



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	1000	459	51	12	0	30	997	114	5	27	24	Dairy, Wheat, Soy, Tree Nut	Yes
Olga's Snackers*, Small Order (12 pieces)	480	216	24	5	0	11	448	56	2	13	11	Dairy, Wheat, Soy, Tree Nut	Yes
Olga's Snackers*, Side Portion (8 pieces)	335	153	17	4	0	9	328	38	2	9	8	Dairy, Wheat, Soy, Tree Nut	Yes
Hummus Dip Snackers	1520	927	103	18	0	7	2312	129	13	23	27	Wheat, Soy	Yes
Cheesy Marinara Dip Snackers	970	405	45	8	0	13	1342	119	7	29	22	Dairy, Wheat, Soy	Yes
Spinach & Feta Dip Snackers	1150	504	56	15	0	45	1313	133	6	24	29	Dairy, Wheat, Soy	Yes
STARTERS													
Olga's Seasoned Curly Fries Basket	850	414	46	6	0	0	1633	101	13	5	12	Soy	No
Three Cheese Bites	740	441	49	19	0	460	1610	53	5	4	30	Dairy, Wheat, Soy, Eggs	Yes
Zucchini Fries -- Basket	780	477	53	9	0	360	1414	62	3	14	10	Dairy, Wheat, Soy, Eggs	Yes
SMALL PLATES													
Spinach & Cheese Pie	340	162	18	10	0	80	661	29	1	3	16	Dairy, Wheat, Soy, Eggs	Yes
Olga's Seasoned Curly Fries	425	207	23	3	0	0	816	51	7	2	6	Soy	No
Greek Curly Fries	495	315	35	6	0	14	419	41	5	2	6	Dairy, Soy	No
Zucchini Fries -- Side	500	351	39	6	0	358	1086	33	2	9	5	Dairy, Wheat, Soy, Eggs	Yes
Italian Pasta Salad -- Side	380	144	16	3	0	2	518	49	3	4	9	Dairy, Wheat, Soy, Eggs	Yes
Small Olga Salad	255	216	24	5	0	13	453	7	2	4	3	Dairy, Soy	No
Quinoa Harvest Salad	525	297	33	5	0	0	218	49	9	4	10	Wheat, Soy, Tree Nut	Yes
CLASSIC OLGAS													
The Original Olga*	765	432	48	17	0	79	1057	58	2	15	24	Dairy, Wheat, Soy	Yes
The Original Olga* -- Make It Larger	925	567	63	23	0	111	1360	58	2	15	30	Dairy, Wheat, Soy	Yes
The Original Olga* -- "Olga's Way"	995	594	66	27	0	139	1352	58	2	15	39	Dairy, Wheat, Soy	Yes
Three Cheese	700	342	38	17	0	84	765	59	3	16	30	Dairy, Wheat, Soy	Yes
Turkey Oven Roasted	640	279	31	5	0	95	544	57	3	13	33	Wheat, Soy, Eggs	Yes
Fried Chicken	775	369	41	7	0	56	1211	74	4	14	28	Dairy, Wheat, Soy, Eggs	Yes
Grilled Chicken	725	306	34	7	0	94	753	65	3	21	38	Wheat, Soy	Yes
Ham & Cheese	620	234	26	9	0	79	1445	60	4	17	34	Dairy, Wheat, Soy, Eggs	Yes
Veggie	435	126	14	2	0	0	677	67	6	17	11	Wheat, Soy	Yes
SIGNATURE OLGAS													
Chicken Shawarma	665	243	27	6	0	84	1013	68	3	15	37	Dairy, Wheat, Soy	Yes
Sesame Grilled Chicken	710	297	33	7	0	91	1228	62	3	18	38	Wheat, Soy	Yes
Mediterranean (Beef & Lamb)	785	441	49	17	0	76	1277	61	5	14	24	Dairy, Wheat, Soy	Yes
Mediterranean (Chicken)	735	315	35	9	0	103	900	63	5	16	42	Dairy, Wheat, Soy	Yes
Carolina BBQ	755	270	30	10	0	130	1665	70	5	17	45	Dairy, Wheat, Soy	Yes
Angus Steakburger	1010	540	60	20	1	170	1510	60	4	15	55	Dairy, Wheat, Soy, Eggs	Yes
Steak & Cheese	755	306	34	11	0.5	124	955	67	4	14	45	Dairy, Wheat, Soy	Yes
BLT	680	360	40	10	0	45	1185	60	4	15	21	Eggs, Wheat, Soy	Yes
CLASSIC VALUES- PERFECT PAIR OLGAS													
The Original Olga*	455	261	29	10	0	46	607	34	1	10	14	Dairy, Wheat, Soy	Yes
Fried Chicken	510	252	28	5	0	40	816	45	3	8	19	Dairy, Wheat, Soy, Eggs	Yes
Grilled Chicken	425	180	20	4	0	47	428	40	2	12	20	Wheat, Soy	Yes
