



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	*	*						*	*
Pulled Pork									
Salmon			*			*			
Sausage						*			
Shrimp			*						
Spicy Chicken						*			
Taco Beef									
Sauces									
Alfredo	*			*		*			
Sweet Thai Chili						*			*
Basil Pesto	*						Pine nut		
BBQ Sauce						*			
Bolognese									
Butter Sauce									
Cactus Dip	*	*	*			*			*
Chipotle Aioli	*	*							
Creamy Buffalo (Buffalo Sauce)	*			*				*	
Creamy Tomato	*			*		*			
Diablo Sauce									
Garlic Herb Butter	*					*			

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
Guacamole									
Hot Sauce						*			
Mayonnaise		*							
Peppercorn Demi Glaze	*			*		*	Tree nuts	*	
Pomodoro	*								
Rosemary Chipotle	*			*				*	
Seasoned Chipotle Ranch	*					*			
Santa Fe Ranch	*					*			
Sour Cream	*								
Salsa									
Spicy Garlic Wing Sauce	*			*		*		*	*
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
Bacon Burger Sliders	*	*				*		*	*
Bacon Wrapped Skewers	*					*		*	
Boston's Cheese Fries	*					*			
Buffalo Chicken Sliders	*	*		*		*		*	*
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	*					*		*	
Mozzamia	*	*						*	
Pulled Pork Sliders						*		*	*
Spinach & Artichoke Dip	*			*		*			
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	*							*	
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 WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boneless Wings – Sweet Thai Chili	*					*		*	*
Boneless Wings – BBQ	*					*		*	*
Boneless Wings - Cajun	*					*		*	*
Boneless Wings – Creamy Buffalo	*			*		*		*	*
Boneless Wings – Hot	*					*		*	*
Boneless Wings – Spicy Garlic	*			*		*		*	*

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.

LIGHTLY BREADED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Breaded Wings – Sweet Thai Chili						*		*	*
Breaded Wings – BBQ						*		*	*
Breaded Wings – Cajun						*		*	*
Breaded Wings – Creamy Buffalo	*			*		*		*	*
Breaded Wings – Hot						*		*	*
Breaded Wings – Spicy Garlic	*			*		*		*	*

OVEN- ROASTED WINGS

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Wings – Sweet Thai Chili						*		*	*
Wings – BBQ						*			
Wings - Cajun						*			
Wings – Creamy Buffalo	*			*		*		*	*
Wings – Hot						*			
Wings – Spicy Garlic	*			*		*		*	*

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, Mediterranean Salads with Flatbread and Sante Fe Salad).

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Boston's Cobb Chicken Salad	*	*					Pecans	*	
Boston's Fried Chicken Salad	*	*				*	Pecans	*	*
Caesar Salads	*	*	*			*		*	*
Chipotle Chicken & Bacon Salad	*	*				*		*	*
Greek Salads	*					*			
House Salad								*	*
Sante Fe Salad with Grilled Chicken	*	*				*		*	*
Sante Fe Salad with Flat Iron Steak	*	*				*		*	*
Mediterranean Salad w/ Flatbread	*	*				*	Palm Kernel	*	*
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
Citrus Cranberry Vinaigrette						*			
1000 Island		*							
Blue Cheese	*	*		*		*		*	
Caesar	*	*	*			*			*
Fat Free Balsamic									
Greek w/ Feta	*					*			
Honey Mustard		*				*			
Lemon Vinaigrette						*			
Ranch	*	*				*			*
Reduced Calorie Italian						*			
Santa Fe Ranch	*	*				*			*

PIZZAS - MASTERPIECES

The Pizza section is broken out into four sections, Flatbreads, Masterpieces, 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
Chicken Parmesan	*					*		*	*
Classic Pepperoni	*							*	*
Chicken Da Vinci	*			*		*		*	*
Double Meat & Peppers	*	*				*		*	*
Florentine	*							*	*
The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Zesty Italiano	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*							*	*

