



Allergy & Nutrition Guide

2017

I. LEGAL INFORMATION

The information in this guide was derived from each supplier's product list, and is based on the requirement that all Boston's recipes and assembly procedures are followed to the exact specifications.

Disclaimer:

The allergen ingredient information contained herein is based on standard ingredients and the accuracy of the data is dependent upon the individual restaurant operator's compliance with the proper procedure. Substitutions of ingredients may alter which allergens are found in the menu item.

Please note that slight variations may occur and Boston Pizza Restaurants, LP does not assume responsibility for this information and cannot guarantee that the data is completely accurate as it relates to the prepared menu items in every Boston's Restaurant & Sports Bar location.

Information regarding allergens is provided by the ingredient manufacturer. Boston Pizza Restaurants, LP does not assume responsibility for this information or a particular sensitivity or allergy to any food item provided in the restaurant. Please be advised that cross contamination may occur, and a menu item may not be completely free of any allergen.

II. ALLERGY CHART SECTION

MAIN MENU

STARTERS

All allergens listed for the Starter section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The allergy declaration includes the side sauce /or dip that comes with the menu item.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Bacon Wrapped Skewers	*					*			
Bruschetta								*	*
Crispy Pizza Bread	*	*				*		*	*
Nachos – Plain	*					*		*	
Nachos – Spicy Chicken	*					*		*	
Nachos – Steak	*					*		*	
Nachos – Ground Beef	*					*		*	
Not Cho' Cheese Fries	*	*		*		*			
Pepperoni Stuffed Twist Bread	*	*				*	Palm Kernel	*	*
Fried Pickles & Peppers	*	*				*		*	
Pizza Flight – BBQ Chicken	*	*				*	Palm Kernel	*	*
Pizza Flight - Deluxe	*	*				*	Palm Kernel	*	*
Pizza Flight - Florentine	*	*				*	Palm Kernel	*	*
Pizza Flight – Flying Buffalo	*	*		*		*	Palm Kernel	*	*
Pizza Flight – Ultimate Pepperoni	*	*				*	Palm Kernel	*	*
Spinach & Artichoke Dip	*	*				*	Palm Kernel	*	*
Team Platter	*	*				*	Palm Kernel	*	
Trip Dip	*					*			

WINGS

OVEN-ROASTED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Oven-Roasted Wings – Asian Glaze						*		*	*
Oven-Roasted Wings – Atomic						*		*	*
Oven-Roasted Wings – BBQ	*			*		*			
Oven-Roasted Wings – Bourbon BBQ	*			*		*			*
Oven-Roasted Wings - Cajun									
Oven-Roasted Wings - Creamy Buffalo	*			*		*		*	*
Oven-Roasted Wings – Dry Rub Ranch	*			*		*			
Oven-Roasted Wings – Garlic Parmesan	*			*		*		*	*
Oven-Roasted Wings – Hot									
Oven-Roasted Wings – Korean BBQ						*		*	*
Oven-Roasted Wings – Lemon Pepper									
Oven-Roasted Wings – Mango Habanero	*								
Oven-Roasted Wings – Ragin Cajun									
Oven-Roasted Wings – Smoked Sea Salt									
Oven-Roasted Wings – Spicy Garlic	*			*		*		*	*
Oven-Roasted Wings - Teriyaki						*		*	*

FRIED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Fried Wings – Asian Glaze						*		*	*
Fried Wings – Atomic						*		*	*
Fried Wings – BBQ	*			*		*			
Fried Wings – Bourbon BBQ	*			*		*			
Fried Wings - Cajun						*			
Fried Wings - Creamy Buffalo	*			*		*		*	*
Fried Wings – Dry Rub Ranch	*			*		*			
Fried Wings – Garlic Parmesan	*			*		*		*	*
Fried Wings – Hot						*			
Fried Wings – Korean BBQ	*					*		*	*
Fried Wings – Lemon Pepper						*			
Fried Wings – Mango Habanero	*					*			
Fried Wings – Ragin Cajun						*			
Fried Wings – Smoked Sea Salt						*			*
Fried Wings – Spicy Garlic	*			*		*		*	*
Fried Wings - Teriyaki						*		*	*

BONELESS WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boneless Wings – Asian Glaze	*	*				*	Palm Kernel	*	*
Boneless Wings – Atomic	*	*				*	Palm Kernel	*	
Boneless Wings – BBQ	*	*		*		*	Palm Kernel	*	
Boneless Wings – Bourbon BBQ	*	*				*	Palm Kernel	*	
Boneless Wings - Cajun	*	*				*	Palm Kernel	*	
Boneless Wings - Creamy Buffalo	*	*		*		*	Palm Kernel	*	*
Boneless Wings – Dry Rub Ranch	*	*		*		*	Palm Kernel	*	
Boneless Wings – Garlic Parmesan	*	*		*		*	Palm Kernel	*	*
Boneless Wings – Hot	*	*				*	Palm Kernel	*	
Boneless Wings – Korean BBQ	*	*				*	Palm Kernel	*	*
Boneless Wings – Lemon Pepper	*	*				*	Palm Kernel	*	
Boneless Wings – Mango Habanero	*	*				*	Palm Kernel	*	
Boneless Wings – Ragin Cajun	*	*				*	Palm Kernel	*	
Boneless Wings – Smoked Sea Salt	*	*				*	Palm Kernel	*	
Boneless Wings – Spicy Garlic	*	*		*		*	Palm Kernel	*	*
Boneless Wings – Teriyaki	*	*				*	Palm Kernel	*	*

SOUPS

All allergens listed for the Soup section include allergens that are found in the ingredient statement from the soup mix itself.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Organic Chicken Noodle Soup	*	*						*	
Scallop & Bacon Chowder	*		*					*	*
Turkey Sausage & Kale Soup									
Baked Potato Soup	*					*			*
Chicken Tortilla Soup								*	*
Corn & Crab Bisque Soup	*		*			*		*	
New England Clam Chowder	*		*			*		*	*
Tuscan White Bean Soup									*
Broccoli Cheddar	*					*		*	*

MEAT ADD-ONS

All allergens listed for the add-ons and sides include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Meats									
Chicken Breast						*			
Crispy Chicken Bites	*	*				*	Palm Kernel	*	
Pizza & Pasta Chicken						*			
Grilled Steak									
Garlic Shrimp			*			*			
Ground Beef Topping									
Meatballs	*	*				*		*	*
Pulled Pork			*						
Salmon			*						
Sausage				*		*			
Spicy Chicken						*			

SAUCE ADD-ONS

All allergens listed for the add-ons and sides include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Asian Glaze						*		*	*
Alfredo	*					*			
Au Jus						*		*	*
Basil Pesto	*						Pine Nuts		
BBQ Sauce									
Bleu Cheese Sauce	*					*			
Bolognese Sauce				*		*			
Creamy Buffalo Sauce	*			*		*		*	*
Garlic Herb Butter						*			
Guacamole									
Horseradish Cream Sauce		*				*			
Hot Sauce									
Mango Habanero	*								
Mayonnaise		*				*			
Pizza Sauce									
Pomodoro Sauce						*			
Sour Cream	*								
Salsa	*					*			
Spicy Garlic Wing Sauce	*					*		*	
Teriyaki						*		*	*

SALADS

All allergens listed for the Salad section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration includes the dressing when the salad is made with the dressing.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boston's Grilled Chicken Cobb Salad	*	*				*	Pecans		
Boston's Crispy Chicken Cobb Salad	*	*				*	Pecans / Palm Kernel	*	
Caesar Salad	*	*	*			*		*	*
Crispy Chicken Caesar	*	*	*			*	Palm Kernel	*	*
Grilled Chicken Caesar	*	*	*			*		*	*
Grilled Salmon Caesar	*	*	*			*		*	*
Grilled Steak Caesar	*	*	*			*		*	*
House Salad	*					*		*	*
Mediterranean Salad with Grilled Chicken	*	*				*	Palm Kernel	*	*
Santa Fe Salad with Grilled Chicken	*	*		*		*			
Santa Fe Salad with Grilled Steak	*	*		*		*			
Spinach & Cranberry Salad with Grilled Chicken	*					*	Pecans		

SALAD DRESSINGS

All allergens listed for the Salad dressing section include allergens that are found on the ingredient declaration or in the product when it is made as per the Boston's Recipe and Assembly Procedures.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Apple Cider Vinaigrette		*				*			
Blue Cheese	*					*			
Caesar	*	*	*			*			
Cranberry Vinaigrette						*			
Fat Free Balsamic									
Honey Mustard		*				*			
Lemon Vinaigrette						*			
Ranch	*	*		*		*			
Reduced Calorie Italian						*			
Santa Fe Ranch	*	*		*		*			

