

**APPROVAL REQUIRED**

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SIGNATURE OF APPROVAL \_\_\_\_\_ DATE \_\_\_\_\_

**NUTRITIONAL INFORMATION**

**BEVERAGES**

	NOTE	SERVING SIZE (ml)	CALORIES (kcal)	TOTAL FAT (g)	SAATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB- HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
<b>FOUNTAIN DRINKS (SMALL)</b>																
	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
	BRISK® LEMONADE	355	110	0	0	0	0	95	28	0	0	28	0	0	0	0
	SCHWEPES® GINGER ALE	355	130	0	0	0	0	45	34	0	0	34	0	0	0	0
	ORANGE CRUSH®*	355	160	0	0	0	0	50	44	0	0	43	0	0	0	0
	2% WHITE MILK	355	185	7	4	0	28	170	17	13	0	17	14	0	43	0
	CHOCOLATE MILK	355	240	4	2	0	14	256	37	13	0	37	14	0	43	3
	ORANGE JUICE	355	155	0	0	0	0	36	37	1	0	34	0	213	3	3
	APPLE JUICE	355	155	0	0	0	0	36	37	0	0	34	0	142	3	3
	PINEAPPLE JUICE	355	170	0	0	0	0	28	41	1	0	38	0	142	6	6
<b>BOTTLED / CANNED DRINKS (SMALL)</b>																
	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
	AQUAFINA® BOTTLED WATER	591	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>WARM DRINKS</b>																
	COFFEE	236	3	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

# NUTRITIONAL INFORMATION



Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

**HEALTHY ADULTS SHOULD AIM FOR 1,500 TO 2,300 MILLIGRAMS OF SODIUM PER DAY. CHILDREN AND SENIORS NEED LESS. HEALTHY ADULTS SHOULD AIM FOR 2,000 TO 2,400 CALORIES PER DAY. INDIVIDUAL NEEDS VARY DEPENDING ON AGE, ACTIVITY LEVEL AND GENDER. (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).



Boston Pizza is committed to providing you with nutritional information to help you make balanced dining choices.



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

**\*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.

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**NUTRITIONAL INFORMATION**

**BEVERAGES**

	NOTE	SERVING SIZE (ml)	CALORIES (kcal)	TOTAL FAT (g)	SAATURATED 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)
<b>FOUNTAIN DRINKS (SMALL)</b>																
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
BRISK® LEMONADE		355	110	0	0	0	0	95	28	0	0	28	0	0	0	0
SCHWEPES® GINGER ALE		355	130	0	0	0	0	45	34	0	0	34	0	0	0	0
ORANGE CRUSH®*		355	160	0	0	0	0	50	44	0	0	43	0	0	0	0
2% WHITE MILK		355	185	7	4	0	28	170	17	13	0	17	14	0	43	0
CHOCOLATE MILK		355	240	4	2	0	14	256	37	13	0	37	14	0	43	3
ORANGE JUICE		355	155	0	0	0	0	36	37	1	0	34	0	213	3	3
APPLE JUICE		355	155	0	0	0	0	36	37	0	0	34	0	142	3	3
PINEAPPLE JUICE		355	170	0	0	0	0	28	41	1	0	38	0	142	6	6
<b>BOTTLED / CANNED DRINKS (SMALL)</b>																
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
AQUAFINA® BOTTLED WATER		591	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>WARM DRINKS</b>																
COFFEE		236	3	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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The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

