	0	0	0	0	0	85	0	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, Mini, slice		0 0	0	0	0	0	0	85	0	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, Sm, slice		0 0	0	0	0	0	0	85	0	0	0	
Barros - Pizza, BYO Topping, Pepperoncini, XL, slice		0 0	0	0	0	0	0	110	0	0	0	

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Barros - Pizza, BYO Topping, Pepperoni, GF, slice		24 36	25	3	1	0	5	120	0	0	1	
Barros - Pizza, BYO Topping, Pepperoni, Lg, slice		32 48	35	3.5	1.5	0	10	150	0	0	2	
Barros - Pizza, BYO Topping, Pepperoni, Med., slice		28 42	30	3.5	1.5	0	10	135	0	0	2	
Barros - Pizza, BYO Topping, Pepperoni, Mini, slice		24 36	25	3	1	0	5	120	0	0	1	
Barros - Pizza, BYO Topping, Pepperoni, Sm, slice		24 36	25	3	1	0	5	120	0	0	1	
Barros - Pizza, BYO Topping, Pepperoni, XL, slice		36 54	35	4	1.5	0	10	170	0	0	2	
Barros - Pizza, BYO Topping, Pineapple, GF, Slice		4 6	0	0	0	0	0	0	2	2	0	
Barros - Pizza, BYO Topping, Pineapple, Lg, Slice		4 6	0	0	0	0	0	0	2	2	0	
Barros - Pizza, BYO Topping, Pineapple, Med., Slice		4 6	0	0	0	0	0	0	1	1	0	
Barros - Pizza, BYO Topping, Pineapple, Mini, Slice		4 6	0	0	0	0	0	0	1	1	0	
Barros - Pizza, BYO Topping, Pineapple, Sm, Slice		4 6	0	0	0	0	0	0	2	1	0	
Barros - Pizza, BYO Topping, Pineapple, XL, Slice		8 12	0	0	0	0	0	0	2	2	0	
Barros - Pizza, BYO Topping, Ricotta, GF, Slice		28 42	20	2.5	1.5	0	10	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Ricotta, Lg, Slice		28 42	25	2.5	1.5	0	15	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Ricotta, Med., Slice		24 36	20	2.5	1.5	0	10	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Ricotta, Mini, Slice		24 36	20	2.5	1.5	0	10	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Ricotta, Sm, Slice		28 42	20	2.5	1.5	0	10	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Ricotta, XL, Slice		28 42	20	2.5	1.5	0	10	20	1	1	2	Contains Milk.
Barros - Pizza, BYO Topping, Salami, GF, Slice		16 24	15	2	0.5		5	95	0	0	1	
Barros - Pizza, BYO Topping, Salami, Lg, Slice		20 30	20	2	1		5	115	0	0	1	
Barros - Pizza, BYO Topping, Salami, Med., Slice		16 24	15	2	0.5		5	95	0	0	1	
Barros - Pizza, BYO Topping, Salami, Mini, Slice		16 24	15	2	0.5		5	95	0	0	1	
Barros - Pizza, BYO Topping, Salami, Sm, Slice		16 24	15	2	0.5		5	95	0	0	1	
Barros - Pizza, BYO Topping, Salami, XL, Slice		24 36	20	2.5	1		5	125	0	0	2	

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Barros - Pizza, BYO Topping, Sausage, GF, Slice		40 60	40	4.5	1.5	0	10	160	0	0	3	
Barros - Pizza, BYO Topping, Sausage, Lg, Slice		48 72	40	4.5	1.5	0	10	160	0	0	3	
Barros - Pizza, BYO Topping, Sausage, Med., Slice		40 60	35	4	1.5	0	10	150	0	0	3	
Barros - Pizza, BYO Topping, Sausage, Mini, Slice		40 60	35	4	1.5	0	10	150	0	0	3	
Barros - Pizza, BYO Topping, Sausage, Sm, Slice		40 60	40	4.5	1.5	0	10	160	0	0	3	
Barros - Pizza, BYO Topping, Sausage, XL, Slice		40 60	40	4.5	1.5	0	10	160	0	0	3	
Barros - Pizza, BYO Topping, Tomato, GF, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Tomato, Lg, slice		0 0	0	0	0	0	0	0	1	0	0	
Barros - Pizza, BYO Topping, Tomato, Med., slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Tomato, Mini, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Tomato, Sm, slice		0 0	0	0	0	0	0	0	0	0	0	
Barros - Pizza, BYO Topping, Tomato, XL, slice		4 6	0	0	0	0	0	0	1	0	0	
Barros - Pizza, Chicken Supreme, GF, Slice	1/6	136 204	70	8	4	0	30	550	17	2	10	Contains Milk, Soy.