TRADITIONAL PIZZAS

The Pizza section is broken out into sections: Gourmet Pizzas, Whole Wheat, and Gluten Free. The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Basic	*	*				*	Palm Kernel	*	*
BBQ Chicken	*	*				*	Palm Kernel	*	*
Chicken & Bacon White Pizza	*	*				*	Palm Kernel	*	*
Classic Pepperoni	*	*				*	Palm Kernel	*	*
Deluxe	*	*				*	Palm Kernel	*	*
Double Meat & Peppers	*	*		*		*	Palm Kernel	*	*
Five Cheese	*	*				*	Palm Kernel	*	*
Florentine	*	*				*	Palm Kernel	*	*
Hawaiian	*	*				*	Palm Kernel	*	*
Mama Meata®	*	*		*		*	Palm Kernel	*	*
Sausage & Peppers	*	*		*		*	Palm Kernel	*	*
Sicilian	*	*		*		*	Palm Kernel	*	*
The Flying Buffalo™	*	*		*		*	Palm Kernel	*	*
Ultimate Pepperoni	*	*				*	Palm Kernel	*	*
Veggie	*	*				*	Palm Kernel/ Pine Nut	*	*

WHOLE WHEAT CRUST

The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Basic	*	*				*		*	*
BBQ Chicken	*	*				*		*	*
Chicken & Bacon White Pizza	*	*				*		*	*
Classic Pepperoni	*	*				*		*	*
Deluxe	*	*				*		*	*
Double Meat & Peppers	*	*		*		*		*	*
Five Cheese	*	*				*		*	*
Florentine	*	*				*		*	*
Hawaiian	*	*				*		*	*
Mama Meata®	*	*		*		*		*	*
Sausage & Peppers	*	*		*		*		*	*
Sicilian	*	*		*		*		*	*
The Flying Buffalo™	*	*		*		*		*	*
Ultimate Pepperoni	*	*				*		*	*
Veggie	*	*				*	Pine Nut	*	*

GLUTEN FREE CRUST

The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Basic	*	*				*			*
BBQ Chicken	*	*				*			*
Chicken & Bacon White Pizza	*	*				*	Palm Kernel		*
Classic Pepperoni	*	*				*			*
Deluxe	*	*				*			*
Five Cheese	*	*				*			*
Florentine	*	*				*			*
Hawaiian	*	*				*			*
Mama Meata®	*	*		*		*			*
Sausage & Peppers	*	*		*		*			*
Sicilian	*	*		*		*			*
Ultimate Pepperoni	*	*				*			*
Veggie	*	*				*	Pine Nut		*

SPECIALTY THIN CRUSTS & FLAT BREADS

The allergens listed in this section are those which are found in each Thin Crust & Flatbread when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Caprese	*	*				*	Palm Kernel	*	*
Extreme Mushroom	*	*				*	Palm Kernel	*	*
Grilled Steak	*	*				*	Palm Kernel	*	*
Margherita	*	*				*	Palm Kernel	*	*
Pepperoni & Feta	*	*				*	Palm Kernel	*	*
Spicy Chicken Pesto	*	*				*	Pine Nuts / Palm Kernel	*	*
Veggie	*	*				*	Pine Nut	*	*

CALZONES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Buffalo Calzone	*	*		*		*	Palm Kernel	*	*
Mama Meata®	*	*		*		*	Palm Kernel	*	*

GOURMET PIZZA TOPPINGS

This section can be used when adding a specific topping to a product or creating your own pizza. Find the topping you are adding and then add the related allergens to those found in the main product.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Anchovies			*						
Artichokes									
Bacon									
Cheese - Bleu	*								
Cheese - Cheddar	*								
Cheese – Feta/ Seasoned Feta	*								
Cheese – Fontina	*								
Cheese – Manchego	*								
Cheese – Mozzarella	*								
Cheese – Parmesan	*								
Ground Beef Topping									
Ham									
Italian Sausage				*		*			
Jalapeños									
Marinated Mushrooms									
Mushrooms									
Olives – Black									
Onions - Red									
Pepperoni – Matchstick									
Pepperoni – Sliced									
Peppers – Green									
Peppers – Red									
Pineapple									
Poblano Peppers									
Spinach									
Sundried Tomatoes									
Tomato									

GOURMET PASTAS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Baked Bucatini & Meatballs	*	*				*		*	*
Baked Lasagna	*	*				*		*	
Baked Sausage Tortelloni	*	*		*		*		*	*
Mama Meata Bow Tie	*	*		*		*		*	*
Shrimp & Bacon Rosemary Penne	*	*	*			*		*	
Shrimp Tortelloni	*	*	*	*		*		*	*
Spicy Chicken & Broccoli Alfredo Penne	*	*				*		*	
Twisted Mac & Cheese	*	*				*		*	*
Veggie Chicken Penne		*				*		*	*

PASTA NOODLES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Bow Tie		*						*	
Bucatini		*						*	
Penne		*						*	
Spiral		*						*	

***ALTHOUGH OUR PASTAS DO NOT CONTAIN EGG AS AN INGREDIENT, IT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING EGG.**

PASTA SAUCES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Alfredo	*					*			
Bolognese				*		*			
Pomodoro	*					*			
Rosemary Sage Cream Sauce	*					*			

CHEESE

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Cheddar	*								
Feta	*								
Fontina	*								
Manchego	*								
Mozzarella	*								
Zesty Feta	*								

MAINS

All allergens listed for the Entrée section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the Entrée comes with except for the Chicken Parmesan and Italian Trio due to predetermined sides and the Grilled Chicken & Broccoli and the Cajun Chicken & Broccoli due to the Healthy Hits criteria. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Asian Glazed Salmon			*			*		*	*
Baby Back Ribs									
Cajun Chicken & Broccoli	*					*		*	*
Chicken Parmesan	*	*				*	Pine Nuts	*	*
Chicken Strips	*	*				*	Palm Kernel	*	
Fish & Chips	*	*	*			*		*	
Fish Tacos	*		*			*		*	
Grilled Chicken	*					*		*	*
Grilled Chicken Tacos		*				*		*	
Shrimp Tacos		*	*			*		*	

MAINS SIDES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Apple Vinaigrette Coleslaw		*				*			
Florentine Rice	*					*		*	*
French Fries						*			
Pasta Bread	*	*				*		*	*
Scalloped Red Skin Potatoes	*					*			
Sautéed Spinach									
Steamed Broccoli									
Sweet Potato Fries									

BURGERS & SANDWICHES

All allergens listed for Burgers and Sandwiches include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the menu item comes with. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Burgers									
MVB	*	*				*		*	*
MVB Sliders	*	*				*		*	*
BBQ Bleu Burger	*	*				*		*	*
Jalapeno & Onion Straw Burger	*	*		*		*		*	*
Veggie Quinoa Burger	*	*				*		*	*

BURGERS & SANDWICHES (CONTINUED)

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Sandwiches									
BBQ Pulled Pork Sandwich	*	*	*			*		*	*
BBQ Pulled Pork Sliders	*	*	*			*		*	*
Buffalo Chicken Sliders	*	*		*		*	Palm Kernel	*	*
Buffalo Chicken Sandwich w Bleu Cheese	*	*		*		*	Palm Kernel	*	*
Buffalo Chicken Sandwich w Ranch	*	*		*		*	Palm Kernel	*	*
Club Sandwich	*	*				*		*	
Crispy Chicken Sandwich		*				*	Palm Kernel	*	*
Crispy Chicken Sliders		*				*	Palm Kernel	*	*
French Dip	*	*				*		*	*
Grilled Chicken Sandwich	*					*		*	*

LUNCH

All allergens listed for the lunch section include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the menu item comes with. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BBQ Pulled Pork Sliders	*	*	*			*		*	*
MVB Sliders	*	*				*		*	*
Baked Lasagna	*	*				*		*	
Buffalo Chicken Sandwich w Bleu Cheese	*	*		*		*	Palm Kernel	*	*
Buffalo Chicken Sandwich w Ranch	*	*		*		*	Palm Kernel	*	*
Buffalo Chicken Slider	*	*		*		*	Palm Kernel	*	*
Club Sandwich	*	*				*		*	
Crispy Chicken Sandwich		*				*	Palm Kernel	*	*
Crispy Chicken Slider		*				*	Palm Kernel	*	*
Fish Tacos	*		*			*		*	
French Dip	*	*				*		*	*
Grilled Chicken Tacos		*				*		*	
Shrimp Tacos		*	*			*		*	
½ Club Duo	*	*				*		*	
½ French Dip Duo	*	*				*		*	*
½ Gourmet Pasta with Salad	Because these menu items can have several variations, these items must be considered separately. These are found by looking up the Pizza, Salad, Pasta, Starter, and Soup sections.								
The Nooner									
Soup & Salad									

DESSERTS

All allergens listed for Desserts include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. Some dessert products do not contain nuts, but are manufactured in a facility where other dessert products containing all kinds of nuts, including peanuts, are manufactured.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Apple Crisp w/ Ice Cream	*	*				*		*	
Bostons Whiskey Cake with Praline Pecan Ice Cream	*	*			*	*	*	*	
Brownie Addiction w/ Ice Cream	*	*				*	*	*	
The Monster Cookie	*	*				*	*	*	
Praline Pecan Ice Cream	*	*			*		*		
Vanilla Ice Cream	*	*							
Sauces									
Whiskey Butter	*					*			
Caramel	*					*			
Chocolate	*	*					*		
Raspberry									

KIDS MENU

All allergens listed for Kids Menu include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the kid's meal comes with. Please see the Kids Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Mini Cheeseburgers	*					*		*	*
Breaded Chicken Strips	*	*				*	Palm Kernel	*	
Grilled Chicken Strips									
Mac & Cheese	*	*						*	
Cheese Pizza	*	*				*	Palm Kernel	*	*
Pepperoni Pizza	*	*				*	Palm Kernel	*	*
Spaghetti & Meatball w/ Alfredo Sauce	*	*				*		*	*
Spaghetti & Meatball w/ Bolognese Sauce	*	*		*		*		*	*
Spaghetti & Meatball w/ Pomodoro Sauce	*	*				*		*	*

KIDS SIDES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Apples									
Seasoned Fries						*			
Steamed Broccoli									

KIDS DESSERT

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Ice Cream	*	*							
Create your own Sundae Caramel	*	*							
Create your own Sundae Chocolate	*	*					*		

III. NUTRITIONAL INFORMATION

The serving size listed is the approximate size of menu item served to the Guest (unless otherwise noted). **Substitutions of ingredients may alter nutritional values.** Although this data is based on standard portion product guidelines, variations can be expected due to minor differences in product assembly per restaurant and other factors.

