

Nutritional Analysis for BP Soups and Salads

*Nutritional Information for Meal Sized Salads Does Not include Garlic Toast

*Nutritional information for all salads includes salad dressing

Food Item:	Note:	Grams/ serving	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo- hydrate	Protein	Dietary Fibre	Sugars	Vitamin A	Vitamin C	Calcium	Iron
Baked French Onion Soup		328 g	310	14 g	6 g	6 g	0.3 mg	2400 mg	35 g	17 g	3 g	9 g	4 %	6 %	10 %	2 %
Boston's Signature Chili		255 g	320	20 g	9 g	0.5 g	60 mg	820 mg	16 g	18 g	5 g	5 g	0 %	0 %	20 %	0 %
Garden Greens served with our signature sun-dried tomato balsamic vinaigrette		305 g	310	27 g	2 g	0.4 g	0 mg	240 mg	14 g	3 g	4 g	9 g	70 %	110 %	8 %	30 %
Spinach Salad	Starter	159 g	250	21 g	5 g	0.3 g	35 mg	520 mg	6 g	9 g	2 g	4 g	60 %	35 %	15 %	10 %
	Entree Size	269 g	460	40 g	8 g	0.5 g	60 mg	920 mg	10 g	15 g	3 g	6 g	110 %	60 %	25 %	25 %
Caesar Salad	Starter	168 g	250	20 g	3.5 g	0.2 g	15 mg	460 mg	17 g	7 g	3 g	5 g	70 %	50 %	4 %	8 %
	Entree Size	300 g	500	39 g	7 g	0.4 g	30 mg	920 mg	33 g	13 g	4 g	10 g	130 %	90 %	6 %	15 %
Citrus Chicken Salad	Grilled chicken	554 g	770	16 g	3.5 g	0 g	60 mg	1080 mg	119 g	30 g	6 g	21 g	90 %	100 %	8 %	30 %
Citrus Chicken Salad	Crispy chicken	597 g	900	29 g	5 g	0 g	55 mg	1280 mg	128 g	30 g	9 g	23 g	90 %	100 %	8 %	30 %
Chipotle Chicken & Bacon Salad		630 g	630	41 g	8 g	0.5 g	50 mg	1060 mg	41 g	28 g	6 g	8 g	45 %	50 %	25 %	10 %
Taco Salad	Beef-no sour cream/salsa	291 g	440	26 g	11 g	1 g	80 mg	700 mg	25 g	29 g	5 g	3 g	35 %	40 %	20 %	10 %
Taco Salad	Chicken-no sour cream/salsa	291 g	310	12 g	5 g	0.2 g	70 mg	850 mg	22 g	29 g	4 g	3 g	35 %	40 %	20 %	10 %
Crispy Chicken Pecan Salad	With Ranch Dressing	659 g	1140	93 g	15 g	0.5 g	535 mg	1890 mg	33 g	55 g	12 g	13 g	90 %	70 %	30 %	20 %

Note: 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.