



RESTAURANT & SPORTS BAR



ALLERGY & NUTRITIONAL INFORMATION

LEGAL INFORMATION

The information in this guide was derived from Supplier's product lists, 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 the Gourmet Pizza restaurant 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.

ALLERGY CHART SECTION

MEAT ADD-ONS / SIDE SAUCES

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									
Fajita Chicken						*			
Flat Iron Steak									
Meatballs	*	*						*	*
Salmon			*						
Sausage						*			
Shrimp			*						
Spicy Chicken						*			
Taco Beef									
Sauces									
Alfredo	*			*					
Asian Glaze						*			*
BBQ Sauce						*			
Bolognese									
Butter Sauce									
Cactus Dip	*	*	*			*			*
Chipotle Aioli	*	*							
Creamy Buffalo (Buffalo Sauce)	*			*				*	
Creamy Tomato	*			*					
Garlic Herb Butter	*					*			
Guacamole									
Hot Sauce						*			
Lemon Herb Sauce						*		*	

MEAT ADD-ONS / SIDE SAUCES (CONTINUED)

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
Mayonnaise		*							
Pomodoro	*								
Rosemary Chipotle	*			*				*	
Seasoned Chipotle Ranch	*					*			
Santa Fe Ranch	*					*			
Sour Cream	*								
Salsa									
Peanut Sauce					*	*			
Sweet Thai Chili									
Teriyaki						*			*

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. (i.e. cactus cuts include cactus dip, Mozzamia includes pomodoro sauce)

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Baked Cheese Fries	*					*			
Cactus Cuts	*	*	*			*			*
Chips & Queso	*								
Classic Potato Skins	*					*			
Crunchy Green Beans	*			*		*		*	
Flat Iron Steak Crustini	*			*				*	*
Garlic Twist Bread	*							*	*
Nachos – Plain	*							*	
Nachos – Spicy Chicken	*					*		*	
Nachos – Steak	*							*	
Nachos – Taco Beef	*							*	
Mediterranean Fondue	*			*				*	*
Mozzamia	*	*						*	
Shrimp & Artichoke Cakes	*		*					*	
Southwest Ravioli	*	*				*		*	
Team Platter	*	*	*			*		*	*

STARTERS – SOUPS (CAMPBELL'S BRAND)

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
Chicken Noodle		*				*		*	*
Clam Chowder	*		*			*		*	
Broccoli Cheese	*							*	

STARTERS – SOUPS (CAMPBELL'S BRAND CONTINUED)

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
Italian Wedding	*					*		*	
Tomato Florentine	*	*	*			*		*	
Creamy Potato	*							*	
Minestrone	*	*				*		*	*
Vegetable Beef & Barley			*			*		*	

STARTERS – WINGS

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 not including sides and dips. It is necessary to go to the Sauce/Side Dip section and consider these items separately.

BONELESS CHICKEN BITES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boneless Wings – Asian Glaze	*					*		*	*
Boneless Wings – BBQ	*					*		*	
Boneless Wings - Cajun	*					*		*	
Boneless Wings – Creamy Buffalo	*			*		*		*	
Boneless Wings – Hot	*					*		*	*
Boneless Wings – Lemon Pepper	*			*		*		*	*

LIGHTLY BREADED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Breaded Wings – Asian Glaze						*		*	*
Breaded Wings – BBQ						*		*	
Breaded Wings – Cajun						*		*	
Breaded Wings – Creamy Buffalo	*			*		*		*	
Breaded Wings – Hot				*		*		*	*
Breaded Wings – Lemon Pepper				*		*		*	*

STARTERS – WINGS CONTINUED

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 not including sides and dips. It is necessary to go to the Sauce/Side Dip section and consider these items separately.

OVEN- ROASTED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Wings – Asian Glaze						*			*
Wings – BBQ						*			
Wings - Cajun						*			
Wings – Creamy Buffalo	*			*		*		*	
Wings – Hot						*			
Wings – Lemon Pepper				*		*		*	*

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 (i.e. Caesar Salads, Greek Salads, Italian Chopped Salads and Sante Fe Salad). It does not include breadsticks.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boston's Grilled Chicken Salad	*	*					Pecans		
Boston's Fried Chicken Salad	*	*				*	Pecans	*	
Caesar Salads	*	*	*			*		*	*
Chipotle Chicken & Bacon Salad	*					*		*	
Greek Salads	*					*			
House Salad								*	*
Italian Chopped Salad	*							*	*
Sante Fe Salad with Grilled Chicken	*							*	
Sante Fe Salad with Flat Iron Steak	*							*	
Spinach & Cranberry Salad	*						Pecans		
Steak & Blue Salad	*	*					Pecans		

SALADS - 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
1000 Island		*							
Blue Cheese	*	*							
Caesar	*	*	*			*			*
Fat Free Balsamic									
Greek w/ Feta	*					*			
Honey Mustard		*							
Ranch	*					*			
Reduced Calorie Italian									
Santa Fe Ranch	*					*			

PIZZAS - MASTERPIECES

The Pizza section is broken out into three sections, Masterpieces, Neapolitan, 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. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BLT	*	*						*	*
Chicken Parmesan	*					*		*	*
Classic Pepperoni	*							*	*
Florentine	*							*	*
The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Sausage Pomodoro	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*							*	*

