



Boston's Pizza THE GOURMET
RESTAURANT & SPORTS BAR

Allergy & Nutrition Guide

March 2025

I. LEGAL INFORMATION

The information in this guide was derived from each supplier's product list and is based on the requirement that all Boston's recipes and assembly procedures are followed to the exact specifications.

Disclaimer:

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion, or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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 Restaurant & Sports Bar 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.

II. ALLERGY CHART SECTION

MAIN MENU

STARTERS

All allergens listed for the Starter section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The allergy declaration includes the side sauce /or dip that comes with the menu item.

Signature Starters	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bacon Wrapped Steak Skewers								
Add Bleu Cheese Sauce			X			X		
Bandera Bread	X		X			X		X
Boston's Nachos			X			X		X
Add Grilled Chicken			X					
Add Ground Beef								
Add Spicy Chicken			X					
Add Steak								
Cactus Cuts Potatoes	X	X	X					
Cheese Curds			X					X
Fried Pickles & Peppers	X		X			X		X
Loaded Cheese Fries	X		X			X		
Pepperoni Stuffed Twist Bread			X			X		X
Pretzel Bites	X							X
Spinach & Artichoke Dip			X					X
With Bread			X			X		X
Team Platter (no sauce, no dressing)	X	X	X			X		X
Add Asian Glaze Sauce						X		X
Add Atomic Hot Sauce			X					
Add Cajun Seasoning								
Add Caribbean Jerk Sauce		X						
Add Carolina Tangy Gold						X		X
Add Creamy Buffalo Sauce			X			X		
Add Garlic Parmesan Sauce			X			X		
Add Hot Wing Sauce								
Add Korean BBQ Sauce						X		X
Add Lemon Pepper Seasoning								
Add Mango Habanero Wing Sauce								

Add Nashville Hot Sauce			X				
Add BBQ Sauce			X			X	
Add Ranch Seasoning			X			X	
Add Stingin' Honey Sauce							
Add Blue Cheese Dressing	X		X			X	
Add Ranch Dressing	X		X			X	
Thai Shrimp Bites			X		X	X	X

WINGS

All allergens listed for the Wings section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The allergy declaration is broken out by the main product and all options are listed separately within this section.

Wings		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Boneless Wings (Single and Double)	Dry - no seasoning or sauce	X		X			X		X
Cauliflower Wings (Single and Double)	Dry - no seasoning or sauce								X
Fried Wings (Single and Double)	Dry - no seasoning or sauce								
Wing Sauces Only	Asian Glaze (sauce only)						X		X
	Atomic Hot Sauce (sauce only)			X					
	Smoked Chipotle Mezcal (Seasoning only)								
	Maui Wowee (seasoning only)						X		
	Cajun Seasoning (seasoning only)								
	Caribbean Jerk Sauce (sauce only)		X						
	Carolina Tangy Gold (sauce only)						X		X
	Creamy Buffalo Sauce (sauce only)			X			X		
	Garlic Parmesan (sauce only)			X			X		
	Hot Wing Sauce (sauce only)								
	Korean BBQ (sauce only)						X		X
	Lemon Pepper (seasoning only)								
	Mango Habanero (sauce only)								
	Nashville Hot Sauce (sauce only)			X					
Ragin Cajun (seasoning only)									
BBQ Sauce (sauce only)			X			X			

	Ranch Seasoning (seasoning only)			X			X		
	Stingin' Honey (sauce only)			X			X		
Dressings	With Ranch Dressing	X		X			X		
	With Bleu Cheese Dressing	X		X			X		

SOUPS

All allergens listed for the Soup section include allergens that are found in the ingredient statement from the soup mix itself.

Soup		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Tomato Basil Soup	No Crackers			X					X

SALADS & BOWLS

All allergens listed for the Salad & Bowl section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration includes the dressing when the salad is made with the dressing.