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JUN2017

## NUTRITIONAL INFORMATION

### STARTERS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
ALL MEAT BITES®	STARTER SIZE	298	490	29	11	0.5	190	1100	3	54	1	1	10	4	4	15
	DOUBLE ORDER	595	980	58	22	1	375	2200	7	109	2	1	25	6	6	35
	CASE	894	1470	87	33	2	570	3300	9	162	3	2	30	12	12	45
BREADED WINGS*	STARTER SIZE	312	780	50	8	0.4	255	2470	31	51	4	3	0	0	8	25
	DOUBLE ORDER	624	1550	100	15	1	515	4930	63	103	8	5	0	0	15	50
	CASE	936	2340	150	24	1	765	7410	93	153	12	9	0	0	24	75
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	30	40
	CASE	1107	2490	150	36	1	1155	6960	36	249	9	4	30	0	45	60
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
	CASE	1062	2340	150	39	1	1125	6690	27	216	9	12	17	0	60	60
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
	CASE	171	450	51	9	0	0	3570	6	0	0	0	30	120	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
	CASE	171	330	33	6	0	0	4380	6	1	0	0	24	135	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
	CASE	171	240	24	3	0	0	4920	6	1	0	0	24	180	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
	CASE	171	270	0.3	0	0	0	1740	66	2	2	60	0	30	2	6
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
	CASE	171	330	0.2	0	0	0	1980	81	2	2	75	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
	CASE	171	360	0	0	0	0	570	84	0	0	72	0	0	0	2
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
	CASE	14	15	0	0	0	0	4260	2	0.3	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
	CASE	171	1170	120	18	0.3	0	2040	27	3	6	15	45	12	6	18
THE STARTING LINEUP	6 NAKED WINGS	170	280	16	6	0.3	105	630	2	31	1	0	6	2	2	10
	6 FRIED WINGS	180	300	17	7	0.3	115	660	2	33	1	0	8	2	2	10
	6 BREADED WINGS*	165	410	27	4	0.2	135	1310	17	27	2	1	0	0	4	15
	6 ALL MEAT BITES®	198	350	11	2	0	75	970	24	35	4	2	0	0	0	20
	SALT AND PEPPER DRY RIBS	183	390	28	10	0.2	115	1090	2	33	1	0	8	30	8	20
	CHEESEBURGER SLIDERS	222	640	36	15	0.2	100	1020	45	33	3	3	8	0	20	35
THAI BITES	CHICKEN	343	530	13	2	0	50	1530	74	28	6	44	70	15	6	25
	SHRIMP	323	450	3	0.2	0	110	2040	86	20	4	39	70	20	6	20
BP'S CLASSIC NACHOS	FULL SIZE	850	2100	101	54	2.5	220	3180	191	84	18	10	90	25	190	35
	STARTER SIZE	439	1050	53	28	1.5	115	1680	96	43	9	5	45	15	100	20
THREE-CHEESE TOAST	SINGLE ORDER	124	370	18	9	0.4	35	840	35	16	0	0	15	4	25	0
	FULL ORDER	243	730	35	18	1	70	1660	71	32	0	0	25	4	50	0
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
BOSTON'S PIZZA BREAD		190	500	12	3	0.1	5	670	84	15	3	5	0	6	4	45
BANDERA PIZZA BREAD		333	950	56	17	1	55	1880	58	26	5	6	15	30	35	30
CHEESESTEAK CACTUS CUT NACHOS		574	1320	94	38	2	185	3410	52	58	7	13	70	110	110	15
POUTINE*		397	610	30	11	1.5	55	3340	67	19	4	6	10	0	40	0
SALT AND PEPPER DRY RIBS		386	780	56	20	0.5	235	550	3	66	1	1	30	50	15	30
CALAMARI		411	830	49	3.5	0.5	555	1660	53	39	2	2	10	15	10	30
MEDITERRANEAN HUMMUS AND VEGGIE PLATTER		566	1010	45	5	0.1	0	1300	125	31	15	14	140	170	15	100
BAKED FRENCH ONION SOUP		327	280	13	6	0.2	25	1990	27	14	3	9	15	20	15	6
SPINACH AND ARTICHOKE DIP		417	850	40	21	1	105	1570	93	32	5	7	15	25	30	50

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## NUTRITIONAL INFORMATION

### LUNCH

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
\$10 COMBOS	CLUBHOUSE FLATBREAD	374	950	57	18	1	135	1780	68	50	3	10	30	15	40	40
	THE LITTLE DIPPER	364	840	54	10	1	80	2240	62	28	3	5	15	35	15	15
	SANTA FE CHICKEN QUESADILLA	347	780	45	14	0.5	85	1880	63	32	3	9	25	40	40	25
	PRIMAVERA PENNE	390	820	54	9	0.1	10	930	75	18	9	16	15	90	8	40
	1/2 CHICKEN CAESAR SALAD	350	410	25	6	0.2	115	1160	8	42	3	5	70	50	8	20
MORE LUNCH OPTIONS	1/2 CRISPY CHICKEN PECAN SALAD	400	570	40	7	0.4	320	1060	10	47	4	5	60	35	20	20
	1/2 MEDITERRANEAN CHICKEN SALAD	401	290	14	4.5	0.1	100	1180	11	38	4	3	290	110	10	50
	THE BIG DIPPER	586	1320	72	16	1	125	3520	117	53	5	7	25	60	20	25
	CHIPOTLE CHICKEN CLUB	475	950	40	13	0.5	150	1650	86	66	4	8	30	20	25	60
	MONTREAL SMOKED MEAT SANDWICH*	367	910	64	32	2	190	2540	38	47	5	4	30	0	40	35
	THAI CHICKEN WRAP	362	860	39	4.5	0.2	50	1880	102	25	6	31	70	10	6	35
	GRILLED THAI CHICKEN WRAP	419	810	33	4	0.2	100	2120	85	42	4	27	70	15	6	35
	THE MVB™	469	1040	77	28	2	220	1530	49	53	3	9	35	15	30	35
	BOSTON BRUTE	456	800	24	11	0.5	70	3030	108	40	2	12	35	35	30	15
	JAMBALAYA FETTUCCINI* (LUNCH SIZE PORTION)	430	680	30	7	0.1	5	1470	72	30	5	5	30	35	10	25