PIZZAS - NEAPOLITAN

The Pizza section is broken out into three sections, Masterpieces, Neapolitan, 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. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Chicken & Roasted Garlic	*					*		*	*
Extreme Mushroom	*							*	*
Four Cheese	*							*	*

PIZZAS – WHOLE WHEAT CRUST

The Pizza section is broken out into three sections, Masterpieces, Neapolitan, 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. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BLT	*							*	*
Chicken Parmesan	*					*		*	*
Classic Pepperoni	*							*	*
Florentine	*							*	*
The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Sausage Pomodoro	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*							*	*
Chicken & Roasted Garlic	*					*		*	*
Extreme Mushroom	*							*	*
Four Cheese	*							*	*

PIZZAS – GLUTEN FREE CRUST

The Pizza section is broken out into three sections, Masterpieces, Neapolitan, 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. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BLT	*	*							*
Classic Pepperoni	*	*							*
Florentine	*	*							*
Hawaiian	*	*							*
Mama Meata®	*	*				*			*
Sausage Pomodoro	*	*				*			*
Smokehouse BBQ Chicken	*	*				*			*
Sicilian	*	*				*			*
Tropical Chicken	*	*		*		*			*
Tuscan	*	*				*			*
Ultimate Pepperoni	*	*							*
Venetian	*	*							*
Four Cheese	*	*							*

PIZZA TOPPINGS

This section can be used when adding a specific topping to a product. Find the topping you are adding and 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									
Banana Peppers									
Beef – Taco									
Carrots									

PIZZA TOPPINGS (CONTINUED)

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

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Cheese - Cheddar	*								
Cheese - Feta	*								
Cheese – Fontina	*								
Cheese – Mozzarella	*								
Cheese – Parmesan	*								
Chicken – Plain						*			
Chicken – Spicy						*			
Cilantro									
Ham									
Italian Sausage						*			
Jalapeños									
Mushrooms									
Olives – Black									
Olives - Green									
Onions - Red									
Pepperoni – Diced									
Pepperoni – Sliced									
Peppers – Green									
Peppers – Red									
Pineapple									
Shrimp			*						
Spinach									
Sundried Tomatoes									
Tomato									

PASTA'S - BAKED

The pasta section is broken up into two categories, Baked, Create Your Own and Gourmet Pasta's. All allergens listed for the Gourmet Pasta's **DO NOT** include breadsticks in the declaration. These items must be considered separately. Allergens are listed assuming that the products are made to Boston's Recipe and Assembly procedures.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Baked Cheese Ravioli	*	*				*		*	
Baked Penne w/ Spicy Sausage Pomodoro	*					*		*	
Shrimp Scampi	*		*			*		*	
Traditional Lasagna	*							*	
Twisted Mac & Cheese	*							*	

PASTA'S - GOURMET

The pasta section is broken up into two categories, Baked, Create Your Own and Gourmet Pasta's. All allergens listed for the Gourmet Pasta's **DO NOT** include breadsticks in the declaration. These items must be considered separately. Allergens are listed assuming that the products are made to Boston's Recipe and Assembly procedures.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boston's Smokey Mountain Spaghetti	*	*						*	*
Cheese Ravioli with Shrimp & Rosemary Chipotle Sauce	*	*	*	*		*		*	
Chicken Milano	*			*		*		*	
Mama Meata Bow Tie	*	*				*		*	*
Jambalaya Fettuccini	*		*			*		*	
Shrimp & Salmon Alfredo	*		*	*				*	
Spicy Chicken & Broccoli Alfredo	*			*		*		*	

PASTA'S – CREATE YOUR OWN

The pasta section is broken up into two categories, Baked, Create Your Own and Gourmet Pasta's. All allergens listed for the Gourmet Pasta's **DO NOT** include breadsticks in the declaration. For the Create Your Own section, look up the noodle ingredient and then look up the sauce and breadstick ingredient. These items must be considered separately. Allergens are listed assuming that the products are made to Boston's Recipe and Assembly procedures.

PASTA NOODLES

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

PASTA SAUCES

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Alfredo	*			*					
Bolognese									
Creamy Tomato	*			*					
Pomodoro	*								
Rosemary Chipotle	*			*				*	

ENTRÉE'S

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. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Alaskan Halibut & Chips		*	*			*		*	
Asian Glazed Salmon with Florentine Rice & Steamed Broccoli	*		*			*		*	*
Chicken Parmesan	*					*		*	
Chicken Piccata	*					*		*	
Italian Trio	*					*		*	*
Oven Roasted Salmon			*						
Slow Roasted Baby Back Ribs						*			
Tuscan Sirloin	*			*				*	

ENTRÉE SIDES

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
Cole Slaw		*							
Creamy Red Skin Potatoes	*					*			
French Fries						*		*	
Florentine Rice	*					*		*	
Steamed Broccoli									
Pasta & Pomodoro	*							*	
Pasta & Bolognese								*	
Pasta & Alfredo	*			*				*	
Pasta & Creamy Tomato	*			*				*	
Pasta & Rosemary Chipotle	*			*				*	
Refried Black Beans	*								