PIZZAS – WHOLE WHEAT CRUST

The Pizza section is broken out into four sections, Flatbreads, Masterpieces, 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
Chicken Da Vinci	*	*		*		*	Palm Kernel	*	*
Chicken Parmesan	*					*		*	*
Classic Pepperoni	*							*	*
Double Meat & Peppers	*					*		*	*
Extreme Mushroom	*							*	*
Florentine	*							*	*
Four Cheese	*							*	*
The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Zesty Italiano	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*					*		*	*

PIZZAS - FLATBREADS

The Pizza section is broken out into four sections, Flatbreads, Masterpieces, 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
Four Cheese	*	*				*	Palm Kernel	*	*
Extreme Mushroom	*	*				*	Palm Kernel	*	*
Margherita	*	*				*	Palm Kernel	*	*
Spicy Chicken Pesto	*	*				*	Pine Nuts	*	*

PIZZAS – GLUTEN FREE CRUST

The Pizza section is broken out into four sections, Flatbreads, Masterpieces, 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
Classic Pepperoni	*	*							*
Florentine	*	*							*
Hawaiian	*	*							*
Mama Meata®	*	*				*			*
Zesty Italiano	*	*				*			*
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									
Cheese - Cheddar	*								
Cheese - Feta	*								
Cheese – Fontina	*								
Cheese – Mozzarella	*								
Cheese – Parmesan	*								
Chicken – Plain						*			
Chicken – Spicy						*			
Cilantro									
Ham									
Italian Sausage						*			
Jalapeños									
Marinated Mushrooms									
Mushrooms									
Olives – Black									
Olives - Green									
Onions - Red									
Pepperoni – Diced									
Pepperoni – Sliced									
Peppers – Green									
Peppers – Poblano									

Pizza Toppings Continue									
Peppers – Red									
Pineapple									
Pulled Pork									
Shrimp			*						
Spinach									
Sundried Tomatoes									
Tomato									

PASTA'S - BAKED

The pasta section is broken up into three 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 Tortelloni	*	*						*	
Baked Penne w/ Spicy Sausage Pomodoro	*					*		*	
Shrimp Scampi w/ Whole Wheat Penne	*	*	*	*		*		*	
Shrimp Scampi	*		*	*		*		*	
Traditional Lasagna	*					*			
Twisted Mac & Cheese	*			*		*		*	

PASTA'S - GOURMET

The pasta section is broken up into three 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 w/ Whole Wheat Penne	*	*						*	
Boston's Smokey Mountain Spaghetti	*							*	
Cheese Tortelloni with Shrimp & Rosemary Chipotle Sauce	*	*	*	*		*		*	*
Chicken Milano w/ Whole Wheat Penne	*	*		*		*		*	*
Chicken Milano	*			*		*		*	*
Mama Meata w/ Whole Wheat Penne	*	*		*				*	
Mama Meata Bow Tie	*			*		*		*	*
Jambalaya w/ Whole Wheat Penne	*	*	*			*		*	*
Jambalaya Fettuccini	*		*			*		*	*
Spicy Chicken & Broccoli Alfredo w/ Whole Wheat Penne	*	*				*		*	*
Spicy Chicken & Broccoli Alfredo	*					*		*	*
Whole Wheat Chicken & Herb Pasta	*	*				*		*	*

PASTA'S - CREATE YOUR OWN

The pasta section is broken up into three 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								*	

Pasta Noodles Continue									
Bow Tie								*	
Spaghetti								*	
Whole Wheat Penne		*						*	

PASTA SAUCES

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

ENTRÉES

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	*					*	Pine Nuts	*	
Chicken Piccata	*					*		*	*
Italian Trio	*			*		*	Pine Nuts	*	
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
Standard Breadstick	*	*				*		*	
Cole Slaw		*				*			
Creamy Red Skin Potatoes	*			*		*			
French Fries									
Florentine Rice	*					*		*	*
Steamed Broccoli									
Refried Black Beans	*								
Sweet Potato Fries									

BURGERS, CALZONES & SANDWICHES

All allergens listed for burgers, calzones 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									
Burger		*				*		*	*
Burger with Cheese	*	*				*		*	*
Bacon Cheeseburger	*	*				*		*	*
Mushroom Swiss Burger	*	*				*		*	*
Turkey Burger	*	*				*		*	*
Sandwiches / Tacos									
Basil Pesto Chicken Sandwich	*					*	Tree Nuts	*	*
Beef Dip	*	*				*	Tree Nuts	*	*
Cheesesteak	*					*	Tree Nuts	*	