### SALADS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BP'S HOUSE CHICKEN SALAD	ENTRÉE SIZE	624	670	41	5	0.5	95	990	40	43	10	23	210	200	15	

**DO NOT GIVE VERBAL INSTRUCTIONS. CHECK CAREFULLY!**  
Beyond this point we cannot accept responsibility for any errors. Alterations (other than typographical errors) will be charged extra. Mark proof "OK" or "DK" with corrections as the case may be, signing your name so we may know that the proof reached the proper authority.

SIGNATURE OF APPROVAL \_\_\_\_\_ DATE \_\_\_\_\_

## 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)
BAKED CHIPOTLE BACON PENNE		746	1470	91	36	1	170	2950	114	57	6	14	50	15	70	35
BAKED SEVEN-CHEESE RAVIOLI		355	870	31	18	1	120	1270	70	39	2	4	20	2	70	30
BOSTON'S BROKEN LASAGNA*		669	1070	48	21	0.5	135	2320	106	56	8	10	20	60	35	45
BOSTON'S GARLIC SHRIMP SPAGHETTI		754	1680	99	18	1	10	2300	137	56	8	6	8	25	15	40
BOSTON'S LASAGNA*		629	790	23	11	0.4	70	1990	107	41	8	11	20	70	35	45
BOSTON'S SMOKY MOUNTAIN SPAGHETTI AND MEATBALLS		1096	1760	63	29	0.5	150	3050	222	81	18	15	15	70	40	100
CHICKEN AND MUSHROOM FETTUCCINI		780	1200	51	15	0.1	115	2360	143	45	7	15	20	6	15	45
JAMBALAYA FETTUCCINI		860	1350	60	13	0.2	160	2940	143	60	10	10	60	70	20	50
MEDITERRANEAN VEGETABLE BOWTIE		796	1210	51	9	0.5	30	2200	155	33	14	26	90	140	25	60
PESTO CHICKEN BOWTIE		681	1220	46	10	0.2	110	3000	143	64	12	29	20	60	30	70
MONTRÉAL SMOKED MEAT SPAGHETTI*		683	890	16	5	0.1	80	2160	142	45	10	11	8	50	10	60
Gourmet Pastas above served with:	GARLIC TOAST (1 SLICE)	56	180	6	2.5	0	10	330	27	5	1	1	4	2	2	8

### CREATE YOUR OWN PASTA

		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)
BOWTIE	FULL ORDER - PASTA ONLY	283	500	1.5	0.5	0	0	115	102	17	3	5	0	0	4	15
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
FIFTY-50 (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
Create Your Own Pasta above served with:	GARLIC TOAST (1 SLICE)	56	180	6	2.5	0	10	330	27	5	1	1	4	2	2	8

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

**\*SELECT MARKETS ONLY**

**IN-STORE USE - FOR MORE INFORMATION PLEASE VISIT US AT 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.


## NUTRITIONAL INFORMATION

### HAND-HELDS & BURGERS

	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 BRUTE		456	800	24	11	0.5	70	3030	108	40	2	12	35	35	30	15
CHIPOTLE CHICKEN CLUB		475	950	40	13	0.5	150	1650	86	66	4	8	30	20	25	60
MEDITERRANEAN CHICKEN WRAP		511	730	31	6	0.2	95	1940	66	48	7	5	40	70	8	50
OVEN-ROASTED CHICKEN QUESADILLA		467	1140	69	21	1	145	3310	77	56	7	16	40	40	60	45
MONTRÉAL SMOKED MEAT SANDWICH*		381	910	59	29	1.5	225	3030	40	59	7	7	30	0	35	40
KICK'N MEMPHIS CHICKEN SANDWICH		514	1220	75	19	1	185	2450	89	53	4	15	45	15	30	45
STEAK SANDWICH*		502	1010	50	19	1	75	3070	105	34	1	9	0	4	45	2
THE BIG DIPPER		586	1320	72	16	1	125	3520	117	53	5	7	25	60	20	25
THE MVB**		469	1040	77	28	2	220	1530	49	53	3	9	35	15	30	35
PEPPERONI AND BACON PIZZABURGER®		492	1160	75	28	2	215	1950	68	70	3	6	30	20	35	60
DOUBLE BACON BBQ BURGER		465	1110	78	28	2	215	2050	60	54	3	18	20	15	10	40
VEGGIE QUINOA BURGER		362	770	42	16	0.5	85	1630	70	30	7	11	35	25	30	35
TACOS																
	CHICKEN	519	850	47	14	0.5	135	2040	61	53	5	17	80	60	35	30
	SHRIMP	463	870	47	14	0.5	125	2170	88	32	6	17	80	60	35	25
Served with your choice of sides.	FRIES	227	350	13	2	0.3	0	1270	54	5	4	2	0	0	0	0
Add on additional values.	CAESAR SALAD	142	170	16	3	0	10	310	6	5	2	4	0	45	4	6
	GARDEN SALAD	124	120	10	0.5	0	0	190	7	1	2	3	50	50	4	6