BURGERS, CALZONES & SANDWICHES

All allergens listed for Healthy Hits 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
Burgers									
Burger						*		*	*
Burger with Cheese	*					*		*	*
Bacon Cheeseburger	*					*		*	*
Create your Own Burger						*		*	*
Because this Burger can have several variations, consider the toppings separately. These are found by looking up the Pizza Toppings section.									
Sandwiches / Tacos									
Beef Dip	*					*		*	*
Cheesesteak	*					*		*	*
The Double Decker Club	*					*		*	*
Fish Tacos	*		*					*	
Grilled Chicken Sandwich						*		*	*
Grilled Ham, Cheese & Tomato	*					*		*	*
Rueben	*					*		*	*
Tuna Melt	*		*					*	*
Calzones									
The Flying Buffalo™	*			*		*		*	*
Mama Meata®	*					*		*	*

HEALTHY HITS

All allergens listed for Healthy Hits section 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 Glazed Salmon with Florentine Rice & Steamed Broccoli	*		*			*		*	
Oven Roasted Salmon Entrée with Florentine Rice & Steamed Broccoli	*		*			*		*	
Grilled Chicken & Broccoli with Florentine Rice	*					*		*	
Grilled Cajun Chicken & Broccoli with Florentine Rice	*					*		*	
House salad with Fat Free Balsamic									
Whole Wheat Hawaiian Pizza								*	*
Whole Wheat Florentine Pizza no Parmesan Cheese								*	*
Whole Wheat Basic Cheese Pizza	*							*	*

LUNCH

All allergens listed for Healthy Hits 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 entrée comes with. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Lunch Lasagna	*							*	
Alaskan Halibut & chips		*	*			*		*	
Grilled Chicken & Broccoli with Florentine Rice	*					*		*	
Grilled Cajun Chicken & Broccoli with Florentine Rice	*					*		*	
Slow Roasted Baby Back Ribs						*			
Lunch Sized Tuna Melt	*		*					*	*
Lunch Sized Beef Dip	*					*		*	*
Salad & Soup Combo	<p>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 Starter Soup sections.</p>								
Nooner Combo									
Daily Pasta Combo									

APPROVED DAILY SPECIALS

All allergens listed for the approved daily specials 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 entrée comes with. Please see the Entrée Sides declaration for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Chicken Caesar Wrap	*	*	*			*		*	*
Chicken Fajita Wrap	*	*				*		*	*
Deli Club Wrap	*	*				*		*	
Turkey Club Wrap	*	*				*		*	*
Sicilian Wrap	*							*	
BLT Sandwich						*		*	*
Meatball Sub	*	*						*	*
Ham Sandwich						*		*	*
Roastbeef Sandwich						*		*	*
Turkey Sandwich								*	*

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
Burger						*		*	*
Burger with Cheese	*					*		*	*
Calzone	*							*	*
Chicken Bites	*					*		*	
Grilled Cheese	*					*		*	*
Grilled Chicken Fettuccini	*			*				*	
Mac & Cheese	*							*	
Spaghetti & Meatball w/ Pomodoro Sauce	*	*						*	*
Kids Brownie Sundae	*	*				*		*	
Kid Sides									
Mandarin Oranges									
Seasoned Fries						*		*	
House Salad								*	*
Cole Slaw		*							
Carrots & Ranch Dip	*					*			

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. The declaration does not include the side sauces that the dessert comes with. Please see the sauces declaration in this section below for that information.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Apple Crisp	*	*				*		*	
Brownie Addiction	*	*				*		*	
Cheesecake	*	*				*		*	
Xangos™ (Cheesecake Wrap)	*	*						*	
Boston's Hot Brandy Pie	*	*				*	Almonds	*	
Peppermints									
White & Dark Chocolate Mousse Cake	*	*				*	Pecans	*	
Vanilla Ice Cream	*	*							
Sauces									
Brandy Butter	*								
Caramel	*								
Chocolate									
Raspberry									
Strawberries									
White Chocolate									

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.

NUTRITIONAL ANALYSIS FOR STARTERS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Baked Cheese Fries	without Ranch	570	1130	64	2090	44	91	8
	w/ Ranch	629	1360	87	2320	45	95	8
Boneless Chicken Bites – Asian Glaze	Without Ranch	354	600	35	810	39	30	1
Boneless Chicken Bites – BBQ	Without Ranch	372	600	35	810	39	30	0
Boneless Chicken Bites - Cajun	Without Ranch	300	600	35	960	39	30	0
Boneless Chicken Bites – Creamy Buffalo	Without Ranch	358	660	40	1120	40	32	1
Boneless Chicken Bites – Hot	Without Ranch	298	600	35	810	39	95	0
Boneless Chicken Bites – Lemon Pepper	Without Ranch	358	890	65	1950	40	32	1
Cactus Cuts	w/ Cactus Dip	459	1170	70	1220	11	113	8
Chips & Queso	Plain	494	1250	63	3340	47	128	10
	w/ Spicy Chicken	580	1340	64	3830	64	129	10
	w/ Taco beef	580	1490	77	3730	67	131	11
Classic Potato Skins		383	990	70	1750	49	42	5
Crunchy Green Beans	w/ Chipotle Ranch	301	700	50	1930	7	55	5
Flat Iron Steak Crustini		238	460	23	480	34	31	1
Garlic Twist Bread	Double Order	369	880	9	2560	33	168	7
Nachos	Plain	507	1000	50	1900	44	89	11
	w/ Spicy Chicken	620	1120	53	2560	67	90	11
	w/ Steak	620	1150	58	1970	68	89	11
	w/ Taco Beef	620	1310	70	2420	71	94	12
Mediterranean Fondue	w/ Pizza Bread	714	1760	81	2750	101	87	3
Mozzamia ®	w/ Pomodoro Sauce	244	560	29	2200	24	47	7
Southwest Ravioli	w/ Ranch	258	690	42	1560	17	63	3
Team Platter	w/ dip sauces	1239	2920	173	6120	109	224	13
Side Sauces								
Blue Cheese	2 oz side	59	310	31	610	1	6	0
Guacamole	4 oz side	113	200	18	310	2	9	5
Guacamole	2 oz side	57	100	9	155	1	5	3
Ranch	2 oz side	59	220	23	230	1	4	0
Salsa	4 oz side	113	45	2	560	1	6	2
Salsa	2 oz side	57	23	1	280	1	3	1