Except for limited time offerings or test market items, menu products as of this printing are included on the menu. Product data is based on current formulations as of the date of this printing.

Boston Pizza International Inc. publishes updated versions of the "Nutrition Analysis" guide periodically. This guide reflects the ingredient and nutritional information for the products presented on the date as listed in the bottom right hand corner of the first page of this document.

Disclaimer:

This nutritional information is based on standard ingredients and the accuracy of the data is dependent upon the restaurant operator's compliance with proper preparation and portion requirements.

Slight variations may occur and Boston Pizza Restaurants, LP does not assume responsibility for this information and can not guarantee that the data is completely accurate as it relates to the prepared menu items in every restaurant. Substitutions of ingredients may alter nutritional values.

IV. NUTRITIONAL ANALYSIS SECTION

NUTRITIONAL ANALYSIS - STARTERS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bacon Wrapped Skewer	w/ Sauce	359	1050	86	2630	70	1	0
Boston's Nachos	Plain	620	1430	89	3480	56	106	15
	w/ Ground Beef	734	1790	121	4080	74	108	15
	w/ Spicy Chicken	734	1600	94	4000	86	107	15
	w/ Steak	734	1590	97	3550	79	106	15
Bruschetta	Full order	281	430	20	1930	11	51	2
Loaded Cheese Fries	w/ Ranch	643	1880	130	4780	56	125	10
Pickles & Peppers	w / Ranch	660	1150	51	4130	28	137	8
Pepperoni Pizza Wing	w/ Pizza Sauce	445	1010	62	3450	100	18	5
Pepperoni Stuffed Twist Bread	Full Order w/ Pomodoro	619	1650	82	3130	60	172	8
	Half Order w/ Pomodoro	309	830	41	1540	30	86	4
Pizza Flight	BBQ Chicken	147	320	6	390	15	52	2
	Deluxe	150	320	10	520	15	43	2
	Florentine	141	280	6	520	13	48	4
	Flying Buffalo	134	300	8	420	15	42	2
	Ultimate Pepperoni	147	400	18	670	18	43	2
Spinach & Artichoke Dip	w/ Garlic Parmesan Bread	570	1340	68	3200	58	125	6
Team Platter	With all dipping sauces	1689	3710	199	10660	301	325	24
Trip Dip		567	1600	89	2920	37	166	20

NUTRITION ANALYSIS – OVEN-ROASTED WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Oven-Roasted Wings – Asian Glaze	Starter Size	562	980	57	3550	82	29	3
	Double Order	1049	2250	120	8120	226	70	16
Oven-Roasted Wings – Atomic	Starter Size	562	880	57	2840	81	6	2
	Double Order	1016	1750	114	5600	162	7	2
Oven-Roasted Wings – BBQ	Starter Size	533	1020	57	3510	82	39	1
	Double Order	1141	2040	114	7090	164	78	3
Oven-Roasted Wings – Bourbon BBQ	Starter Size	562	990	57	2860	81	29	2
	Double Order	1124	1970	114	5720	162	59	4
Oven-Roasted Wings – Cajun	Starter Size	541	870	57	2930	81	5	2
	Double Order	755	1540	90	5420	168	18	4
Oven-Roasted Wings - Creamy Buffalo	Starter Size	539	990	68	3280	82	7	2
	Double Order	1096	1970	136	6580	163	13	4
Oven-Roasted Wings – Dry Rub Ranch	Starter Size	436	870	57	2650	81	4	1
	Double Order	844	1720	114	5290	162	4	1
Oven-Roasted Wings – Garlic Parmesan	Starter Size	548	1070	75	2990	86	8	2
	Double Order	1067	2130	151	5960	172	13	3
Oven-Roasted Wings – Hot	Starter Size	682	870	57	4820	81	5	2
	Double Order	1016	1730	114	6330	161	5	2
Oven-Roasted Wings – Korean BBQ	Starter Size	562	1130	60	3910	113	36	8
	Double Order	1124	2260	120	7810	226	72	16
Oven-Roasted Wings – Lemon Pepper	Starter Size	511	880	57	3550	81	7	2
	Double Order	1025	1770	114	7650	163	16	5

NUTRITION ANALYSIS – OVEN-ROASTED WINGS (CONTINUED). NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Oven-Roasted Wings – Mango Habanero	Starter Size	959	1780	114	4960	161	17	2
	Double Order	1016	1830	114	5110	162	30	2
Oven-Roasted Wings – Ragin Cajun	Starter Size	616	860	57	5090	81	3	1
	Double Order	1204	1720	113	10150	161	3	4
Oven-Roasted Wings – Smoked Sea Salt	Starter Size	508	880	57	2920	81	6	2
	Double Order	1016	1760	114	5840	163	13	4
Oven-Roasted Wings – Spicy Garlic	Starter Size	562	990	64	3590	83	15	4
	Double Order	992	1950	128	7080	165	23	5
Oven-Roasted Wings – Teriyaki	Starter Size	564	950	57	3970	83	22	2
	Double Order	1100	1890	114	7930	165	40	3

NUTRITION ANALYSIS – FRIED WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Fried Wings – Asian Glaze	Starter Size	565	1140	60	4140	113	38	9
	Double Order	1101	2270	120	8270	226	74	17
Fried Wings – Atomic	Starter Size	562	1040	60	3380	113	14	8
	Double Order	1124	2090	120	6750	225	28	16
Fried Wings – BBQ	Starter Size	585	1180	60	4090	113	48	8
	Double Order	1141	2350	120	8160	226	94	15
Fried Wings – Bourbon BBQ	Starter Size	562	1140	60	3390	112	37	8
	Double Order	1124	2290	120	6790	225	75	15
Fried Wings – Cajun	Starter Size	514	1030	60	3460	112	13	8
	Double Order	920	2040	120	6840	224	21	14
Fried Wings - Creamy Buffalo	Starter Size	562	1150	71	3840	113	16	8
	Double Order	1096	2290	142	7650	226	29	15
Fried Wings – Dry Rub Ranch	Starter Size	508	1040	60	3250	113	14	8
	Double Order	988	2060	120	6470	225	25	15
Fried Wings – Garlic Parmesan	Starter Size	548	1140	67	3740	118	19	9
	Double Order	1067	2280	135	7460	235	35	16
Fried Wings – Hot	Starter Size	682	1030	60	5630	112	13	8
	Double Order	1124	2070	120	7480	225	26	15
Fried Wings – Korean BBQ	Starter Size	562	1130	60	3910	113	36	8
	Double Order	1124	2260	120	7810	226	72	16
Fried Wings – Lemon Pepper	Starter Size	512	1050	60	4360	113	16	8
	Double Order	1025	2090	120	8720	225	32	16

NUTRITION ANALYSIS – FRIED WINGS (CONTINUED). NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Fried Wings – Mango Habanero	Starter Size	562	1080	60	3130	112	25	8
	Double Order	1016	2140	120	6180	224	45	14
Fried Wings – Ragin Cajun	Starter Size	688	1030	60	5670	112	13	8
	Double Order	1348	2050	120	11320	225	23	15
Fried Wings – Smoked Sea Salt	Starter Size	509	1040	60	3590	113	15	8
	Double Order	1016	2080	120	6910	225	28	16
Fried Wings – Spicy Garlic	Starter Size	562	1150	67	4120	114	22	9
	Double Order	1096	2280	134	8230	228	42	18
Fried Wings – Teriyaki	Starter Size	562	1100	60	4450	114	29	8
	Double Order	1096	2200	120	8870	228	55	15

