

# Nutritional Analysis for BP Starters

Food Item:	Note:	Grams/ serving	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbo- hydrat	Protein	Dietary Fibre	Sugars	Vitamin A	Vitamin C	Calcium	Iron
Boston's Oven Roasted BBQ Wings	Starter Size	292 g	480	30 g	10 g	0.4 g	180 mg	1590 mg	18 g	37 g	1 g	11 g	4 %	6 %	4 %	20 %
	Double Order	587 g	970	61 g	20 g	1 g	365 mg	3170 mg	35 g	23 g	3 g	23 g	8 %	10 %	6 %	40 %
Boston's Oven Roasted Honey Garlic Wings	Starter Size	292 g	490	30 g	10 g	0.4 g	180 mg	1290 mg	20 g	37 g	1 g	13 g	2 %	4 %	2 %	0 %
	Double Order	587 g	990	61 g	20 g	1 g	365 mg	2590 mg	40 g	73 g	2 g	26 g	6 %	6 %	4 %	2 %
Boston's Oven Roasted Thai Chili Wings	Starter Size	349 g	600	30 g	10 g	0.4 g	180 mg	2180 mg	47 g	37 g	2 g	38 g	2 %	4 %	2 %	2 %
	Double Order	644 g	1090	61 g	20 g	1 g	365 mg	3720 mg	69 g	74 g	4 g	49 g	2 %	20 %	4 %	4 %
Boston's Oven Roasted Mild Wings	Starter Size	264 g	430	30 g	10 g	0.4 g	180 mg	1200 mg	6 g	37 g	1 g	1 g	2 %	4 %	2 %	0 %
	Double Order	530 g	870	61 g	20 g	1 g	365 mg	2400 mg	12 g	73 g	2 g	2 g	6 %	6 %	4 %	2 %
Boston's Oven Roasted Hot Wings	Starter Size	292 g	440	30 g	10 g	0.4 g	180 mg	2240 mg	7 g	37 g	1 g	2 g	2 %	4 %	2 %	2 %
	Double Order	587 g	880	61 g	20 g	1 g	365 mg	4480 mg	14 g	74 g	3 g	5 g	6 %	6 %	6 %	4 %
Boston's Oven Roasted Teriyaki Wings	Starter Size	292 g	480	30 g	10 g	0.4 g	180 mg	1520 mg	18 g	37 g	1 g	11 g	2 %	4 %	2 %	2 %
	Double Order	587 g	970	61 g	20 g	1 g	365 mg	3040 mg	36 g	74 g	2 g	22 g	6 %	8 %	6 %	2 %
Boston's Breaded BBQ Wings	Starter Size	299 g	560	33 g	8 g	0 g	170 mg	1890 mg	32 g	34 g	2 g	15 g	4 %	10 %	15 %	35 %
	Double Order	658 g	1220	66 g	16 g	0.1 g	340 mg	4570 mg	87 g	69 g	5 g	50 g	10 %	25 %	30 %	110 %
Boston's Breaded Honey Garlic Wings	Starter Size	299 g	570	33 g	8 g	0 g	170 mg	1600 mg	34 g	34 g	2 g	16 g	2 %	6 %	15 %	15 %
	Double Order	602 g	1140	65 g	16 g	0.1 g	340 mg	3200 mg	68 g	67 g	4 g	32 g	6 %	15 %	30 %	35 %
Boston's Breaded Mild Wings	Starter Size	271 g	510	33 g	8 g	0 g	170 mg	1510 mg	20 g	34 g	2 g	4 g	2 %	6 %	15 %	15 %
	Double Order	545 g	1020	65 g	16 g	0.1 g	340 mg	3010 mg	40 g	67 g	4 g	8 g	6 %	15 %	30 %	35 %
Boston's Breaded Hot Wings	Starter Size	299 g	510	33 g	8 g	0 g	170 mg	2550 mg	21 g	34 g	2 g	5 g	2 %	6 %	15 %	20 %
	Double Order	602 g	1030	66 g	16 g	0.1 g	340 mg	5100 mg	42 g	68 g	5 g	11 g	6 %	15 %	30 %	35 %
Boston's Breaded Teriyaki Wings	Starter Size	299 g	560	33 g	8 g	0 g	170 mg	1830 mg	32 g	34 g	2 g	14 g	2 %	8 %	15 %	20 %
	Double Order	587 g	970	61 g	20 g	1 g	365 mg	3040 mg	36 g	74 g	2 g	22 g	6 %	8 %	6 %	2 %
Boston's Breaded Thai Wings	Starter Size	384 g	730	33 g	8 g	0.1 g	170 mg	2820 mg	75 g	34 g	3 g	53 g	2 %	8 %	15 %	20 %
	Double Order	772 g	1460	66 g	16 g	0.1 g	340 mg	5640 mg	150 g	69 g	6 g	107 g	6 %	15 %	30 %	40 %