Barros - Pizza, Chicken Supreme, Lg, Slice	1/10	248 372	100	11	6	0	45	720	37	2	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Med., Slice	1/8	216 324	80	9	5	0	35	640	35	2	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Mini, Slice	1/4	200 300	80	9	5	0	35	540	31	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Sm, Slice	1/6	168 252	70	7	4	0	30	530	26	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, Lg, Slice	1/10	216 324	90	11	6	0	45	670	29	2	17	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, Med., Slice	1/8	192 288	80	9	5	0	35	600	27	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, Mini, Slice	1/4	176 264	80	9	5	0	35	500	24	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, Sm, Slice	1/6	152 228	60	7	4	0	30	500	20	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, XL, Lunch Slice	1/8	360 540	160	18	10	0	70	1160	48	4	28	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, Thin, XL, Slice	1/12	240 360	110	12	7	0	50	780	32	2	19	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, XL, Lunch Slice	1/8	408 612	160	18	10	0	70	1250	62	4	30	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Chicken Supreme, XL, Slice	1/12	272 408	110	12	7	0	50	830	41	3	20	Contains Milk, Soy, Wheat. May also contain Gluten.

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Barros - Pizza, Hot Wing, GF, Slice	1/6	144 216	80	9	4	0	30	540	15	1	9	Contains Milk, Soy.
Barros - Pizza, Hot Wing, Lg, Slice	1/10	248 372	110	12	6	0	45	700	35	1	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Med, Slice	1/8	224 336	90	10	5	0	35	630	33	1	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Mini, Slice	1/4	200 300	90	10	5	0	35	530	29	1	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Sm., Slice	1/6	176 264	80	8	4	0	30	520	24	1	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, Lg, Slice	1/10	216 324	100	12	6	0	45	650	27	1	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, Med, Slice	1/8	192 288	90	10	5	0	35	580	25	1	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, Mini, Slice	1/4	176 264	80	9	5	0	35	490	22	1	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, Sm., Slice	1/6	152 228	70	8	4	0	30	480	18	1	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, XL, Lunch Slice	1/8	360 540	170	19	10	0	70	1070	44	1	27	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, Thin, XL, Slice	1/12	240 360	120	13	6	0	50	710	29	1	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, XL, Lunch Slice	1/8	416 624	180	20	10	0	70	1150	58	2	29	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Hot Wing, XL, Slice	1/12	272 408	120	13	7	0	50	770	39	1	20	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Lg, Slice	1/10	272 408	110	13	6	0	45	630	41	6	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Med., Slice	1/8	240 360	100	11	5	0	35	560	39	6	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Mini, Slice	1/4	216 324	90	10	5	0	35	480	34	4	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Sm., Slice	1/6	200 300	90	10	5	0	35	460	29	4	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, Lg., Slice	1/10	240 360	110	12	6	0	45	580	33	6	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, Med., Slice	1/8	216 324	90	11	5	0	35	510	31	5	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, Mini, Slice	1/4	192 288	90	10	5	0	35	440	26	4	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, Sm, Slice	1/6	184 276	90	10	5	0	35	420	23	4	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, XL, Lunch Slice	1/8	400 600	180	20	10	0	70	950	54	10	27	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, Thin, XL, Slice	1/12	264 396	120	14	7	0	50	630	36	6	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, XL, Lunch Slice	1/8	456 684	190	21	10	0	70	1030	69	10	29	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Kona, XL, Slice	1/12	304 456	120	14	7	0	50	690	46	7	20	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, GF, Slice	1/6	160 240	100	12	6	0	35	380	17	3	8	Contains Milk, Soy.