NUTRITION ANALYSIS - BONELESS WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Boneless Wings – Asian Glaze	Starter Size	329	550	21	2880	193	42	4
	Double Order	601	1080	43	5730	385	81	7
Boneless Wings – Atomic	Starter Size	326	450	21	2120	192	18	3
	Double Order	595	890	43	4190	384	33	6
Boneless Wings – BBQ	Starter Size	349	590	21	2830	193	52	3
	Double Order	641	1170	43	5620	385	101	5
Boneless Wings – Bourbon BBQ	Starter Size	378	560	21	2180	192	43	4
	Double Order	647	1100	43	4270	384	81	6
Boneless Wings – Cajun	Starter Size	323	450	21	2240	192	18	4
	Double Order	544	870	43	4400	383	32	6
Boneless Wings - Creamy Buffalo	Starter Size	326	560	32	2580	193	20	3
	Double Order	595	1100	65	5110	385	37	6
Boneless Wings – Dry Rub Ranch	Starter Size	272	450	21	1990	192	18	3
	Double Order	488	880	43	3930	384	32	5
Boneless Wings – Garlic Parmesan	Starter Size	312	550	29	2480	197	23	4
	Double Order	567	1090	57	4920	394	42	7
Boneless Wings – Hot	Starter Size	447	440	21	4100	192	17	3
	Double Order	836	870	43	8150	383	31	5
Boneless Wings – Korean BBQ	Starter Size	378	550	21	2690	193	42	4
	Double Order	647	1070	43	5290	384	78	7
Boneless Wings – Lemon Pepper	Starter Size	328	460	22	3150	192	21	4
	Double Order	653	920	43	5750	385	42	9

NUTRITION ANALYSIS - BONELESS WINGS (CONTINUED). NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Boneless Wings – Mango Habanero	Starter Size	371	500	21	1910	192	30	4
	Double Order	701	990	43	3790	384	59	7
Boneless Wings – Ragin Cajun	Starter Size	452	440	21	4410	192	17	3
	Double Order	848	870	43	8780	383	31	5
	Starter Size	324	460	22	2240	192	20	4
	Double Order	648	910	43	4470	385	40	8
Boneless Wings – Spicy Garlic	Starter Size	326	550	29	2870	194	27	5
	Double Order	595	1090	57	5690	387	50	8
Boneless Wings – Teriyaki	Starter Size	328	520	21	3250	193	34	3
	Double Order	600	1010	43	6460	386	64	5

NUTRITIONAL ANALYSIS - SAUCES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Alfredo	2 oz side	57	170	16	310	3	3	0
Asian Glaze	2 oz side	57	100	0	1110	1	24	1
Au Jus	2 oz side	57	5	0	360	0	1	0
Basil Pesto	2 oz side	57	190	19	350	4	2	1
BBQ Sauce	2 oz side	57	110	0	440	0	26	0
Bleu Cheese Sauce	2 oz side	57	200	20	490	1	1	0
Bolognese Sauce	2 oz side	57	60	4.5	410	2	4	1
Creamy Buffalo Sauce	2 oz side	57	120	11	850	1	3	0
Garlic Herb Butter	2 oz side	56	360	40	680	0	0	0
Guacamole	2 oz side	57	80	7	170	1	5	3
Horseradish Cream Sauce	2 oz side	57	200	16	490	0	12	0
Hot Sauce	2 oz side	57	0	0	2380	0	0	0
Mango Habanero	2 oz side	57	50	0	150	0	12	0
Mayonnaise	2 oz side	57	400	45	260	0	4	0
Pizza Sauce	2 oz side	57	35	0.5	460	1	7	1
Pomodoro Sauce	2 oz side	59	80	7	280	1	3	1
Sour Cream	2 oz side	113	230	19	55	4	4	0
Salsa	2 oz side	57	25	1	300	1	3	1
Spicy Garlic Wing Sauce	2 oz side	57	110	7	1140	2	9	2
Teriyaki	2 oz side	59	70	0	1530	2	16	0

NUTRITIONAL ANALYSIS - SALAD DRESSINGS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Apple Cider Vinaigrette	2 fl oz	60	230	19	125	0	11	0
Blue Cheese	2 fl oz	57	240	23	450	4	3	0
Caesar	2 fl oz	57	340	35	770	4	2	0
Citrus Cranberry Vinaigrette	2 fl oz	57	150	13	310	0.1	11	0
Fat Free Balsamic Vinaigrette	2 fl oz	60	40	0	520	0	10	0
Honey Mustard	2 fl oz	62	260	24	360	2	14	0
Lemon Vinaigrette	2 fl oz	59	190	22	740	0.1	2	0
Ranch	2 fl oz	59	220	22	300	1	4	0
Reduced Calorie Italian	2 fl oz	60	20	1	720	0	2	0
Santa Fe Ranch	2 fl oz	57	120	11	1620	1	4	1

NUTRITIONAL ANALYSIS - SALADS

Nutritional Data for the Salads do not include pizza bread or a breadstick unless noted. Dressing is included in the nutritional data of all salads with the exception of the Boston's Cobb and House Salads.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber
Boston's Cobb Salad	Crispy Chicken w/ No Dressing	553	700	40	2120	208	27	7
	Grilled Chicken w/ No Dressing	510	560	27	680	69	14	6
Caesar Salad	Starter	145	320	23	800	8	20	2
	Crispy Chicken	502	1060	67	3270	207	54	6
	Grilled Chicken	459	910	53	1830	67	41	4
	Grilled Steak	431	820	54	4300	43	42	4
	Grilled Salmon	543	1000	67	1740	60	43	5
House Salad	No Dressing	156	150	4.5	390	6	22	2
Mediterranean Salad w Grilled Chicken	With Pizza Bread	744	1320	62	2920	87	113	12
Santa Fe Salad	With Grilled Chicken	610	660	41	2360	53	23	8
	With Grilled Steak	581	640	43	5010	43	25	9
Spinach & Cranberry Salad w Grilled Chicken	Full w/ Citrus Cranberry Vinaigrette	539	750	36	940	65	46	8

NUTRITIONAL ANALYSIS – SOUPS

Nutritional Data for the Soups do not include crackers. Soup garnish is included in the nutritional data of all soups.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Blount Organic Chicken Noodle Soup	Soup Bowl with Garnish	284	130	4	810	9	15	1
Blount Scallop & Bacon Chowder	Soup Bowl with Garnish	291	390	30	1160	14	20	1
Blount Turkey Sausage & Kale Soup	Soup Bowl with Garnish	284	150	4.5	930	8	16	4
New England Clam Chowder	Soup Bowl with Garnish	284	430	27	850	17	28	2
KC Baked Potato Soup	Soup Bowl with Garnish	439	870	58	2700	47	48	4
KC Chicken Tortilla Soup	Soup Bowl with Garnish	298	260	9	1480	18	27	3
KC Corn & Crab Bisque Soup	Soup Bowl with Garnish	298	270	16	1230	7	24	2
KC Tuscan White Bean Soup	Soup Bowl with Garnish	284	180	62	1300	8	22	6
True Soups Broccoli Cheddar	Soup Bowl with Garnish	298	330	24	95	13	16	1

NUTRITIONAL ANALYSIS – ADD-ON MEATS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Cajun Shrimp	3.0 oz	105	140	10	750	11	0	0
Chicken Breast - Marinated	6.0 oz	170	280	8	240	52	0	1
Crispy Chicken Bites	7.5 oz	213	430	21	1680	191	14	2
Grilled Steak	4.0 oz	151	200	9	2890	30	2	1
Garlic Shrimp	3.0 oz	99	140	10	440	11	0	0
Ground Beef Topping	2.0 oz	57	180	16	300	9	1	0
Meatballs	1 Each	57	160	12	440	9	3	0
Pizza & Pasta Chicken	1.5 oz	43	70	2	60	13	0	0
Pulled Pork	2.0 oz	57	70	4.5	700	7	0	0
Salmon	8.0 oz	227	360	22	150	44	0	0
Sausage	2.0 oz	57	190	16	390	9	3	0
Spicy Chicken	1.5 oz	43	70	2	210	13	0	0

NUTRITIONAL ANALYSIS - PIZZAS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Basic Cheese	Individual Pizza	303	660	20	1080	35	90	4
	Individual Whole Wheat Pizza	268	620	20	1760	36	76	7
	Small Pizza	490	1020	31	1900	54	138	6
	Small Gluten Free Pizza	439	1010	39	2590	38	130	5
	Medium Pizza	805	1690	48	2840	87	241	10
	Large Pizza	1176	2520	76	4200	134	345	15
BBQ Chicken	Individual Pizza	382	870	27	1130	43	116	4
	Individual Whole Wheat Pizza	347	830	27	1810	44	101	6
	Small Pizza	611	1350	44	1740	70	173	6
	Small Gluten Free Pizza	631	1440	57	2420	73	159	5
	Medium Pizza	947	2110	66	2290	111	274	10
	Large Pizza	1400	3190	105	3690	165	406	14
Chicken & Bacon White Pizza	Individual Pizza	360	780	30	1150	46	85	4
	Individual Whole Wheat Pizza	325	740	30	1830	47	71	6
	Small Pizza	632	1330	56	2130	83	131	6
	Small Gluten Free Pizza	589	1340	64	2850	67	126	5
	Medium Pizza	1032	2220	89	3500	135	229	10
	Large Pizza	1488	3260	134	5300	201	330	14

