



	Item	Amount	Serves	Calories kg	Total Fat g	Saturate d Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carbs g	Fiber g	Sugars g	Protein g
<b>Starters</b>	Veggie Sampler	Order	2	230	15	3	0	5	930	19	2	6	6
	Buddy Bread	Order	2	390	7	2.5	0	10	760	71	3	4	12
	Garlic Bread	Order	1	330	24	14	0	65	910	26	1	0	7
	Basket of Fries	Order	2	370	9	0	0	65	890	70	7	0	7
	Loaded Fries	Order	2	930	58	19	0	340	2210	76	7	2	31
	Meatballs	Order	2	700	50	23	0	80	1740	19	4	1	45
	Mozz Sticks	Order	2	500	32	10	0	50	1550	39	4	5	14
	Wings 8	Order	2	640	53	12	0	125	1550	6	0	2	34
	Wings 16	Order	4	600	49	12	0	125	1480	6	0	1	33
	Buddy's Cheese Bread	Order	2	860	36	22	0	105	1270	90	3	2	43
Buddy's Tenders	Order	2	470	26	4.5	0	105	810	25	2	5	35	
<b>Soups</b>	Minestrone Cup	Cup	1	120	6	3	0	15	6810	15	2	3	4
	Minestrone Bowl	Bowl	1	180	8	4.5	0	25	10190	23	3	5	6
	Chicken Noodle Cup	Cup	1	110	5	1.5	0	25	800	23	1	2	9
	Chicken Noodle Bowl	Bowl	1	160	6	2	0	35	1160	29	1	3	13
	Broccoli Cheese Cup	Cup	1	230	18	10	0	55	780	27	2	3	9
	Broccoli Cheese Bowl	Bowl	1	340	26	15	0	80	1130	35	3	4	13
<b>Salads</b>	Antipasto Ind	Order	1	310	19	13	0	80	860	11	3	7	24
	Antipasto Med	Order	4	150	9	6	0	35	350	5	2	3	11
	Antipasto Fam	Order	7	110	7	4.5	0	25	270	4	1	3	8
	Caesar Ind	Order	1	660	53	14	0	135	920	22	3	1	22
	Caesar Med	Order	4	260	19	6	0	50	390	10	1	0	10
	Caesar Fam	Order	7	270	21	6	0	55	410	11	1	0	9
	Greek Ind	Order	1	490	43	13	0	50	1660	16	4	10	12
	Greek Med	Order	4	250	22	6	0	25	830	8	2	5	6
	Greek Fam	Order	7	210	18	6	0	20	710	7	1	4	5
	House Ind	Order	1	190	3.5	0	0	0	200	35	7	10	9
	House Med	Order	4	90	1.5	0	0	0	100	17	4	5	5
	House Fam	Order	7	80	1.5	0	0	0	85	14	3	4	4
	Chicken Tender Salad	Order	1	600	35	14	0	120	920	34	7	13	40
	Buffalo Tender Salad	Order	1	600	35	14	0	120	2740	34	7	13	40
	Side Salad	Order	1	80	1.5	0	0	0	100	15	3	5	4
Add Grilled Chicken	Order	1	260	5	1.5	0	0	175	90	0	0	0	52



	Item	Amount	Serves	Calories kg	Total Fat g	Saturate d Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carbs g	Fiber g	Sugars g	Protein g
<b>Dressings</b>	House Vinaigrette	Ounce	1	170	19	2.5	0	0	10	0	0	0	0
	Garlic Parm	Ounce	1	170	18	1.5	0	0	180	2	0	1	1
	Ranch	Ounce	1	140	14	2.5	0	5	260	2	0	1	1
	Caesar	Ounce	1	170	18	3.5	0	45	170	1	0	0	2
	Bleu Cheese	Ounce	1	130	14	3	0	10	270	1	0	1	1
	Honey Mustard	Ounce	1	120	11	0	0	10	160	5	0	5	0