Sour Cream	4 oz side	113	230	19	55	0	4	0
Sour Cream	2 oz side	57	115	10	28	0	2	0

NUTRITIONAL ANALYSIS FOR STARTERS (CONTINUED)

LIGHTLY BREADED 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)
Boston's Lightly Breaded Wings – Asian Glaze	Starter Size	411	900	57	3000	51	45	2
	Double Order	765	1780	114	5950	101	87	3
Boston's Lightly Breaded Wings – BBQ	Starter Size	373	800	57	1880	50	21	1
	Double Order	800	1580	114	3730	100	39	1
Boston's Lightly Breaded Wings – Cajun	Starter Size	360	800	57	2200	50	21	1
	Double Order	663	1580	114	4350	100	39	1
Boston's Lightly Breaded Wings – Creamy Buffalo	Starter Size	414	860	62	2200	51	24	2
	Double Order	772	1700	124	4350	101	44	2
Boston's Lightly Breaded Wings – Hot	Starter Size	354	800	57	1890	50	21	1
	Double Order	652	1580	114	3730	100	39	1
Boston's Lightly Breaded Wings – Lemon Pepper	Starter Size	415	1080	87	3030	51	24	1
	Double Order	676	1620	114	3730	101	46	1

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)
Boston's Oven Roasted Wings – Asian Glaze	Starter Size	411	790	50	2460	54	31	2
	Double Order	771	1580	99	5000	108	61	3
Boston's Oven Roasted Wings – BBQ	Starter Size	428	690	50	1350	54	7	1
	Double Order	800	1360	99	2660	107	11	1
Boston's Oven Roasted Wings – Cajun	Starter Size	360	800	57	2200	50	21	1
	Double Order	663	1580	114	4350	100	39	1
Boston's Oven Roasted Wings – Creamy Buffalo	Starter Size	414	750	55	1660	54	10	2
	Double Order	772	1480	110	3290	108	16	2
Boston's Oven Roasted Wings – Hot	Starter Size	354	690	50	1360	54	7	1
	Double Order	652	1360	99	2670	107	11	1
Boston's Oven Roasted – Lemon Pepper	Starter Size	415	980	80	2500	54	10	1
	Double Order	773	1940	160	4950	108	15	1

NUTRITIONAL ANALYSIS FOR 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 Chicken and House Salads.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Boston's Chicken Salad	Fried Chicken	692	1200	91	2590	56	45	7
	Grilled Chicken	621	960	82	2450	44	20	7
Caesar Salad	Starter	160	290	16	820	8	22	2
	Meal Size	320	570	32	1650	16	43	4
Chicken Caesar Salad	Fried Chicken	533	950	44	2220	54	68	4
	Grilled Chicken	462	710	35	2070	42	43	4
Chipotle Chicken & Bacon Salad	With 2 oz Honey Mustard	600	850	55	1770	43	47	6
Greek Salad	Meal	647	560	46	2170	18	31	7
	Starter	330	300	25	1150	10	16	3
House Salad		183	150	0.3	380	6	23	3
Italian Chopped Salad	Starter Size	275	330	31	1410	17	10	3
	Meal Size w/ Pizza Bread	757	1170	73	3230	58	102	9
	Meal Size w/o Pizza Bread	555	660	63	2840	35	20	6
Salmon Caesar Salad		547	750	34	1790	56	43	4
Spinach & Cranberry Salad	w/ Citrus Cranberry Vinaigrette	258	810	66	650	7	44	4
Steak & Bleu Salad	w/ Blue Cheese Dressing	611	990	74	1710	42	41	10
Breads and Meat Add On's								
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bread Stick	1 piece	60	140	1	2	5	28	1
Parmesan Pizza Bread	1 each = 6 slices	201	500	10	390	23	83	3
Grilled Chicken Breast	5 oz	142	130	3.5	430	26	0	0
Fried Chicken	7.5 oz	213	380	13	570	38	25	0
Salmon Fillet	8 oz	227	180	2	140	40	0	0

NUTRITIONAL ANALYSIS FOR SALADS (CONTINUED)**SALAD DRESSINGS**

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Blue Cheese	2 fl oz	59	310	31	610	1	6	0
Caesar	2 fl oz	59	280	30	830	4	4	0
Citrus Cranberry Vinaigrette	2 fl oz	29	150	13	120	0	7	0
Fat Free Balsamic Vinaigrette	2 fl oz	60	40	0	520	0	8	0
Greek w/ Feta	2 fl oz	60	160	18	540	0	4	0
Honey Mustard	2 fl oz	57	250	21	280	0	13	0
Ranch	2 fl oz	59	220	23	230	1	4	0
Reduced Calorie Italian	2 fl oz	60	20	1	0	0	2	0
Santa Fe Ranch	2 fl oz	43	100	10	290	1	3	0
Thousand Island	2 fl oz	59	250	22	590	0	13	0

