



Nutritional Information

| Menu Items | Calories | Calories From Fat | Dietary Fiber (g) | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Protein (g) |
|--|----------|-------------------|-------------------|---------------|-------------------|------------------|-------------|-----------------|-------------|
| APPETIZERS | | | | | | | | | |
| Three Cheese Bites (8) | 720 | 464 | 0 | 52 | 41 | 90 | 1240 | 42 | 24 |
| Three Cheese Bites (16) | 1280 | 784 | 0 | 88 | 57 | 170 | 2240 | 82 | 48 |
| Snackers (6 pc) | 261 | 120 | 2 | 14 | 4 | 10 | 273 | 28 | 6 |
| Snackers (basket) | 1446 | 729 | 4 | 81 | 26 | 76 | 1696 | 148 | 38 |
| Zucchini Fries | 527 | 169 | 3 | 13 | 25 | 10 | 1573 | 82 | 2 |
| SPINACH PIE | | | | | | | | | |
| Spinach Pie | 298 | 172 | 1 | 21 | 8 | 46 | 603 | 16 | 11 |
| BOWLS OF SOUPS (Includes Snackers) | | | | | | | | | |
| Peasant Soup | 376 | 171 | 2 | 19 | 6 | 32 | 862 | 38 | 14 |
| Broccoli Soup | 407 | 225 | 1 | 25 | 9 | 42 | 962 | 41 | 11 |
| White Bean Chicken Chili | 506 | 231 | 5 | 25 | 9 | 75 | 885 | 60 | 8 |
| OLGA SALADS & HAND TOSSED ENTRÉE SALADS (Includes Olga Bread) | | | | | | | | | |
| Olga Salad, Entrée | 1353 | 945 | 9 | 105 | 23 | 53 | 1686 | 85 | 21 |
| Chicken Blue Cheese Salad | 1040 | 490 | 7 | 54 | 12 | 75 | 2590 | 98 | 42 |
| Spring Orchard Salad | 890 | 300 | 9 | 33 | 6 | 105 | 1210 | 96 | 51 |
| Pan Asian Salad | 870 | 300 | 10 | 34 | 6 | 150 | 1940 | 110 | 33 |
| Apple Pecan Chicken Salad | 1180 | 540 | 9 | 60 | 21 | 147 | 1870 | 123 | 57 |
| SANDWICHES | | | | | | | | | |
| Original Olga | 650 | 260 | 2 | 29 | 9 | 85 | 670 | 66 | 32 |
| Grilled Chicken Olga | 670 | 230 | 3 | 25 | 4 | 90 | 630 | 69 | 42 |
| Fried Chicken Olga | 920 | 490 | 2 | 54 | 10 | 95 | 1120 | 76 | 32 |
| Chicken Fajita Olga | 710 | 200 | 5 | 22 | 7 | 125 | 1630 | 79 | 46 |
| Asian Chicken | 690 | 220 | 4 | 25 | 4 | 90 | 790 | 74 | 40 |
| Turkey Club Olga | 790 | 360 | 2 | 40 | 8 | 90 | 2020 | 68 | 37 |
| BLT Olga | 780 | 420 | 2 | 47 | 10 | 55 | 1420 | 64 | 24 |
| Fresh Veggie | 490 | 140 | 5 | 16 | 2.5 | 5 | 450 | 75 | 13 |
| Three Cheese Olga | 875 | 450 | 2 | 49 | 26 | 124 | 942 | 67 | 41 |
| Classic Cheese Burger | 969 | 500 | 3 | 55 | 22 | 165 | 1346 | 63 | 53 |
| Turkey & Artichoke Olga | 850 | 390 | 3 | 44 | 12 | 140 | 2740 | 70 | 44 |
| Mediterranean Olga | 630 | 270 | 2 | 30 | 7 | 25 | 1120 | 72 | 18 |
| Steak & Cheese Olga | 740 | 270 | 4 | 30 | 12 | 110 | 1500 | 71 | 47 |
| Ham & Cheese Club Olga | 900 | 410 | 5 | 46 | 16 | 130 | 2780 | 72 | 49 |
| Atlantic Whitefish Olga | 901 | 350 | 5 | 39 | 8 | 68 | 1270 | 106 | 33 |
| SIDES | | | | | | | | | |
| Coleslaw | 120 | 60 | 5 | 12 | 2 | 5 | 180 | 32 | 6 |
| Olga's Curly Fries (Basket) | 920 | 320 | 14 | 36 | 11 | 0 | 730 | 135 | 14 |
| DESSERTS | | | | | | | | | |
| French Toasted Cheesecake | 780 | 430 | <1 | 48 | 27 | 200 | 510 | 74 | 13 |
| Birmingham's Best Brownie | 860 | 378 | 2 | 42 | 20 | 202 | 341 | 113 | 7 |
| Birmingham's Best Brownie a la carte | 593 | 225 | 2 | 25 | 9 | 104 | 276 | 89 | 7 |
