



NUTRITIONAL INFORMATION

Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens	Gluten
OLGA'S SNACKERS®													
Olga's Snackers® -- Basket	1,067	513	57	16	0	43	1,175	117	5	30	27	Dairy, Wheat, Soy, Tree Nut, Sesame	Yes
Olga's Snackers®, Small Order (12 pieces)	533	252	28	8	0	22	587	58	2	15	13	Dairy, Wheat, Soy, Tree Nut, Sesame	Yes
STARTERS													
Olga's Seasoned Curly Fries Basket	846	414	46	6	0	0	1,633	101	13	5	12	Soy	No
Tempura Shrimp	730	420	47	7	0	125	2120	57	3	29	19	Wheat, Soy, Shellfish, Eggs	Yes
Crispy Brussel Sprouts	535	450	50	9	0	8	510	20	8	6	8	Dairy, Soy	No
Zucchini Fries -- Basket	892	612	68	7	0	680	5,478	53	2	9	6	Dairy, Wheat, Soy, Eggs	Yes
Boneless Wings Plain	889	605	67	11	0	88	1851	37	2	3	32	Dairy, Wheat, Soy, Eggs	Yes
Teriyaki Boneless Wings	990	620	68	11	0	90	2,970	58	2	19	34	Dairy, Wheat, Soy, Eggs	Yes
Snacker Boneless Wings	950	645	71	13	0	94	1955	40	4	3	35	Dairy, Wheat, Soy, Eggs	Yes
Hellfire Boneless Wings	1085	746	83	15	0	106	2139	48	4	7	37	Dairy, Wheat, Soy, Eggs	Yes
Three Cheese Balls	170	162	18	3	0	0	255	8	0	6	1	Dairy, Wheat, Soy, Eggs	Yes
Snacker Attack	270	90	10	5	0	60	660	29	1	3	16	Dairy, Wheat, Soy, Eggs	Yes
Snacker Attack with Cheese balls	270-285	92	11	5	0	32	663	33	1	3	16	Dairy, Wheat, Soy, Eggs	Yes
Bread Basket	2,064	594	66	18	0	0	1,854	318	12	66	42	Wheat, Soy	
SMALL PLATES													
Spinach & Cheese Pie	270	90	10	5	0	60	660	29	1	3	16	Dairy, Wheat, Soy, Eggs	Yes
Olga's Seasoned Curly Fries	423	207	23	3	0	0	816	51	7	2	6	Soy	No
Zucchini Fries -- Side	508	351	39	6	0	358	1,086	33	2	9	5	Dairy, Wheat, Soy, Eggs	Yes
Crispy Brussel Sprouts -- Side	268	225	25	5	0	4	255	10	4	3	4	Dairy, Soy	No
Small Olga Salad	330	300	33	6	0	15	310	5	1	2	3	Dairy, Soy	No
Cucumber Salad	191	153	17	4	0	13	337	9	1	5	3	Dairy, Soy	No
Coco Zing Rice	130	60	7	4	0	0	700	17	1	3	2	Soy	No
Veggies -- Side	52	27	3	1	0	0	273	7	2	4	2	Soy	No
Side Mac & Cheese	360	220	25	11	0	55	670	19	1	5	16	Dairy, Wheat, Eggs	Yes
Side Mac & Cheese LOADED	380	240	27	12	0.5	60	740	19	1	5	18	Dairy, Wheat, Eggs	Yes
CLASSIC OLGAS													
The Original Olga®	743	117	13	15	0	79	1,126	62	3	15	24	Dairy, Wheat, Soy	Yes
The Original Olga® -- Make It Larger	893	108	12	21	0	111	1,458	64	3	15	29	Dairy, Wheat, Soy	Yes
The Original Olga® -- "Olga's Way"	973	279	31	26	0	139	1,420	62	3	15	39	Dairy, Wheat, Soy	Yes
Three Cheese	697	333	37	17	0	84	764	58	2	16	29	Dairy, Wheat, Soy	Yes