<b>Pastas</b>	Spaghetti w/ Meat Sauce	Order	1	970	17	6	0	55	2300	171	9	11	41
	Spaghetti w/ Marinara	Order	1	480	6	1	0	0	530	84	7	8	23
	Mostaccioli w/ Meat Sauce	Order	1	970	17	6	0	55	2300	171	9	11	41
	Mostaccioli w/Marinara	Order	1	480	6	1	0	0	530	84	7	8	23
	Chicken Parm w Meat Sauce	Order	1	1090	42	21	0	290	3100	84	6	6	94
	Chicken Parm w Marinara	Order	1	1010	35	16	0	235	1310	93	12	8	84
	Chicken Alfredo	Order	1	1480	52	18	0	285	1320	186	4	3	73
	Cheese Ravioli w/ Meat Sauce	Order	1	780	37	20	0	185	3350	71	5	3	46
	Cheese Ravioli w/ Marinara	Order	1	670	27	13	0	110	960	83	8	11	32
	Mac N Cheese	Order	1	1830	93	55	0	240	2800	174	8	9	83
	Grilled Chicken add	Piece	1	150	3	1	0	105	50	0	0	0	31
	Italian Sausage add	4 oz	1	240	6	2	0	120	1600	4	8	0	40
Meatball add	1 each	1	112	12.5	5.3	0	80	461	0	0.6	0	44	
<b>Burgers</b>	Buddy Burger	Order	1	1260	61	22	0	155	2030	120	8	18	60
	Robby Burger	Order	1	1560	88	30	0	200	2630	128	8	24	67
	Italian Sub	Order	1	1220	81	30	0	140	3470	91	8	11	35
	Italian Chicken	Order	1	1030	29	7	0	165	1990	127	8	19	66
	Fried Chicken	Order	1	1370	45	11	0	185	3060	170	11	27	78
	Meatball Hoagie	Order	1	1390	85	37	0	110	3420	87	9	8	67
	Steak Hoagie	Order	1	1430	95	35	0	195	3660	99	8	18	47
	Chicken Caesar Wrap	Order	1	1050	64	15	0	195	1670	73	15	2	51
	Greek Wrap	Order	1	670	32	8	0	25	1700	88	11	12	19



	Item	Amount	Serves	Calories kg	Total Fat g	Saturate d Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carbs g	Fiber g	Sugars g	Protein g
<b>Toppings</b>	American Cheese	Slice	1	120	10	6	0	30	620	1	0	0	6
	Cheddar Cheese	Slice	1	80	7	4	0	20	135	0	0	0	5
	Swiss Cheese	Slice	1	80	6	4	0	20	50	1	0	0	6
	Provolone Cheese	Slice	1	100	8	4	0	20	240	0	0	0	7
	Bleu Cheese	Ounce	1	100	8	4.5	0	25	360	2	1	0	5
	Bacon	2 slice	1	60	28.5	2	0	10	200	0.5	0	0	4
	White Onion	Ounce	1	10	0	0	0	0	0	3	0	1	0
	Red Onion	Ounce	1	10	0	0	0	0	0	2	0	1	0
	Caramelized Onion	Ounce	1	15	0.5	0	0	0	0	3	1	1	0
	Sauteed Mushrooms	Ounce	1	20	1.5	0	0	0	0	1	0	1	1
	Jalapenos	Ounce	1	5	0	0	0	0	0	280	1	1	0
<b>Pizza</b>	Cheese	Slice	1	300	14	9	0	45	370	30	2	2	16
	Pepperoni	Slice	1	340	17	10	0	50	540	31	2	2	17
	Super 6 Mile	Slice	1	350	17	10	0	50	610	32	2	2	19
	Eastern Market	Slice	1	350	17	10	0	50	610	32	2	2	19
	DPTV	Slice	1	370	20	11	0	50	710	31	2	2	19
	Sicilian	Slice	1	340	19	11	0	50	530	29	1	1	17
	BBQ Conant	Slice	1	340	14	9	0	55	550	35	1	0	18