Chicken Shawarma	390	153	17	4	0	48	590	38	1	10	20	Dairy, Wheat, Soy	Yes
Veggie	270	81	9	1	0	0	403	40	4	11	7	Wheat, Soy	Yes
Sesame Grilled Chicken	395	171	19	4	0	45	466	36	2	10	19	Wheat, Soy	Yes
Ham & Cheese	370	144	16	5	0	47	923	35	2	10	20	Dairy, Wheat, Soy, Eggs	Yes
Turkey Oven Roasted	380	171	19	3	0	40	313	33	2	8	18	Wheat, Soy, Eggs	Yes
Mediterranean (Beef & Lamb)	635	423	47	14	0	50	958	37	3	9	15	Dairy, Wheat, Soy	Yes
Mediterranean (Chicken)	555	315	35	7	0	53	667	37	3	10	22	Dairy, Wheat, Soy	Yes
Carolina BBQ	460	189	21	8	0	75	1080	40	3	10	25	Dairy, Wheat, Soy	Yes
Angus Steakburger	610	360	40	12	0.5	100	870	35	2	8	30	Dairy, Wheat, Soy, Eggs	Yes
Three Cheese	390	189	21	9	0.5	42	406	34	2	10	16	Dairy, Wheat, Soy	Yes
Steak & Cheese	580	261	29	10	0	124	727	38	2	8	41	Dairy, Wheat, Soy	Yes
BLT	470	270	30	7	0	32	845	38	3	9	15	Eggs, Wheat	Yes
SOUPS													
Peasant Soup (Cup)	285	153	17	5	0	27	683	23	2	7	10	Dairy, Wheat, Soy	Yes
Peasant Soup (Bowl)	455	234	26	7	0	40	1079	38	3	11	16	Dairy, Wheat, Soy	Yes
Cream of Broccoli (Cup)	310	198	22	8	0	36	768	26	<1	4	8	Dairy, Wheat, Soy	Yes
Cream of Broccoli (Bowl)	500	315	35	13	0	55	1222	43	1	6	12	Dairy, Wheat, Soy	Yes
White Bean Chicken Chili (Cup)	400	198	22	8	0	64	703	32	4	5	20	Dairy, Wheat, Soy	Yes
White Bean Chicken Chili (Bowl)	640	315	35	13	0	102	1113	52	7	7	32	Dairy, Wheat, Soy	Yes
Snackers with cup of soup	110	45	5	<1	0	<1	90	15	<1	3	2	Dairy, Wheat, Soy, Tree Nut	Yes
Snackers with bowl of soup	185	90	10	2	0	2	150	20	1	5	5	Dairy, Wheat, Soy, Tree Nut	Yes
HAND-TOSSED SALADS (No Bread)													
The Olga Salad* -- Full	555	450	50	10	0	25	1260	20	5	10	10	Dairy, Soy	No
The Olga Salad* -- Medium	500	450	50	10	0	20	1010	4	3	8	5	Dairy, Soy	No
Mediterranean Spinach -- Full	595	477	53	10	0	19	1448	25	5	5	7	Dairy, Soy	No
Mediterranean Spinach -- Medium	425	360	40	7	0	13	1005	16	3	5	5	Dairy, Soy	No
Roman Caesar- Full	490	360	40	8	0	30	1090	25	7	7	70	Dairy, Wheat, Soy, Eggs, Fish	Yes
Roman Caesar- Medium	330	270	30	5	0	21	720	15	5	5	6	Dairy, Wheat, Soy, Eggs, Fish	Yes
Gala Apple Pecan -- Full	465	315	35	5	0	12	450	35	5	25	5	Dairy, Soy, Tree Nut	No
Gala Apple Pecan -- Medium	315	225	25	5	0	6	330	3	3	15	3	Dairy, Soy, Tree Nut	No
Italian Pasta Salad Medley -- Full	805	360	40	6	0	4	1425	100	7	7	20	Dairy, Wheat, Soy, Eggs	Yes
Italian Pasta Salad Medley -- Medium	430	180	20	3	0	4	765	50	4	4	10	Dairy, Wheat, Soy, Eggs	Yes
ADD TO ANY SALAD													
Olga's Salad Dressing -- 1 oz	180	180	20	5	0	0	140	1	<1	1	<1	Soy	No
Grilled Chicken Breast	280	135	15	5	0	90	235	2	0	2	30	Soy	No
Atlantic Salmon	280	180	20	5	0	70	390	2	<1	1	25	Soy, Fish	No
Grilled Flat Iron Steak	290	180	20	5	0.5	105	95	0	0	0	30	Soy	No
Olga's Seasoned Beef and Lamb	325	270	30	10	0	65	610	<1	0	<1	10		Yes
Olga Bread -- Full	340	99	11	2	0	0	309	53	2	11	7	Wheat, Soy	Yes
Olga Bread -- Medium	225	72	8	1	0	0	194	33	<1	7	4	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
Olgsauce* 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