The Double Decker Club	*	*				*		*	*
Sandwiches / Tacos Continue									
Fish Tacos	*	*	*			*		*	
Grilled Chicken Sandwich	*	*				*		*	*
Pulled Pork Sandwich	*					*		*	*
Rueben	*					*		*	*
Tuna Melt	*	*	*			*		*	*
Wheat Bread	*	*						*	
Calzones									
The Flying Buffalo™	*	*		*		*	Palm Kernel	*	*
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	*		*			*		*	
Grilled Chicken & Broccoli with Florentine Rice	*					*		*	*
Grilled Cajun Chicken & Broccoli with Florentine Rice	*					*		*	*
Margherita Flatbread	*	*				*	Palm Kernel	*	*
Shrimp Diablo			*			*		*	
Steak & Broccoli with Florentine Rice	*					*	Tree Nuts	*	*
Whole Wheat Florentine Pizza no Parmesan Cheese	*					*		*	*

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 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		*	*			*		*	*
Bacon Burger Sliders	*	*				*		*	*
Buffalo Chicken Sliders	*	*		*		*		*	*
Grilled Chicken & Broccoli with Florentine Rice	*					*		*	*
Grilled Cajun Chicken & Broccoli with Florentine Rice	*					*		*	*
Pulled Pork Sliders						*		*	*
Slow Roasted Baby Back Ribs									
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									

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	*	*				*	Palm Kernel	*	*
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	*					*			
Sweet Potato Fries									

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	*	*				*		*	
Belgian Chocolate Ganache Cake	*	*			*	*	Palm Kernel	*	
Bread Pudding	*	*				*		*	*
Brownie Addiction	*	*				*		*	
Cheesecake	*	*				*		*	
Xangos™ (Cheesecake Wrap)	*	*						*	
Boston's Hot Brandy Pie	*	*				*	Almonds	*	
Peppermints									
Petite Treat-Apple Crisp	*	*						*	
Petite Treat-Bread Pudding	*	*				*		*	*
Petite Treat-Chocolate Brownie Addiction	*	*						*	
Petite Treat-Smashed Boston Crème Pie	*	*				*	Almonds	*	
Petite Treat-Strawberry Cheesecake in a cup	*	*				*	Palm Kernel / 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.

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NUTRITIONAL ANALYSIS FOR STARTERS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bacon Wrapped Skewer	With Bleu Cheese Sauce	276	630	47	1080	51	1	0
Bacon Burger Slider	With 4 oz. of Fries	1008	1570	85	2180	64	135	12
Boston's Cheese Fries	without Ranch	570	1130	64	2090	44	91	8
	w/ Ranch	629	1360	87	2330	45	95	9
Boneless Wings – Sweet Thai Chili	Without Ranch	439	850	40	2150	55	64	1
Boneless Wings – BBQ	Without Ranch	372	600	35	810	39	30	0
Boneless Wings - Cajun	Without Ranch	386	750	40	1190	54	40	0
Boneless Wings – Creamy Buffalo	Without Ranch	358	660	40	1120	40	32	1
Boneless Wings – Hot	Without Ranch	298	600	35	810	39	95	0
Boneless Wings – Spicy Garlic	Without Ranch	269	450	16	1380	40	35	1
Buffalo Chicken Slider	With 4 oz. of Fries	576	1060	47	3300	43	116	6
Cactus Cuts	w/ Cactus Dip	461	1170	70	1220	11	113	8
Chips & Queso	Plain	494	1260	63	3370	47	128	10
	w/ Spicy Chicken	580	1340	64	3830	64	129	10
	w/ Taco beef	580	1490	77	3730	67	131	11
	w/ Diced Steak	580	1370	69	3420	65	128	10
Classic Potato Skins		383	990	70	1750	49	42	5
Crunchy Green Beans	w/ Chipotle Ranch	286	640	44	1870	6	54	5
Flat Iron Steak Crustini		238	590	37	660	33	32	2
Garlic Twist Bread	Single Order	184	440	4.5	1280	16	84	3
	Double Order	369	880	9	2560	33	168	7
Nachos	Plain	563	1140	61	2110	52	91	11
	w/ Spicy Chicken	705	1260	64	2770	75	93	11
	w/ Steak	705	1290	68	2180	76	92	11
	w/ Taco Beef	705	1450	81	2630	79	96	12
Mediterranean Fondue	w/ Pizza Bread	714	1760	81	2750	101	87	3
Mozzamia ®	w/ Pomodoro Sauce	229	530	27	2130	24	49	6
Pulled Pork Sliders	With 4 oz. of Fries	480	820	29	1240	41	96	5
Southwest Ravioli	w/ Ranch	243	630	36	1510	17	62	3
Spinach & Artichoke Dip	w/ Chips	468	1350	83	2630	46	110	8
Team Platter	w/ dipping sauces	1310	3160	190	6620	109	119	12

