

# 7 FOR \$7 ALLERGY AWARENESS & NUTRITIONAL MANUAL

## 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.

You must always alert the Guest of possible concerns related to supplier substitutions and cross contamination risks. This can happen at both the manufacturing end and in-house. It is your responsibility to make it clear to your Guests that you **CANNOT GUARANTEE** the absence of allergen in any product.

### **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.

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

### 7 FOR \$7 ITEMS

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 |
|-----------------|-------|------|------------------|-----|---------|-----|-----------|-------|-------|
| Flat Iron Steak |       |      |                  |     |         |     |           |       |       |
| Caesar Salads   | *     | *    | *                |     |         | *   |           | *     | *     |

## NUTRITIONAL INTRODUCTION

In this day and age, nutrition affects the lives of millions of people everyday. Our Guests are eating healthier when they go out to eat as well as at home, and it is our responsibility as a company, to provide them with foods that meet their needs.

This guide is designed to be informative and easy to use. You simply need to look for the menu item in the appropriate section listed to determine what nutritional information it contains.

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.

Slight variations may occur and Boston Pizza Restaurants, LP does not assume responsibility for this information and can not guarantee that the data is completely accurate as it relates to the prepared menu items in every restaurant. Substitutions of ingredients may alter nutritional values.

## NUTRITIONAL ANALYSIS FOR PLAYOFF PAYOFF ITEMS

| Menu Item  | Note:                                 | Serving Size (g) | Calories (g) | Total Fat (g0) | Sodium (mg) | Protein (g) | Carbs (g) | Dietary Fibre (g) |
|--|---------------------------------------|------------------|--------------|----------------|-------------|-------------|-----------|-------------------|
| <b>Flat Iron Steak Crustini and Caesar Salad</b> |                                       | 190              | 400          | 27             | 620         | 19          | 21        | 2                 |
| <b>Chicken Caesar Salad</b>                      | Fried Chicken                         | 533              | 950          | 44             | 2220        | 54          | 68        | 4                 |
| <b>Chicken Caesar Salad</b>                      | Grilled Chicken                       | 462              | 710          | 35             | 2070        | 42          | 43        | 4                 |
| <b>Twisted Mac &amp; Cheese</b>                  | Plain                                 | 475              | 1270         | 66             | 1540        | 45          | 125       | 5                 |
| <b>Double Decker Club</b>                        |                                       | 453              | 780          | 33             | 3190        | 61          | 57        | 3                 |
| <b>Boston Burger</b>                             |                                       | 541              | 1010         | 66             | 1740        | 46          | 57        | 3                 |
| <b>Grilled Chicken &amp; Broccoli</b>            | Florentine Rice and Broccoli included | 428              | 360          | 7              | 2630        | 35          | 44        | 7                 |
| <b>Side Sauces</b>                               |                                       |                  |              |                |             |             |           |                   |
| Blue Cheese                                      | 2 oz side                             | 59               | 310          | 31             | 610         | 1           | 6         | 0                 |
| Guacamole  | 4 oz side                             | 113              | 200          | 18             | 310         | 2           | 9         | 5                 |
| Guacamole  | 2 oz side                             | 57               | 100          | 9              | 155         | 1           | 5         | 3                 |
| Ranch  | 2 oz side                             | 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                 |
| <b>Dressing Choices</b>                          |                                       |                  |              |                |             |             |           |                   |
| Blue Cheese                                      | 2 fl oz                               | 59               | 310          | 31             | 610         | 0           | 6         | 0                 |
| Citrus Cranberry Vinaigrette                     | 2 fl oz                               | 116              | 600          | 52             | 480         | 0           | 28        | 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                 |
| 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                 |
| Bread Stick                                      |                                       | 60               | 140          | 1              | 2           | 5           | 28        | 1                 |

**NUTRITIONAL ANALYSIS FOR ENTRÉE SIDES**

| Menu Item                 | Note:                   | Serving Size (g) | Calories (g) | Total Fat (mg) | Sodium (g) | Protein (g) | Carbs (g) | Dietary Fibre (g) |
|---------------------------|-------------------------|------------------|--------------|----------------|------------|-------------|-----------|-------------------|
| Creamy Red Skin Potatoes  | 8 oz portion            | 225              | 310          | 18             | 500        | 12          | 26        | 3                 |
| Coleslaw                  | 5 oz portion            | 160              | 80           | 7              | 190        | 0           | 6         | 1                 |
| Florentine Rice           | 6 oz portion            | 170              | 200          | 4              | 590        | 3           | 36        | 1                 |
| Pasta & Alfredo           | 4 oz sauce / 5 oz pasta | 118              | 240          | 23             | 0          | 3           | 5         | 6                 |
| Pasta & Bolognese         | 4 oz sauce / 5 oz pasta | 118              | 120          | 8              | 600        | 4           | 6         | 1                 |
| Pasta & Creamy Tomato     | 4 oz sauce / 5 oz pasta | 103              | 190          | 18             | 160        | 2           | 5         | 0                 |
| Pasta & Pomodoro          | 4 oz sauce / 5 oz pasta | 118              | 160          | 15             | 620        | 2           | 7         | 1                 |
| Pasta & Rosemary Chipotle | 4 oz sauce / 5 oz pasta | 113              | 120          | 10             | 100        | 4           | 3         | 0                 |
| Steamed Broccoli          | 4 oz portion            | 145              | 60           | 0.3            | 20         | 2           | 14        | 3                 |
| Seasoned French Fries     | 8 oz portion            | 227              | 350          | 11             | 0          | 5           | 53        | 5                 |
| Bread Stick               |                         | 60               | 140          | 1              | 2          | 5           | 28        | 1                 |