Barros - Pizza, White, Lg, Slice	1/10	264 396	130	15	8	0	40	520	37	3	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Med., Slice	1/8	232 348	110	12	6	0	35	440	34	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Mini, Slice	1/4	216 324	110	12	6	0	35	410	31	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Sm., Slice	1/6	184 276	90	11	5	0	30	360	26	2	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, Lg, Slice	1/10	232 348	130	15	7	0	40	470	29	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, Med., Slice	1/8	200 300	100	12	6	0	35	390	26	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, Mini, Slice	1/4	192 288	100	12	6	0	35	370	24	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, Sm., Slice	1/6	168 252	90	10	5	0	30	330	20	2	10	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, XL, Lunch Slice	1/8	400 600	220	25	13	0	70	790	48	4	24	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, Thin, XL, Slice	1/12	264 396	150	17	8	0	45	530	32	3	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, XL, Lunch Slice	1/8	448 672	230	25	13	0	70	880	62	4	26	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, White, XL, Slice	1/12	296 444	150	17	8	0	45	580	42	3	17	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, GF, Slice	1/6	192 288	120	14	6	0	40	860	16	2	12	Contains Milk.
Barros - Pizza, Mega Meat, Lg, Slice	1/10	304 456	160	18	9	0	55	1080	36	2	20	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Med., Slice	1/8	280 420	150	16	8	0	50	990	34	2	18	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Mini, Slice	1/4	264 396	140	16	7	0	50	880	30	2	18	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Sm, Slice	1/6	232 348	130	14	7	0	45	880	26	2	16	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, Lg, Slice	1/10	272 408	160	18	9	0	55	1030	28	2	19	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, Med., Slice	1/8	248 372	140	16	8	0	50	940	26	2	17	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, Mini, Slice	1/4	232 348	140	15	7	0	50	840	23	1	16	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, Sm, Slice	1/6	208 312	130	14	7	0	45	850	20	1	15	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, XL, Lunch Slice	1/8	464 696	270	30	15	0	95	1770	47	3	32	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, Thin, XL, Slice	1/12	304 456	180	20	10	0	60	1180	31	2	21	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, XL, Lunch Slice	1/8	512 768	280	31	15	0	95	1850	61	4	34	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Mega Meat, XL, Slice	1/12	344 516	180	20	10	0	60	1240	41	2	23	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.

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Barros - Pizza, Spicy Southwestern Chicken, GF, Slice	1/6	144 216	70	8	4	0	30	500	17	3	9	Contains Milk, Soy.
Barros - Pizza, Spicy Southwestern Chicken, Lg, Slice	1/10	248 372	100	11	6	0	45	670	37	3	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Med, Slice	1/8	224 336	90	10	5	0	35	590	35	3	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Mini, Slice	1/4	200 300	80	9	5	0	35	510	31	2	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Sm., Slice	1/6	176 264	70	8	4	0	30	490	26	3	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, Lg, Slice	1/10	216 324	100	11	6	0	45	620	29	3	16	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, Med, Slice	1/8	192 288	80	9	5	0	35	550	27	3	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, Mini, Slice	1/4	176 264	80	9	5	0	35	460	24	2	13	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, Sm., Slice	1/6	152 228	70	8	4	0	30	450	20	2	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, XL, Lunch Slice	1/8	368 552	170	18	10	0	70	1010	48	5	27	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, Thin, XL, Slice	1/12	240 360	110	12	6	0	50	670	32	3	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, XL, Lunch Slice	1/8	416 624	170	19	10	0	70	1090	62	5	29	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Spicy Southwestern Chicken, XL, Slice	1/12	280 420	110	13	7	0	50	730	41	3	20	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, GF, Slice	1/6	128 192	70	8	3.5	0	20	620	18	3	7	Contains Milk.