NUTRITIONAL ANALYSIS FOR STARTERS (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Side Sauces								
Bleu Cheese	2 oz side	72	370	37	740	2	7	2
Guacamole	4 oz side	113	200	18	310	2	9	5
Guacamole	2 oz side	57	100	9	155	1	5	3
Ranch	2 fl oz	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

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 – Sweet Thai Chili	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	428	960	57	2400	50	61	1
	Double Order	800	1900	114	4770	100	119	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	298	580	41	2870	36	17	2
	Double Order	326	790	57	1870	50	19	1
Boston's Lightly Breaded Wings – Spicy Garlic	Starter Size	354	860	60	2660	51	27	1
	Double Order	709	1710	120	5310	103	55	2

NUTRITIONAL ANALYSIS FOR STARTERS (CONTINUED)**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 – Sweet Thai Chili	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	850	50	1870	54	47	1
	Double Order	800	1680	99	3700	107	91	1
Boston's Oven Roasted Wings – Cajun	Starter Size	360	690	50	1670	54	7	1
	Double Order	663	1360	99	3290	107	11	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 – Spicy Garlic	Starter Size	411	770	53	2170	55	17	2
	Double Order	765	1510	106	4290	110	30	4

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 Cobb Salad	Fried Chicken	574	810	48	960	57	42	7
	Grilled Chicken	503	507	39	820	44	16	7
Caesar Salad	Starter w/ dressing	160	290	16	830	8	22	2
	Meal Size w/ dressing	321	580	32	1660	16	43	4
Chicken Caesar Salad	Fried Chicken w/ dressing	533	960	45	2230	54	68	4
	Grilled Chicken w/ dressing	463	710	36	2090	42	43	4
Chipotle Chicken & Bacon Salad	With 4 oz Honey Mustard	684	1220	86	2220	44	67	6
Greek Salad	Meal w/ dressing	707	720	64	2710	18	35	7
	Starter w/ dressing	360	380	34	1420	10	18	3

NUTRITIONAL ANALYSIS FOR SALADS (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
House Salad		181	150	0.4	400	6	22	3
Mediterranean Salad on Flatbread	w/ Lemon Vinaigrette and Flatbread	569	970	45	2300	36	117	11
Salmon Caesar Salad	w/ Basil Olive Oil and Caesar Dressing	576	960	57	2330	57	44	4
Santa Fe with Chicken	w/ Santa Fe Dressing	652	840	44	1940	46	66	10
Santa Fe with Steak	w/ Santa Fe Dressing	624	860	48	1580	44	66	10
Spinach & Cranberry Salad	Starter w/ dressing	200	500	38	410	6	32	4
	Meal w/ dressing	442	1010	77	870	14	65	8
Steak & Bleu Salad	w/ Bleu Cheese Dressing	611	1000	73	1740	46	44	11
Breads and Meat Add-On								
Standard Bread Stick	1 each	47	120	1	280	4	23	1
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 Filet w/ Basil Olive Oil	1 each	255	380	25	670	40	1	0
Wheat Bread	1 piece	54	150	2	270	5	30	2

