

# NUTRITIONAL INFORMATION



HEALTHY ADULTS SHOULD AIM FOR LESS THAN 2,300 MILLIGRAMS OF SODIUM PER DAY. CHILDREN AND SENIORS NEED LESS. ADULTS AND YOUTH (AGES 13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES A DAY, AND CHILDREN (AGES 4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES A DAY. HOWEVER, INDIVIDUAL NEEDS VARY. (SOURCE: HEALTH CANADA)

## Informed Dining

**BOSTON PIZZA PROUDLY OFFERS NUTRITIONAL INFORMATION TO HELP GUESTS MAKE INFORMED CHOICES.**

The Informed Dining Program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca).



<sup>5</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

### \*SELECT MARKETS ONLY

**IN-STORE USE - FOR MORE INFORMATION PLEASE VISIT US AT [BOSTONPIZZA.COM/EN/NUTRITION/INFORMATION](http://BOSTONPIZZA.COM/EN/NUTRITION/INFORMATION)**


NOTE: All percentages based on a 2000 calorie diet. The serving size listed is the approximate size of menu item as served to the customer (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 posting are included on the menu. Product data is based on current formulations as of date of posting. If you have any allergies or are particularly sensitive to specific ingredients or foods, please let your server know. 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.

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## NUTRITIONAL INFORMATION

### STARTERS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
FRENCH ONION SOUP	BOWL	333	260	13	6	0.4	30	1560	20	13	0	3	15	15	30	4
SOUP OF THE DAY	BOWL	ITEM VARIES BY RESTAURANT, PLEASE ASK YOUR SERVER FOR MORE INFORMATION.														
	CUP	ITEM VARIES BY RESTAURANT, PLEASE ASK YOUR SERVER FOR MORE INFORMATION.														
KICK'N ONION RINGS	STARTER SIZE	355	790	37	3	0.4	25	1380	110	12	7	24	8	4	6	15
CLASSIC POUTINE*	STARTER SIZE	397	590	28	10	1	55	3140	68	18	5	5	10	15	40	10
SMOKED MEAT POUTINE*	STARTER SIZE	751	1160	65	28	2.5	170	4440	88	54	7	2	25	15	80	30
ALL MEAT BITES®	STARTER SIZE	269	570	23	2	0	95	1100	49	42	0	4	0	0	0	15
	DOUBLE ORDER	539	1140	46	4	0	190	2200	99	83	0	8	0	0	0	30
FRIED WINGS	STARTER SIZE	369	830	50	12	0.4	385	2320	12	83	3	1	10	0	15	20
	DOUBLE ORDER	737	1650	100	24	1	770	4630	24	165	5	3	20	0	25	40
OVEN-ROASTED WINGS	STARTER SIZE	354	780	50	13	0.4	375	2230	9	72	3	4	6	0	20	20
	DOUBLE ORDER	709	1560	99	27	1	750	4460	19	145	5	8	10	0	40	40
MILD (SAUCE ONLY)	STARTER SIZE	57	150	17	3	0	0	1190	2	0	0	0	10	40	0	0
	DOUBLE ORDER	113	300	34	6	0	0	2380	4	0	0	0	25	80	0	0
MEDIUM (SAUCE ONLY)	STARTER SIZE	57	110	11	2	0	0	1460	2	0.4	0	0	8	45	0	0
	DOUBLE ORDER	113	220	23	4	0	0	2910	4	1	0	0	15	90	0	0
HOT (SAUCE ONLY)	STARTER SIZE	57	80	8	1	0	0	1640	2	0.4	0	0	8	60	0	0
	DOUBLE ORDER	113	160	15	2	0	0	3290	4	1	0	0	15	110	0	0
BBQ (SAUCE ONLY)	STARTER SIZE	57	90	0.1	0	0	0	580	22	1	1	20	0	10	0	2
	DOUBLE ORDER	113	180	0.2	0	0	0	1160	45	1	1	40	0	20	2	4
THAI CHILI (SAUCE ONLY)	STARTER SIZE	57	110	0.1	0	0	0	660	27	0.3	1	25	0	0	0	0
	DOUBLE ORDER	113	220	0.1	0	0	0	1310	55	0.5	1	49	0	2	0	2
HONEY GARLIC (SAUCE ONLY)	STARTER SIZE	57	120	0	0	0	0	190	28	0	0	24	0	0	0	0
	DOUBLE ORDER	113	240	0	0	0	0	380	56	0	0	48	0	0	0	0
SALT AND PEPPER DRY RUB (SAUCE ONLY)	STARTER SIZE	4.5	5	0	0	0	0	1420	1	0.1	0	0	0	0	0	0
	DOUBLE ORDER	9	10	0	0	0	0	2850	1	0.2	0	0	0	0	2	2
MEMPHIS HOT SAUCE (SAUCE ONLY)	STARTER SIZE	57	390	40	6	0.1	0	680	9	1	2	5	15	4	2	6
	DOUBLE ORDER	114	780	80	12	0.2	0	1360	18	2	4	10	30	8	4	12
HOT HONEY SAUCE (SAUCE ONLY)	STARTER SIZE	57	100	4	0.5	0	0	920	15	0.2	0	12	4	30	0	0
	DOUBLE ORDER	113	200	8	1	0	0	1830	30	0.4	0	24	8	60	0	0
THAI BITES	BREADED CHICKEN BREAST	368	660	19	4.5	0	55	1620	92	32	7	44	70	15	6	30
	BREADED JALAPEÑO SHRIMP	349	590	9	2.5	0	115	2130	104	24	5	39	70	20	6	30
BP'S CLASSIC NACHOS	FULL SIZE	850	2100	117	64	3	265	3760	162	105	20	10	110	100	240	70
	HALF SIZE	425	1050	59	32	1.5	135	1880	81	52	10	5	50	50	120	35
Nacho toppings.	FULL SIZE ADD BBQ CHICKEN	113	140	1.5	0.4	0.1	65	570	13	18	0	11	0	6	2	6
Add on additional values.	HALF SIZE ADD BBQ CHICKEN	57	70	0.5	0.2	0	35	290	7	9	0	6	0	2	0	4
	FULL SIZE ADD SPICY CHICKEN	113	120	3	0.5	0.1	70	670	3	18	0	2	2	15	2	6
	HALF SIZE ADD SPICY CHICKEN	57	60	1.5	0.3	0	35	330	2	9	0	1	2	6	0	2
	FULL SIZE ADD SEASONED GROUND BEEF	113	260	17	9	1	90	600	1	25	0	0	0	0	2	25
	HALF SIZE ADD SEASONED GROUND BEEF	57	130	9	3.5	0.5	45	300	1	12	0	0	0	0	2	10
	FULL SIZE ADD PLANT-BASED CRUMBLE	113	290	12	1.5	0	0	710	11	34	6	2	0	0	4	14
	HALF SIZE ADD PLANT-BASED CRUMBLE	57	150	6	1	0	0	360	6	17	3	1	0	0	2	7
CACTUS CUT POTATOES	WITH DIP	454	1160	92	14	1.5	65	1390	72	12	7	3	8	70	15	25
GARLIC PIZZA FINGERS*	INDIVIDUAL SIZE	312	800	30	9	0.4	30	680	112	26	3	27	8	6	25	45
GARLIC TOAST	1 SLICE	56	180	6	2.5	0	10	330	27	5	1	1	4	2	2	8
BANDERA BREAD		333	950	54	17	1	55	1880	87	30	4	8	15	35	35	45
BOSTON'S PIZZA BREAD*		190	500	12	3	0.1	5	670	84	15	3	5	0	6	4	45
BUFFALO CAULIFLOWER BITES		368	610	41	3.5	0	0	1100	53	13	5	8	25	40	8	25
CLASSIC CALAMARI		456	850	32	4.5	0.3	555	2330	88	44	6	4	6	20	20	45
SPINACH AND ARTICHOKE DIP		601	1260	58	30	1.5	160	2520	137	52	7	11	45	35	90	70