**NUTRITIONAL ANALYSIS FOR PIZZAS – BOSTON'S INDIVIDUAL PIZZA**

| Menu Item                | Note:                  | Serving Size (g) | Calories (g) | Total Fat (mg) | Sodium (g) | Protein (g) | Carbs (g) | Dietary Fibre (g) |
|--------------------------|------------------------|------------------|--------------|----------------|------------|-------------|-----------|-------------------|
| Basic Cheese             | Individual             | 300              | 600          | 15             | 430        | 34          | 83        | 3                 |
|                          | Individual Whole Wheat | 229              | 430          | 15             | 1620       | 29          | 44        | 4                 |
| BLT                      | Individual             | 527              | 1220         | 66             | 2310       | 72          | 90        | 4                 |
|                          | Individual Whole Wheat | 372              | 770          | 48             | 1830       | 45          | 42        | 4                 |
| Chicken Parmesan         | Individual             | 448              | 840          | 27             | 1210       | 54          | 95        | 5                 |
|                          | Individual Whole Wheat | 443              | 630          | 26             | 1560       | 48          | 49        | 5                 |
| Chicken & Roasted Garlic | Neapolitan             | 319              | 810          | 24             | 1030       | 52          | 99        | 6                 |
|                          | Neapolitan Whole Wheat | 305              | 600          | 23             | 1380       | 46          | 53        | 6                 |
| Extreme Mushroom         | Neapolitan             | 454              | 940          | 35             | 1110       | 59          | 101       | 5                 |
|                          | Neapolitan Whole Wheat | 439              | 730          | 34             | 1450       | 52          | 55        | 5                 |
| Florentine               | Individual             | 383              | 730          | 19             | 1280       | 43          | 98        | 6                 |

|                        |                        |     |      |    |      |    |     |   |
|------------------------|------------------------|-----|------|----|------|----|-----|---|
|                        | Individual Whole Wheat | 361 | 480  | 15 | 1870 | 33 | 56  | 7 |
| The Flying Buffalo ™   | Individual             | 328 | 710  | 20 | 880  | 43 | 90  | 4 |
|                        | Individual Whole Wheat | 314 | 500  | 19 | 1230 | 37 | 44  | 4 |
| Four Cheese            | Neapolitan             | 441 | 1100 | 54 | 1990 | 65 | 91  | 4 |
|                        | Neapolitan Whole Wheat | 426 | 890  | 53 | 2353 | 59 | 46  | 4 |
| Hawaiian               | Individual             | 385 | 680  | 16 | 760  | 39 | 93  | 4 |
|                        | Individual Whole Wheat | 384 | 500  | 16 | 1950 | 34 | 55  | 5 |
| Mama Meata ®           | Individual             | 457 | 1110 | 56 | 1730 | 63 | 127 | 5 |
|                        | Individual Whole Wheat | 442 | 900  | 55 | 2090 | 57 | 81  | 5 |
| Pepperoni              | Individual             | 328 | 740  | 28 | 910  | 40 | 83  | 3 |
|                        | Individual Whole Wheat | 327 | 56   | 28 | 2100 | 35 | 44  | 4 |
| Sausage Pomodoro       | Individual             | 412 | 950  | 44 | 1440 | 47 | 129 | 5 |
|                        | Individual Whole Wheat | 398 | 740  | 43 | 1800 | 41 | 83  | 5 |
| Sicilian               | Individual             | 425 | 830  | 31 | 960  | 46 | 110 | 5 |
|                        | Individual Whole Wheat | 421 | 650  | 31 | 1950 | 41 | 70  | 6 |
| Smokehouse BBQ Chicken | Individual             | 342 | 770  | 23 | 960  | 41 | 101 | 4 |
|                        | Individual Whole Wheat | 335 | 500  | 22 | 1050 | 35 | 40  | 4 |
| Tropical Chicken       | Individual             | 455 | 1110 | 53 | 1830 | 68 | 97  | 4 |
|                        | Individual Whole Wheat | 441 | 900  | 51 | 2190 | 61 | 51  | 4 |
| Tuscan                 | Individual             | 442 | 960  | 39 | 2390 | 52 | 108 | 8 |
|                        | Individual Whole Wheat | 428 | 750  | 38 | 2750 | 46 | 62  | 8 |
| Ultimate Pepperoni     | Individual             | 357 | 780  | 39 | 1270 | 43 | 83  | 3 |
|                        | Individual Whole Wheat | 327 | 560  | 28 | 2100 | 35 | 44  | 4 |
| Venetian               | Individual             | 408 | 760  | 27 | 1140 | 44 | 85  | 4 |
|                        | Individual Whole Wheat | 407 | 580  | 27 | 2330 | 39 | 46  | 5 |