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)
Bleu Cheese	2 fl oz	72	370	37	740	2	7	2
Caesar	2 fl oz	60	280	30	840	4	4	0
Cranberry Citrus Vinaigrette	2 fl oz	58	300	26	240	0	14	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	84	360	31	420	0	20	0
Lemon Vinaigrette	2 fl oz	59	190	22	520	0.1	2	0
Ranch	2 fl oz	59	220	23	230	1	4	0
Reduced Calorie Italian	2 fl oz	60	20	1	330	0	2	0
Santa Fe Ranch	2 fl oz	57	130	13	390	1	4	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 (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bread Stick	1 each	47	120	1	280	4	23	1
Grilled Chicken Breast	5 oz	142	130	3.5	430	26	0	0
Flat Iron Steak	5 oz	142	190	9	80	29	0	0
Fried Chicken	7.5 oz	213	380	13	570	38	25	0
Salmon Filet	1 each	255	380	25	670	40	1	0

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S PIZZA

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	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
Chicken Da Vinci	Individual	383	800	26	1020	52	89	6
	Individual Whole Wheat	411	930	28	2040	60	106	11
	Small (2 servings)	588	1210	40	1550	79	136	10
	Medium (Per slice)	115	250	9	340	14	28	2
	Large (Per slice)	351	730	23	880	46	85	6
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
Double Meat & Peppers	Individual	454	980	43	1840	53	96	7
	Individual Whole Wheat	439	1000	44	2630	57	93	11
	Small (2 servings)	723	1520	67	3170	85	148	11
	Medium (Per slice)	118	250	10	480	14	26	2
	Large (Per slice)	126	270	11	520	15	28	2
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

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S PIZZA (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	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
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
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

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S PIZZA (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Zesty Italiano (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

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S PIZZA (CONTINUED)

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
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
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	449	810	29	2280	46	93	5
	Individual Whole Wheat	407	820	29	2920	49	88	9
	Small (2 servings)	697	1220	41	3630	70	143	8
	Small Gluten Free	654	780	42	3920	51	51	4
	Medium (Per slice)	114	210	7	580	11	25	1
	Large (Per slice)	404	750	25	1990	43	89	5

NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON’S FLATBREAD

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Extreme Mushroom	Flatbread	411	990	49	1570	44	97	5
Four Cheese	Flatbread	425	1100	54	1810	65	90	4
Margherita	Flatbread	344	590	13	1460	32	90	5
Spicy Chicken Pesto	Flatbread	454	970	44	1500	59	88	5

NUTRITIONAL ANALYSIS FOR GOURMET PASTAS**PASTA'S – BAKED**

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's **DO NOT** include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Baked Cheese Tortelloni	No ½ order available	571	1120	88	2880	42	41	6
Shrimp Scampi	No ½ order available	428	940	33	2400	45	119	6
	Whole Wheat	428	930	34	2400	45	115	16
Traditional Lasagna		565	1040	61	1000	66	59	5
Twisted Mac & Cheese	Plain	501	1460	58	1550	54	186	9
	w/ meatballs	614	1800	83	2370	72	193	12
	w/ chicken	586	1550	59	2040	71	187	9
	w/ sausage	586	1730	80	2240	68	189	10
	w/ shrimp	586	1510	58	1820	66	186	9

PASTAS - GOURMET

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's **DO NOT** include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Boston's Smokey Mountain Spaghetti	No ½ order available	1234	3300	104	3940	135	460	29
	Whole Wheat	1234	3270	109	3940	134	445	68
Cheese Tortelloni with Shrimp & Rosemary	No ½ order available	474	400	20	870	22	33	4
Chicken Milano	Half Order	428	840	25	800	39	119	6
	Full Order	855	1680	49	1710	79	238	13
	Whole Wheat Half Order	428	830	26	800	39	115	16
	Whole Wheat Full Order	855	1670	52	1710	78	231	32
Mama Meata ® Bow Tie	Half Order	428	1110	58	1530	47	156	8
	Full Order	855	2220	117	3050	93	312	17
	Whole Wheat Full Order	855	2210	119	3050	93	305	37
	Whole Wheat Half Order	428	1110	60	1530	46	152	18