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

 Boston Pizza is committed to providing you with nutritional information to help you make balanced dining choices.

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

**Informed Dining** 



## NUTRITIONAL INFORMATION

### PIZZAS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BBQ CHICKEN	INDIVIDUAL PIZZA	354	730	24	13	0.5	70	1190	93	37	4	12	35	25	50	50
	AVERAGE MEDIUM SLICE	96	190	6	3	0.2	20	320	25	10	1	4	10	8	10	15
Thin Crust	INDIVIDUAL PIZZA	213	440	15	8	0.4	50	730	55	24	2	8	20	15	30	30
	AVERAGE MEDIUM SLICE	62	120	4	2	0.1	15	230	15	7	1	3	6	4	8	8
BOSTON ROYAL	INDIVIDUAL PIZZA	462	780	26	12	0.5	90	1740	97	43	6	12	30	60	45	50
	AVERAGE MEDIUM SLICE	124	200	6	3	0.1	20	440	26	11	2	3	8	15	10	15
Thin Crust	INDIVIDUAL PIZZA	283	480	17	8	0.4	60	1110	57	27	3	7	15	35	25	30
	AVERAGE MEDIUM SLICE	79	130	4.5	2	0.1	15	310	15	7	1	2	4	10	6	8
GREAT WHITE NORTH	INDIVIDUAL PIZZA	388	890	38	22	1	105	1910	89	50	4	10	45	25	80	50
	AVERAGE MEDIUM SLICE	101	220	8	5	0.2	25	490	24	12	1	3	10	6	15	15
Thin Crust	INDIVIDUAL PIZZA	196	410	13	7	0.3	40	890	52	22	2	5	15	10	25	30
	AVERAGE MEDIUM SLICE	60	120	4.5	2.5	0.1	15	310	14	7	1	2	6	4	10	8
LA QUÉBÉCOISE® BOSTON*	INDIVIDUAL PIZZA	411	770	28	14	0.5	70	1570	92	40	5	11	30	60	40	60
	AVERAGE MEDIUM SLICE	104	200	7	3.5	0.2	20	420	25	10	1	3	8	20	10	15
Thin Crust	INDIVIDUAL PIZZA	269	540	24	12	0.5	60	1210	54	29	4	6	20	50	30	35
	AVERAGE MEDIUM SLICE	67	130	6	3	0.1	15	330	14	7	1	2	6	10	6	10
MONTRÉAL SMOKED MEAT*	INDIVIDUAL PIZZA	411	760	24	11	0.5	95	1490	92	47	5	11	25	60	35	60
	AVERAGE MEDIUM SLICE	105	190	5	2.5	0.1	20	350	24	11	1	3	6	15	8	15
Thin Crust	INDIVIDUAL PIZZA	312	550	21	10	0.5	85	1260	56	38	4	8	20	50	30	40
	AVERAGE MEDIUM SLICE	74	130	4.5	2	0.1	15	300	15	8	1	2	6	10	6	10
SPICY PEROGY	INDIVIDUAL PIZZA	390	950	45	17	1	90	1170	92	45	4	4	20	15	50	50
	AVERAGE MEDIUM SLICE	119	280	14	5	0.3	25	360	27	13	1	1	6	6	15	15
Thin Crust	INDIVIDUAL PIZZA	241	560	27	9	0.4	50	690	57	26	3	3	10	15	25	30
	AVERAGE MEDIUM SLICE	74	180	9	3.5	0.2	20	260	15	9	1	1	4	4	10	8
THE MEATEOR™	INDIVIDUAL PIZZA	397	880	42	20	1	110	1780	88	48	5	5	15	20	40	60
	AVERAGE MEDIUM SLICE	108	240	11	5	0.3	30	480	24	13	1	1	4	6	10	15
Thin Crust	INDIVIDUAL PIZZA	230	520	25	12	0.5	65	1100	51	29	3	3	10	10	25	30
	AVERAGE MEDIUM SLICE	68	150	8	3.5	0.2	20	340	14	8	1	1	2	4	6	10
BACON DOUBLE CHEESEBURGER	INDIVIDUAL PIZZA	425	960	47	22	1	125	1950	93	52	5	13	35	25	50	60
	AVERAGE MEDIUM SLICE	116	240	12	6	0.3	35	530	25	14	1	4	10	8	10	15
Thin Crust	INDIVIDUAL PIZZA	227	520	23	12	0.5	60	910	53	26	3	7	20	15	30	30
	AVERAGE MEDIUM SLICE	71	150	7	3.5	0.2	20	320	14	8	1	2	6	6	8	10
DELUXE	INDIVIDUAL PIZZA	411	770	27	14	0.5	75	1870	92	42	5	10	30	60	40	60
	AVERAGE MEDIUM SLICE	111	200	7	3.5	0.2	20	490	25	11	1	3	8	20	10	15
Thin Crust	INDIVIDUAL PIZZA	238	460	17	8	0.4	50	1140	53	26	3	6	15	30	25	30
	AVERAGE MEDIUM SLICE	69	120	4.5	2	0.1	10	320	14	7	1	2	6	10	6	8
HAWAIIAN	INDIVIDUAL PIZZA	388	700	19	10	0.5	60	1460	100	37	4	19	30	50	40	50
	AVERAGE MEDIUM SLICE	107	190	4.5	2.5	0.1	15	400	27	10	1	6	8	15	10	15
Thin Crust	INDIVIDUAL PIZZA	238	420	11	6	0.3	35	890	59	22	2	12	15	30	25	30
	AVERAGE MEDIUM SLICE	70	120	3	1.5	0.1	10	280	16	6	1	4	6	10	6	8
PEPPERONI	INDIVIDUAL PIZZA	326	750	28	14	0.5	70	1560	89	38	4	10	30	25	40	50
	AVERAGE MEDIUM SLICE	87	200	7	3.5	0.2	20	420	24	10	1	3	8	6	10	15
Thin Crust	INDIVIDUAL PIZZA	198	490	21	10	0.5	50	1090	52	25	3	5	15	10	25	30
	AVERAGE MEDIUM SLICE	56	130	6	3	0.1	15	330	14	7	1	2	6	4	6	8