 <sup>s</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

Informed Dining 

## NUTRITIONAL INFORMATION

### LUNCH

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
\$10 COMBOS*	THE LITTLE DIPPER	366	760	47	9	0.5	80	1840	59	27	2	3	15	30	10	10
	SANTA FE CHICKEN QUESADILLA	403	840	49	14	0.5	90	1980	65	34	3	9	25	50	40	25
MORE LUNCH OPTIONS	1/2 CHICKEN CAESAR SALAD	350	410	25	6	0.2	115	1160	8	42	3	5	70	50	8	20
	1/2 CHICKEN PECAN SALAD (BREADED)	293	470	36	5	0.4	50	720	25	20	5	10	60	35	20	20
	1/2 CHICKEN PECAN SALAD (GRILLED)	293	390	31	5	0.4	70	760	12	25	4	7	60	35	20	20
	1/2 PINEAPPLE, BEET & GOAT CHEESE SALAD	220	190	12	2.5	0.1	15	390	18	7	3	10	50	70	8	15
	THE BIG DIPPER	619	1200	60	14	1	125	3210	116	53	4	5	25	60	20	20
	GRILLED CHICKEN CLUBHOUSE	513	1040	44	13	0.5	155	2560	98	63	1	5	25	15	20	15
	MONTRÉAL SMOKED MEAT SANDWICH*	367	910	64	32	2	190	2540	38	47	5	4	30	0	40	35
	THAI CHICKEN WRAP (BREADED)	362	860	39	4.5	0.2	50	1880	101	25	6	30	60	6	6	35
	THAI CHICKEN WRAP (GRILLED)	447	820	33	4	0.2	105	2140	87	42	5	28	100	10	6	35
	BOSTON-SIZED BURGER	476	1100	83	30	2.5	240	1520	49	58	3	9	35	15	30	40
	1/2 BOSTON BRUTE*	317	430	15	7	0.2	45	1840	52	24	4	10	20	40	20	30
	1/2 SPAGHETTI AND MEATBALLS	412	730	24	11	0.2	55	1290	101	30	7	6	6	25	10	40
	1/2 JAMBALAYA FETTUCCINI*	444	670	30	7	0.1	100	2070	72	27	5	5	35	45	10	25
	Served with your choice of sides. Add on additional values.	FRIES	227	340	11	1	0	0	1070	54	5	5	0	0	15	0
GARLIC MASHED POTATOES		283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
SUBSTITUTE CACTUS CUTS		227	580	46	7	1	35	700	36	6	4	2	4	35	8	10
SUBSTITUTE ONION RINGS		198	560	36	3	0.4	25	620	56	6	3	14	8	4	4	8
SUBSTITUTE YAM FRIES		283	620	42	3.5	0.5	15	1200	61	4	4	24	60	25	6	10
CAESAR SALAD		95	140	12	3	0.1	15	320	4	5	1	3	35	30	4	6
GARDEN SALAD		131	60	3	0	0	0	230	9	1	2	4	45	50	4	6
SEASONAL VEGETABLES		130	80	4.5	1	0.1	0	115	9	2	3	3	70	130	4	6
SPAGHETTI WITH MARINARA		298	370	5	0.5	0	0	630	70	11	4	5	30	25	6	20
QUINOA AND RICE BLEND		170	610	7	1	0	10	2	121	20	12	2	0	4	4	35
DESSERT	BITE SIZED BROWNIE ADDICTION	158	500	23	7	0.4	35	560	66	8	2	43	0	0	15	15
	A LA MODE	113	110	6	3.5	0.2	20	45	16	1	0	12	0	0	8	0

### SALADS AND BOWLS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
CAESAR SALAD (NO PROTEIN)	STARTER SIZE	166	260	23	5	0.2	30	610	7	10	2	5	70	45	6	10
GARDEN SALAD	STARTER SIZE	206	170	14	1	0.2	0	160	12	2	3	6	70	70	6	10
PINEAPPLE BEET & GOAT CHEESE SALAD	ENTRÉE SIZE	439	390	24	5	0.3	30	790	36	13	7	21	110	130	15	25
CHICKEN PECAN SALAD (BREADED)	ENTRÉE SIZE	588	950	72	11	0.5	95	1460	50	41	10	20	130	70	35	40
CHICKEN PECAN SALAD (GRILLED)	ENTRÉE SIZE	588	790	63	10	0.5	135	1550	24	50	7	15	130	70	35	35
CHICKEN CAESAR SALAD	ENTRÉE SIZE	498	680	49	12	0.5	150	1800	13	53	4	10	130	90	15	30
SALMON POWER BOWL	ATLANTIC SALMON	712	1260	54	9	0.1	105	770	142	62	20	11	120	140	15	60
	SOCKEYE SALMON (BC ONLY)	712	1240	54	15	0.5	60	1650	149	38	20	16	120	140	50	60
HONEY DILL CHICKEN POWER BOWL (BREADED)	ENTRÉE SIZE	740	1230	49	5	0.4	100	1120	147	59	20	14	130	140	15	70
HONEY DILL CHICKEN POWER BOWL (GRILLED)	ENTRÉE SIZE	600	1050	37	4.5	0.2	80	750	143	44	20	12	130	140	15	60

**NOTE:** Nutritional information for all salads includes salad dressing

**\*SELECT MARKETS ONLY**

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Note: All percentages based on a 2000 calorie diet. The serving size listed is the approximate size of menu item as served to the customer (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 posting are included on the menu. Product data is based on current formulations as of date of posting. If you have any allergies or are particularly sensitive to specific ingredients or foods, please let your server know. 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.