NUTRITIONAL ANALYSIS FOR PASTAS (CONTINUED)**PASTAS - GOURMET**

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's **DO NOT** include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Jambalaya Fettuccini	Half Order	496	1010	40	2030	50	145	8
	Full Order	992	2010	79	4750	100	233	16
	Whole Wheat Half Order	496	1000	41	2030	50	141	18
	Whole Wheat Full Order	992	2000	82	4750	99	226	36
Spicy Chicken & Broccoli Alfredo	Half Order	421	1040	45	1130	42	124	8
	Full Order	828	2330	111	3270	91	253	17
	Whole Wheat Half Order	414	1160	57	1630	45	123	18
	Whole Wheat Full Order	828	2320	113	3270	91	245	37
Whole Wheat Chicken & Herb Pasta	Half Order	324	810	25	1130	35	119	19
	Full Order	648	1620	50	2250	71	237	37

PASTA'S - CREATE YOUR OWN

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's **DO NOT** include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bow Tie with Alfredo Sauce	Half Order	256	880	37	500	25	113	5
	Full Order	512	1750	74	1010	50	226	10
Bow Tie with Creamy Tomato	Half Order	243	780	28	460	23	112	6
	Full Order	486	1560	55	910	45	224	11
Bow Tie with Bolognese	Half Order	271	630	11	650	22	113	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
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	880	37	500	25	113	5
	Full Order	512	1750	74	1010	50	226	10

NUTRITIONAL ANALYSIS FOR PASTAS (CONTINUED)

PASTA'S – CREATE YOUR OWN

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's **DO NOT** include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Spiral Pasta with Creamy Tomato	Half Order	228	710	30	510	20	92	5
	Full Order	512	1630	62	1030	46	226	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	256	880	37	500	25	113	5
	Full Order	512	1750	74	1010	50	226	10
Fettuccini with Creamy Tomato	Half Order	243	780	228	460	23	112	6
	Full Order	486	1560	55	910	45	224	11
Fettuccini with Bolognese	Half Order	261	620	10	200	22	112	6
	Full Order	521	1250	21	1190	44	224	12
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	256	880	37	500	25	113	5
	Full Order	512	1750	74	1010	50	226	10
Spaghetti with Creamy Tomato	Half Order	243	780	28	460	23	112	6
	Full Order	486	1560	55	910	45	224	11
Spaghetti with Bolognese	Half Order	261	620	10	200	22	112	6
	Full Order	521	1250	21	1190	44	224	12

Spaghetti with Diablo Sauce	Half Order	256	540	2.5	800	19	112	7
	Full Order	512	1070	5	1590	39	225	13

NUTRITIONAL ANALYSIS FOR PASTAS (CONTINUED)

PASTA'S – CREATE YOUR OWN

The pasta section is broken up into three categories, Baked, Create Your Own and Gourmet Pasta's. All nutritional information listed for the Pasta's DO NOT include a breadstick in the declaration.

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	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	256	880	37	500	25	113	5
	Full Order	521	1750	74	1010	50	226	10
	Whole Wheat Half Order	256	870	38	500	25	109	15
	Whole Wheat Full Order	512	1740	76	1010	49	219	30
Penne with Creamy Tomato	Half Order	243	780	28	460	23	112	6
	Full Order	486	1560	55	910	45	224	11
	Whole Wheat Half Order	243	770	29	460	22	108	15
	Whole Wheat Full Order	486	1550	58	910	45	217	31
Penne with Bolognese	Half Order	261	620	10	600	22	112	6
	Full Order	521	1250	21	1190	44	224	12
	Whole Wheat Half Order	271	630	12	650	22	109	16
	Whole Wheat Full Order	541	1260	24	1290	44	218	32
Penne with Pomodoro	Half Order	290	710	21	780	20	115	7
	Full Order	521	1340	35	1250	39	226	13
	Whole Wheat Half Order	261	660	18	560	19	109	17
	Whole Wheat Full Order	521	1320	37	1120	38	218	33
Penne with Rosemary Chipotle	Half Order	256	620	12	100	22	109	6
	Full Order	512	1250	25	200	43	219	11