MEAT ADD ONS & BREAD

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Breadstick	1 piece	60	140	1	2	5	28	1
Pizza Bread	1 each = 6 slices	201	500	10	390	23	83	3
Chicken Breast	5 oz	142	130	3.5	430	26	0	0
Flat Iron Steak	5 oz	113	150	7	65	23	0	0
Fried Chicken	8 oz	213	380	13	570	38	25	0
Garlic Shrimp	1 piece	170	90	0	530	23	0	0
Salmon Filet	1 each	227	180	2	140	40	0	0

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S PIZZA

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Basic Cheese	Individual	300	600	15	430	34	83	3
	Individual Whole Wheat	229	430	15	1620	29	44	4
	Small (2 servings)	244	460	12	345	27	62	3
	Small Gluten Free	470	550	25	2660	37	46	3
	Medium (Per slice)	80	150	35	105	9	22	1
	Large (Per slice)	80	150	35	105	9	22	1
BLT	Individual	527	1220	66	2310	72	90	4
	Individual Whole Wheat	372	770	48	1830	45	42	4
	Small (2 servings)	428	935	50	1760	56	69	4
	Small Gluten Free	548	1090	80	2580	60	40	2
	Medium (Per slice)	137	300	15	560	18	24	1
	Large (Per slice)	160	360	18	660	21	29	1
Chicken Parmesan	Individual	448	840	27	1210	54	95	5
	Individual Whole Wheat	443	630	26	1560	48	49	5
	Small (2 servings)	361	670	23.5	1050	43	73	4
	Medium (Per slice)	116	220	7	310	13	25	1
	Large (Per slice)	137	250	8	350	15	30	2
Chicken & Roasted Garlic	Neapolitan	319	810	24	1030	52	99	6
	Neapolitan Whole Wheat	305	600	23	1380	46	53	6
Extreme Mushroom	Neapolitan	454	940	35	1110	59	101	5
	Neapolitan Whole Wheat	439	730	34	1450	52	55	5
Florentine	Individual	383	730	19	1280	43	98	6
	Individual Whole Wheat	361	480	15	1870	33	56	7
	Small (2 servings)	316	580	14	1020	32	87	6
	Small Gluten Free	602	750	28	3170	45	88	9
	Medium (Per slice)	108	200	4	340	10	31	2
	Large (Per slice)	127	240	6	350	13	37	3

Allergy & Nutritional Information

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
The Flying Buffalo ™	Individual	328	710	20	880	43	90	4
	Individual Whole Wheat	314	500	19	1230	37	44	4
	Small (2 servings)	558	1180	36	1670	75	139	6
	Medium (Per slice)	96	210	6	280	13	25	1
	Large (Per slice)	332	720	21	920	44	89	4
Four Cheese	Neapolitan	441	1100	54	1990	65	91	4
	Neapolitan Whole Wheat	426	890	53	2353	59	46	4
	Neapolitan Gluten Free	493	860	55	2290	53	39	2
Hawaiian	Individual	385	680	16	760	39	93	4
	Individual Whole Wheat	384	500	16	1950	34	55	5
	Small (2 servings)	297	510	13	630	31	68	3
	Small Gluten Free	576	650	28	3220	45	57	4
	Medium (Per slice)	106	180	4	200	10	25	1
	Large (Per slice)	126	220	5	250	13	30	1
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Mama Meata ®	Individual	457	1110	56	1730	63	127	5
	Individual Whole Wheat	442	900	55	2090	57	81	5
	Small (2 servings)	759	1820	95	3120	104	193	7
	Small Gluten Free	716	1380	95	3410	85	101	3
	Medium (Per slice)	411	990	50	1600	55	111	4
	Large (Per slice)	440	1060	53	1680	61	119	4
Pepperoni	Individual	328	740	28	910	40	83	3
	Individual Whole Wheat	327	56	28	2100	35	44	4
	Small (2 servings)	264	555	21	680	31	62	3
	Small Gluten Free	510	740	43	3320	44	46	3
	Medium (Per slice)	88	190	7	240	10	22	1
	Large (Per slice)	107	240	9	300	13	26	1

Allergy & Nutritional Information

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Sausage Pomodoro	Individual	412	950	44	1440	47	129	5
	Individual Whole Wheat	398	740	43	1800	41	83	5
	Small (2 servings)	708	1610	82	2710	80	217	9
	Small Gluten Free	665	1170	82	3000	60	125	5
	Medium (Per slice)	120	270	14	380	13	36	1
	Large (Per slice)	132	310	15	410	15	41	2
Sicilian	Individual	425	830	31	960	46	110	5
	Individual Whole Wheat	421	650	31	1950	41	70	6
	Small (2 servings)	784	1800	93	4260	93	188	9
	Small Gluten Free	742	1360	93	4550	74	95	6
	Medium (Per slice)	109	220	8	240	12	30	1
	Large (Per slice)	133	260	10	280	15	35	2
Smokehouse BBQ Chicken	Individual	342	770	23	960	41	101	4
	Individual Whole Wheat	335	500	22	1050	35	40	4
	Small (2 servings)	278	605	19	820	34	77	3
	Small Gluten Free	510	680	37	1510	49	38	2
	Medium (Per slice)	90	200	6	240	11	26	1
	Large (Per slice)	108	240	8	290	14	31	1
Tropical Chicken	Individual	455	1110	53	1830	68	97	4
	Individual Whole Wheat	441	900	51	2190	61	51	4
	Small (2 servings)	769	1820	87	3010	112	152	6
	Small Gluten Free	726	1380	87	3310	93	60	2
	Medium (Per slice)	124	300	14	140	18	26	1
	Large (Per slice)	147	360	17	570	22	31	1
Tuscan	Individual	442	960	39	2390	52	108	8
	Individual Whole Wheat	428	750	38	2750	46	62	8
	Small (2 servings)	756	1620	68	4590	90	175	15
	Small Gluten Free	969	1780	72	4890	92	206	16