Barros - Pizza, Veggie Special, Lg, Slice	1/10	232 348	90	10	6	0	30	780	38	3	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Med., Slice	1/8	208 312	80	9	4.5	0	25	710	35	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Mini., Slice	1/4	192 288	80	8	4.5	0	25	590	31	2	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Sm., Slice	1/6	160 240	70	7	4	0	20	610	27	2	10	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, Lg, Slice	1/10	200 300	90	10	5	0	30	730	29	2	12	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, Med., Slice	1/8	176 264	80	9	4.5	0	25	660	27	2	11	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, Mini., Slice	1/4	168 252	70	8	4.5	0	25	550	24	2	10	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, Sm., Slice	1/6	144 216	60	7	4	0	20	570	21	2	9	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, XL, Lunch Slice	1/8	328 492	150	16	9	0	50	1240	49	4	20	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, Thin, XL, Slice	1/12	216 324	100	11	6	0	35	830	32	3	14	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, XL, Lunch Slice	1/8	384 576	150	17	9	0	50	1320	63	5	23	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Pizza, Veggie Special, XL, Slice	1/12	256 384	100	11	6	0	35	880	42	3	15	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Salad Bar Dressing, 1000 Island, 1 Fl. Oz.		104 156	110	12	2	0	5	240	5	3	0	Contains Egg, Soy.
Barros - Salad Bar Dressing, Balsamic Vinaigrette, 1 Fl. Oz.		48 72	45	5	0	0	0	190	4	4	0	Contains Soy.
Barros - Salad Bar Dressing, Blue Cheese, 1 Fl. Oz.		120 180	140	16	2	0	10	260	1	1	1	Contains Egg, Milk, Soy.
Barros - Salad Bar Dressing, Caesar, 1 Fl. Oz.		96 144	120	13	2	0	10	320	1	0	1	Contains Egg, Fish, Milk, Soy.
Barros - Salad Bar Dressing, Honey Mustard, 1 Fl. Oz.		36 54	0	0	0	0	0	280	9	5	1	Contains Egg, Milk.
Barros - Salad Bar Dressing, Italian, 1 Fl. Oz.		32 48	20	2	0	0	0	430	6	2	0	Contains Soy.
Barros - Salad Bar Dressing, Ranch, 1 Fl. Oz.		80 120	100	11	1.5	0	10	270	1	1	1	Contains Egg, Milk, Soy.

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Barros - Salad Bar, Bacon Topping, 1 oz. wt.		104 156	80	9	3.5	0	35	540	0	0	11	
Barros - Salad Bar, Black Olives, 1 oz. wt.		40 60	40	4.5	0	0	0	210	1	0	0	
Barros - Salad Bar, Broccoli Florets, 1 oz. wt.		8 12	0	0	0	0	0	10	1	0	1	
Barros - Salad Bar, Carrots, 1 oz. wt.		8 12	0	0	0	0	0	20	3	1	0	
Barros - Salad Bar, Cottage Cheese, 1 oz. wt.		20 30	5	0.5	0	0	5	85	1	1	3	Contains Milk. May also contain Corn.
Barros - Salad Bar, Croutons, 1 oz. wt.		96 144	35	4	0	0	0	200	20	0	4	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad Bar, Cucumber, 1 oz. wt.		4 6	0	0	0	0	0	0	1	0	0	
Barros - Salad Bar, Green Peppers, 1 oz. wt.		4 6	0	0	0	0	0	0	1	1	0	
Barros - Salad Bar, Iceberg Lettuce, 1 oz. wt.		4 6	0	0	0	0	0	0	1	1	0	
Barros - Salad Bar, Lemon, 1 oz. wt.		4 6	0	0	0	0	0	0	1	0	0	
Barros - Salad Bar, Mozzarella Cheese, 1 oz. wt.		72 108	60	7	4.5	0	25	200	1	0	6	Contains Milk.