Turkey Oven Roasted	595	234	26	4	0	93	499	67	3	13	33	Wheat, Soy, Eggs	Yes
Fried Chicken	730	324	36	6	0	54	1,169	74	4	14	27	Dairy, Wheat, Soy, Eggs	Yes
Grilled Chicken	615	180	20	3	0	110	672	64	3	19	45	Wheat, Soy, Eggs	Yes
Ham & Cheese	618	234	26	9	0	79	1,445	60	3	17	34	Dairy, Wheat, Soy, Eggs	Yes
Veggie	549	234	26	4	0	0	808	69	7	17	13	Wheat, Soy, Sesame	Yes
SIGNATURE OLGAS													
Sesame Grilled Chicken	598	180	20	3	0	107	647	61	3	16	44	Wheat, Soy, Sesame	Yes
Angus Burger	1,028	540	60	19	0	176	1,001	64	3	13	57	Dairy, Wheat, Soy, Eggs	Yes
Philly Steak & Cheese	885	459	51	15	0	100	1,045	67	3	14	35	Dairy, Wheat, Soy, Eggs	Yes
Hellfire Detroit Olga	1,090	540	60	11	0	75	1,940	101	5	15	39	Dairy, Wheat, Soy, Eggs, Dairy	Yes
Falafel Olga	940	470	52	11	0	10	690	97	17	18	22	Dairy, Wheat, Soy, Sesame	Yes
Shrimp Olga	710	280	31	5	0	120	1270	82	3	18	25	Wheat, Soy, Shellfish	Yes
Hot Turkey Olga	605	233	28	6	0	96	501	68	2	14	34	Dairy, Wheat, Soy, Eggs, Dairy	Yes
Cuban	788	323	36	13	0	126	3135	68	2	13	45	Dairy, Wheat, Soy, Eggs	Yes
CLASSIC VALUES- PERFECT TRIO OLGAS													
The Original Olga®	453	81	9	9	0	45	658	39	2	10	14	Dairy, Wheat, Soy	Yes
Fried Chicken	480	216	24	4	0	37	789	48	3	9	19	Dairy, Wheat, Soy, Eggs	Yes
Grilled Chicken	368	117	13	2	0	40	388	40	2	12	23	Wheat, Soy, Eggs	Yes
Hellfire Detroit Chicken	630	320	36	6	0	40	1040	58	3	9	21	Dairy, Wheat, Soy, Eggs	Yes
Veggie	407	198	22	2	0	0	830	47	5	11	9	Wheat, Soy, Sesame	Yes
Sesame Grilled Chicken	356	108	12	2	0	53	443	38	2	10	23	Wheat, Soy, Sesame	Yes
Ham & Cheese	381	144	16	5	0	46	934	37	2	10	20	Dairy, Wheat, Soy, Eggs	Yes
Turkey Oven Roasted	349	135	15	2	0	37	286	36	2	8	18	Wheat, Soy, Eggs	Yes
Three Cheese	407	189	21	7	0	42	423	37	2	10	16	Dairy, Wheat, Soy	Yes
SOUPS													
Peasant Soup (Cup) w/ 5 snackers	282	117	13	4	0	20	655	31	2	8	10	Dairy, Wheat, Soy, Tree Nut	Yes
Peasant Soup (Bowl) w/ 5 snackers	348	144	16	5	0	32	992	37	3	10	14	Dairy, Wheat, Soy, Tree Nut	Yes
Cream of Broccoli (Cup) w/ 5 snackers	315	153	17	6	0	25	685	34	2	9	7	Dairy, Wheat, Soy, Tree Nut	Yes
Cream of Broccoli (Bowl) w/ 5 snackers	403	207	23	9	0	41	1,041	42	2	12	10	Dairy, Wheat, Soy, Tree Nut	Yes
White Bean Chicken Chili (Cup) w/ 5 snackers	394	171	19	7	0	57	675	40	5	6	20	Dairy, Wheat, Soy, Tree Nut	Yes
White Bean Chicken Chili (Bowl) w/ 5 snackers	534	225	25	10	0	95	825	51	7	6	30	Dairy, Wheat, Soy, Tree Nut	Yes
Spinach and Feta (Cup) w/ 5 snackers	334	207	25	8	0	20	670	15	1	5	4	Dairy, Wheat, Soy, Tree Nut	Yes