Salads & Bowls	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
BBQ Chicken Bowl	X		X			X		X
Caesar Salad with Caesar Dressing	X	X	X					X
Chili Lime Shrimp Bowl	X		X		X	X		
Boston's Salad with No Dressing			X					X
Boston's Caesar Salad with Caesar Dressing	X	X	X					X
Chicken Cobb without Dressing	X		X				X	
Mediterranean Salad with Lemon Vinaigrette			X					X
Southwest Bowl	X		X			X		X
Steak Chopped Salad			X			X		
Add Crispy Chicken	X		X			X		X
Add Grilled Chicken			X					
Add Grilled Salmon		X						
Add Grilled Shrimp					X			

Add Steak								
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SALAD 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.

Salad Dressings	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bleu Cheese	X		X			X		
Balsamic Vinaigrette								
Caesar	X	X	X					
Chipotle Ranch	X		X			X		
Honey Mustard	X							
Italian								
Lemon Vinaigrette								
Oil & Vinegar (1 fl oz of Each)								
Ranch	X		X			X		

PIZZAS

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 by looking up the Pizza Toppings and Sauce sections.

CRUST - CYO

Pizza Crust	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Cauliflower	X							
Indy								X
Large								X
Medium								X

Thin Crust								X
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GOURMET PIZZA TOPPINGS

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

VEGGIES - CYO

CYO Pizza - Veggies	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Artichoke Hearts								
Banana Peppers								
Black Olives								
Cherry Tomatoes								
Cilantro								
Diced Tomatoes								
Fresh Basil								
Green Bell Peppers								
Green Olives								
Green Onions								
Jalapeno Peppers								
Marinated Mushrooms								
Pineapple								
Raw Mushrooms								
Red Bell Peppers								
Red Onions								
Roasted Red Peppers								
Sliced Tomatoes								
Spinach								
Sun-dried Tomatoes								

MEAT - CYO

CYO Pizza - Meats	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Aged Prosciutto								
Bacon Crumbles								
Cajun Shrimp					X			
Cup & Char Pepperoni								
Diced Pepperoni								
Genoa Salami								
Grilled Chicken			X					
Ground Beef								
Meatballs	X		X			X		X
Sliced Pepperoni								
Sliced Prosciutto								
Smoked Ham								
Spicy Chicken			X					
Spicy Italian Sausage								
Steak								

CHEESE - CYO

CYO Pizza - Cheese	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bleu Cheese			X					
Cheddar			X					
Extra Mozzarella			X					
Feta			X					
Fontina			X					
Ricotta			X					
Truffle Parmesan			X					

SIGNATURE PIZZAS

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 by looking up the Pizza Toppings and Sauce sections.

Signature Pizzas	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Barbecue Chicken			X					X
Basic			X					X
Classic Pepperoni			X					X
Chicken Spinach & Artichoke			X					
Deluxe			X					X
Florentine			X					X
Hawaiian BBQ			X			X		X
Mama Meata			X			X		X
Margherita			X					X
NY White			X				X	X
Pepperoni & Feta Pesto			X				X	X
Sicilian			X					X
Taco Pizza			X					X
The Flying Buffalo	X		X			X		X
Ultimate Pepperoni			X					X
Veggie			X					X
SQUAREFOOTER PIZZAS								
SQFT – CYO			X					X
SQFT – Pepperoni & Bacon			X					X
SQFT – Cheesy Bread			X					X

GOURMET PASTAS

Gourmet Pasta	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Baked Lasagna	X		X					X
Chicken & Shrimp Pasta	X		X		X	X		X
Jambalaya Pasta	X		X		X			X
Spaghetti Bolognese	X		X					X
Spicy Chicken & Broccoli Alfredo	X		X					X
Twisted Mac & Cheese	X		X			X		X
Add Grilled Chicken			X					
Add Meatballs	X		X			X		X
Add Spicy Chicken			X					
Add Spicy Italian Sausage								
Veggie Pesto Pasta			X				X	X
Pasta Bread			X			X		X