## NUTRITIONAL INFORMATION

### PIZZAS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
MEDITERRANEAN	INDIVIDUAL PIZZA	418	800	26	13	0.5	60	1820	108	40	9	22	45	50	45	70
	AVERAGE MEDIUM SLICE	118	220	7	3.5	0.2	15	510	30	11	3	6	15	15	10	20
Thin Crust	INDIVIDUAL PIZZA	257	500	18	9	0.4	40	1050	63	25	5	12	25	30	30	45
	AVERAGE MEDIUM SLICE	79	140	5	2.5	0.1	10	360	18	7	2	4	10	10	8	15
VEGETARIAN	INDIVIDUAL PIZZA	468	670	17	10	0.5	45	1070	97	34	6	14	35	80	40	50
	AVERAGE MEDIUM SLICE	119	170	4.5	2.5	0.1	10	280	26	9	1	4	10	20	10	15
Thin Crust	INDIVIDUAL PIZZA	269	390	10	6	0.3	30	600	56	20	3	8	20	45	25	30
	AVERAGE MEDIUM SLICE	77	100	3	1.5	0.1	10	190	15	5	1	3	6	15	6	8
RUSTIC ITALIAN	INDIVIDUAL PIZZA	421	820	32	16	0.5	80	1710	96	38	5	14	35	70	40	50
	AVERAGE MEDIUM SLICE	121	230	10	4.5	0.2	25	510	26	11	2	4	10	20	10	15
Thin Crust	INDIVIDUAL PIZZA	251	530	23	12	0.5	60	1270	56	26	3	8	20	35	30	30
	AVERAGE MEDIUM SLICE	75	140	6	3	0.1	15	390	15	7	1	3	8	15	8	8
TROPICAL CHICKEN	INDIVIDUAL PIZZA	383	900	38	17	0.5	120	1670	94	48	4	15	20	40	40	50
	AVERAGE MEDIUM SLICE	108	250	11	5	0.2	35	480	26	13	1	4	6	10	10	15
Thin Crust	INDIVIDUAL PIZZA	213	470	18	8	0.3	55	800	55	23	2	8	10	20	20	30
	AVERAGE MEDIUM SLICE	65	150	7	3	0.1	20	300	14	8	1	2	4	6	8	8
TUSCAN	INDIVIDUAL PIZZA	425	920	36	19	1	90	1730	106	46	8	16	7	60	60	70
	AVERAGE MEDIUM SLICE	115	250	10	5	0.2	25	480	29	12	2	5	15	15	15	20
Thin Crust	INDIVIDUAL PIZZA	249	540	22	11	0.5	60	1050	61	28	4	8	35	30	35	40
	AVERAGE MEDIUM SLICE	75	160	7	3	0.1	15	350	17	8	1	3	10	10	10	10
VIVA ITALIA	INDIVIDUAL PIZZA	507	1030	49	20	0.5	135	2630	95	54	6	12	40	80	40	60
	AVERAGE MEDIUM SLICE	146	280	15	6	0.2	40	790	26	16	2	3	10	25	10	15
Thin Crust	INDIVIDUAL PIZZA	377	750	39	16	0.5	105	2140	58	40	4	8	30	60	30	40
	AVERAGE MEDIUM SLICE	106	210	11	4.5	0.1	30	620	15	11	1	2	8	20	8	10