## NUTRITIONAL INFORMATION

### GOURMET PASTAS


	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SMOKY MOUNTAIN SPAGHETTI AND MEATBALLS	FULL ORDER	1261	2010	71	32	0.5	165	3920	257	89	21	19	25	90	45	110
SMOKED GOUDA AND POBLANO RAVIOLI	FULL ORDER	585	1070	65	28	1.5	205	2600	68	147	4	10	45	25	70	35
	HALF ORDER	293	530	32	14.0	0.5	100	1300	34	73	2	5	25	15	35	20
CREAMY MUSHROOM AND SPINACH BAKE	FULL ORDER	780	1410	75	31	1	125	3290	145	48	8	14	17	22	58	36
	HALF ORDER	421	790	41	17	0.4	65	1810	86	27	5	8	6	14	31	22
THE HUNGRY CARNIVORE	FULL ORDER	828	1450	79	30	1	145	3060	126	61	13	12	20	150	20	70
	HALF ORDER	417	730	40	15	0.4	75	1540	63	31	7	6	10	80	10	35
PARMESAN SHRIMP ALFREDO	FULL ORDER	964	1170	45	17	0.2	260	3210	146	46	9	15	110	60	40	50
	HALF ORDER	485	600	24	9	0.1	130	1700	73	24	5	7	50	30	20	25
JAMBALAYA FETTUCCINI	FULL ORDER	872	1370	61	13	0.2	100	2810	144	61	10	10	60	70	15	50
	HALF ORDER	444	670	30	7	0.1	100	2070	72	27	5	5	35	45	10	25
CHICKEN AND MUSHROOM FETTUCCINI	FULL ORDER	787	1250	56	16	0.1	125	2300	142	49	7	13	20	4	20	40
	HALF ORDER	400	630	28	8	0	60	1150	71	25	4	7	10	4	10	20
BAKED SEVEN CHEESE RAVIOLI	FULL ORDER	355	710	31	18	1	120	1270	70	39	2	4	20	2	70	30
	HALF ORDER	177	360	16	9	0.4	60	640	35	19	1	2	10	0	35	15
BOSTON'S LASAGNA*	FULL ORDER	629	790	23	11	0.4	70	1990	107	41	8	11	20	70	35	45
	HALF ORDER	303	390	11	6	0.2	35	940	53	20	4	5	10	35	20	20
Sides	GARLIC TOAST (1 SLICE)	56	180	6	2.5	0	10	330	27	5	1	1	4	2	2	8
	BACON CRUSTED CHEESE BREAD (1 SLICE)	70	240	10	4.5	0.1	25	510	27	9	1	1	6	2	6	10
Pasta sauce selection	MARINARA	227	160	9	1	0	0	1110	16	2	2	7	60	45	10	4
	ALFREDO	227	270	23	11	0	55	1450	14	7	0	9	20	0	15	0
	ROSÉ	227	220	16	6	0	30	1280	15	5	1	8	35	25	10	2
	BOLOGNESE	227	160	7	2.5	0	25	1090	16	9	2	7	4	45	4	15

### CREATE YOUR OWN PASTA

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
FETTUCCINI	FULL ORDER - PASTA ONLY	369	590	2	0.3	0	0	160	123	20	7	2	0	0	2	35
PENNE	FULL ORDER - PASTA ONLY	283	450	1.5	0.2	0	0	150	95	15	5	2	0	0	2	25
SPAGHETTI	FULL ORDER - PASTA ONLY	369	590	2	0.3	0	0	160	123	20	7	2	0	0	2	35
TOMATO MARINARA (8oz)	SAUCE ONLY (8oz)	227	160	9	1	0	0	1110	16	2	2	7	60	45	10	4
CREAMY ALFREDO (8oz)	SAUCE ONLY (8oz)	227	270	23	11	0	55	1450	14	7	0	9	20	0	15	0
ROSÉ (8oz)	SAUCE ONLY (8oz)	227	220	16	6	0	30	1280	15	5	1	8	35	25	10	2
BEEFY BOLOGNESE (8oz)	SAUCE ONLY (8oz)	227	160	7	2.5	0	25	1090	16	9	2	7	4	45	4	15
GARLIC TOAST (1 SLICE)		56	180	6	2.5	0	10	330	27	5	1	1	4	2	2	8
BACON CRUSTED CHEESE BREAD (1 SLICE)		70	240	10	4.5	0.1	25	510	27	9	1	1	6	2	6	10
SUBSTITUTE THREE-CHEESE TOAST		124	370	18	9	0.4	35	840	35	16	0	0	15	4	25	0

**NOTE:** Total nutritional information for pasta: combine the type of pasta with your choice of sauce

Average adults should aim for less than 2,300 milligrams of sodium per day. Children and seniors need less. Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. (Source: Health Canada)