PASTA SAUCES

Sauces	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Alfredo Sauce			X			X		
Baked with Mozzarella			X					
Bolognese Sauce			X					
Pesto Sauce			X				X	
Pomodoro Sauce			X					

PASTA NOODLES

Pasta Noodles	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Spiral Pasta	X							X
Penne Pasta*								X
Spaghetti Pasta*								X

*ALTHOUGH THESE PASTAS DO NOT CONTAIN EGG AS AN INGREDIENT, IT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING EGG.

PASTA PROTEINS

Add-On Proteins	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Add Chicken			X					
Add Meatballs	X		X			X		X
Add Spicy Chicken			X					
Add Spicy Italian Sausage								

MAINS

All allergens listed for the Entrée section include allergens that are found in the product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options.

Main Entrees		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Asian-glazed Salmon	No side items		X	X			X		X
Chicken Strips	No side items	X		X			X		X
	With BBQ Sauce								
	With Honey Mustard	X							
	With Ranch Dressing	X		X			X		
Fish & Chips	No side items	X	X						X
	With Tartar Sauce	X							
Grilled Chicken	Cajun Chicken Breast; no sides			X			X		X
	Chicken Breast with Sauce; no sides			X			X		X
Grilled Sirloin Steak	No Sides	X		X			X	X	X
Ribs	No Sides			X			X		

MAINS SIDES

Sides	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Cactus Cuts	X	X	X					
Cauliflower Rice								
Coleslaw	X							
Florentine Rice			X			X		X
Roasted Vegetables			X			X		
Seasoned French Fries								
Steamed Broccoli								
Sweet Potato Fries								
Tater Tots								
Truffle Parmesan Fries			X					

BURGERS & SANDWICHES

All allergens listed for Burgers and Sandwiches include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the menu item comes with. Please see the Entrée Sides declaration for that information.

Burgers		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Black Bean Burger	No sides	X					X		X
Boston Burger	No sides	X		X					X
Breakfast Burger	No sides	X		X					X
Jalapeno & Onion Straw Burger	No sides	X		X			X		X
M.V.B. (Most Valuable Burger)	No sides	X		X					X
Pizzaburger	No sides			X					X
Seasoned French Fries									
Substitute Cactus Cuts		X	X	X					
Substitute Sweet Potato Fries									
Add Avocado									
Sandwiches & Wraps		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Club Sandwich	No Sides	X		X					X
Chicken Caesar Wrap (no sauce)	No Sides	X	X	X					X
Chicken Wrap (no sauce or dip)	No Sides	X		X			X		X
French Dip	No Sides		X	X			X		X
Grilled Chicken Sandwich	No Sides			X			X		X
Fried Chicken Sandwich	No Sides	X		X			X		X
The Italian Brute	No Sides	X		X					X
Turkey, Bacon, Avocado Sandwich	No Sides	X		X			X		X
Seasoned French Fries									
Substitute Cactus Cuts		X	X	X					
Substitute Sweet Potato Fries									

LUNCH

All allergens listed for the lunch section include allergens that are found in this product when it is made as per the Boston’s Recipe and Assembly Procedures. The declaration does not include the side options that the menu item comes with. Please see the Entrée Sides declaration for that information.

Lunch Items		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Basic Indy Pizza	Basic cheese; no toppings			X					X
Chicken Caesar Salad	With Caesar Dressing	X	X	X					X
Club Sandwich	No Sides	X		X					X
French Dip	No Sides	X		X			X		X
Italian Brute	No Sides	X		X				X	
Turkey-Bacon-Avocado	No sides	X		X			X		X
Seasoned French Fries									

DESSERTS

All allergens listed for Desserts include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. Some dessert products do not contain nuts but are manufactured in a facility where other dessert products containing all kinds of nuts, including peanuts, are manufactured.