Barros - Salad Bar, Mushrooms, 1 oz. wt.		4 6	0	0	0	0	0	0	1	1	1	
Barros - Salad Bar, Pepperoni, 1 oz. wt.		112 168	120	13	5	0	30	550	0	0	6	
Barros - Salad Bar, Pineapple, 1 oz. wt.		12 18	0	0	0	0	0	0	4	3	0	
Barros - Salad Bar, Tomato, 1 oz. wt.		4 6	0	0	0	0	0	0	1	1	0	
Barros - Salad Bar, Yellow Onion, 1 oz. wt.		8 12	0	0	0	0	0	0	3	1	0	
Barros - Salad, Antipasto, Large	No Dressing	808 1212	650	72	29	0	235	4850	23	12	64	Contains Milk.
Barros - Salad, Antipasto, Small	No Dressing	408 612	340	37	15	0	120	2480	11	6	32	Contains Milk.
Barros - Salad, Caesar with Caesar Dressing, Large		592 888	520	58	16	0	70	2110	33	3	31	Contains Egg, Fish, Milk, Soy, Wheat. May also contain Gluten.
Barros - Salad, Caesar with Chicken & Caesar Dressing, Large		728 1092	550	61	17	0	150	2540	34	3	62	Contains Egg, Fish, Milk, Soy, Wheat. May also contain Gluten.
Barros - Salad, Garden, Large	No Dressing	432 648	290	33	18	0	100	1040	35	9	32	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad, Garden, Small	No Dressing	264 396	170	18	9	0	50	620	28	4	18	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad, Sicilian, Large	No Dressing	792 1188	650	72	29	0	235	4840	20	9	63	Contains Milk.
Barros - Salad, Veggie, Large	No Dressing	216 324	100	11	0	0	0	550	37	9	9	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad, Veggie, Small	No Dressing	120 180	60	7	0	0	0	330	18	4	4	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad, Simple Small	No Dressing	64 96	17.5	2	0	0	0	100	14	4	2	Contains Milk, Wheat. May also contain Gluten.
Barros - Salad, Cranberry Apple Walnut with Poppyseed Dressing	one portion cup	704 1056	420	47	13	0	50	1330	98	72	17	Contains Egg, Milk, Soy, Tree Nuts.
Barros - Salad, Southwest BBQ Chicken with Ranch Dressing	one portion cup	744 1116	550	61	15	1	145	2160	57	19	42	Contains Egg, Milk, Soy.

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Barros - Side, Chips		128 192	90	10	1.5	0	0	170	15	1	2	
Barros - Sauce, BBQ	portion cup	112 168	0	0	0	0	0	940	36	31	0	
Barros - Sauce, Fire	portion cup	72 108	60	7	0	0	0	2000	0	0	0	Contains Milk, Soy.
Barros - Sauce, Garlic Parmesan	portion cup	184 276	210	23	3	0	0	1330	6	0	0	Contains Milk, Soy.
Barros - Sauce, Honey BBQ	portion cup	136 204	0	0	0	0	0	1130	35	35		
Barros - Sauce, Honey Hot	portion cup	136 204	0	0	0	0	0	780	52	17	0	
Barros - Sauce, Hot	portion cup	72 108	80	9	0	0	0	1480	0	0	0	Contains Milk, Soy.
Barros - Sauce, Mango Habanero	portion cup	104 156	0	0	0	0	0	490	32	23	0	
Barros - Sauce, Marinara	portion cup	56 84	25	3	0	0	0	350	9	7	1	
Barros - Sauce, Medium	portion cup	72 108	80	9	0	0	0	1480	0	0	0	Contains Milk, Soy.