Bandera Pizza Bread	Sante Fe Ranch Dip	333 g	960	54 g	10 g	1 g	50 mg	1880 mg	89 g	32 g	1 g	8 g	10 %	10 %	40 %	45 %
Boston's Pizza Bread	Without Meatsauce Dip	190 g	500	12 g	3 g	0.1 g	5 mg	660 mg	84 g	15 g	0 g	5 g	0 %	6 %	4 %	45 %
Sun-Dried Tomato Bruschetta		257 g	400	18 g	3.5 g	0.1 g	0 mg	960 mg	52 g	9 g	4 g	5 g	6 %	20 %	4 %	35 %
Three Cheese Toast	Single Order	124 g	370	18 g	9 g	0.4 g	35 mg	800 mg	36 g	17 g	0 g	0 g	4 %	4 %	30 %	0 %
	Basket to share	243 g	730	34 g	18 g	1 g	70 mg	1580 mg	72 g	33 g	0 g	0 g	6 %	4 %	60 %	0 %
Taco Beef Nachos	Sour Cream & Salsa	624 g	1370	81 g	33 g	2 g	170 mg	2360 mg	94 g	69 g	10 g	5 g	10 %	45 %	90 %	4 %
Spicy Chicken Nachos	Sour Cream & Salsa	624 g	1240	68 g	27 g	1.5 g	160 mg	2520 mg	92 g	70 g	9 g	4 g	10 %	45 %	90 %	4 %
Nachos	Sour Cream & Salsa	539 g	1130	67 g	27 g	1.5 g	110 mg	1970 mg	91 g	49 g	9 g	4 g	10 %	45 %	90 %	4 %
Cactus Cuts Potatoes & Dip		283 g	830	70 g	9 g	1 g	60 mg	950 mg	38 g	10 g	4 g	2 g	6 %	2 %	8 %	2 %
Chicken Fingers		189 g	330	19 g	2.5 g	0 g	70 mg	1040 mg	14 g	31 g	5 g	2 g	0 %	0 %	0 %	0 %
	Served with your choice of:															
	Fries	157 g	250	9 g	1.5 g	0.2 g	0 mg	880 mg	37 g	3 g	3 g	1 g	0 %	0 %	0 %	0 %
	Caesar Salad	97 g	170	11 g	2 g	0.1 g	10 mg	300 mg	14 g	5 g	1 g	3 g	35 %	30 %	2 %	4 %
Chicken Fingers - Buffalo Style		260 g	340	19 g	2.5 g	0 g	70 mg	2620 mg	17 g	31 g	6 g	5 g	2 %	2 %	2 %	2 %
Served with your choice of:																
	Fries	157 g	250	9 g	1.5 g	0.2 g	0 mg	880 mg	37 g	3 g	3 g	1 g	0 %	0 %	0 %	0 %
	Caesar Salad	97 g	170	11 g	2 g	0.1 g	10 mg	300 mg	14 g	5 g	1 g	3 g	35 %	30 %	2 %	4 %
Classic Potato Skins	Signature Cactus Dip	327 g	650	45 g	15 g	0.5 g	85 mg	1420 mg	38 g	22 g	1 g	1 g	6 %	4 %	40 %	2 %
Cracked Pepper Dry Ribs		226 g	230	25 g	0 g	0 g	0 mg	1880 mg	3 g	42 g	1 g	1 g	10 %	45 %	4 %	8 %
Calamari		290 g	480	24 g	5 g	0 g	595 mg	830 mg	22 g	43 g	0 g	2 g	0 %	6 %	2 %	15 %
Oven Roasted Chicken Quesadilla	Sour Cream & Salsa	484 g	940	46 g	14 g	0.5 g	80 mg	2020 mg	89 g	45 g	9 g	4 g	6 %	10 %	45 %	2 %
Shrimp Stuffed Mushroom Caps		326 g	450	36 g	17 g	0.5 g	105 mg	1150 mg	12 g	23 g	2 g	6 g	4 %	6 %	20 %	6 %
Yam Fries		157 g	270	12 g	2 g	5 g	0 mg	330 mg	41 g	1 g	4 g	17 g	0 %	0 %	0 %	0 %
	Chipotle Mayo Dip	214 g	670	55 g	5 g	5 g	35 mg	650 mg	43 g	2 g	4 g	18 g	0 %	0 %	0 %	2 %
Spinach & Artichoke Dip	Tortilla Chips	298 g	690	38 g	22 g	0.5 g	120 mg	1140 mg	74 g	20 g	6 g	6 g	0 %	0 %	0 %	0 %
Team Platter	Dips/Sauces	942 g	2150	150 g	38 g	2 g	335 mg	4440 mg	117 g	105 g	6 g	4 g	30 %	60 %	70 %	8 %
Boston's Poutine		330 g	500	26 g	11 g	0.3 g	60 mg	1870 mg	48 g	18 g	3 g	3 g	0 %	0 %	0 %	0 %
Thai Chicken Bites		314 g	520	20 g	2.5 g	0 g	70 mg	2050 mg	59 g	32 g	7 g	41 g	50 %	8 %	2 %	2 %

**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.