| Cinnamon Sugar Snackers | 1380 | 670 | 4 | 74 | 22 | 60 | 1480 | 144 | 38 |
| Kid's Sundae kids menu | 300 | 90 | 2 | 10 | 4.5 | 30 | 55 | 16 | 2 |
| DRINKS | | | | | | | | | |
| Freshly Squeezed Lemonade | 300 | 0 | 0 | 0 | 0 | 0 | 5 | 74 | 0 |
| Orange Cream Cooler | 400 | 60 | 0 | 7 | 0 | 35 | 180 | 77 | 7 |
| Pepsi | 160 | 0 | 0 | 0 | 0 | 0 | 35 | 41 | 0 |
| Diet Pepsi | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 0 |
| Caffeine Free Diet Pepsi | 0 | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 0 |
| Mountain Dew | 180 | 0 | 0 | 0 | 0 | 0 | 70 | 46 | 0 |
| Dr. Pepper | 240 | 0 | 0 | 0 | 0 | 0 | 85 | 60 | 0 |
| Sierra Mist | 160 | 0 | 0 | 0 | 0 | 0 | 35 | 39 | 0 |
| Mug Root Beer | 170 | 0 | 0 | 0 | 0 | 0 | 65 | 43 | 0 |
| Vernors | 170 | 0 | 0 | 0 | 0 | 0 | 65 | 43 | 0 |
| Fruit Works | 220 | 0 | 0 | 0 | 0 | 0 | 80 | 42 | 0 |
| Iced Tea | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 |
| Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0 | <1 | 0 |
| Milk | 120 | 40 | 0 | 4.5 | 3 | 20 | 120 | 12 | 8 |
| SMOOTHIES | | | | | | | | | |
| Strawberry Jungle | 170 | 0 | 1 | 0 | 0 | 0 | 55 | 38 | 4 |
| Berry Berry Lime | 190 | 15 | 4 | 1.5 | 1 | 0 | 45 | 42 | 1 |
| Super Berry | 180 | 30 | 2 | 3.5 | 1.5 | 15 | 100 | 31 | 6 |
| Three Berry Tango | 200 | 15 | 4 | 2 | 1 | 0 | 40 | 44 | 1 |
| Guava Strawberry | 160 | 0 | 1 | 0 | 0 | 0 | 45 | 37 | 3 |
| Tropical Breeze | 160 | 0 | 3 | 0 | 0 | 0 | 5 | 38 | <1 |
| Oreo Crunch | 795 | 45 | 4 | 5 | 0 | 15 | 689 | 166 | 21 |
| Mocha Java | 420 | 60 | 3 | 7 | 4 | 25 | 240 | 77 | 12 |
| Vanilla Latte | 310 | 60 | 0 | 7 | 4 | 25 | 150 | 52 | 11 |
| KIDS' MENU ENTRÉES | | | | | | | | | |
| Peanut Butter and Jelly Olga | 670 | 280 | 4 | 31 | 5 | 0 | 530 | 80 | 18 |
| Hot Dog Olga | 530 | 135 | 4 | 15 | 6 | 30 | 550 | 80 | 15 |
| Macaroni and Cheese | 370 | 110 | 2 | 12 | 4.5 | 25 | 1280 | 49 | 16 |
| Chicken Tender Platter | 920 | 490 | 2 | 54 | 10 | 95 | 1120 | 76 | 32 |
| KIDS' MENU SIDES | | | | | | | | | |
| Apple Sauce | 50 | 0 | 2 | 0 | 0 | 0 | 10 | 12 | 0 |
| KIDS' MENU DESSERTS | | | | | | | | | |
| Kids' Sundae | 300 | 90 | 2 | 10 | 4.5 | 30 | 55 | 16 | 2 |
| KIDS' MENU DRINKS | | | | | | | | | |
| 1% Chocolate Milk | 160 | 20 | 1 | 2.5 | 1.5 | 10 | 210 | 27 | 8 |

| Menu Item | Allergens | Contains Gluten |
|--|--|-----------------|
| APPETIZERS | | |
| Three Cheese Bites | MILK, WHEAT, SOYBEAN, EGG | Yes |
| Olga's Snackers™ | MILK, WHEAT, SOYBEAN, SESAME SEED, POPPY SEED, TREE NUTS | Yes |
| Zucchini Fries | MILK, WHEAT, SOYBEAN, EGG | Yes |
| SPINACH & CHEESE PIE | | |
| Spinach & Cheese Pie | MILK, WHEAT, SOYBEAN, EGG | Yes |
| BOWLS OF SOUP (Includes Snackers™) | | |
| Peasant Soup | MILK, WHEAT, SOYBEAN, SESAME SEED, TREE NUTS, POPPY SEEDS | Yes |
| Broccoli Soup | MILK, WHEAT, SOYBEAN, SESAME SEED, TREE NUTS, POPPY SEEDS | Yes |
| White Bean Chicken Chili | MILK, WHEAT, SOYBEAN, SESAME SEED, TREE NUTS, POPPY SEEDS | Yes |
| OLGA SALADS & HAND TOSSED ENTRÉE SALADS (Includes Olga Bread) | | |