	Detroitier	Slice	1	410	24	15	0	70	660	29	1	1	23
	Hawaiian	Slice	1	340	15	9	0	50	620	37	1	2	17
	Spicy Italian	Slice	1	240	9	5	0	30	290	28	1	1	12
	Meat Deluxe	Slice	1	400	21	12	0	160	840	31	2	2	24
	Henry Ford	Slice	1	280	14	8	0	135	430	27	1	1	13
	Margherita	Slice	1	340	18	11	0	55	460	28	1	1	18
	Detroit Zoo	Slice	1	300	14	9	0	45	370	28	1	1	15
	Motown Museum	Slice	1	280	12	7	0	125	640	30	2	2	15
	Greektown	Slice	1	330	17	11	0	60	440	29	1	1	17
	Mediterranean	Slice	1	280	13	8	0	40	370	29	1	1	14



	Item	Amount	Serves	Calories kg	Total Fat g	Saturate d Fat g	Trans Fat g	Cholesterol mg	Sodium mg	Carbs g	Fiber g	Sugars g	Protein g	
<b>Toppings</b>	Pepperoni	Ounce	1	140	12	4.5	0	10	570	1	0	0	6	
	Old World Pep	Ounce	1	140	12	4.5	0	10	570	1	0	0	6	
	Bacon	Ounce	1	120	8	4	0	400	800	0	0	0	12	
	Ham	Ounce	1	30	1	0.25	0	15	285	1	1	0	5	
	Italian Sausage	Ounce	1	60	1.5	0.5	0	30	400	1	2	0	10	
	Ground Beef	Ounce	1	80	7	2.5	0	20	15	0	0	0	5	
	Diced Chicken	Ounce	1	35	1	0	0	20	110	1	0	0	7	
	Salami	Ounce	1	120	10	4	0	25	490	1	0	1	5	
	Anchovies	Ounce	1	35	1.5	0	0	15	1030	0	0	0	6	
	White Onion	Ounce	1	10	0	0	0	0	0	0	3	0	1	0
	Green Pepper	Ounce	1	5	0	0	0	0	0	0	2	1	1	0
	Fresh Mushrooms	Ounce	1	5	0	0	0	0	0	0	1	0	0	1
	Jalapeno	Ounce	1	4	0	0	0	0	0	290	2	0	1	0
	Black Olives	Ounce	1	50	5	1.5	0	0	0	230	0	0	0	0
	Green Olives	Ounce	1	45	4.5	0.5	0	0	0	450	2	1	0	0
	Diced Pineapple	Ounce	1	15	0	0	0	0	0	0	4	0	3	0
	Spinach	Ounce	1	5	0	0	0	0	0	25	2	1	0	1
	Caramelized Onion	Ounce	1	15	0.5	0	0	0	0	0	3	1	1	0
	Roasted Red Pepper	Ounce	1	25	2	0	0	0	0	2	1	1	0	0
	Sliced Tomato	Ounce	1	5	0	0	0	0	0	0	1	0	1	0
	Broccoli	Ounce	1	10	0	0	0	0	0	10	3	1	0	1
	Red Onion	Ounce	1	10	0	0	0	0	0	0	2	0	1	0
	Roasted Tomato	Ounce	1	5	0	0	0	0	0	5	2	1	1	1
	Banana Peppers	Ounce	1	10	0	0	0	0	0	320	2	0	0	0
	Garlic	Ounce	1	35	0	0	0	0	0	0	7	0	0	7
	Basil	Ounce	1	5	0	0	0	0	0	0	1	0	0	1
	Dill	Ounce	1	15	0	0	0	0	0	15	3	1	0	1
	Cilantro	Ounce	1	5	0	0	0	0	0	15	2	1	0	1
	Asiago Cheese	Ounce	1	110	9	6	0	0	30	340	0	0	0	6
	Feta Cheese	Ounce	1	70	6	4.5	0	0	25	260	1	0	1	4
	Bleu Cheese	Ounce	1	170	17	11	0	0	45	95	0	0	0	2
	Parmesan Cheese	Ounce	1	120	8	4.5	0	0	25	520	4	0	0	8
Wisconsin Brick	Ounce	1	110	9	6	0	0	30	180	1	0	0	7	
Motor City Blend	Ounce	1	110	9	6	0	0	30	240	1	0	0	7	
Cheddar Cheese	Ounce	1	110	9	6	0	0	30	180	1	0	0	7	
Daiya Vegan	Ounce	1	70	7	0	0	0	0	190	3	1	0	1	