	Medium (Per slice)	120	2620	10	690	14	30	2
	Large (Per slice)	143	320	13	790	17	35	3
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Ultimate Pepperoni	Individual	357	780	39	1270	43	83	3
	Individual Whole Wheat	327	560	28	2100	35	44	4
	Small (2 servings)	626	1350	67	3790	76	140	7
	Small Gluten Free	583	910	67	4080	57	47	3
	Medium (Per slice)	100	220	11	350	12	22	1
	Large (Per slice)	124	280	15	470	16	27	1
Venetian	Individual	408	760	27	1140	44	85	4
	Individual Whole Wheat	407	580	27	2330	39	46	5
	Small (2 servings)	336	565	20	825	34	65	3
	Small Gluten Free	654	760	40	3620	51	51	5
	Medium (Per slice)	110	190	7	280	11	23	1
	Large (Per slice)	131	240	8	330	14	27	1

NUTRITIONAL ANALYSIS FOR GOURMET PASTAS

PASTA'S – BAKED

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Baked Cheese Ravioli	No ½ order available	595	1050	88	1660	51	157	9
Baked Penne w/ Spicy Sausage Pomodoro	No ½ order available	802	2230	105	2060	92	312	15
Shrimp Scampi	No ½ order available	460	1150	59	1990	42	116	6
Traditional Lasagna		565	1040	61	1060	66	59	5
Twisted Mac & Cheese	Plain	475	1270	66	1540	45	125	5
	w/ meatballs	589	1600	92	2360	64	132	8
	w/ chicken	561	1360	68	2030	62	126	5
	w/ sausage	561	1540	89	2220	59	128	7
	w/ shrimp	589	1330	66	1890	60	125	5

PASTA'S - GOURMET

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Boston's Smokey Mountain Spaghetti	No ½ order available	1149	3100	89	3380	125	445	27
Cheese Ravioli with Shrimp & Rosemary	No ½ order available	488	570	47	620	30	57	6
Chicken Milano	Half Order	429	880	27	750	38	120	7
	Full Order	830	1700	54	1490	75	236	13
Mama Meata ® Bow Tie	Half Order	423	1140	62	1480	46	156	8
	Full Order	846	2290	124	2960	93	311	17
Jambalaya Fettuccini	Half Order	501	1050	45	2100	50	145	8
	Full Order	1002	2100	89	4190	100	290	16
Shrimp & Salmon Alfredo	Half Order	409	850	28	320	41	112	6
	Full Order	819	1710	56	640	83	225	11
Spicy Chicken & Broccoli Alfredo	Half Order	428	1150	58	1130	41	124	8
	Full Order	828	2050	87	2260	83	248	17

NUTRITIONAL ANALYSIS FOR PASTA'S (CONTINUED)**PASTA'S – CREATE YOUR OWN**

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bow Tie with Alfredo Sauce	Half Order	261	750	26	0	21	111	5
	Full Order	521	1490	52	1	42	222	10
Bow Tie with Creamy Tomato	Half Order	246	1250	21	1190	44	224	12
	Full Order	492	1400	42	310	40	222	11
Bow Tie with Bolognese	Half Order	261	620	10	600	22	112	6
	Full Order	521	1250	21	1190	44	224	12
Bow Tie with Pomodoro	Half Order	290	710	21	780	20	115	7
	Full Order	521	1340	35	1250	39	226	13

Allergy & Nutritional Information

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bow Tie with Rosemary Chipotle	Half Order	526	620	12	100	22	109	6
	Full Order	512	1250	25	200	43	219	11
Spiral Pasta with Alfredo Sauce	Half Order	261	750	26	0	21	111	5
	Full Order	521	1490	52	1	42	222	10
Spiral Pasta with Creamy Tomato	Half Order	246	700	42	310	40	222	11
	full Order	492	1400	42	310	40	222	11
Spiral Pasta with Bolognese	Half Order	261	620	10	600	22	112	6
	Full Order	521	1250	21	1190	44	224	12
Spiral Pasta with Pomodoro	Half Order	290	710	21	780	20	115	7
	Full Order	521	1340	35	1250	39	226	13
Spiral Pasta with Rosemary Chipotle	Half Order	256	620	12	150	22	109	6
	Full Order	512	1200	25	200	43	219	11
Fettuccini with Alfredo Sauce	Half Order	261	750	26	0	21	111	5
	Full Order	521	1490	52	1	42	222	10
Fettuccini with Creamy Tomato	Half Order	246	700	21	160	20	111	6
	Full Order	492	1400	42	310	40	222	11
Fettuccini with Bolognese	Half Order	261	620	10	200	22	112	6
	Full Order	521	1250	21	1190	44	224	12