Desserts	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Boston's Whiskey Cake	X		X			X	X	X
Chocolate Brownie Addiction	X		X			X		X
Gourmet Chocolate Chip Cookie	X		X			X	X	X
Cheesecake – Plain	X		X			X		X
Cheesecake - Lemon	X		X			X		X
Cheesecake - Oreo	X		X			X		X
Cheesecake - Reese's	X		X	X		X		X
Cheesecake - White Chocolate Raspberry	X		X			X		X

KIDS MENU

All allergens listed for Kids Menu include allergens that are found in this product when it is made as per the Boston's Recipe and Assembly Procedures. The declaration does not include the side options that the kid's meal comes with. Please see the Kids Sides declaration for that information.

Kids Menu		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Chicken Nuggets	No Sides or Sauce	X		X			X		X
Kickin' Chicken Strips	No Sides or Sauce	X		X			X		X
Grilled Chicken	No Sides or Sauce			X					
Cheeseburger	No Sides			X					X
Pint-sized Pizza	Basic Cheese; No toppings			X					X
CYO Pasta	Alfredo Sauce	X		X					X
	Bolognese Sauce			X			X		X
	Cavatappi Pasta	X							X
	Penne Pasta								X
	Pomodoro Sauce			X					
	Spaghetti Pasta								X
	Meatball	X		X			X		X
	Chicken			X					
Mac & Cheese	No Bread	X		X					X
Apple Slices (SIDE)	SIDE								
All other Sides can be found in the Mains (Sides)									
Create your own Sundae	Ice cream (scoop)			X					
	Caramel Sauce			X					
	Chocolate Sauce								
	Add Sprinkles						X		
	Strawberry Puree								
	Whipped Cream			X				X	
	Maraschino Cherry								

SMALL BITES MENU

All allergens listed for Small Bites Menu include allergens that are found in this product when it is made as per the Boston’s Recipe and Assembly Procedures. The declaration does not include the side options.

Small Bites		Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat
Bleu Cheese Cactus Cuts		X		X			X		
Bone-In Wings	No Dressing or Sauce								
Boneless Wings	No Dressing or Sauce	X							X
Boston Nachos	No protein			X			X		X
Cauliflower Wings	No Dressing or Sauce								X
Chips & Queso				X			X		X
Chips & Salsa				X			X		X
Chips & Spinach Dip				X			X		X
Fried Pickles & Peppers	No protein	X		X			X		X
Pepperoni Stuffed Twist Bread				X			X		X

NUTRITIONAL INFORMATION

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 cannot 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.

III. NUTRITIONAL ANALYSIS SECTION

NUTRITIONAL ANALYSIS - STARTERS

Starters		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bacon Wrapped Steak Skewers	No Sauce	570	340	38	15	0.5	1	8	170	2250	470	3		2		52
	With Blue Cheese Sauce (add an additional)	90	70	8	5	0		0	20	115	65	3		2		2
Bandera Bread	No Sauce	660	260	30	12		1	.5	70	1900	250	96	4	6		28
	With Ranch Dressing (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
Boston's Nachos	No Protein	1530	950	108	41		22	14	185	2900	1250	96	13	12		52
	Add Grilled Chicken (add an additional)	240	25	3.0	1.0		0.5	1.0	70	65	220					26
	Add Ground Beef (add an additional)	330	140	16	5	1.0	1.0	8	70	870	330	2				22
	Add Spicy Chicken (add an additional)	200	70	8	1.0		2.0	4.0	50	780	150	1		1		18
	Add Steak (add an additional)	250	90	10	4.0		0	4.0	50	510	260	2				19
Cactus Cut Potato	Full Order	1220	870	99	22		35	18	70	3430	880	59	3	10		11
	Half Order	570	440	49	11		18	9	35	1720	440	30	2	5		6
Cheese Curds	With Pomodoro Sauce	850	550	62	28		13	6	140	1500	320	35	1	2		30
Fried Pickles & Peppers	No Sauce	750	70	6	1		1		230	6010	590	138	7	8		26
	With Ranch Dressing (add an additional)	360	340	40	7			Trace	20	480	80	4		2		2
Loaded Cheese Fries	No Sauce	1720	1090	122	47.5		24	8.5	220	4870	370	101	2	9		55
	With Ranch Dressing (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
Pepperoni Stuffed Twist Bread	Full Order	1710	860	97	40		4	3.5	210	3600	650	184	10	6		61
	Half Order	850	430	49	20		2	2	105	1800	320	92	5	3		30
Pretzel Bites	With Sauce	1020	330	37	5				40	3990	320	131	3	27		13
Spinach & Artichoke Dip	Without Bread	1010	460	52	33		0.5	3.5	180	1700	660	17	5	5		28
	With Bread	1840	630	71	36		1.5	1.5	150	3480	1050	224	15	9		72