Barros - Sauce, Mild	portion cup	136 204	160	17	0	0	0	1740	0	0	0	Contains Milk, Soy.
Barros - Sauce, Pizza	portion cup	28 42	0	0	0	0	0	1610	8	6	2	
Barros - Sauce, Spicy BBQ	portion cup	96 144	40	4.5	0	0	0	1210	18	16	0	Contains Milk, Soy.
Barros - Sauce, Sweet Red Chili	portion cup	184 276	15	1.5	0	0	0	1130	58	49	0	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sauce, Teriyaki	portion cup	208 312	120	13	1.5	0	0	930	35	26	0	Contains Soy, Wheat. May also contain Gluten.
Barros - Side, 3 Meatballs with Sauce		30 45	30	3	1.5	0	7.5	112.5	1.5	0	3	
Barros - Side, Bread Sticks with Cheese, no sauce	1/8 order	192 288	80	9	3.5	0	15	340	33	1	9	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, no sauce	whole order	1528 2292	660	73	27	0	105	2740	261	7	70	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Marinara Sauce	1/8 order	200 300	90	10	3.5	0	15	390	34	2	9	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Marinara Sauce	whole order	1576 2364	680	76	27	0	105	3080	270	15	72	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Pizza Sauce	1/8 order	192 288	80	9	3.5	0	15	540	34	2	9	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Pizza Sauce	whole order	1560 2340	660	73	27	0	105	4340	269	13	72	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Ranch	1/8 order	216 324	120	13	4	0	15	440	33	1	9	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks with Cheese, w/ Ranch	whole order	1760 2640	940	105	31	0	135	3520	264	10	73	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, no sauce	1/8 order	152 228	50	6	1	0	0	240	32	1	6	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, no sauce	whole order	1240 1860	410	45	9	0	5	1930	258	6	46	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Marinara Sauce	1/8 order	160 240	50	6	1	0	0	280	33	2	6	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Marinara Sauce	whole order	1288 1932	430	48	9	0	5	2280	267	13	47	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Pizza Sauce	1/8 order	160 240	50	6	1	0	0	440	33	1	6	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Pizza Sauce	whole order	1272 1908	410	45	9	0	5	3540	266	12	48	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Ranch	1/8 order	184 276	90	10	1.5	0	5	340	33	1	6	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Bread Sticks, w/ Ranch	whole order	1472 2208	690	77	13	0	35	2710	261	9	49	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.

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Barros - Side, Garlic Bread, Wheat		304 456	190	21	4.5	0	0	610	39	3	9	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Garlic Bread, Wheat with Cheese		416 624	280	31	11	0	40	910	41	4	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Garlic Bread, White		304 456	180	20	4	0	0	630	40	2	8	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Garlic Bread, White with Cheese		408 612	280	31	11	0	40	930	41	2	17	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Large, No Sauce		936 1404	590	66	23	0	120	3360	96	6	36	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Large, w/ Marinara Sauce		1040 1560	650	72	23	0	120	4050	113	21	39	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Large, w/ Pizza Sauce		1000 1500	590	66	23	0	120	6570	111	17	40	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Large, w/ Ranch		1400 2100	1170	130	32	0	180	4930	102	12	42	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Small, No Sauce		472 708	300	33	12	0	60	1680	48	3	18	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Small, w/ Marinara Sauce		520 780	320	36	12	0	60	2030	57	10	19	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Small, w/ Pizza Sauce		496 744	300	33	12	0	60	3290	56	9	20	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Mozzarella Sticks, Small, w/ Ranch		704 1056	580	65	16	0	90	2460	51	6	21	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Side, Pizza Bread		472 708	270	30	18	0	100	2860	48	8	33	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Club on Wheat, Large		704 1056	310	34	14	0.5	145	2980	87	14	57	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Club on Wheat, Small		352 528	150	17	7	0	70	1490	43	7	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Club on White, Large		696 1044	300	33	13	0	145	3010	87	10	55	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Club on White, Small		352 528	150	16	7	0	70	1510	43	5	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Ham on Wheat, Large		712 1068	350	38	16	0.5	150	3880	87	13	53	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Ham on Wheat, Small		360 540	170	19	8	0	75	1940	43	7	26	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Ham on White, Large		712 1068	340	37	15	0	150	3920	87	10	52	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Ham on White, Small		352 528	170	19	8	0	75	1960	43	5	26	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.

