

# PLAYOFF PAYOFF 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

### PLAYOFF PAYOFF 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
Spinach & Artichoke Dip	*					*			
Caesar Salads	*	*	*			*		*	*
Spinach & Cranberry Salad	*						Pecans		
House Salad								*	*
Cactus Cuts	*	*	*			*			*
Nachos – Plain	*								
Mama Meata Bow Tie	*	*				*		*	*
Spicy Chicken & Broccoli Alfredo	*			*		*		*	
Grilled Cajun Chicken & Broccoli	*					*		*	
Apple Crisp	*	*				*		*	
Brownie Addiction	*	*				*		*	

### ANY INDIVIDUAL PIZZA - MASTERPIECES

The Pizza section is broken out into three sections, Masterpieces, Neapolitan and Whole Wheat. The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BLT	*							*	*
Chicken Parmesan	*					*		*	*
Classic Pepperoni	*							*	*
Florentine	*							*	*

The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Sausage Pomodoro	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*							*	*

### ANY INDIVIDUAL PIZZA - NEAPOLITAN

The Pizza section is broken out into three sections, Masterpieces, Neapolitan and Whole Wheat. The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Chicken & Roasted Garlic	*					*		*	*
Extreme Mushroom	*							*	*
Four Cheese	*							*	*

### ANY INDIVIDUAL PIZZA – WHOLE WHEAT CRUST

The Pizza section is broken out into three sections, Masterpieces, Neapolitan and Whole Wheat. The allergens listed in the Pizza section are those which are found in each pizza when it is made as per Boston's Recipe and Assembly Procedures. When adding or changing a topping or base sauce, determine the allergen related to the new sauce or topping. These are found by looking up the Pizza Toppings and Sauce sections.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
BLT	*							*	*
Chicken Parmesan	*					*		*	*

Classic Pepperoni	*							*	*
Florentine	*							*	*
The Flying Buffalo™	*			*		*		*	*
Hawaiian	*							*	*
Mama Meata®	*					*		*	*
Sausage Pomodoro	*					*		*	*
Smokehouse BBQ Chicken	*					*		*	*
Sicilian	*					*		*	*
Tropical Chicken	*			*		*		*	*
Tuscan	*					*		*	*
Ultimate Pepperoni	*							*	*
Venetian	*							*	*
Chicken & Roasted Garlic	*					*		*	*
Extreme Mushroom	*							*	*
Four Cheese	*							*	*

## PIZZA TOPPINGS

This section can be used when adding a specific topping to a product. Find the topping you are adding and add the related allergens to those found in the main product.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Anchovies			*						
Artichokes									
Bacon									
Banana Peppers									
Beef – Taco									
Carrots									

## PIZZA TOPPINGS (CONTINUED)

This section can be used when adding a specific topping to a product. Find the topping you are adding and add the related allergens to those found in the main product.

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Cheese - Cheddar	*								
Cheese - Feta	*								
Cheese – Fontina	*								
Cheese – Mozzarella	*								
Cheese – Parmesan	*								
Chicken – Plain						*			
Chicken – Spicy						*			
Cilantro									
Ham									
Italian Sausage						*			
Jalapeños									
Mushrooms									
Olives – Black									
Olives - Green									
Onions - Red									
Pepperoni – Diced									
Pepperoni – Sliced									
Peppers – Green									
Peppers – Red									
Pineapple									
Shrimp			*						
Spinach									
Sundried Tomatoes									
Tomato									

## ENTRÉE SIDES

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
Cole Slaw		*							
Creamy Red Skin Potatoes	*					*			
French Fries						*			
Florentine Rice	*					*		*	
Steamed Broccoli									
Pasta & Pomodoro	*							*	
Pasta & Bolognese								*	
Pasta & Alfredo	*			*				*	
Pasta & Creamy Tomato	*			*				*	
Pasta & Rosemary Chipotle	*			*				*	
Refried Black Beans	*								

## SALADS - DRESSINGS

All allergens listed for the Salad dressing section include allergens that are found on the ingredient declaration or in the 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
1000 Island		*							
Blue Cheese	*	*							
Caesar	*	*	*			*			*
Fat Free Balsamic									
Greek w/ Feta	*					*			
Honey Mustard		*							
Ranch	*					*			
Reduced Calorie Italian									
Santa Fe Ranch	*					*			

**DESSERTS – SAUCES**

Product	Dairy	Eggs	Fish / Shellfish	MSG	Peanuts	Soy	Tree Nuts	Wheat	Yeast
Brandy Butter	*								
Caramel	*								
Chocolate									
Raspberry									
Strawberries									
White Chocolate									

## 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>Spinach &amp; Artichoke Dip</b>	w/ chips included	163	400	23	680	13	34	3
<b>Caesar Salad</b>		160	290	16	820	8	22	2
<b>House Salad</b>		183	150	0.3	380	6	23	3
<b>Cactus Cuts</b>	w/ Cactus Cut Dip	248	630	39	650	6	57	4
<b>Nachos – Plain</b>	w/ salsa and sour cream	345	620	34	1360	26	49	6
<b>Mama Meata Bow Tie</b>		423	1140	62	1480	46	156	8
<b>Spicy Chicken &amp; Broccoli Alfredo</b>		428	1150	58	1130	41	124	8
<b>Grilled Cajun Chicken &amp; Broccoli</b>	Florentine Rice and Broccoli included	433	360	7	2940	35	44	7
<b>Apple Crisp</b>	w/ Ice Cream	193	520	23	140	6	75	2
<b>Brownie Addiction</b>	w/ Ice Cream	147	510	25	200	8	64	2
<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
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### 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

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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