	Whole Wheat Half Order	256	620	14	95	21	105	15
	Whole Wheat Full Order	512	1250	28	190	43	211	31

NUTRITIONAL ANALYSIS FOR PASTAS (CONTINUED)**MEAT ADD ONS & BREAD**

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bread Stick	1 each	47	120	1	280	4	23	1
Grilled Chicken Breast	5 oz	142	130	3.5	430	26	0	0
Meatballs	2 each	113	330	25	820	18	7	3
Flat Iron Steak	5 oz	142	190	9	80	29	0	0
Salmon Filet	1 each	255	380	25	670	40	1	0

NUTRITIONAL ANALYSIS FOR ENTREES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Asian-Glazed Salmon	Florentine Rice and Broccoli included	525	440	4.5	1710	48	53	6
Chicken Parmesan	No Side Included	295	480	27	1150	43	16	2
Chicken Picatta	Florentine Rice included	506	860	56	2090	43	45	3
Halibut & Chips	8 oz / Fries & Coleslaw Included	652	960	77	2050	38	101	6
Italian Trio		971	1970	96	1740	109	172	11
Oven Roasted Salmon	No Side Included	255	380	25	670	40	1	0
Slow Roasted Baby Back Ribs	Full Rack / No Side Included	315	770	29	1400	24	101	0
	Half Rack / No Side Included	172	390	15	700	12	51	0
Tuscan Sirloin		297	630	42	1090	57	1	0

NUTRITIONAL ANALYSIS FOR ENTRÉE SIDES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Creamy Red Skin Potatoes	8 oz portion	234	330	20	1290	40	26	3
Coleslaw	5 oz portion	142	80	6	170	0	5	1
Florentine Rice	5 oz portion	142	150	2.5	680	4	29	2
Steamed Broccoli	4 oz portion	114	30	0.4	140	3	6	3
Seasoned French Fries	8 oz portion	232	360	11	840	6	56	6
Sweet Potato Fries	8 oz portion	227	480	21	580	5	67	8

NUTRITIONAL ANALYSIS FOR HEALTHY HITS**(ITEMS ARE UNDER 650 CALORIES AND 15 GRAMS OF FAT)**

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Asian-Glazed Salmon	Florentine Rice and Broccoli included	525	440	4.5	1710	48	53	6
Grilled Chicken & Broccoli	Florentine Rice and Broccoli included	443	340	7	2240	34	41	6
Cajun Chicken	Florentine Rice and Broccoli included	448	340	7	2550	34	41	6
Margherita Flatbread	1 Flatbread	344	590	13	1460	32	90	5
Shrimp Diablo	With Penne	492	640	3	1480	34	123	10
Steak & Broccoli	Florentine Rice and Broccoli included	426	390	13	1050	37	36	6
Whole Wheat Florentine Pizza	Individual No Shredded Parmesan	332	630	12	2130	34	97	11

NUTRITIONAL ANALYSIS FOR BURGERS, CALZONES AND SANDWICHES

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Bacon Cheeseburger	Beef	560	1260	93	1990	57	48	3
	Turkey	529	930	58	1910	54	46	3
Basil Chicken Pesto		347	680	27	1480	51	59	3
Beef Dip	w/o horseradish	369	710	50	2090	35	88	3
	w/ horseradish	425	820	51	2170	35	91	3
Boston Burger	Beef	516	1060	78	1570	45	47	3
	Turkey	485	740	43	1490	41	45	3
Boston Cheeseburger	Beef	545	1170	86	1750	52	48	3
	Beef w/ Swiss	552	1190	88	2140	52	47	3
	Turkey	514	840	51	1670	49	46	3
	Turkey w/ Swiss	521	860	53	2060	49	45	3
Boston's Cheesesteak w Au Jus		482	930	58	2450	50	93	4
Double Decker Club		474	930	50	3290	61	58	3
Fish Tacos		404	600	47	1340	26	59	8
The Flying Buffalo™		391	840	31	1180	49	91	4
Grilled Chipotle Chicken & Bacon Sandwich	Without Bacon	354	530	24	990	40	40	2
	With (2) Bacon Strips	398	620	31	1240	45	40	2
Mama Meata® Calzone		383	1000	52	1980	46	88	5
Mushroom Swiss Burger	Beef	608	1220	89	2450	53	50	3
	Turkey	578	890	55	2360	50	48	3
Pulled Pork Sandwich		372	710	36	1380	47	52	3
The Rueben		361	660	30	3210	46	50	4
Tuna Melt		463	1160	76	1940	66	93	4
Turkey Burger		496	870	51	1810	52	53	3