Spinach and Feta (Bowl) w/ 5 snackers	484	261	28	12	0	24	675	18	3	7	6	Dairy, Wheat, Soy, Tree Nut	Yes
5 Snackers	184	81	9	2	0	1	150	23	1	5	4	Dairy, Wheat, Soy, Tree Nut	Yes



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HAND-TOSSED SALADS (No Bread)													
The Olga Salad®	650	590	65	12	0	20	540	12	4	6	6	Dairy, Soy	No
Gala Apple Pecan	530	370	41	5	0	15	1,250	30	6	34	5	Dairy, Soy, Tree Nut	No
Mediterranean Bright Bowl with Chicken	951	702	78	12	0	93	713	26	9	8	37	Dairy, Soy	No
Crunchy Caesar Salad with Chicken	959	654	72	13	0	137	1,718	38	6	11	38	Dairy, Soy	Yes
Bowls													
Garlic Shrimp Zing Bowl	810	390	44	11	0	125	2750	83	4	35	22	Wheat, Soy, Shellfish, Eggs, Tree Nut	Yes
Shwarma Chicken Zing Bowl	640	360	40	11	0	120	1,580	34	5	12	39	Soy, Tree Nut, Dairy, Egg	No
Southwest Chicken Zing Bowl	820	470	52	14	0	135	2,010	46	7	15	45	Soy, Tree Nut, Dairy	No
Mac Bowl Boneless	1880	1170	130	37	1.5	185	2930	116	5	24	63	Dairy, Wheat, Soy, Eggs, Tree Nut, Sesame	Yes
Mac Bowl Pork	1580	910	101	34	1.5	210	2530	96	4	23	69	Dairy, Wheat, Soy, Eggs, Tree Nut, Sesame	Yes
Mac Bowl Chicken	1650	940	105	33	1.5	240	2300	98	4	23	78	Dairy, Wheat, Soy, Eggs, Tree Nut, Sesame	Yes
ADD TO ANY SALAD													
Olga's Salad Dressing -- 1.5 oz	273	270	30	4.5	0	0	213	1.5	1.5	1.5	0	Soy	No
Olga's White Balsamic Dressing-- 1.5 oz.	198	162	18	3	0	0	255	8	0	6	0		
Olga's Honey Bourbon Ranch Dressing-- 1.5 oz.	143	95	11	2	0	8	383	12	0	11	0	Eggs, Milk, Soy,	No
Grilled Chicken Breast	280	135	15	5	0	90	235	2	0	2	30	Soy	No
Olga's Seasoned Beef and Lamb	325	270	30	10	0	65	610	<1	0	<1	10	Wheat, Soy	Yes
Olga Bread -- Full	344	99	11	3	0	0	309	53	2	11	7	Wheat, Soy	Yes
OLGA'S EXTRAS													
Olga's Three Cheese Blend Add-on	230	180	20	10	0	60	295	0	0	0	15	Dairy	No
Applewood Smoked Bacon Add-on	85	45	5	2	0	20	370	<1	0	0	5		No
Fresh Veggie Mix Add-on	40	27	3	<1	0	0	5	5	1	3	<1	Soy	No
Olgasauce Add-on	45	18	2	<1	0	10	45	5	0	5	3	Dairy	No
Ranch Add-on	200	180	20	5	0	15	370	3	0	1	1	Eggs, soy, Dairy	No
Signature sauce Add-on	240	225	25	5	0	360	360	3	0	3	0	Eggs	No
Bourbon glaze 1.5oz Add-on	110	0	4	1	0	0	258	18	0	17	0	Soy	No
Sesame Ginger glaze Add-on-- 1 oz.	125	99	11	2	0	0	252	6	0	5	0	Soy, Wheat, Sesame	Yes
Honey Mustard Dressing Add-on-- 1 oz	110	72	8	1	0	5	220	9	0	8	0	Eggs	No
Garlic Aioli Add-on 1 oz.	188	189	21	3	0	12	175	<1	0	<1	<1	Eggs	No
Swiss Almond cheese Add-on	91	63	7	4	0	18	219	4	0	4	5	Dairy, Treenut	No