### BP'S SIGNATURE FLATBREADS

	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SOUTHWEST FLATBREAD	378	870	36	15	1	125	1820	88	48	3	24	20	25	50	40
SPICY ITALIAN FLATBREAD	361	750	34	16	1	80	1450	76	35	5	12	45	80	40	45

### CREATE YOUR OWN PIZZA

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (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 MEDIUM SLICE	79	220	4	2.5	0.1	10	280	24	8	1	3	8	6	10	15
Thin Crust	INDIVIDUAL PIZZA	170	380	11	6	0.3	30	590	34	16	3	4	15	10	25	20
	AVERAGE MEDIUM SLICE	48	140	3	1.5	0.1	10	190	9	4	1	2	6	4	6	6

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

#### \*SELECT MARKETS ONLY

#### IN-STORE USE - FOR MORE INFORMATION PLEASE VISIT US AT

## NUTRITIONAL INFORMATION

### MAINS

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
CHICKEN PARMESAN		524	510	36	9	0.4	130	2070	75	49	5	9	100	100	30	35
RIBBER-WINGER COMBO		552	1270	67	23	0.3	235	1580	37	72	5	5	80	80	8	25
CHICKEN BROCHETTES*		518	1130	39	6	0.1	90	2590	151	50	5	8	80	150	30	20
NY STRIP LOIN STEAK	8oz PORTION*	357	430	17	7	1	105	250	16	40	3	3	70	80	20	35
	10oz PORTION*	414	480	20	8	1	120	290	18	47	3	3	70	90	25	45
SLOW-ROASTED PORK BACK RIBS	FULL RACK	524	1090	80	28	0	205	1000	35	65	4	4	70	80	6	10
	HALF RACK	354	680	46	16	0	110	890	35	36	4	4	70	80	6	10
CEDAR-SEASONED SALMON FILET	WILD SALMON*	425	320	10	2	0	111	763	2	42	0	0	5	49	10	15
	ATLANTIC SALMON*	425	300	12	2	0	111	689	2	42	0	0	0	49	0	0
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.	SPAGHETTI	298	370	4.5	1.5	0	10	620	70	15	4	5	2	25	4	25
	FRIES	227	350	13	2	0	0	1270	54	5	4	2	0	0	0	0
	RICE*	170	200	0	0	0	0	15	44	5	2	0	0	0	0	0
	GARLIC MASHED POTATOES	283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
	SEASONAL VEGETABLES	136	100	7	1	0	0	480	8	2	3	3	70	80	4	4