 <sup>s</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

Informed Dining 

## NUTRITIONAL INFORMATION

### BURGERS AND SANDWICHES

	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	
BOSTON BRUTE*	569	880	28	12	0.5	80	3570	116	45	3	15	37	60	32	21	
GRILLED CHICKEN CLUBHOUSE	513	1040	44	13	0.5	155	2560	98	63	1	5	25	15	20	15	
MONTRÉAL SMOKED MEAT SANDWICH*	381	910	59	29	1.5	225	3030	40	59	7	7	30	0	35	40	
NY STEAK SANDWICH*	257	560	38	16	0.5	70	1970	35	19	1	7	4	2	40	8	
WHISKY BURGER*	465	1100	78	28	2	215	2060	62	54	3	19	20	15	10	40	
KICK'N MEMPHIS CHICKEN SANDWICH	483	1210	75	19	1	185	1920	86	53	4	15	45	15	30	45	
THE BIG DIPPER	619	1200	60	14	1	125	3210	116	53	4	5	25	60	20	20	
BOSTON-SIZED BURGER	476	1100	83	30	2.5	240	1520	49	58	3	9	35	15	30	40	
THAI CHICKEN WRAP (BREADED)	362	860	39	4.5	0.2	50	1880	101	25	6	30	60	6	6	35	
THAI CHICKEN WRAP (GRILLED)	447	820	33	4	0.2	105	2140	87	42	5	28	100	10	6	35	
HONEY DILL FRIED CHICKEN SANDWICH	477	760	37	10	0.4	185	2010	74	66	4	7	56	19	8	92	
BP'S PERFECTLY PLANT-BASED BURGER	VEGGIE	342	780	51	13	0.5	60	1350	55	29	5	10	25	15	8	60
	VEGAN	342	580	27	6	0.2	0	1310	65	24	7	6	15	20	4	50
TACOS	CHICKEN	519	850	47	14	0.5	135	2020	61	52	5	17	35	45	35	25
	SHRIMP	463	870	47	14	0.5	125	2160	88	32	6	17	35	45	35	25
Served with your choice of sides.	FRIES	227	340	11	1	0	0	1070	54	5	5	0	0	15	0	10
Add on additional values.	GARLIC MASHED POTATOES	283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
	SUBSTITUTE CACTUS CUTS	227	580	46	7	1	35	700	36	6	4	2	4	35	8	10
	SUBSTITUTE ONION RINGS	198	560	36	3	0.4	25	620	56	6	3	14	8	4	4	8
	SUBSTITUTE YAM FRIES	283	620	42	3.5	0.5	15	1200	61	4	4	24	60	25	6	10
	CAESAR SALAD	95	140	12	3	0.1	15	320	4	5	1	3	35	30	4	6
	GARDEN SALAD	131	60	3	0	0	0	230	9	1	2	4	45	50	4	6
	SEASONAL VEGETABLES	130	80	4.5	1	0.1	0	115	9	2	3	3	70	130	4	6
	SPAGHETTI WITH MARINARA	298	370	5	0.5	0	0	630	70	11	4	5	30	25	6	20
	QUINOA AND RICE BLEND	170	610	7	1	0	10	2	121	20	12	2	0	4	4	35

#### \*SELECT MARKETS ONLY

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Note: All percentages based on a 2000 calorie diet. The serving size listed is the approximate size of menu item as served to the customer (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 posting are included on the menu. Product data is based on current formulations as of date of posting. If you have any allergies or are particularly sensitive to specific ingredients or foods, please let your server know. 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.

## NUTRITIONAL INFORMATION

### MAINS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
NY STRIP LOIN STEAK	10oz	477	800	56	24	1	95	2650	48	27	4	13	70	130	60	15
CHICKEN PARMESAN		531	780	33	9	0.5	130	1730	76	49	5	9	100	150	25	40
SLOW-ROASTED PORK BACK RIBS	FULL RACK	531	1080	77	28	0.1	205	660	36	65	4	4	70	130	6	15
	HALF RACK	361	670	44	16	0.1	110	550	36	36	4	4	70	130	6	15
PIZZA-GHETTI – PIZZA OPTION*	PEPPERONI PIZZA-GHETTI	411	850	22	10	0.5	50	1170	127	37	7	7	15	15	25	60
	LA QUÉBÉCOISE® BOSTON PIZZA-GHETTI	468	860	23	10	0.5	50	1180	129	38	7	8	15	50	25	60
PIZZA-GHETTI – SAUCE OPTION*	MARINARA - HALF	113	80	4.5	0.5	0	0	560	8	1	1	3	30	25	4	2
	BOLOGNESE - HALF	113	80	3.5	1	0	10	540	8	5	1	3	2	25	2	6
Served with your choice of sides. Add on additional values.	FRIES	227	340	11	1	0	0	1070	54	5	5	0	0	15	0	10
	GARLIC MASHED POTATOES	283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
	SUBSTITUTE CACTUS CUTS	227	580	46	7	1	35	700	36	6	4	2	4	35	8	10
	SUBSTITUTE ONION RINGS	198	560	36	3	0.4	25	620	56	6	3	14	8	4	4	8
	SUBSTITUTE YAM FRIES	283	620	42	3.5	0.5	15	1200	61	4	4	24	60	25	6	10
	CAESAR SALAD	95	140	12	3	0.1	15	320	4	5	1	3	35	30	4	6
	GARDEN SALAD	131	60	3	0	0	0	230	9	1	2	4	45	50	4	6
	SEASONAL VEGETABLES	130	80	4.5	1	0.1	0	115	9	2	3	3	70	130	4	6
	SPAGHETTI WITH MARINARA	298	370	5	0.5	0	0	630	70	11	4	5	30	25	6	20
	QUINOA AND RICE BLEND	170	610	7	1	0	10	2	121	20	12	2	0	4	4	35

Average adults should aim for less than 2,300 milligrams of sodium per day. Children and seniors need less. Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. (Source: Health Canada)



<sup>5</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

Informed Dining

## NUTRITIONAL INFORMATION

### CREATE YOUR OWN PIZZA

		SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
THE BASIC	INDIVIDUAL PIZZA	298	630	17	10	0.5	45	1060	88	32	4	10	30	25	40	50
	AVERAGE SMALL SLICE	60	120	3.5	2	0.1	10	240	17	6	1	2	6	6	8	10
	AVERAGE MEDIUM SLICE	79	160	4	2.5	0.1	10	280	24	8	1	3	8	6	10	15
	AVERAGE LARGE SLICE	97	200	6	3.5	0.2	15	350	28	10	1	3	10	8	15	15
	8" CAULIFLOWER CRUST	308	700	23	11	0.5	45	1480	99	26	5	6	30	15	35	30