NUTRITIONAL ANALYSIS - PIZZAS (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Classic Pepperoni	Individual Pizza	338	820	35	1670	42	90	4
	Individual Whole Wheat Pizza	297	750	32	2240	42	76	7
	Small Pizza	532	1210	49	2610	63	138	6
	Small Gluten Free Pizza	486	1230	57	3290	46	134	5
	Medium Pizza	889	2080	84	4250	105	241	10
	Large Pizza	1288	3040	124	6080	158	345	15
Deluxe	Individual Pizza	409	790	30	1830	44	92	4
	Individual Whole Wheat Pizza	374	760	31	2480	45	78	7
	Small Pizza	674	1210	45	2940	68	143	7
	Small Gluten Free Pizza	631	1230	54	3720	52	138	6
	Medium Pizza	1102	2050	75	4800	110	247	12
	Large Pizza	1572	2990	111	6680	167	354	17
Double Meat & Peppers	Individual Pizza	459	1000	47	1870	52	98	6
	Individual Whole Wheat Pizza	424	970	48	2550	53	84	9
	Small Pizza	717	1520	71	3030	79	150	9
	Medium Pizza	1188	2530	114	4740	131	261	15
	Large Pizza	1658	3600	162	6670	190	370	21
Five Cheese	Individual Pizza	354	880	38	1440	45	90	4
	Individual Whole Wheat Pizza	319	840	39	2120	46	76	7
	Small Pizza	624	1560	75	2880	84	141	6
	Small Gluten Free Pizza	589	1610	86	3710	70	36	5
	Medium Pizza	1006	2510	114	4320	131	244	10
	Large Pizza	1389	3450	152	5760	179	348	15

NUTRITIONAL ANALYSIS - PIZZAS (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Florentine	Individual Pizza	373	720	21	1960	39	101	7
	Individual Whole Wheat Pizza	341	690	22	2680	41	87	10
	Small Pizza	597	1130	33	3080	62	159	11
	Small Gluten Free Pizza	554	1140	41	3800	46	154	10
	Medium Pizza	1011	1910	51	4890	102	280	20
	Large Pizza	1453	2840	81	7210	155	403	29
Hawaiian	Individual Pizza	388	730	21	1430	39	101	4
	Individual Whole Wheat Pizza	353	690	21	2120	40	87	7
	Small Pizza	653	1150	33	2520	62	160	7
	Small Gluten Free Pizza	610	1170	41	3240	47	156	6
	Medium Pizza	1060	1900	51	3900	100	274	12
	Large Pizza	1517	2810	80	5620	152	390	16
Mama Meata®	Individual Pizza	459	1180	65	2370	64	92	4
	Individual Whole Wheat Pizza	424	1150	66	3060	65	78	7
	Small Pizza	752	1910	108	3970	105	140	6
	Small Gluten Free Pizza	709	1920	116	4690	89	136	6
	Medium Pizza	1223	3110	170	6200	166	245	11
	Large Pizza	1743	4410	238	8710	241	352	16
Sausage & Peppers	Individual Pizza	435	910	38	1770	47	102	4
	Individual Whole Wheat Pizza	400	880	38	2460	48	88	7
	Small Pizza	679	1400	59	2910	73	155	7
	Small Gluten Free Pizza	623	1360	63	3460	54	149	6
	Medium Pizza	1106	2220	84	4330	113	267	12
	Large Pizza	1624	3310	132	6454	174	383	17

NUTRITIONAL ANALYSIS - PIZZAS (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Sicilian	Individual Pizza	470	1080	51	2620	62	98	5
	Individual Whole Wheat Pizza	435	1040	51	3300	63	84	7
	Small Pizza	672	1390	60	3320	75	146	7
	Small Gluten Free Pizza	629	1410	69	4040	59	141	6
	Medium Pizza	1081	2260	94	4920	118	250	12
	Large Pizza	1583	3250	134	6860	173	362	18
The Flying Buffalo TM	Individual Pizza	349	760	28	1680	44	86	4
	Individual Whole Wheat Pizza	314	730	28	2360	45	72	6
	Small Pizza	588	1270	51	3090	77	132	6
	Medium Pizza	1023	2190	86	5390	129	233	10
	Large Pizza	1421	3040	116	7250	177	333	14
Ultimate Pepperoni	Individual Pizza	360	930	45	2040	46	91	4
	Individual Whole Wheat Pizza	325	890	45	2730	46	76	7
	Small Pizza	603	1510	76	3550	78	140	6
	Small Gluten Free Pizza	552	1500	83	4240	62	132	5
	Medium Pizza	1003	2550	124	5630	128	244	10
	Large Pizza	1487	3870	197	8640	198	351	15
Veggie	Individual Pizza	388	890	42	440	39	91	7
	Individual Whole Wheat Pizza	353	850	43	1130	40	77	10
	Small Pizza	590	1390	68	730	62	136	10
	Small Gluten Free Pizza	546	1400	76	1440	46	131	10
	Medium Pizza	961	2220	100	1010	98	238	17
	Large Pizza	1432	3360	157	1420	150	345	25

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON'S THIN CRUST

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Basic Cheese	Full Pie	397	790	28	1790	45	98	4
BBQ Chicken	Full Pie	518	1120	40	1630	61	132	4
Chicken & Bacon White Pizza	Full Pie	539	110	52	2010	73	90	4
Classic Pepperoni	Full Pie	439	980	46	2490	54	98	4
Deluxe	Full Pie	581	980	42	2880	57	102	5
Double Meat & Peppers	Full Pie	624	1290	68	2920	69	110	8
Five Cheese	Full Pie	539	1360	74	2870	77	101	4
Florentine	Full Pie	504	900	30	2970	52	118	10
Hawaiian	Full Pie	560	920	30	2410	53	120	5
Mama Meata®	Full Pie	659	1680	105	3860	95	100	5
Sausage & Peppers	Full Pie	594	1200	57	2910	66	115	5
Sicilian	Full Pie	579	1160	57	3210	65	105	6
The Flying Buffalo™	Full Pie	494	1030	48	2990	60	91	4
Ultimate Pepperoni	Full Pie	510	1280	72	3430	68	100	4
Veggie	Full Pie	469	1160	64	610	52	95	9

NUTRITIONAL ANALYSIS – CALZONES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Buffalo Calzone	With sauce	472	1040	42	2160	57	108	4
Mama Meata Calzone	With sauce	471	1150	56	2270	52	113	5

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON'S SPECIALTY THIN CRUSTS & FLATBREADS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Caprese	Full Pie	443	860	25	1680	45	119	6
Extreme Mushroom	Full Pie	411	860	35	1270	41	88	4
Grilled Steak	Full Pie	431	890	41	1140	51	85	4
Margherita	Full Pie	344	590	15	1530	30	90	6
Pepperoni & Feta	Full Pie	397	1070	49	1910	50	110	5
Spicy Chicken Pesto	Full Pie	454	970	43	1230	59	88	5
Veggie	Full Pie	469	1160	64	610	52	95	9

NUTRITIONAL ANALYSIS FOR CYO PIZZAS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Dough Only	Individual Pizza	170	400	2.5	5	14	80	3
	Individual Whole Wheat Pizza	135	360	3	690	15	66	6
	Small Pizza	255	600	3.5	10	21	120	5
	Small Gluten Free Pizza	220	640	14	540	8	116	4
	Thin Crust	170	400	2.5	5	14	80	3
	Large Pizza	652	1520	9	25	54	307	12
Alfredo Sauce	Individual	57	170	16	310	3	3	0
	Small	113	340	32	620	7	6	0
	Medium	170	510	48	940	10	9	0
	Large	227	680	64	1250	14	11	0
BBQ Sauce	Individual	74	140	0	580	0	34	0
	Small	113	210	0	890	0	52	0
	Medium	170	320	0	1330	0	78	0
	Large	227	430	0	1780	0	104	0
Bleu Cheese Sauce	Individual	57	200	20	490	1	1	0
	Small	113	390	41	980	3	2	0
	Medium	170	590	61	1470	4	4	1
	Large	227	780	82	1960	6	5	1

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bolognese Meat Sauce	Individual	57	60	4.5	410	2	4	1
	Small	113	120	9	830	5	7	1
	Medium	170	190	13	1240	7	11	2
	Large	227	250	17	1660	9	14	3
Buffalo Cream Sauce	Individual	57	120	11	850	1	3	0
	Small	113	230	22	1710	1	6	1
	Medium	170	350	33	2560	2	9	1
	Large	227	470	44	3420	3	12	1
Pizza Sauce	Individual	57	35	0.5	460	1	7	1
	Small	113	70	1	930	2	14	1
	Medium	170	100	1.5	1390	3	20	2
	Large	227	140	2	1860	5	27	2
Pomodoro Sauce	Individual	59	80	7	280	1	3	1
	Small	118	150	13	560	2	6	2
	Medium	177	230	20	840	2	10	2
	Large	237	300	26	1120	3	13	3
Rosemary Sage Sauce	Individual	57	120	11	280	2	3	0
	Small	113	240	22	560	4	6	0
	Medium	170	360	33	840	6	9	0
	Large	227	480	44	1120	8	12	0