| Olga Salad | MILK, WHEAT, SOYBEAN | Yes |
| Chicken Bleu Cheese Salad | MILK, WHEAT, SOYBEAN, TREE NUTS | Yes |
| Spring Orchard Salad | MILK, WHEAT, SOYBEAN | Yes |
| Pan Asian Salad | WHEAT, SOYBEAN, SESAME SEED, TREE NUTS, PEANUTS (SHELLFISH - if with shrimp) | Yes |
| Apple Pecan Chicken Salad | MILK, WHEAT, SOYBEAN, TREE NUTS | Yes |
| PREMIUM OLGA SANDWICHES | | |
| Original | WHEAT, SOYBEAN, MILK | Yes |
| Grilled Chicken | WHEAT, SOYBEAN, MILK, EGG | Yes |
| Fried Chicken | WHEAT, SOYBEAN, MILK, EGG | Yes |
| Santa Fe Chicken | WHEAT, SOYBEAN, EGG | Yes |
| Chicken Fajita | WHEAT, SOYBEAN, MILK | Yes |
| Asian Chicken | WHEAT, SOYBEAN, SESAME | Yes |
| Turkey Club | WHEAT, SOYBEAN, EGG | Yes |
| BLT | WHEAT, SOYBEAN, MILK, EGG | Yes |
| Fresh Veggie | WHEAT, SOYBEAN | Yes |
| Three Cheese | WHEAT, SOYBEAN, MILK | Yes |
| Classic Cheeseburger | WHEAT, SOYBEAN, MILK, EGG | Yes |
| Turkey & Artichoke | WHEAT, SOYBEAN, MILK, TREE NUTS | Yes |
| Mediterranean | WHEAT, SOYBEAN, MILK, SESAME | Yes |
| Steak & Cheese | WHEAT, SOYBEAN, MILK | Yes |
| Ham & Cheese Club | WHEAT, SOYBEAN, MILK, EGG | Yes |
| Atlantic White Fish | WHEAT, SOYBEAN, MILK, EGG, FISH | Yes |
| SIDES | | |
| Coleslaw | MILK, EGG, SOYBEAN | Yes |
| Olga's Curly Fries | SOYBEAN | Yes |
| DESSERTS | | |
| French Toasted Cheesecake | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Birmingham's Best Brownie | MILK, EGG, WHEAT, SOYBEAN, PEANUTS | Yes |
| Birmingham's Best Brownie (à la carte) | MILK, EGG, WHEAT, SOYBEAN, PEANUTS | Yes |
| Cinnamon Sugar Snackers | WHEAT, SOYBEAN, MILK | Yes |
| Bread Pudding - Chocolate Chip | MILK, WHEAT, SOYBEAN, TREE NUTS | Yes |
| Bread Pudding - Apple Cranberry | MILK, WHEAT, SOYBEAN, TREE NUTS | Yes |
| DRINKS | | |
| Freshly Squeezed Lemonade | | No |
| Orange Cream Cooler | MILK | No |
| Pepsi | | No |
| Diet Pepsi | | No |
| Caffeine Free Diet Pepsi | | No |
| Mountain Dew | | No |
| Dr. Pepper | | No |
| Sierra Mist | | No |
| Mug Root Beer | | No |
| Vernors | | No |
| Fruit Works | | No |
| Iced Tea | | No |
| Coffee | | No |
| Milk | MILK | No |
| SMOOTHIES | | |
| Strawberry Jungle | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Berry Berry Lime | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Super Berry | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Three Berry Tango | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Guava Strawberry | MILK, EGG, WHEAT, SOYBEAN | Yes |
| Tropical Breeze | | No |
| Oreo Crunch | MILK, WHEAT, SOYBEAN | Yes |
| Mocha Java | MILK, WHEAT, SOYBEAN | Yes |
| Vanilla Latte | MILK, WHEAT, SOYBEAN | Yes |
| KIDS' MENU ENTRÉES | | |
| Peanut Butter and Jelly Olga | PEANUTS, WHEAT, SOYBEAN | Yes |
| Hot Dog Olga | WHEAT, SOYBEAN | Yes |
| Macaroni & Cheese | EGG, MILK, SOYBEAN, WHEAT | Yes |
| Chicken Tender Platter | WHEAT, SOYBEAN, MILK | Yes |
| KIDS' MENU SIDES | | |
| Applesauce | | No |
| KIDS' MENU DESSERTS | | |
| Kids' Sundae | MILK, PEANUTS | Yes |
| KIDS' MENU DRINKS | | |
| 1% Chocolate Milk | MILK | Yes |