### PIZZAS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BOSTON ROYAL*	INDIVIDUAL PIZZA	493	820	28	12	0.5	120	2010	97	51	8	13	25	70	45	70
	AVERAGE SMALL SLICE	106	170	6	3	0.1	25	450	19	11	2	3	6	15	10	15
	AVERAGE MEDIUM SLICE	138	220	8	3.5	0.1	35	560	26	14	2	4	8	20	15	20
	AVERAGE LARGE SLICE	163	270	9	4.5	0.2	40	650	31	17	2	4	10	20	15	25
	INDIVIDUAL PIZZA	383	940	38	15	0.5	120	1650	102	48	4	21	15	15	40	50
BOURBON BBQ CHICKEN	AVERAGE SMALL SLICE	82	210	9	3.5	0.2	30	390	20	11	1	5	4	4	10	10
	AVERAGE MEDIUM SLICE	103	260	11	4.5	0.2	35	470	27	13	1	6	6	4	10	15
	AVERAGE LARGE SLICE	123	320	14	6	0.3	40	550	32	16	1	6	6	4	15	15
	INDIVIDUAL PIZZA	394	720	24	12	0.5	65	1700	92	38	5	10	25	60	35	50
	AVERAGE SMALL SLICE	84	150	5	2.5	0.1	15	370	18	8	1	2	6	15	8	10
DELUXE	AVERAGE MEDIUM SLICE	110	200	6	3.5	0.1	20	470	25	11	1	3	8	20	10	15
	AVERAGE LARGE SLICE	130	240	8	4	0.2	25	560	29	13	2	3	10	20	15	15
	INDIVIDUAL PIZZA	346	740	25	14	0.5	70	1570	89	40	4	10	35	25	50	50
	AVERAGE SMALL SLICE	75	160	6	3.5	0.2	20	380	17	9	1	2	8	6	15	10
	AVERAGE MEDIUM SLICE	98	210	8	4.5	0.2	20	470	24	11	1	3	10	6	15	15
GREAT WHITE NORTH*	AVERAGE LARGE SLICE	120	260	10	6	0.3	30	580	29	15	1	3	15	8	20	15
	INDIVIDUAL PIZZA	374	660	16	9	0.4	50	1360	100	33	4	20	25	35	35	50
	AVERAGE SMALL SLICE	82	140	4	2	0.1	10	330	20	7	1	5	6	8	8	10
	AVERAGE MEDIUM SLICE	107	190	4.5	2.5	0.1	15	410	27	10	1	6	8	10	10	15
	AVERAGE LARGE SLICE	127	230	6	3.5	0.2	20	490	32	12	1	7	10	10	15	15
LA QUÉBÉCOISE® BOSTON*	INDIVIDUAL PIZZA	383	760	28	14	0.5	70	1570	91	39	5	11	30	60	40	50
	AVERAGE SMALL SLICE	79	150	5	2.5	0.1	15	320	18	8	1	2	6	15	8	10
	AVERAGE MEDIUM SLICE	104	200	7	3.5	0.2	20	420	25	10	1	3	8	20	10	15
	AVERAGE LARGE SLICE	125	250	9	4.5	0.2	25	510	29	13	2	4	10	20	15	20
	INDIVIDUAL PIZZA	397	810	28	13	0.5	60	2120	106	39	8	21	50	50	50	70
MEDITERRANEAN	AVERAGE SMALL SLICE	84	160	6	2.5	0.1	10	470	21	8	2	5	10	10	10	15
	AVERAGE MEDIUM SLICE	113	230	8	4	0.2	15	640	29	11	2	6	15	15	15	20
	AVERAGE LARGE SLICE	137	280	11	5	0.2	25	780	34	14	3	7	15	15	20	25
	INDIVIDUAL PIZZA	411	740	22	11	0.5	95	1740	91	46	5	11	25	60	35	60
	AVERAGE SMALL SLICE	82	140	4	2	0.1	15	330	18	8	1	2	6	15	6	10
MONTRÉAL SMOKED MEAT*	AVERAGE MEDIUM SLICE	105	180	5	2.5	0.1	20	390	24	11	1	3	6	15	8	15
	AVERAGE LARGE SLICE	123	220	6	3.5	0.1	25	450	29	13	2	3	8	20	10	15
	INDIVIDUAL PIZZA	312	710	25	12	0.5	60	1450	89	35	4	10	25	25	35	50
	AVERAGE SMALL SLICE	65	140	5	2.5	0.1	15	320	17	7	1	2	6	6	8	10
	AVERAGE MEDIUM SLICE	87	200	7	3.5	0.2	15	410	24	10	1	3	8	6	10	15
PEPPERONI	AVERAGE LARGE SLICE	106	240	9	4.5	0.2	25	510	29	12	1	3	10	8	15	15
	INDIVIDUAL PIZZA	408	910	31	14	0.5	120	1910	111	52	5	28	15	25	40	50
	AVERAGE SMALL SLICE	91	200	8	3.5	0.1	30	480	23	12	1	7	4	6	10	10
	AVERAGE MEDIUM SLICE	120	270	9	4	0.1	40	650	30	16	1	8	4	8	10	15
	AVERAGE LARGE SLICE	143	320	12	6	0.2	50	760	36	20	1	9	6	8	15	15
SPICY PEROGY	INDIVIDUAL PIZZA	432	1040	52	18	1	95	1370	98	49	5	5	20	20	50	50
	AVERAGE SMALL SLICE	96	230	12	4.5	0.2	25	340	19	11	1	1	6	6	15	10
	AVERAGE MEDIUM SLICE	122	300	15	5	0.3	30	410	27	14	1	1	6	6	15	15
	AVERAGE LARGE SLICE	146	360	19	7	0.3	35	520	31	18	2	2	10	8	20	15

\*SELECT MARKETS ONLY

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## NUTRITIONAL INFORMATION


### PIZZAS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
THE MEATEOR™	INDIVIDUAL PIZZA	386	850	35	16	1	110	1710	87	48	4	5	15	20	35	60
	AVERAGE SMALL SLICE	83	180	8	4	0.2	25	390	17	11	1	1	4	4	8	10
	AVERAGE MEDIUM SLICE	108	240	10	4.5	0.2	30	480	23	13	1	1	4	6	10	15
	AVERAGE LARGE SLICE	149	300	13	6	0.3	45	810	28	19	1	2	6	6	15	20
TROPICAL CHICKEN*	INDIVIDUAL PIZZA	397	870	35	17	0.5	110	1540	96	45	4	17	20	25	40	50
	AVERAGE SMALL SLICE	89	190	9	4	0.1	30	390	19	10	1	4	6	6	10	10
	AVERAGE MEDIUM SLICE	113	250	10	5	0.2	35	460	26	13	1	5	6	6	10	15
	AVERAGE LARGE SLICE	135	300	13	6	0.2	40	550	31	16	1	5	8	8	15	15
HUNGRY HERBIVORE	INDIVIDUAL PIZZA	349	690	18	9	0.4	40	1620	40	38	6	13	6	60	31	42
	AVERAGE SMALL SLICE	77	150	5	2	0.1	10	400	19	9	1	3	1	14	8	8
	AVERAGE MEDIUM SLICE	99	190	5	2.5	0.1	10	490	26	11	2	4	2	18	10	11
	AVERAGE LARGE SLICE	119	240	7	3.5	0.2	15	580	30	14	2	4	2	20	12	14
VEGETARIAN	INDIVIDUAL PIZZA	397	620	15	8	0.4	40	950	94	30	5	13	30	70	35	50
	AVERAGE SMALL SLICE	89	130	3.5	2	0.1	10	240	18	7	1	3	8	15	8	10
	AVERAGE MEDIUM SLICE	119	170	4.5	2.5	0.1	10	280	26	9	1	4	10	20	10	15
	AVERAGE LARGE SLICE	139	210	6	3.5	0.2	15	360	31	11	2	4	10	25	15	15
VIVA ITALIA	INDIVIDUAL PIZZA	507	1020	48	20	0.5	135	2620	95	54	6	12	40	80	40	60
	AVERAGE SMALL SLICE	115	230	12	5	0.2	35	650	19	13	1	3	10	20	10	15
	AVERAGE MEDIUM SLICE	146	290	14	6	0.2	40	790	26	16	2	4	10	25	10	15
	AVERAGE LARGE SLICE	172	350	17	7	0.2	50	920	31	19	2	4	15	25	15	20