## NUTRITIONAL INFORMATION

### GLUTENWISE®

	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
OVEN-ROASTED WINGS	STARTER SIZE	354	840	50	13	0.4	375	2230	9	72	3	4	6	0	20	20
	DOUBLE ORDER	709	1680	99	27	1	750	4460	19	145	5	8	10	0	40	40
BP'S HOUSE CHICKEN SALAD	ENTRÉE SIZE	624	670	41	5	0.5	95	990	40	43	10	23	210	200	15	35
GARDEN SALAD	STARTER SIZE	206	180	14	1	0.2	0	170	13	2	3	7	100	100	6	10
SMART EATS BP'S HOUSE CHICKEN SALAD	ENTRÉE SIZE	624	670	41	5	0.5	95	990	40	43	10	23	210	200	15	35
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	240	23	5	0.2	30	610	6	9	2	5	8	45	6	10
MEDITERRANEAN CHICKEN SALAD	ENTRÉE SIZE	644	430	22	6	0.2	105	1670	21	43	6	8	110	140	15	30
MEDITERRANEAN SALAD (NO PROTEIN)	STARTER SIZE	238	140	11	3	0.1	10	590	10	5	3	4	50	70	6	10
ROASTED BEET AND PEACH SALAD	ENTRÉE SIZE	496	550	32	7	0.3	30	290	56	14	8	32	120	280	15	30
GRILLED CHICKEN PECAN SALAD	ENTRÉE SIZE	631	1000	79	14	0.5	560	1600	19	62	7	10	130	70	35	35
CHIPOTLE CHICKEN CLUB		380	840	41	13	0.5	150	2020	43	55	7	7	30	15	30	35
MONTRÉAL SMOKED MEAT SANDWICH*		358	740	38	15	1	165	2940	49	57	11	7	10	0	45	50
THE MVB™		448	930	70	22	2	180	1570	45	48	7	4	25	15	40	40
INDIVIDUAL GLUTENWISE® PIZZA	INDIVIDUAL - CHEESE ONLY	278	720	29	11	0.5	100	1420	89	26	11	14	35	15	40	20
KIDS GLUTENWISE® PIZZA	KIDS - CHEESE ONLY	146	380	16	7	0.3	55	770	44	14	5	7	20	8	25	8
NY STRIP LOIN STEAK	8oz PORTION*	357	380	17	7	1	105	250	16	40	3	3	70	80	20	35
	10oz PORTION*	414	440	20	8	1	120	290	18	47	3	3	70	90	25	45
CEDAR-SEASONED SALMON FILET	WILD SALMON*	425	320	10	2	0	111	763	2	42	0	0	5	49	10	15
	ATLANTIC SALMON*	425	300	12	2	0	111	689	2	42	0	0	0	49	0	0
SLOW-ROASTED PORK BACK RIBS	FULL RACK	524	1090	80	28	0	205	1000	35	65	4	4	70	80	6	10
	HALF RACK	354	680	46	16	0	110	890	35	36	4	4	70	80	6	10
FUSILLI	TOMATO MARINARA	510	700	10.5	1	0	0	1110	132	11	5	7	60	45	10	10
	CREAMY ALFREDO	510	810	24.5	11	0	55	1450	130	16	3	9	20	0	15	6
	FIFTY-50	510	760	17.5	6	0	30	1280	131	14	4	8	35	25	10	8
	BEEFY BOLOGNESE	510	700	8.5	2.5	0	25	1090	132	18	5	7	4	45	4	21

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	NOTE	SERVING SIZE (g)	CALORIES (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBO-HYDRATE (g)	PROTEIN (g)	DIETARY FIBRE (g)	SUGARS (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SMART EATS™																
MEDITERRANEAN VEGETABLE BOWTIE		398	600	25	4.5	0.3	15	1100	77	17	7	13	45	70	10	30
BP'S HOUSE CHICKEN SALAD	ENTRÉE SIZE	624	520	19	2	0.1	210	1560	25	68	6	4	60	30	10	30
CEDAR-SEASONED SALMON FILET	WILD SALMON*	425	320	10	2	0	111	763	2	42	0	0	5	49	10	15
	ATLANTIC SALMON*	425	300	12	2	0	111	689	2	42	0	0	0	49	0	0
NY STRIP LOIN STEAK	8oz PORTION*	357	380	17	7	1	105	250	16	40	3	3	70	80	20	35
	10oz PORTION*	414	440	20	8	1	120	290	18	47	3	3	70	90	25	45
VEGETARIAN PIZZA	THIN CRUST INDIVIDUAL PIZZA	269	390	10	6	0.3	30	600	56	20	3	8	20	45	25	30