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
CYO Toppings - Meats								
Anchovies	Individual	7.5	15	0.5	430	2	0	0
	Small	10	15	0.5	570	3	0	0
	Medium	13	20	1	720	3	0	0
	Large	15	25	1	860	4	0	0
Bacon	Individual	57	240	18	1300	20	0	0
	Small	85	360	27	1940	30	0	0
	Medium	142	610	46	3240	51	0	0
	Large	198	850	64	4540	71	0	0
Chicken	Individual	43	70	2	60	13	0	0
	Small	85	140	4	120	26	0	0
	Medium	128	210	6	180	39	0	1
	Large	170	280	8	240	52	0	1
Ground Beef	Individual	57	180	16	300	9	1	0
	Small	85	270	24	450	14	1	0
	Medium	142	450	39	750	23	2	1
	Large	198	620	55	1050	32	3	1
Ham	Individual	28	30	1	350	4	1	0
	Small	50	50	2	620	7	2	0
	Medium	85	90	3	1060	12	3	0
	Large	113	120	4	1420	16	4	0
Matchstick Pepperoni	Individual	57	260	24	1050	10	2	0
	Small	113	530	49	2110	20	4	0
	Medium	170	790	73	3160	30	6	0
	Large	227	1050	97	4210	0	8	0

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Meatballs	Individual	57	160	13	450	9	4	1
	Small	113	320	25	890	18	7	1
	Medium	142	400	31	1110	23	9	1
	Large	170	480	38	1340	27	11	2
Pulled Pork	Individual	57	70	4.5	700	7	0	0
	Small	113	140	9	1400	13	1	0
	Medium	170	210	14	2100	20	1	0
	Large	227	280	18	2800	26	1	0
Shrimp	Individual	28	15	0	90	4	0	0
	Small	57	30	0	180	8	0	0
	Medium	85	45	0	270	11	0	0
	Large	113	60	0	350	15	0	0
Sliced Pepperoni	Individual	28	130	12	470	6	0	0
	Small	42	200	18	710	9	0	0
	Medium	84	390	36	1410	18	0	0
	Large	112	520	48	1880	24	0	0
Spicy Chicken	Individual	43	70	2	190	11	0	0
	Small	85	140	3.5	390	23	1	0
	Medium	128	210	5	135	34	1	1
	Large	170	280	7	780	46	2	1
Spicy Italian Sausage	Individual	57	190	16	390	9	3	0
	Small	99	330	28	680	16	5	0
	Medium	170	570	48	1160	27	9	0
	Large	227	760	64	1550	36	12	0

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Steak	Individual	28	35	1.5	540	6	0	0
	Small	57	70	3.5	1080	11	1	0
	Medium	85	110	5	1630	17	1	0
	Large	113	150	7	2170	22	1	0
CYO Toppings – Veggies								
Artichoke Hearts	Individual	57	30	0.2	35	2	7	5
	Small	113	60	0.4	70	3	14	10
	Medium	170	90	0.5	100	5	20	15
	Large	227	120	1	135	7	27	20
Black Olives	Individual	28	35	3	250	0.2	2	1
	Small	57	70	6	490	0.5	4	2
	Medium	85	100	9	740	1	5	3
	Large	113	130	12	990	1	7	4
Diced Tomatoes	Individual	57	10	0.1	3	0.5	2	1
	Small	106	17	0.2	4	0.7	4	1
	Medium	142	25	0.3	5	1	6	2
	Large	227	40	0.5	10	2	9	3
Green Bell Peppers	Individual	28	5	0	1	0.2	1	0
	Small	57	10	0.1	2	0.5	3	1
	Medium	85	15	0.1	3	1	4	1
	Large	113	25	0.2	3	1	5	2
Green Olives	Individual	28	40	4.5	440	0.3	1	1
	Small	57	80	9	880	1	2	2
	Medium	85	120	13	1320	1	3	3
	Large	113	160	17	1760	1	4	4

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUE

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Green Onions	Individual	2.8	1	0	0	0.1	0	0
	Small	5.7	2	0	1	0.1	0	0
	Medium	11	4	0	2	0.2	1	0
	Large	14	5	0	2	0.3	1	1
Jalapenos	Individual	28	10	0	390	1	2	0
	Small	57	20	0	770	2	4	0
	Medium	85	30	0	1160	3	6	0
	Large	113	40	0	1550	4	8	0
Kalamata Olives	Individual	21	35	3.5	370	0.3	1	0
	Small	28	45	4.5	490	0.4	2	0
	Medium	43	70	7	740	1	3	0
	Large	71	120	12	1230	1	5	0
Marinated Mushrooms	Individual	28	4	0.2	45	0.1	0	0
	Small	57	5	0.4	90	0.3	1	0
	Medium	85	10	0.5	130	0.4	1	0
	Large	113	15	1	180	1	1	0
Pineapple	Individual	57	40	0	0	0.5	10	0
	Small	113	80	0	0	1	21	1
	Medium	170	120	0	0	1	31	1
	Large	227	160	0	0	2	42	2
Poblano Peppers	Individual	28	10	0	0	1	3	1
	Small	57	25	0	0	1	5	1
	Medium	85	35	0	0	2	8	2
	Large	113	45	0	0	3	10	3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS - CONTINUED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Red Bell Peppers	Individual	28	10	0.1	1	0.3	2	1
	Small	57	20	0.2	2	1	3	1
	Medium	85	25	0.3	3	1	5	2
	Large	113	35	0.3	5	1	7	2
Red Onions	Individual	28	10	0	1	0.3	3	0
	Small	57	25	0.1	2	1	5	1
	Medium	85	35	0.1	3	1	8	1
	Large	113	45	0.1	5	1	11	2
Spinach	Individual	28	5	0.1	20	1	1	1
	Small	43	10	0.2	35	1	2	1
	Medium	57	15	0.2	45	2	2	1
	Large	85	20	0.3	65	2	3	2
Sun Dried Tomatoes	Individual	28	70	1	590	4	16	3
	Small	57	150	1.5	1190	8	32	7
	Medium	85	220	2.5	1780	12	47	10
	Large	113	290	3.5	2380	16	63	14

NUTRITIONAL ANALYSIS FOR CYO PIZZAS -CONTINUE

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
CYO Toppings – Cheese								
Bleu	Individual	28	100	8	390	6	1	0
	Small	57	200	16	780	12	2	0
	Medium	113	400	32	1560	24	4	0
	Large	142	500	40	1950	30	5	0
Cheddar	Individual	71	280	23	460	18	3	0
	Small	113	450	36	730	28	4	0
	Medium	170	670	55	1090	43	6	0
	Large	283	1110	91	1820	10	71	0
Feta	Individual	28	90	7	250	5	1	0
	Small	57	180	14	500	10	2	0
	Medium	113	360	28	1000	20	4	0
	Large	142	450	35	1250	25	5	0
Fontina	Individual	71	250	21	380	17	1	0
	Small	113	410	33	610	27	2	0
	Medium	170	610	49	910	40	3	0
	Large	283	1020	82	1520	67	4	0
Manchego	Individual	71	180	15	710	13	3	0
	Small	113	280	24	1130	20	4	0
	Medium	170	430	36	1700	30	6	0
	Large	283	710	61	2830	51	10	0
Mozzarella	Individual	71	200	15	530	18	3	0
	Small	113	320	24	850	28	4	0
	Medium	170	490	36	1280	43	6	0
	Large	283	810	61	2130	71	10	0
Zesty Feta	Individual	28	90	7	250	5	1	0
	Small	57	180	14	490	10	2	0
	Medium	113	360	28	990	20	5	0
	Large	142	450	35	1230	25	6	1

NUTRITIONAL ANALYSIS - GOURMET PASTAS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Baked Bucatini & Meatballs	Pasta Bread not included	828	1990	97	2930	74	212	14
Baked Sausage Tortelloni	Pasta Bread not included	572	1060	72	2950	40	65	6
Baked Lasagna	Pasta Bread not included	952	1960	130	3820	97	107	9
Mama Meata Bow Tie	Pasta Bread not included	741	2170	116	4370	84	2016	12
Shrimp & Bacon Rosemary Penne	Pasta Bread not included	762	1940	83	3160	104	196	10
Shrimp Tortelloni	Pasta Bread not included	517	910	61	2380	28	58	4
Spicy Chicken & Broccoli Alfredo Penne	Pasta Bread not included	747	2100	106	2880	86	207	14
Twisted Mac & Cheese	Pasta Bread not included	508	1700	78	2170	57	190	8
Twisted Mac & Cheese with Chicken	Pasta Bread not included	593	1800	82	2550	80	190	9
Twisted Mac & Cheese with Meatballs	Pasta Bread not included	608	1930	93	2890	75	197	9
Twisted Mac & Cheese with Sausage	Pasta Bread not included	593	1980	104	2750	70	195	8
Veggie Chicken Penne	Pasta Bread not included	706	1300	30	1500	66	195	12

NUTRITIONAL ANALYSIS – GOURMET HALF PASTAS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Half Baked Bucatini & Meatballs	Lunch Portion	463	1130	62	1690	42	108	7
Half Baked Sausage Tortelloni	Lunch Portion	286	530	36	1470	20	33	3
Lunch Lasagna	Lunch Portion	697	1420	94	2730	68	80	6
Half Mama Meata Bow Tie	Lunch Portion	371	1090	58	2190	42	103	6
Half Shrimp & Bacon Rosemary Penne	Lunch Portion	381	970	41	1580	52	98	5
Half Shrimp Tortelloni	Lunch Portion	266	450	31	1190	14	29	2
Half Spicy Chicken & Broccoli Alfredo Penne	Lunch Portion	379	1000	48	1430	43	104	7
Half Twisted Mac & Cheese	Lunch Portion	254	850	39	1080	28	95	4
Half Twisted Mac & Cheese with Chicken	Lunch Portion	304	950	47	1240	37	95	4
Half Twisted Mac & Cheese with Meatballs	Lunch Portion	304	960	47	1440	37	99	5
Half Twisted Mac & Cheese with Sausage	Lunch Portion	318	940	48	1270	31	96	4
Half Veggie Chicken Penne	Lunch Portion	353	650	15	750	33	98	6