### PIZZA DIPS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BLUE CHEESE	3 OZ PIZZA DIP	85	340	34	3	0.5	30	850	6	2	0	6	0	0	0	0
CACTUS DIP	3 OZ PIZZA DIP	85	380	39	6	0.4	50	330	3	4	0	1	6	2	10	2
GARLIC DIP	3 OZ PIZZA DIP	85	450	51	9	0.5	30	960	6	6	0	10	20	0	0	0
RANCH	3 OZ PIZZA DIP	85	450	51	3	0.5	30	680	6	2	0	6	0	0	0	0
SANTA FE RANCH	3 OZ PIZZA DIP	85	300	33	2	0.4	20	580	6	1	0	5	4	10	0	2
PIZZA SAUCE	3 OZ PIZZA DIP	85	50	1	0	0	0	700	10	2	1	9	20	25	2	8
HONEY DILL	3 OZ PIZZA DIP	85	520	53	4	0.5	40	380	10	1	0	9	10	6	2	4
SRIRACHA RANCH	3 OZ PIZZA DIP	85	380	41	2.5	0.5	25	1020	9	2	0	8	0	0	0	0

Average adults should aim for less than 2,300 milligrams of sodium per day. Children and seniors need less. Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. (Source: Health Canada)

 <sup>S</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

Informed Dining 



## NUTRITIONAL INFORMATION

	NOTE	SERVING SIZE (g)	CALORIES (kcal)					SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
				TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)									
OVEN-ROASTED WINGS	STARTER SIZE	354	780	50	13	0.4	375	2230	9	72	3	4	6	0	20	20
	DOUBLE ORDER	709	1560	99	27	1	750	4460	19	145	5	8	10	0	40	40
GARDEN SALAD	STARTER SIZE	206	170	14	1	0.2	0	160	12	2	3	6	70	70	6	10
CHICKEN CAESAR SALAD	ENTRÉE SIZE	470	650	49	12	0.5	150	1790	11	52	4	10	130	90	15	30
CAESAR SALAD (NO PROTEIN)	STARTER SIZE	152	250	23	5	0.2	30	610	6	9	2	5	8	45	6	10
CHICKEN PECAN SALAD (GRILLED)	ENTRÉE SIZE	588	790	63	10	0.5	135	1550	24	50	7	15	130	70	35	35
GRILLED CHICKEN CLUBHOUSE		413	830	47	14	0.5	155	1840	50	51	3	7	25	15	20	20
HONEY DILL FRIED CHICKEN SANDWICH		467	720	34	5	0.3	100	1460	73	33	4	7	56	19	6	22
BOSTON-SIZED BURGER		432	970	72	22	2	180	1420	47	47	3	4	25	15	30	25
MONTREAL SMOKED MEAT SANDWICH*		358	740	38	15	1	165	2940	49	57	11	7	10	0	45	50
INDIVIDUAL 8" CAULIFLOWER PIZZA	BASIC	308	700	23	11	0.5	45	1480	103	26	5	6	30	15	45	40
	DELUXE	404	800	29	12	0.5	65	2110	106	32	6	7	25	60	40	45
	GREAT WHITE NORTH*	356	810	31	15	0.5	70	1980	100	33	5	6	35	15	50	30
	HAWAIIAN	384	740	21	9	0.4	50	1760	114	27	5	16	25	45	40	40
	PEPPERONI	322	790	31	13	0.5	60	1860	103	28	5	6	25	15	40	40
	VEGETARIAN	407	690	20	9	0.4	40	1360	109	24	6	10	30	60	40	40
	TROPICAL CHICKEN	407	950	41	18	0.5	105	2010	110	38	4	12	20	35	45	40
	MEATEOR™	386	900	40	17	1	110	2110	93	41	5	2	15	10	30	40
	SPICY PEROGY	432	1090	57	19	1	95	1760	104	42	5	1	20	15	50	30
	ROYAL HAWAIIAN	408	960	36	15	0.5	120	2300	116	46	5	24	15	20	35	35
	HUNGRY HERBIVORE	319	660	22	9	0.4	40	1940	85	30	6	9	6	56	31	28
INDIVIDUAL CAULIFLOWER CRUST PIZZA	CHEESE ONLY	308	700	23	11	0.5	45	1480	99	26	5	6	30	15	35	30
NY STRIP LOIN STEAK	10oz	545	680	53	21	1	85	2560	29	23	5	16	120	180	60	10
SLOW-ROASTED PORK BACK RIBS	FULL RACK	719	1200	74	25	0.1	195	950	74	61	5	56	120	180	8	10
	HALF RACK	492	670	41	13	0.1	100	650	46	33	5	32	120	180	8	10
FUSILLI	TOMATO MARINARA	510	700	10	1	0	0	1110	132	11	5	7	60	45	10	10
	CREAMY ALFREDO	510	810	24	11	0	55	1450	130	15	3	9	20	0	15	6
	ROSÉ	510	750	17	6	0	30	1280	131	13	4	8	35	25	10	8
	BEEFY BOLOGNESE	510	700	8	2.5	0	25	1090	132	18	5	7	4	45	4	20
BP'S PERFECTLY PLANT-BASED BURGER	VEGGIE	342	780	51	13	0.5	60	1350	55	29	5	10	25	15	8	60
	VEGAN	342	580	27	6	0.2	0	1310	65	24	7	6	15	20	4	50
GLUTENWISE® CHOCOLATE BROWNIE ADDICTION	FULL SIZE	330	1100	53	14	0.5	145	1370	141	15	5	96	0	0	30	8
	FOR DELIVERY	217	890	35	6	0.4	110	610	136	7	5	92	4	0	6	10
	BITE SIZE	165	550	26	7	0.4	70	690	70	7	2	48	2	0	15	6
	BITE SIZE FOR DELIVERY	108	440	17	3	0.2	55	310	68	3	2	46	2	0	4	6