Team Platter	No Seasoning, Wing Sauce or Dressing	4320	2450	254	77		58	35	835	8780	2550	332	19	24		176	
	Add Asian Glaze Wing Sauce	110								1250		25		22			
Team Platter	Add Blue Cheese Dressing	230	210	25	8				25	490	45	4		2		3	
	Add Atomic Hot Sauce	35	25	3	1.5			1	5	700	95	3	1	0		1	
	Add Cajun Seasoning	35	5	0.5	0		0	0		560	160	7	2			1	
	Add Caribbean Jerk Sauce	45								810		11		9	9		
	Add Carolina Tangy Gold	110	15	1.5						620		24	2	21			
	Add Creamy Buffalo Wing Sauce	100	90	11	7		0	3.0	30	1410	10	2					0
	Add Garlic Parm Sauce	180	140	16	7				25	710	50	4					9
	Add Hot Wing Sauce									2280							
	Add Korean BBQ Wing Sauce	120	25	2.5						1010		22		2			2
	Add Lemon Pepper									720							
	Add Mango Habanero Wing Sauce	50								150	0	12		8			
	Add Nashville Hot Wing Sauce	110	90	10	6		1.0	2.5	25	1710	160	5	2				1
	Add Ragin Cajun Sauce	25	0	0	0		0	0		2660	110	5	1				1
	Add Ranch BBQ Sauce	160								1120		40		32			
	Add Ranch Dressing	180	170	20	3.5			0	10	240	40	4		1			1
	Add Ranch Seasoning	10								270		2					
Add Stingin' Honey Wing Sauce	90								440	15	26		26	2		0	
Thai Shrimp Bites	Full Order	930	490	56	8		16	6	235	3230	230	93	5	43	32	26	

NUTRITION ANALYSIS – BONELESS WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Boneless Wings		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boneless Wings: No Seasoning, No Sauce, No Dressing	Double Order	1490	1010	114	16		38	16	410	2500	250	72	2	6		56
	Single Order	740	500	57	8		19	8	205	1250	125	36	1	3		28
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220								2500		51	2	43		
	Single Order (add an additional)	110								1250		25		22		
Add Atomic Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Maui Wowee	Double Order (add an additional)	10								130		4		4		
	Single Order (add an additional)	5								65		2		2		
Add Smoked Chipotle Mezcal	Double Order (add an additional)	20								420		8				
	Single Order (add an additional)	10								210		4				
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Caribbean Jerk Wing Sauce	Double Order (add an additional)	180								3240		44		36	36	
	Single Order (add an additional)	90								1620		22		18	18	
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0						1230		49	3	42		
	Single Order (add an additional)	110	15	1.5						620		24	2	21		
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5					1240	90	5	1	1		
	Single Order (add an additional)	60	50	5	1					620	45	2				
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)									4560						
	Single Order (add an additional)									2280						