NUTRITIONAL ANALYSIS – PASTA BREAD

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Pasta Bread	4 pieces	108	300	10	510	12	41	2

NUTRITIONAL ANALYSIS - PASTA NOODLES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bow Tie	8 oz	227	850	4	0	28	178	8
Bucatini	8 oz	227	850	4	0	28	178	8
Penne	8 oz	227	850	4	0	28	178	8
Spiral	8 oz	227	850	4	0	28	178	8

NUTRITIONAL ANALYSIS - SAUCES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Alfredo	8 oz	227	680	64	1250	14	11	0
Bolognese	8 oz	227	250	17	1660	9	14	3
Pomodoro	8 oz	237	300	26	1120	3	13	3
Rosemary Sage Cream Sauce	8 oz	227	480	44	1120	8	12	0

NUTRITIONAL ANALYSIS - MAINS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Asian Glazed Salmon	No Sides Included	270	440	22	980	45	18	1
Baby Back Ribs	Full with no sides	1279	2530	158	2330	167	89	0
Grilled Cajun Chicken	Includes all sides	403	500	16	1480	58	34	5
Chicken Parmesan	Side & sauce included	611	1290	63	2130	75	111	9
Chicken Strips	No Sides Included	213	530	26	810	56	17	3
Fish & Chips	W/ Tartar Sauce No Sides Included	319	730	51	1740	37	34	0
Fish Tacos	W/ Chips & Salsa	717	1540	78	3420	58	157	17
Grilled Chicken	Includes all sides	397	500	16	1170	58	34	5
Grilled Chicken Tacos	W/ Chips & Salsa	599	1190	52	2290	67	117	13
Shrimp Tacos	W/ Chips & Salsa	585	1080	49	3160	48	117	13

NUTRITIONAL ANALYSIS – MAINS SIDES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Apple Vinaigrette Coleslaw	5 oz	142	160	11	280	1	13	3
Pasta Bread	4 pieces	108	300	10	510	12	41	2
French Fries (Seasoned)	8 oz	230	690	38	1920	9	76	7
Florentine Rice	5 oz	142	200	8	790	4	29	2
Steamed Broccoli	3 oz	85	25	0.3	135	3	4	2
Sautéed Spinach	4 oz	129	110	9	440	3	5	2
Red Skin Scalloped Potatoes	8 oz	234	380	23	730	15	27	3
Sweet Potato Fries (Seasoned)	8 oz	227	940	55	740	7	105	9

NUTRITIONAL ANALYSIS - BURGERS AND SANDWICHES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Burgers								
MVB	No Side Included	503	1240	91	1870	59	50	3
MVB Sliders	No Side Included	500	1240	89	2670	55	60	2
BBQ Bleu Burger	No Side Included	486	1370	91	4160	52	85	4
Jalapeno & Onion Straw Burger	No Side Included	517	1350	96	1890	57	67	4
Veggie Quinoa Burger	No Side Included	334	670	31	1450	28	69	6
Sandwiches								
BBQ Pulled Pork Sandwich	No Side Included	431	870	38	2930	23	103	4
BBQ Pulled Pork Sliders	No Side Included	446	920	39	3010	25	113	3
Buffalo Chicken Sliders	No Side Included	439	720	30	2150	44	69	3
Buffalo Chicken Sandwich w Bleu Cheese	No Side Included	411	750	32	1340	61	53	4
Buffalo Chicken Sandwich w Ranch	No Side Included	411	750	33	1280	59	53	4
Crispy Chicken Sandwich	No Side Included	354	650	23	750	59	51	4
Club Sandwich	No Side Included	400	750	44	2790	46	60	3
Crispy Chicken Sliders	No Side Included	381	610	19	1620	44	67	3
French Dip	W Au Jus No Side Included	415	850	23	16970	47	100	2
Grilled Chicken Sandwich	No Side Included	396	650	23	1060	63	46	3

NUTRITIONAL ANALYSIS - LUNCH

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
MVB Sliders	No Side Included	321	850	62	1890	38	39	1
Baked Lasagna	No Side Included	697	1420	95	2710	68	80	6
Buffalo Chicken Sandwich w Bleu Cheese	No Side Included	411	750	32	1340	61	53	4
Buffalo Chicken Sandwich w Ranch	No Side Included	411	750	33	1280	59	53	4
Buffalo Chicken Slider	No Side Included	250	370	15	1270	18	42	1
Carnitas Tacos	W/ Roasted Corn & Black Bean Salsa and Tortilla Chips	533	990	46	3000	36	108	13
Crispy Chicken Sandwich	No Side Included	354	650	23	750	59	51	4
Crispy Chicken Sliders	No Side Included	254	410	12	1080	29	44	2
Fish Tacos	W/ Chips & Salsa	587	1290	70	3110	42	128	14
Grilled Chicken Tacos	W/ Chips & Salsa	471	950	42	1830	48	99	11
Grilled Shrimp Tacos	W/ Chips & Salsa	461	890	44	2230	29	99	11
Pulled Pork Sliders	No Side Included	298	610	26	2010	17	75	2
½ French Dip Duo	Sandwich only	273	310	12	1530	24	28	1
½ Club Duo	Sandwich only	225	520	35	1900	30	30	1
½ Gourmet Pasta with Salad	Because these menu items can have several variations, these items must be considered separately. These are found by looking up the Pizza, Salad, Pasta and Soup sections.							
The Nooner								
Soup & Salad								

NUTRITIONAL ANALYSIS - KIDS ITEMS

Menu Item	Note:	Calories (g)	Fat Cal (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Choles (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Mini Cheeseburgers	No sides	580	307	34	13	2	90	610	37	0	4	29
Chicken Tenders	No sides	320	140	16	2.5	0	110	480	10	2	0	34
Grilled Chicken Tenders	No sides	159	41	4.5	1.5	0	75	45	0	0	0	28
Mac & Cheese	4 oz	870	344	38	20	0	460	1210	93	4	4	38
Cheese Pizza	Full pizza	660	177	20	10	0	40	1080	90	4	12	35
Pepperoni Pizza	Full Pizza	820	312	35	16	0	75	1670	90	4	12	42
Spaghetti & Meatball w/ Alfredo Sauce		930	416	46	12	1	40	1070	98	5	8	30
Spaghetti & Meatball w/ Bolognese Sauce		710	208	23	7	0	50	1270	100	6	7	28
Spaghetti & Meatball w/ Pomodoro Sauce		740	248	28	12	0	55	1000	99	6	8	25

KIDS SIDES

Menu Item	Note:	Calories (g)	Fat Cal (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Choles (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Apples	1 bag	30	0	0	0	0	0	0	7	1	6	0
Seasoned Fries	4 oz	350	173	19	3	0	0	1170	39	4	2	5
Steamed Broccoli		10	1	0.1	0	0	0	10	2	1	0	1

KIDS DESSERT

Menu Item	Note:	Calories (g)	Fat Cal (g)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Choles (g)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Vanilla Ice Cream	4 oz	240	100	11	7	0	55	80	25	0	25	6
Create your own Sundae	Caramel	380	135	15	9	0.3	60	160	57	0	39	5
Create your own Sundae	Chocolate	390	135	15	9	0.3	60	80	54	3	54	5
Create your own Sundae	Strawberry	300	128	14	9	0.3	60	60	35	0	33	4

NUTRITIONAL ANALYSIS – DESSERTS

All allergens listed for Desserts include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. Our Dessert products Boston's Cream Pie and Boston's Hot Brandy Cream Pie contain Almonds. Our other dessert products do not contain nuts, but are manufactured in a facility where other dessert products containing all kinds of nuts, including peanuts, are manufactured.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Apple Crisp	Ice Cream and Sauce included	425	1120	50	370	12	147	4
Bostons Whiskey Cake	Ice Cream and Sauce included	322	1040	53	820	9	131	4
Chocolate Brownie Addiction	Ice Cream and Sauce included	355	1220	44	750	13	186	6
The Monster Cookie	Sauce & Ice Cream Included	291	990	45	520	14	136	3
Vanilla Ice Cream	4 oz	113	240	11	80	6	25	0