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## NUTRITIONAL INFORMATION

<b>KIDS</b>		NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
PINT-SIZED PIZZA	CHEESE ONLY		213	470	11	6	0.3	30	590	71	22	3	6	15	15	25	40
HUNGRY KIDS PIZZA	CHEESE ONLY		298	630	17	10	0.5	45	1060	88	32	4	10	30	25	40	50
SPAGHETTI & MEATBALLS			414	730	31	15	0.3	75	1260	78	35	8	5	4	25	10	40
SUPER SPAGHETTI	PASTA ONLY		184	290	1	0.1	0	0	80	62	10	3	1	0	0	2	15
BEEFY BOLOGNESE	SAUCE ONLY (4oz)		227	160	7	2.5	0	25	1090	16	9	2	7	4	45	4	15
TOMATO MARINARA	SAUCE ONLY (4oz)		227	160	9	1	0	0	1110	16	2	2	7	60	45	10	4
CREAMY ALFREDO	SAUCE ONLY (4oz)		227	270	23	11	0	55	1450	14	7	0	9	20	0	15	0
ROSÉ	SAUCE ONLY (4oz)		227	220	16	6	0	30	1280	15	5	1	8	35	25	10	2
BUGS N' CHEESE			255	430	15	9	0.4	45	740	51	23	2	3	15	0	30	0
BIG KIDS BUGS N' CHEESE			510	860	31	18	1	90	1480	102	45	5	7	25	0	60	0
CHICKEN FINGERS			198	360	9	1.5	0	35	610	48	20	3	27	0	0	2	15
KIDS QUESADILLA*			181	460	22	11	0.5	90	1110	33	30	1	0	15	0	35	15
CHEESEBURGER			226	500	24	9	1	65	1400	51	22	3	21	4	2	15	30
Sides for above items	GARDEN SALAD		99	50	3	0	0	0	220	6	1	1	3	15	4	2	2
	CAESAR SALAD		85	100	10	2	0.1	10	190	4	3	1	2	35	30	2	4
	FRIES		142	210	7	0.5	0	0	670	34	3	3	0	0	8	0	6
	STEAMED VEGETABLES		128	40	0.3	0.1	0	0	30	8	2	3	3	70	130	4	6
	ORGANIC APPLE SAUCE		113	50	0	0	0	0	0	14	0.3	1	11	0	45	0	0
	CUCUMBER COINS & CARROT STICKS WITH RANCH DIP		113	170	17	1	0.2	10	270	6	1	1	4	50	8	2	2
WORMS 'N' DIRT			214	420	13	13	0	0	280	69	7	0	50	0	0	10	2
LIONEL COOKIE			38	170	8	3.5	0	10	120	23	2	1	14	0	0	0	6
BITE-SIZE BROWNIE			158	500	23	7	0.4	35	560	66	8	2	43	0	0	15	15
ORGANIC APPLE SAUCE			113	50	0	0	0	0	0	14	0.3	1	11	0	45	0	0
SHIRLEY TEMPLE			174	190	0	0	0	0	60	46	0	0	43	0	0	0	0
CREATE YOUR OWN SUNDAE	ICE CREAM		113	110	6	3.5	0.2	20	45	16	1	0	12	0	0	8	0
	WHIPPED CREAM		28	80	6	4	0.2	20	10	6	1	0	2	8	0	4	0
	CHOCOLATE SAUCE		7	20	0.3	0.3	0	5	15	5	0.2	0	3	0	0	0	0
	CARAMEL SAUCE		7	25	0.3	0.1	0	0	20	5	0.1	0	3	0	0	0	0
	STRAWBERRY SAUCE		7	15	0	0	0	0	0	4	0	0	3	0	0	0	0
	MINI NERDS®		15	60	0	0	0	0	1	14	0	0	14	0	0	0	0
	CHOCOLATE ROCKS		15	80	4	4	0	0	10	10	1	1	9	2	0	2	2
	MINI M&M'S®		15	70	3.5	2	0	0	10	10	1	0	9	2	0	2	2
	OREO®		28	130	5	1.5	0	0	90	21	1	1	11	0	0	0	7
DAIRY DELIGHTS	COTTON CANDY		204	210	3.5	2	0.1	15	95	37	6	0	43	0	0	0	0
	OREO®		244	360	15	10	0.2	15	160	49	7	0	43	0	0	0	6

<b>DESSERTS</b>		NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
DESSERT PIZZA			333	940	17	8	0.4	30	160	178	22	5	50	10	8	8	60
CHOCOLATE EXPLOSION CHEESECAKE			239	860	52	30	1.5	140	510	97	10	4	73	30	0	10	20
NEW YORK CHEESECAKE			200	580	37	21	0	165	360	54	11	1	37	0	0	10	10
CHOCOLATE BROWNIE ADDICTION	FULL SIZE		316	1000	47	14	0.5	75	1120	133	17	5	86	0	0	30	25
	FOR DELIVERY		203	790	29	6	0	40	360	128	9	5	82	0	0	8	25
	BITE SIZE		158	500	23	7	0.4	35	560	66	8	2	43	0	0	15	15
	BITE SIZE FOR DELIVERY		101	390	14	3	0.2	20	180	64	4	2	41	0	0	4	15

Average adults should aim for less than 2,300 milligrams of sodium per day. Children and seniors need less. Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. (Source: Health Canada)

 <sup>s</sup> GlutenWise® items are prepared with gluten-free ingredients. However, cross-contamination may occur during preparation.