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Fettuccini with Pomodoro	Half Order	261	670	17	620	19	113	7
	Full Order	521	1340	35	1250	39	226	13
Fettuccini with Rosemary Chipotle	Half Order	256	620	12	100	22	109	6
	Full Order	572	1250	25	200	43	219	11
Spaghetti with Alfredo Sauce	Half Order	261	750	26	0	21	111	5
	Full Order	521	1490	52	1	42	222	10
Spaghetti with Creamy Tomato	Half Order	246	700	21	160	20	111	6
	Full Order	492	1400	42	310	40	222	11
Spaghetti with Bolognese	Half Order	261	620	10	200	22	112	6
	Full Order	521	1250	21	1190	44	224	12

Allergy & Nutritional Information

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Spaghetti with Pomodoro	Half Order	261	670	17	620	19	113	7
	Full Order	521	1340	35	1250	39	226	13
Spaghetti with Rosemary Chipotle	Half Order	256	620	12	100	22	109	6
	Full Order	512	1250	25	200	43	219	11
Penne with Alfredo Sauce	Half Order	261	750	26	0	21	111	5
	Full Order	521	1490	52	1	42	222	10
Penne with Creamy Tomato	Half Order	246	700	21	160	20	111	6
	Full Order	492	1400	42	310	40	222	11
Penne with Bolognese	Half Order	261	620	10	600	22	112	6
	Full Order	521	1250	21	1190	44	224	12
Penne with Pomodoro	Half Order	290	710	21	780	20	115	7
	Full Order	521	1340	35	1250	39	226	13
Penne with Rosemary Chipotle	Half Order	256	620	12	100	22	109	6
	Full Order	512	1250	25	200	43	219	11

MEAT ADD ONS & BREAD

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bread Stick		60	140	1	2	5	28	1
Chicken Breast		142	130	3.5	430	26	0	0
Meatballs	2 each	113	330	25	820	18	7	3
Garlic Shrimp	6 each	170	90	0	530	23	0	0
Salmon Filet		227	180	2	140	40	0	0

NUTRITIONAL ANALYSIS FOR ENTREES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Asian Glazed Salmon	Florentine Rice and Broccoli included	612	620	6	2240	55	91	9
Chicken Parmesan		374	660	36	2260	46	36	3
Chicken Picatta	Florentine Rice included	628	1080	67	3230	47	74	7
Halibut & Chips	8 oz / Fries & Coleslaw Included	624	680	48	1440	42	103	6
	6 oz / Fries & Coleslaw Included	539	590	37	1020	30	88	6

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Italian Trio	Bread Stick	1051	2210	99	2590	116	217	13
Oven Roasted Salmon		227	180	2	140	40	0	0
Slow Roasted Baby Back Ribs	Full Rack w/ Breadstick	374	510	30	105	29	29	1
	Half Rack w/ Breadstick	232	320	15	55	17	29	1
Tuscan Sirloin		294	640	43	1831	57	0	0

NUTRITIONAL ANALYSIS FOR ENTRÉE SIDES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Creamy Red Skin Potatoes	8 oz portion	225	310	18	500	12	26	3
Coleslaw	5 oz portion	160	80	7	190	0	6	1
Florentine Rice	6 oz portion	170	200	4	590	3	36	1
Pasta & Alfredo	4 oz sauce / 5 oz pasta	118	240	23	0	3	5	6
Pasta & Bolognese	4 oz sauce / 5 oz pasta	118	120	8	600	4	6	1
Pasta & Creamy Tomato	4 oz sauce / 5 oz pasta	103	190	18	160	2	5	0
Pasta & Pomodoro	4 oz sauce / 5 oz pasta	118	160	15	620	2	7	1
Pasta & Rosemary Chipotle	4 oz sauce / 5 oz pasta	113	120	10	100	4	3	0
Steamed Broccoli	4 oz portion	145	60	0.3	20	2	14	3
Seasoned French Fries	8 oz portion	227	350	11	0	5	53	5

NUTRITIONAL ANALYSIS FOR HEALTHY HITS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Asian Glazed Salmon	Florentine Rice and Broccoli included	553	480	5	2240	50	62	8
Oven Roasted Salmon	Florentine Rice and Broccoli included	547	440	6.3	750	45	50	4
Grilled Chicken & Broccoli	Florentine Rice and Broccoli included	428	360	7	2630	35	44	7
Cajun Chicken	Florentine Rice and Broccoli included	433	360	7	2940	35	44	7
House Salad	W/ Fat Free Balsamic Vin.	243	190	0.3	900	6	31	3
Whole Wheat Basic Cheese Pizza	Individual	229	430	15	1620	29	44	4
Whole Wheat Florentine Pizza	Individual No Shredded Parmesan	361	480	15	1870	33	56	7
Whole Wheat Hawaiian Pizza		370	460	15	1860	30	54	5