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

### \*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.



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**Informed Dining**

JUN2017

## NUTRITIONAL INFORMATION

### KIDS

	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	REGULAR CRUST	198	430	11	6	0.3	30	590	65	21	3	6	15	15	25	35
GLUTENWISE® PIZZA	CHEESE ONLY	146	380	16	7	0.3	55	770	44	14	5	7	20	8	25	8
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)	113	80	3.5	1	0	10	540	8	5	1	3	2	25	2	6
TOMATO MARINARA	SAUCE ONLY (4oz)	113	80	4.5	0.5	0	0	560	8	1	1	3	30	25	4	2
CREAMY ALFREDO	SAUCE ONLY (4oz)	113	140	11	6	0	30	730	7	3	0	5	10	0	6	0
FIFTY-50	SAUCE ONLY (4oz)	113	110	8	3	0	15	640	7	2	1	4	20	10	6	2
BUGS 'N' CHEESE		255	430	15	9	0.4	45	740	51	23	2	3	15	0	30	0
CHICKEN FINGERS		251	210	3	0.5	0	50	600	28	21	3	16	45	20	4	15
BP KIDS CHEESEBURGERS		205	490	24	10	0.1	65	1140	45	23	3	16	4	2	15	25
GOOEY GRILLED CHEESE		153	390	15	8	0.4	35	840	47	10	1	0	10	0	25	0
QUESADILLA		181	460	22	11	0.5	90	1110	33	30	1	0	15	0	35	15
Sides for above items	TOSSED SALAD	99	110	10	0.5	0	0	170	5	1	1	2	15	4	2	2
	CAESAR SALAD	71	100	10	2	0.1	10	190	3	3	1	2	30	25	2	4
	FRIES	113	180	7	1	0.2	0	630	27	2	2	1	0	0	0	0
	GARLIC MASHED POTATOES	142	160	8	2	0.3	5	460	19	2	2	1	0	0	0	0
	STEAMED VEGETABLES	113	0	0.2	0	0	0	10	5	2	3	2	0	45	0	0
	RICE*	85	100	0	0	0	0	0	22	3	1	0	0	0	0	0
	CUCUMBER AND CARROT STICKS WITH DIP	113	320	34	2	0.4	20	450	6	2	1	5	10	60	0	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		123	300	9	3	0.2	15	160	54	3	2	30	0	0	6	0
FRUIT CUP		107	80	0	0	0	0	4	19	0.3	1	18	0	0	0	0
ALL STAR ISLAND PUNCH		128	80	0	0	0	0	5	18	0.5	0	16	0	60	2	2
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

### DESSERTS

	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)
CHOCOLATE BROWNIE ADDICTION	REGULAR SIZE	247	600	19	6	0	35	320	108	6	3	61	0	0	10	0
	BITE-SIZE	123	300	9	3	0.2	15	160	54	3	2	30	0	0	6	0
APPLE CRISP	WITH ICE CREAM	407	760	19	5	0	10	210	145	7	6	87	0	0	4	0
CHOCOLATE EXPLOSION		239	870	49	28	0.5	130	530	98	11	5	59	0	0	0	0
NEW YORK CHEESECAKE		228	600	32	16	0.5	140	460	76	11	1	44	0	0	0	0
TARTE AU SUCRE*		153	560	11	15	1	45	370	76	3	0	43	0	2	6	8
THE PANOOKIE	WITH ICE CREAM	255	880	38	15	0.3	50	610	133	11	4	77	30	0	10	30

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## 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 DISHES	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
	PEPPERCORN SAUCE*	57	45	2	0.4	0	0	400	3	1	1	1	0	0	0	0
	SPAGHETTI WITH BEEFY BOLOGNESE	298	370	4.5	1.5	0	10	620	70	15	4	5	2	25	4	25
	FRIES	227	350	13	2	0	0	1270	54	5	4	2	0	0	0	0
	RICE*	170	200	0	0	0	0	15	44	5	2	0	0	0	0	0
	GARLIC MASHED POTATOES	283	320	15	4	0.5	10	920	37	5	4	2	0	0	0	0
	SEASONAL VEGETABLES	136	100	7	1	0	0	480	8	2	3	3	70	80	4	4
MORE GREAT ADD ONS	TWO GARLIC SHRIMP SKEWERS	105	170	10	2.5	0.1	130	430	1	17	0	0	6	4	4	15
	YAM FRIES WITH CHIPOTLE DIP	283	540	33	3	0.3	10	840	59	4	4	22	70	30	8	10
	CACTUS CUTS	227	580	46	7	1	35	700	36	6	4	2	4	35	8	10
	SPINACH SALAD	60	70	5	2	0	40	125	3	4	1	2	20	10	2	6
	CHICKEN BREAST	170	150	1.5	0.5	0	85	550	0	33	0	0	2	2	2	10
	BAKED WILD SALMON FILET*	101	130	4	1	0	45	310	1	17	0	0	2	20	4	6
	BAKED ATLANTIC SALMON FILET*	101	120	5	1	0	45	280	1	17	0	0	0	20	0	0
	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
	BEEFY BOLOGNESE SAUCE ONLY (4oz)	113	80	3.5	1	0	10	540	8	5	1	3	2	25	2	6
	CAJUN SHRIMP	108	180	10	2.5	0.1	130	620	3	17	1	0	6	4	6	15
	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
	ADD GUACAMOLE	113	160	14	2.5	0	0	440	10	2	7	2	6	20	2	2

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