Swiss Almond cheese Add-on	115	90	10	5	0	28	275	5	0	5	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	290	0	0	0	0	0	5	75	0	70	0		No
Orange Cream Cooler™	400	108	12	10	0	0	320	75	0	115	0	Dairy, Soy	No
Pepsi	150	0	0	0	0	0	30	40	0	40	0		No
Diet Pepsi	0	0	0	0	0	0	35	0	0	0	0		No
Caffeine Free Diet Pepsi	0	0	0	0	0	0	35	0	0	0	0		No
Mountain Dew	170	0	0	0	0	0	65	45	0	45	0		No
Dr. Pepper	150	0	0	0	0	0	50	40	0	40	0		No
Sierra Mist	150	0	0	0	0	0	35	40	0	40	0		No
Mug Root Beer	160	0	0	0	0	0	65	45	0	45	0		No
Tropicana Fruit Punch	195	0	0	0	0	0	15	50	0	45	0		No
China Mist Iced Tea	0	0	0	0	0	0	2	<1	0	0	0		No
Coffee	0	0	0	0	0	0	5	0	0	0	0		No
Coffee decaf	5	0	0	0	0	0	10	0	0	0	0		No
Hot Tea	0	0	0	0	0	0	5	0	0	0	0		No
Arnold Palmer	150	0	<1	0	0	0	8	38	<1	36	<1		No
Milk	100	27	3	2	0	10	105	12	0	10	10	Dairy	No
Apple Juice	140	0	0	0	0	0	15	35	0	35	0		No
Chocolate Milk 1%	190	45	5	3	0	20	165	30	2	25	10	Dairy, Soy	No
DESSERTS													
Birmingham's Best Brownie	1150	495	55	25	0	120	465	150	5	115	15	Dairy, Wheat, Soy, Eggs, Peanut	Yes
Olga Bread Pudding - Apple Cranberry	640	135	15	5	0	185	340	110	3	55	10	Dairy, Wheat, Soy, Eggs	Yes
Olga Bread Pudding - Blueberry Pecan	590	180	20	10	0	185	320	95	2	40	10	Dairy, Wheat, Soy, Eggs, Tree Nut	Yes
Olga Bread Pudding - Chocolate Chip	1020	450	50	20	0	185	300	145	8	85	15	Dairy, Wheat, Soy, Eggs, Tree Nut	Yes
Cinnamon Sugar Snackers	680	270	30	5	0	5	455	100	5	50	10	Dairy, Wheat, Soy	Yes
Orange Cream Cooler™	400	108	12	10	0	0	320	75	0	115	0	Dairy, Soy	No
Vanilla bean ice cream	210	126	14	4	0	78	52	19	0	17	3	Dairy, Eggs	Yes
KID'S MENU													
Peanut Butter and Jelly Olga	415	180	20	5	0	0	300	45	2	15	10	Wheat, Soy, PeaNut	Yes
Kid's Original	420	270	30	10	0	40	555	30	<1	5	10	Wheat, Soy	Yes
Kid's Grilled Chicken	345	135	15	5	0	45	295	30	1	5	20	Wheat, Soy	Yes
Kid's Fried Chicken	400	135	15	3	0	35	720	40	2	5	20	Dairy, Wheat, Soy, Eggs	Yes
Kid's Three Cheese	360	180	20	10	0	40	390	30	<1	5	15	Dairy, Wheat, Soy	Yes
Kid's Angus steakburger	420	180	20	5	0.5	70	435	30	1	5	25	Dairy, Wheat, Soy, Eggs	Yes
Kid's Ham and Cheese	340	135	15	5	0	45	900	30	1	5	20	Dairy, Wheat, Soy, Eggs	Yes
Hot Dog Olga	385	225	25	10	0	30	740	30	1	10	10	Wheat, Soy	Yes
Macaroni and Cheese	290	135	15	5	0	20	825	30	2	5	10	Dairy, Wheat, Soy, Eggs	Yes
Chicken Tenders	470	315	35	5	0	60	1130	20	1	2	20	Dairy, Wheat, Soy, Eggs	Yes
Kid's Three Cheese Bites	590	360	40	15	0	90	1340	40	5	2	25	Dairy, Wheat, Soy, Eggs	Yes
Kid's Curly Fry side	340	162	18	2	0	0	750	41	5	2	5	Soy	No
Kid's Fresh Orange Slices	40	0	0	0	0	0	0	10	2	10	<1		No
Kid's Carrot Sticks w/ Ranch side	235	180	20	5	0	15	430	10	2	5	2	Dairy, Wheat, Soy, Eggs	Yes
Kid's Carrot Sticks -- No Ranch	35	0	0	0	0	0	60	9	2	5	<1		Yes
Kid's Olga Salad	140	135	15	5	0	10	210	5	<1	2	5	Dairy, Soy	No
Kid's Apple Slices	30	0	0	0	0	0	<1	10	1	5	0		No
Kid's Sundae	265	180	20	10	0	90	60	25	<1	20	5	Dairy, Wheat, Soy, Eggs	Yes
Kid's Vanilla bean ice cream	105	63	7	2	0	39	26	10	0	9	2	Dairy, Eggs	Yes