Add Korean BBQ Wing Sauce	Double Order (add an additional)	240	45	5						2020		45		3		3	
	Single Order (add an additional)	120	25	2.5						1010		22		2		2	
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440							
	Single Order (add an additional)									720							
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16			
	Single Order (add an additional)	50								150	Trace	12		8			
Add Nashville Hot Wing Sauce	Double Order (add an additional)	210	180	20	12			2	5	50	3420	310	10	4	1		2
	Single Order (add an additional)	110	90	10	6			1	2.5	25	1710	160	5	2			1
Add Ragin Cajun Wing Seasoning	Double Order (add an additional)	45	10	1	Trace			Trace	Trace		5310	220	9	3			2
	Single Order (add an additional)	25	Trace	Trace	Trace			Trace	Trace		2660	110	5	1			1
Add BBQ Wing Sauce	Double Order (add an additional)	320									2240		80		64		
	Single Order (add an additional)	160									1120		40		32		
Add Dry Rub Ranch Wing Seasoning	Double Order (add an additional)	20									540		4				
	Single Order (add an additional)	10									270		2				
Add Stingin' Honey Wing Sauce	Double Order (add an additional)	190									880	30	51		51		Trace
	Single Order (add an additional)	90									440	15	26		26		Trace
Add Blue Cheese Dressing	Double Order (add an additional)	230	210	25	8					25	490	45	4		2		3
	Single Order (add an additional)	230	210	25	8					25	490	45	4		2		3
Add Ranch Dressing	Double Order (add an additional)	180	170	20	3.5				Trace	10	240	40	4		1		1
	Single Order (add an additional)	180	170	20	3.5				Trace	10	240	40	4		1		1

NUTRITION ANALYSIS – CAULIFLOWER WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Cauliflower Wings		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cauliflower Wings: No Seasoning, Sauce or Dressing	Double Order	700	320	37	5		20	8		270	1120	89	9	9		9
	Single Order	350	160	18	2.5		10	4		135	560	44	5	4		5
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220								2500		51	2	43		
	Single Order (add an additional)	110								1250		25		22		
Add Atomic Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Maui Wowee	Double Order (add an additional)	10								130		4		4		
	Single Order (add an additional)	5								65		2		2		
Add Smoked Chipotle Mezcal	Double Order (add an additional)	20								420		8				
	Single Order (add an additional)	10								210		4				
Add Caribbean Jerk Wing Sauce	Double Order (add an additional)	180								3240		44		36	36	
	Single Order (add an additional)	90								1620		22		18	18	
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0						1230		49	3	42		
	Single Order (add an additional)	110	15	1.5						620		24	2	21		
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5					1240	90	5	1	1		
	Single Order (add an additional)	60	50	5	1					620	45	2				
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)									4560						
	Single Order (add an additional)									2280						
	Double Order (add an additional)	240	45	5						2020		45		3		3

Add Korean BBQ Wing Sauce	Single Order (add an additional)	120	25	2.5						1010		22		2		2
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440						
	Single Order (add an additional)									720						
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16		
	Single Order (add an additional)	50								150	Trace	12		8		
Add Nashville Hot Wing Sauce	Double Order (add an additional)	210	180	20	12		2	5	50	3420	310	10	4	1		2
	Single Order (add an additional)	110	90	10	6		1	2.5	25	1710	160	5	2			1
Add Ragin Cajun Wing Seasoning	Double Order (add an additional)	45	10	1	Trace		Trace	Trace		5310	220	9	3			2
	Single Order (add an additional)	25	Trace	Trace	Trace		Trace	Trace		2660	110	5	1			1
Add BBQ Wing Sauce	Double Order (add an additional)	320								2240		80		64		
	Single Order (add an additional)	160								1120		40		32		
Add Dry Rub Ranch Wing Seasoning	Double Order (add an additional)	20								540		4				
	Single Order (add an additional)	10								270		2				
Add Stingin' Honey Wing Sauce	Double Order (add an additional)	190								880	30	51		51		Trace
	Single Order (add an additional)	90								440	15	26		26		Trace
Add Blue Cheese Dressing	Double Order (add an additional)	230	210	25	8				25	490	45	4		2		3
	Single Order (add an additional)	230	210	25	8				25	490	45	4		2		3
Add Ranch Dressing	Double Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
	Single Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1