NUTRITIONAL ANALYSIS FOR BURGERS AND SANDWICHES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bacon Cheeseburger		517	1240	92	1990	57	45	2
Beef Dip	w/o horseradish	534	1060	52	3950	102	89	4
	w/ horseradish	591	1170	61	4030	102	92	4
Boston Burger		541	1010	66	1740	46	57	3
Boston Cheeseburger		559	1110	74	1920	53	59	3
Boston's Cheesesteak		676	1300	69	4310	118	95	5
Double Decker Club		453	780	33	3190	61	57	3
Fish Tacos	w/o Refried Black Beans	291	490	44	1070	21	42	3
	w/ Refried Black Beans	404	600	47	1340	26	59	8
Grilled Chipotle Chicken & Bacon Sandwich	Without Bacon	383	530	24	1000	40	40	2
	With (2) Bacon Strips	398	620	31	1240	45	40	2
Grilled Ham, Cheese & Tomato		338	680	30	2100	47	57	3
The Rueben		380	750	37	3400	46	54	4
Tuna Melt		414	1050	68	1760	59	91	3

Sandwich Side Options								
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Seasoned Fries	8 oz portion	227	350	11	0	5	53	5
Caesar Salad	5 oz portion	160	290	16	820	8	22	2
House Salad	No Dressing	183	150	0.3	380	6	23	3
Dressing Choices								
Blue Cheese	2 fl. oz	59	310	31	610	1	6	0
Citrus Cranberry Vinaigrette	2 fl. oz	116	600	52	480	0	28	0
Fat Free Balsamic Vinaigrette	2 fl. oz	60	40	0	520	0	8	0
Honey Mustard	2 fl. oz	57	250	21	280	0	13	0
Ranch	2 fl. oz	59	220	23	230	1	4	0
Reduced Calorie Italian	2 fl. oz	60	20	1	0	0	2	0
Santa Fe Ranch	2 fl. oz	43	100	10	290	1	3	0
Thousand Island	2 fl. oz	59	250	22	590	0	13	0

NUTRITIONAL ANALYSIS FOR KIDS ITEMS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Kid Burger	With 4 oz Fries	312	750	37	730	30	72	5
	With Cheese	333	820	43	870	35	72	5
Kid Calzone (1 topping)		357	780	39	1270	43	83	3
Kid chicken Bites		213	380	13	570	38	25	0
Kid Grilled Cheese		221	670	34	1320	40	56	2
Kid Mac & Cheese		313	550	33	1980	38	116	5
Kid Spaghetti and Meatball		317	560	28	1030	18	57	6
Kid Desserts								
2 Scoop Sundae	Sauce included	218	480	19	135	9	71	0
Brownie Sundae		161	550	25	220	8	74	2
Kid Sides								
Seasoned Fries	4 oz	113	170	5	0	3	27	3
Carrots and Ranch Dip		113	240	23	260	2	9	2
Mandarin Oranges		113	60	0	10	1	14	0

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Caesar Salad	Combo Size	165	240	22	440	5	7	2
House Salad	Combo Size	98	80	0.2	190	3	12	1
Salad Dressings								
Bleu Cheese	2 fl oz	59	310	31	610	1	6	0
Caesar	2 fl oz	59	280	30	260	2	9	2
Citrus Cranberry Vinaigrette	2 fl oz	29	150	13	120	0	7	0
Fat Free Balsamic Vinaigrette	2 fl oz	60	40	0	520	0	8	0
Greek with Feta cheese	2 fl oz	60	160	18	540	0	4	0
Honey Mustard	2 fl oz	57	250	21	280	0	13	0
Reduced Calorie Italian	2 fl oz	60	20	1	0	0	2	0
Ranch (Buttermilk)	2 fl oz	59	220	23	230	1	4	0
Santa Fe Ranch	2 fl oz	43	100	10	290	1	3	0
Thousand Island	2 fl oz	59	250	22	590	0	13	0

NUTRITIONAL ANALYSIS FOR APPROVED DAILY SPECIALS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Sicilian Wrap	Not including Sides	442	750	42	2660	41	78	7
Chicken Caesar Wrap	Not including Sides	385	690	30	2000	40	66	6
Turkey Wrap	Not including Sides	369	790	40	2040	41	66	5
Chicken Fajita Wrap	Not including Sides	416	750	27	1580	39	88	8
Deli Club Wrap	Not including Sides	388	710	24	2410	50	71	5
Meatball Sub	Not including Sides	426	1030	63	2660	54	98	6
Ham Sandwich	Not including Sides	395	680	33	2660	39	57	3
Roast Beef Sandwich	Not including Sides	395	630	27	2260	41	60	3
Turkey Sandwich	Not including Sides	395	630	26	2200	44	57	3
Sandwich Side Options								
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Seasoned Fries	8 oz portion	227	350	11	0	5	53	5

Allergy & Nutritional Information

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (mg)	Sodium (g)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Caesar Salad	5 oz portion	160	290	16	820	8	22	2
House Salad	No Dressing	183	150	0.3	380	6	23	3
Dressing Choices								
Blue Cheese	2 fl oz	59	310	31	610	1	6	0
Citrus Cranberry Vinaigrette	2 fl oz	116	600	52	480	0	28	0
Fat Free Balsamic Vinaigrette	2 fl oz	60	40	0	520	0	8	0
Honey Mustard	2 fl oz	57	250	21	280	0	13	0
Ranch	2 fl oz	59	220	23	230	1	4	0
Reduced Calorie Italian	2 fl oz	60	20	1	0	0	2	0
Santa Fe Ranch	2 fl oz	43	100	10	290	1	3	0
Thousand Island	2 fl oz	59	250	22	590	0	13	0