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Barros - Sub, Italian on Wheat, Large		888 1332	470	52	21	0.5	170	4800	102	18	60	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Italian on Wheat, Small		488 732	260	29	11	0	85	3020	60	12	30	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Italian on White, Large		880 1320	460	51	21	0	170	4840	102	15	58	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Italian on White, Small		488 732	260	29	10	0	85	3040	60	11	29	Contains Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Meatball on Wheat, Large		784 1176	400	44	19	0.5	110	5380	99	19	48	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Meatball on Wheat, Small		392 588	200	22	10	0	55	2690	50	9	24	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Meatball on White, Large		776 1164	390	43	19	0	110	5410	99	16	47	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Meatball on White, Small		384 576	190	21	9	0	55	2710	50	8	23	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Roast Beef on Wheat, Large		720 1080	330	37	15	0.5	150	2730	83	11	58	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Roast Beef on Wheat, Small		360 540	170	19	7	0	75	1370	42	5	29	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Roast Beef on White, Large		712 1068	320	36	14	0	150	2770	83	7	57	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Roast Beef on White, Small		360 540	160	18	7	0	75	1380	42	4	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Turkey on Wheat, Large		696 1044	280	31	12	0.5	130	2940	90	17	57	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Turkey on Wheat, Small		344 516	140	15	6	0	65	1470	45	8	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Turkey on White, Large		688 1032	270	30	11	0	130	2980	90	13	55	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Sub, Turkey on White, Small		344 516	130	15	6	0	65	1490	45	7	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 6	No Sauce	600 900	520	58	8	0	80	1740	32	4	28	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 6	No Sauce, No Ranch, No Celery	360 540	230	26	4	0	50	910	28	1	24	Contains Egg, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 12	No Sauce	952 1428	750	83	12	0	135	2650	60	5	52	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 12	No Sauce, No Ranch, No Celery	712 1068	460	51	8	0	105	1820	55	1	49	Contains Egg, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 24	No Sauce	1904 2856	1500	166	24	0.5	265	5290	120	10	104	Contains Egg, Milk, Soy, Wheat. May also contain Gluten.
Barros - Wings, Boneless, 24	No Sauce, No Ranch, No Celery	1432 2148	920	102	15	0.5	210	3640	111	2	97	Contains Egg, Soy, Wheat. May also contain Gluten.
Barros - Wings, Traditional, 6	No Sauce	568 852	570	63	12	0	155	950	5	4	33	Contains Egg, Milk, Soy.
Barros - Wings, Traditional, 6	No Sauce, No Ranch, No Celery	328 492	282	31	8	0	125	120	0	0	29	Contains Soy.
Barros - Wings, Traditional, 12	No Sauce	904 1356	853	95	20	0	280	1060	5	4	62	Contains Egg, Milk, Soy.
Barros - Wings, Traditional, 12	No Sauce, No Ranch, No Celery	664 996	565	63	16	0	250	240	0	0	59	Contains Soy.
Barros - Wings, Traditional, 24	No Sauce	1800 2700	1706	190	41	0	560	2130	9	7	124	Contains Egg, Milk, Soy.
Barros - Wings, Traditional, 24	No Sauce, No Ranch, No Celery	1320 1980	1130	126	32	0	500	470	0	0	118	Contains Soy.

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

While we attempt to identify ingredients that may cause allergic reactions for those with food allergies, potential allergens are present in our kitchen and there is a risk of cross contamination.