NUTRITIONAL ANALYSIS - CATERING

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Starters								
Bacon Wrapped Steak Skewer	Sauce Included	1208	3000	238	6450	221	5	1
Pepperoni Twist Bread	Sauce Included	1238	3300	165	6250	121	343	16
Spinach & Artichoke Dip	Pizza Bread Included	2346	5550	274	12530	220	550	28
Trip Dip	Chips Included	1474	3680	214	7870	90	351	49
Wings – Oven Roasted								
Oven-Roasted Wings – Asian Glaze	Dipping Sauce Not Included	2890	4920	285	18100	410	152	15
Oven-Roasted Wings – Atomic	Dipping Sauce Not Included	2875	4430	285	14260	407	31	11
Oven-Roasted Wings – BBQ	Dipping Sauce Not Included	2990	5130	285	17830	410	202	11
Oven-Roasted Wings – Bourbon BBQ	Dipping Sauce Not Included	2875	4930	285	14350	406	148	10
Oven-Roasted Wings – Cajun	Dipping Sauce Not Included	2621	4380	285	13890	406	26	10
Oven-Roasted Wings - Creamy Buffalo	Dipping Sauce Not Included	2875	4970	339	16560	410	41	12
Oven-Roasted Wings – Dry Rub Ranch	Dipping Sauce Not Included	2606	4400	285	13610	408	29	11
Oven-Roasted Wings – Garlic Parmesan	Dipping Sauce Not Included	2805	5360	377	15000	431	40	11
Oven-Roasted Wings – Hot	Dipping Sauce Not Included	3478	4380	285	24160	406	26	10
Oven-Roasted Wings – Korean BBQ	Dipping Sauce Not Included	2875	4870	285	16910	408	142	13
Oven-Roasted Wings – Lemon Pepper	Dipping Sauce Not Included	2734	4630	288	39890	412	81	20
Oven-Roasted Wings – Mango Habanero	Dipping Sauce Not Included	2875	4640	285	13040	406	88	11
Oven-Roasted Wings – Ragin Caiun	Dipping Sauce Not Included	3507	4380	285	25770	406	26	10
Oven-Roasted Wings – Smoked Sea Salt	Dipping Sauce Not Included	2734	4690	289	35890	416	85	19
Oven-Roasted Wings – Spicy Garlic	Dipping Sauce Not Included	2875	4950	321	18000	416	74	18
Oven-Roasted Wings – Teriyaki	Dipping Sauce Not Included	2875	4740	285	19610	414	105	10

NUTRITIONAL ANALYSIS – CATERING (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Wings – Crispy								
Fried Wings – Asian Glaze	Dipping Sauce Not Included	2875	5680	300	20500	566	186	44
Fried Wings – Atomic	Dipping Sauce Not Included	2875	5220	300	16940	564	71	40
Fried Wings – BBQ	Dipping Sauce Not Included	2904	5760	300	19820	567	202	40
Fried Wings – Bourbon BBQ	Dipping Sauce Not Included	2875	5720	300	17030	563	187	39
Fried Wings – Cajun	Dipping Sauce Not Included	2621	5170	300	16560	565	66	39
Fried Wings - Creamy Buffalo	Dipping Sauce Not Included	2875	5760	354	19230	566	81	41
Fried Wings – Dry Rub Ranch	Dipping Sauce Not Included	2606	5200	300	16280	565	69	40
Fried Wings – Garlic Parmesan	Dipping Sauce Not Included	2805	6150	392	17670	587	80	41
Fried Wings – Hot	Dipping Sauce Not Included	2875	5170	300	18760	563	66	39
Fried Wings – Korean BBQ	Dipping Sauce Not Included	2875	5660	300	19590	565	181	42
Fried Wings – Lemon Pepper	Dipping Sauce Not Included	2734	5420	303	42560	568	121	49
Fried Wings – Mango Habanero	Dipping Sauce Not Included	2875	5430	300	15710	563	127	40
Fried Wings – Ragin Cajun	Dipping Sauce Not Included	2905	5170	300	20360	563	66	39
Fried Wings – Smoked Sea Salt	Dipping Sauce Not Included	2734	5490	304	38570	572	125	49
Fried Wings – Spicy Garlic	Dipping Sauce Not Included	2875	5740	336	20680	572	113	48
Fried Wings – Teriyaki	Dipping Sauce Not Included	2875	5530	300	22280	570	145	39

NUTRITIONAL ANALYSIS – CATERING (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Wings – Boneless								
Boneless Wings – Asian Glaze	Dipping Sauce Not Included	2181	3210	129	16360	1157	234	27
Boneless Wings – Atomic	Dipping Sauce Not Included	3053	2730	129	24410	1154	113	23
Boneless Wings – BBQ	Dipping Sauce Not Included	2287	3440	129	16620	1158	285	23
Boneless Wings – Bourbon BBQ	Dipping Sauce Not Included	2167	3230	129	12620	1153	229	22
Boneless Wings – Cajun	Dipping Sauce Not Included	1918	2680	129	12480	1153	108	22
Boneless Wings - Creamy Buffalo	Dipping Sauce Not Included	2672	4070	115	7400	347	399	27
Boneless Wings – Dry Rub Ranch	Dipping Sauce Not Included	1900	2710	129	12140	1155	112	23
Boneless Wings – Garlic Parmesan	Dipping Sauce Not Included	2138	3850	239	13810	1182	125	24
Boneless Wings – Hot	Dipping Sauce Not Included	2769	2680	129	22430	1153	108	22
Boneless Wings – Korean BBQ	Dipping Sauce Not Included	2167	3170	129	15180	1155	223	25
Boneless Wings – Lemon Pepper	Dipping Sauce Not Included	1704	3170	138	15020	1206	155	18
Boneless Wings – Mango Habanero	Dipping Sauce Not Included	2167	2930	129	11310	1153	169	23
Boneless Wings – Ragin Cajun	Dipping Sauce Not Included	2803	2680	129	24300	1153	108	22
Boneless Wings – Smoked Sea Salt	Dipping Sauce Not Included	1906	2730	129	14330	1154	118	24
Boneless Wings – Spicy Garlic	Dipping Sauce Not Included	2167	3250	166	16270	1162	155	31
Boneless Wings – Teriyaki	Dipping Sauce Not Included	2179	3050	129	18190	1161	190	22

NUTRITIONAL ANALYSIS – CATERING (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Salads								
Boston's Cobb Salad	Crispy Chicken w/ No Dressing	2298	296	170	8590	844	109	28
	Grilled Chicken w/ No Dressing	2468	2920	133	3300	388	57	26
Caesar Salad	Salad Only	975	1770	154	4030	35	63	14
	Crispy Chicken	1826	3900	258	7260	260	131	26
	Grilled Chicken	1996	3430	201	5460	344	66	19
House Salad	No Dressing	1077	450	10	950	21	76	17
Mediterranean Salad	W / Grilled Chicken, Pizza Bread & Dressing	3315	5850	265	12140	452	455	48
Spinach & Cranberry	W / Grilled Chicken & Dressing	2835	4520	246	5480	367	252	42
Entrees								
Asian Glazed Salmon	With Florentine Rice & Broccoli	2836	3440	152	10010	229	318	38
Baby Back Ribs	No Sides Included	3467	6730	387	7950	408	349	1
Grilled Chicken & Broccoli	With Florentine Rice & Broccoli	3177	4010	127	9110	464	274	43
Chicken Parmesan	With Bucatini and Sauce	2546	5540	253	8540	313	530	41
Chicken Strips	No Sides Included	1276	3190	156	4850	337	102	18
Sides								
Apple Vinaigrette Coleslaw		1134	1310	88	2260	10	104	21
Steamed Broccoli		682	190	2.5	640	20	36	20
Florentine Rice		1134	1600	62	6340	31	235	16
Seasoned French Fries		919	2750	153	7660	37	305	27
Seasoned Sweet Potato Fries		908	3770	221	2980	27	421	36
Pasta Bread	8 servings	861	2380	78	4070	93	331	13

NUTRITIONAL ANALYSIS – CATERING (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Pasta								
Baked Bucatini & Meatballs	Pasta Bread not Included	3549	9330	454	11900	325	1029	63
Baked Sausage Tortelloni	Pasta Bread not Included	2210	4320	318	11110	153	230	22
Baked Lasagna	Pasta Bread not Included	7396	15590	1007	27640	773	906	66
Mama Meata Bowtie	Pasta Bread not Included	3163	9430	461	17110	355	1003	55
Shrimp & Bacon Rosemary Penne	Pasta Bread not Included	3507	9000	345	12990	516	962	49
Spicy Chicken & Broccoli Alfredo	Pasta Bread not Included	3215	9220	427	9650	369	991	60
Twisted Mac & Cheese	Pasta Bread not Included	2204	7270	278	7990	256	940	41
Twisted Mac & Cheese with Chicken	Pasta Bread not Included	2600	8190	334	9140	359	941	43
Twisted Mac & Cheese with Meatballs	Pasta Bread not Included	2712	8910	418	12210	237	968	45
Twisted Mac & Cheese with Sausage	Pasta Bread not Included	2600	8770	413	10990	309	958	41
Twisted Mac & Cheese with Spicy Chicken	Pasta Bread not Included	2600	8140	332	10220	347	943	43
Veggie Chicken Pasta	Pasta Bread not Included	3050	6060	123	6010	291	960	56
Sandwiches								
Club Sandwich Platter	Includes Mayonnaise	2703	6290	423	22830	364	358	16
Ham Sandwich Platter	Sauce Not Included	2315	3130	98	16020	179	367	18
Roast Beef Sandwich Plater	Sauce Not Included	2485	3290	101	10760	256	339	18
Dessert								
Chocolate Brownie	Includes Ice Cream and Sauce	725	2500	92	1510	27	379	13
Monster Cookie	Includes Ice cream and Sauce	602	2090	97	1050	28	280	6
Apple Crisp	Includes Ice Cream and Sauce	850	2240	101	740	24	294	8