Informed Dining 

## NUTRITIONAL INFORMATION

### SIDE DISHES

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SIDE SAUCES	CACTUS DIP	85	380	39	6	0.4	50	330	3	4	0	1	6	2	10	2
	HONEY DILL	85	520	53	4	0.5	40	380	10	1	0	9	10	6	2	4
	GRAVY	113	35	0	0	0	0	470	7	2	0	0	0	0	0	0
	PIZZA SAUCE	85	50	1	0	0	0	700	10	2	1	9	20	25	2	8
	SALSA	57	15	0	0	0	0	260	4	1	1	2	6	25	2	2
	SOUR CREAM	57	100	9	0	0	0	0	3	2	0	0	0	0	0	0
	SRIRACHA RANCH	85	380	41	2.5	0.5	25	1020	9	2	0	8	0	0	0	0
	PEPPERCORN SAUCE*	57	45	2	0.4	0	0	400	3	1	1	1	0	0	0	0
SIDES	SPAGHETTI WITH BEEFY BOLOGNESE	298	370	4.5	1.5	0	10	620	70	15	4	5	2	25	4	25
	FRIES	227	340	11	1	0	0	1070	54	5	5	0	0	15	0	10
	YAM FRIES WITH SANTA FE RANCH DIP	283	620	42	3.5	0.5	15	1200	61	4	4	24	60	25	6	10
	CACTUS CUTS	227	580	46	7	1	35	700	36	6	4	2	4	35	8	10
	ONION RINGS	198	560	36	3	0.4	25	620	56	6	3	14	8	4	4	8
	QUINOA & RICE BLEND	170	610	7	1	0	10	2	121	20	12	2	0	4	4	35
	GARLIC MASHED POTATOES	283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
	SEASONAL VEGETABLES	130	80	4.5	1	0.1	0	115	9	2	3	3	70	130	4	6
	CAESAR SALAD	95	140	12	3	0.1	15	320	4	5	1	3	35	30	4	6
	GARDEN SALAD	124	60	3	0	0	0	240	9	2	2	4	50	50	4	6

### ADD-ONS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
PROTEINS	CHICKEN BREAST	170	150	1.5	0.5	0	85	550	0	33	0	0	2	2	2	10
	BAKED SALMON FILET	177	370	26	5	0	95	290	1	35	0	0	0	0	2	4
	ONE MEATBALL	57	170	13	6	0.1	30	320	4	10	2	0	0	0	2	10
	THREE MEATBALLS	170	510	39	19	0.4	90	950	13	29	5	1	0	0	8	25
	CAJUN CHICKEN	173	160	2	0.5	0	85	730	2	33	1	0	2	4	2	10
	ADD BACON	28	120	10	3.5	0	25	310	1	6	0	0	0	0	0	2
MORE GREAT ADD ONS	BEEFY BOLOGNESE SAUCE (4oz)	113	80	3.5	1	0	10	540	8	5	1	3	2	25	2	6
	BOURBON BBQ SAUCE (4oz)	113	190	0.2	0	0	0	1080	46	1	1	41	0	20	0	4
	ADD GUACAMOLE	113	160	14	2.5	0	0	440	10	2	7	2	6	20	2	2

\*SELECT MARKETS ONLY

IN-STORE USE - FOR MORE INFORMATION PLEASE VISIT US AT [BOSTONPIZZA.COM/EN/NUTRITION/INFORMATION](https://www.bostonpizza.com/en/nutrition/information)


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## NUTRITIONAL INFORMATION

### BEVERAGES

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	
FOUNTAIN DRINKS (SMALL)	PEPSI®	355	150	0	0	0	0	15	40	0	0	40	0	0	0	0	
	DIET PEPSI®	355	0	0	0	0	0	25	0	0	0	0	0	0	0	0	
	7UP®	355	160	0	0	0	0	60	42	0	0	42	0	0	0	0	
	MUG® ROOT BEER	355	160	0	0	0	0	45	43	0	0	43	0	0	0	0	
	DR PEPPER®*	355	140	0	0	0	0	45	38	0	0	37	0	0	0	0	
	BRISK® ICED TEA	355	110	0	0	0	0	20	30	0	0	30	0	0	0	0	0
	BRISK® LEMONADE	355	110	0	0	0	0	95	28	0	0	28	0	0	0	0	0
	SCHWEPES® GINGER ALE	355	130	0	0	0	0	45	34	0	0	34	0	0	0	0	0
	ORANGE CRUSH®*	355	160	0	0	0	0	50	44	0	0	43	0	0	0	0	0
	2% WHITE MILK	355	185	7	4	0	28	170	17	13	0	17	14	0	43	0	0
	CHOCOLATE MILK	355	240	4	2	0	14	256	37	13	0	37	14	0	43	3	3
	ORANGE JUICE	355	155	0	0	0	0	36	37	1	0	34	0	213	3	3	3
	APPLE JUICE	355	155	0	0	0	0	36	37	0	0	34	0	142	3	3	3
	PINEAPPLE JUICE	355	170	0	0	0	0	28	41	1	0	38	0	142	6	6	6
BOTTLED / CANNED DRINKS (SMALL)	RED BULL® ENERGY DRINK	250	110	0	0	0	0	100	27	0	0	27	0	0	0	0	
	RED BULL® SUGAR FREE	250	10	0	0	0	0	100	0	0.1	0	0	0	0	0	0	
	PEPSI®	355	150	0	0	0	0	15	41	0	0	41	0	0	0	0	
	DIET PEPSI®	355	0	0	0	0	0	30	0	0	0	0	0	0	0	0	
	7UP®	355	160	0	0	0	0	60	42	0	0	42	0	0	0	0	
	MUG® ROOT BEER	355	160	0	0	0	0	45	43	0	0	43	0	0	0	0	
	DR PEPPER®*	355	140	0	0	0	0	55	38	0	0	38	0	0	0	0	
	BRISK® ICED TEA	355	110	0	0	0	0	80	33	0	0	33	0	0	0	0	
	BRISK® LEMONADE	355	110	0	0	0	0	120	38	0	0	37	0	0	0	0	
	ORANGE CRUSH®	355	160	0	0	0	0	70	43	0	0	43	0	0	0	0	
	FEVER TREE GINGER BEER	200	80	0	0	0	0	0	20	0	0	18	0	0	0	0	
	AQUAFINA® BOTTLED WATER	591	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	HANDCRAFTED DRINKS	BLACK RASPBERRY QUENCHER	180	40	0	0	0	0	5	10	0	0	0	0	2	0	0
		PEACH MANGO QUENCHER	180	45	0	0	0	0	5	11	0	0	0	0	2	0	0
WATERMELON QUENCHER		180	60	0	0	0	0	5	14	0	0	0	0	2	0	0	
HANDCRAFTED LEMONADE		180	110	0	0	0	0	3	30	0.2	0	26	0	45	0	0	
RASPBERRY HANDCRAFTED LEMONADE		180	130	0	0	0	0	3	40	0.2	0	26	0	45	0	0	
UNICORN LEMONADE		180	40	0	0	0	0	2	1	0	0	1	0	0	0	0	
WARM DRINKS	COFFEE	236	5	0	0	0	0	5	0	0.3	0	0	0	0	0	0	
	HOT CHOCOLATE	250	90	2	2	0	0	100	18	0.4	0	15	0	0	0	4	

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Informed Dining 

NOV2021