Feta Cheese Add-on	75	45	5	5	0	25	260	1	0	1	5	Dairy	No



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BEVERAGES													
Fresh Squeezed Lemonade	193	0	0	0	0	0	4	49	0	48	0		No
Orange Cream Cooler™	400	108	12	10	0	0	320	75	0	115	0	Dairy, Soy	No
Pepsi	100	0	0	0	0	0	20	27	0	27	0		No
Diet Pepsi	0	0	0	0	0	0	23	0	0	0	0		No
Mountain Dew	113	0	0	0	0	0	43	45	0	31	0		No
Dr. Pepper	100	0	0	0	0	0	35	27	0	27	0		No
Sierra Mist	100	0	0	0	0	0	23	26	0	26	0		No
Mug Root Beer	107	0	0	0	0	0	43	29	0	29	0		No
Hibiscus Jamaica	120							29		29			No
Tractor Strawberry Dragonfruit	120							29		29			No
China Mist Iced Tea	2	0	0	0	0	0	2	<1	0	0	0		No
Coffee	0	0	0	0	0	0	5	0	0	0	0		No
Hot Tea	0	0	0	0	0	0	5	0	0	0	0		No
Arnold Palmer	98	0	<1	0	0	0	5	25	<1	24	<1		No
Milk	100	27	3	2	0	10	105	12	0	10	10	Dairy	No
Chocolate Milk 1%	190	45	5	3	0	20	165	30	2	25	10	Dairy, Soy	No
Red Bull	110	0	0	0	0	0	100	26	0	26	1		No
Sugar Free Red Bull	10	0	0	0	0	0	210	2	0	0	1		No
Tropical Red Bull	120	0	0	0	0	0	140	29	0	28	1		No
DESSERTS													
Birmingham's Best Brownie	873	364	40	22	0	179	512	122	4	95	9	Dairy, Wheat, Soy, Eggs, tree nuts	Yes
Cinnamon Sugar Snackers	651	261	29	6	0	3	449	92	4	45	9	Dairy, Wheat, Soy	Yes
Baked Apple Olga	670	150	17	4	0	10	200	132	5	96	6	Dairy, Wheat, Soy, Eggs, tree nuts	Yes
Orange Cream Cooler™	400	108	12	10	0	0	320	76	0	113	0	Dairy, Soy	No
Olga Donuts	701	207	23	4	0	0	376	115	3	61	10	Dairy, Wheat, Soy	Yes
Kid's Sundae	257	153	17	11	0	89	54	23	<1	20	4	Dairy, Wheat, Soy, Eggs	Yes
Goosey Butter Cake	450	200	22	13	0	95	260	61	0	45	4	Dairy, Wheat, Eggs,	Yes
Avalon Bakery Brownie	380	171	19	11	0	90	300	52	3	37	5	Dairy, Wheat, Soy, Eggs, Tree nuts	Yes
Avalon Bakery Cookie	240	90	10	6	0	35	250	35	1	20	3	Dairy, Wheat, Soy, Eggs	Yes
KID'S MENU													
Kid's Original	431	72	8	8	0	43	642	36	1	7	12	Wheat, Soy	Yes
Kid's Three Cheese	381	189	21	8	0	40	407	33	1	7	14	Dairy, Wheat, Soy	Yes
Hot Dog Olga	406	216	24	7	0	31	757	35	1	7	11	Wheat, Soy	Yes
Macaroni and Cheese	360	220	25	11	0	55	670	19	1	5	16	Dairy, Wheat, Eggs	Yes
Chicken Tenders	269	126	14	2	0	48	763	17	1	0	19	Dairy, Wheat, Soy, Eggs	Yes
Kid's Curly Fry side	335	162	18	2	0	0	277	40	5	2	5	Soy	No
Kid's Olga Salad	139	117	13	4	0	13	207	3	1	2	3	Dairy, Soy	No
Kid's Apple Slices	32	9	1	0	0	0	<1	8	1	6	<1		No
Kid's Mandarin Oranges	70	0	0	0	0	0	0	16	<1	8	<1		No
Kids Side Hummus	266	122	14	2	0	1	344	31	4	5	7	Wheat, Soy, Eggs, Sesame, Tree Nut	Yes