NUTRITIONAL ANALYSIS FOR BURGERS AND SANDWICHES (CONTINUED)

Sandwich Side Options								
Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Seasoned Fries	8 oz portion	232	360	11	840	6	56	6
Sweet Potato Fries	8 oz portion	227	480	21	580	5	67	8
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	58	300	26	240	0	14	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
Lemon Vinaigrette	2 fl. oz	23	100	11	300	0	1	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 (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Kid Burger	With 4 oz Fries	307	710	33	570	29	71	4
	With Cheese	329	790	39	700	34	71	4
Kid Calzone (1 topping)		341	770	28	1740	41	90	4
Kid Chicken Alfredo		397	1010	40	930	50	113	5
Kid Chicken Bites		213	380	13	570	38	25	0
Kid Grilled Cheese		221	670	34	1320	40	56	2
Kid Mac & Cheese		256	730	26	1580	30	93	4
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	With Ice Cream	144	500	25	200	7	62	2
Kid Sides								
Seasoned Fries	4 oz	114	170	5	40	3	27	3
Sweet Potato Fries	4 oz	114	240	11	330	3	33	4
Caesar Salad	Combo Size	165	240	22	440	5	7	2
Carrots and Ranch Dip		113	240	23	260	2	9	2
House Salad	Combo Size	98	80	0.2	190	3	12	1
Mandarin Oranges		113	60	0	10	1	14	0
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	58	300	26	240	0	14	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
Lemon Vinaigrette	2 fl oz	23	100	11	300	0	1	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 LUNCH ITEMS

Menu Item	Note:	Serving Size (g)	Calories (g)	Total Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Dietary Fiber (g)
Lunch Bacon Burger Sliders	w/ Fries	824	1280	64	1470	46	125	12
Lunch Buffalo Chicken Sliders	w/ Fries	535	930	38	2190	32	113	8
Lunch Pulled Pork Sliders	w/ Fries	490	780	26	860	31	100	7
Slow-Roasted Baby Back Ribs	1/ 2 Rack	172	390	15	700	12	51	0
Lunch Lasagna		462	860	44	880	49	68	5
Halibut & Chips		595	900	70	1770	30	91	6
Chicken and Broccoli		414	310	6	2100	33	35	6
Cajun Chicken and Broccoli		420	310	6	2410	33	35	6
Salad & Soup Combo	Because these menu items can have several variations, these items must be considered separately. These are found by looking up the Pizza, Salad and Pasta sections.							
Nooner Combo								
Daily Pasta Combo								

NUTRITIONAL ANALYSIS FOR DESSERTS

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	399	1080	48	270	12	153	6
Belgian Chocolate Ganache Cake	Sauce included	215	830	48	540	8	90	4
Bread Pudding	Sauce included	146	430	28	350	3	41	0
Hot Brandy Cream Pie	Sauce included	325	1160	74	5	13	114	1
Cheesecake Wrap	Ice Cream and Sauce included	267	730	35	680	14	92	1
Chocolate Brownie Addiction	Ice Cream and Sauce included	280	970	51	380	15	118	4
New York Style Cheesecake	Sauce included	234	670	32	430	8	93	2
Petite Treat-Apple Crisp	Sauce included	128	380	22	190	2	44	2
Petite Treat-Bread Pudding	Sauce included	95	280	18	180	2	26	0

Petite Treat-Chocolate Brownie Addiction	Sauce included	100	380	23	115	4	41	2
Petite Treat -Smashed Boston's Cream Pie	Sauce included	79	240	14	45	2	27	0
Petite Treat-Strawberry Cheesecake In A Cup	Sauce included	79	230	14	100	2	24	0