NUTRITION ANALYSIS – FRIED WINGS. NO DIPPING SAUCE IS CALCULATED WITH MENU ITEM. DIPPING SAUCE IS LISTED ON THE LAST TWO ROWS OF THIS SECTION.

Fried Wings		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Fried Wings: No Seasoning, Sauce or Dressing	Double Order	1190	810	92	18		42	28	400	2360	250	9	2	4		81
	Single Order	600	410	46	9		21	14	200	1180	125	5		2		40
Add Asian Glaze Wing Sauce	Double Order (add an additional)	220							2500		51	2	43			
	Single Order (add an additional)	110							1250		25		22			
Add Atomic Wing Sauce	Double Order (add an additional)	150	110	12	6		2	3	25	2790	390	12	5	2		3
	Single Order (add an additional)	70	50	6	3		1	1.5	10	1400	190	6	3	1		1
Add Maui Wowee	Double Order (add an additional)	10								130		4		4		
	Single Order (add an additional)	5								65		2		2		
Add Smoked Chipotle Mezcal	Double Order (add an additional)	20							420		8					
	Single Order (add an additional)	10							210		4					
Add Cajun Wing Seasoning	Double Order (add an additional)	70	10	1.5	Trace		0.5	Trace		1130	320	14	4	1		3
	Single Order (add an additional)	35	5	0.5	0		Trace	Trace		560	160	7	2			1
Add Caribbean Jerk Wing Sauce	Double Order (add an additional)	180							3240		44			36	36	
	Single Order (add an additional)	90							1620		22			18	18	
Add Carolina Tangy Gold	Double Order (add an additional)	230	30	3.0					1230		49	3	42			
	Single Order (add an additional)	110	15	1.5					620		24	2	21			
Add Creamy Buffalo Wing Sauce	Double Order (add an additional)	120	100	11	2.5				1240	90	5	1	1			
	Single Order (add an additional)	60	50	5	1				620	45	2					
Add Garlic Parmesan Wing Sauce	Double Order (add an additional)	370	280	31	14				50	1410	105	7				17
	Single Order (add an additional)	180	140	16	7				25	710	50	4				9
Add Hot Wing Sauce	Double Order (add an additional)								4560							
	Single Order (add an additional)								2280							
	Double Order (add an additional)	240	45	5					2020		45			3		3

Add Korean BBQ Wing Sauce	Single Order (add an additional)	120	25	2.5						1010		22		2		2
Add Lemon Pepper Wing Seasoning	Double Order (add an additional)									1440						
	Single Order (add an additional)									720						
Add Mango Habanero Wing Sauce	Double Order (add an additional)	100	Trace	Trace						310	10	23		16		
	Single Order (add an additional)	50								150	Trace	12		8		
Add Nashville Hot Wing Sauce	Double Order (add an additional)	210	180	20	12		2	5	50	3420	310	10	4	1		2
	Single Order (add an additional)	110	90	10	6		1	2.5	25	1710	160	5	2			1
Add Ragin Cajun Wing Seasoning	Double Order (add an additional)	45	10	1	Trace		Trace	Trace		5310	220	9	3			2
	Single Order (add an additional)	25	Trace	Trace	Trace		Trace	Trace		2660	110	5	1			1
Add BBQ Wing Sauce	Double Order (add an additional)	320								2240		80		64		
	Single Order (add an additional)	160								1120		40		32		
Add Dry Rub Ranch Wing Seasoning	Double Order (add an additional)	20								540		4				
	Single Order (add an additional)	10								270		2				
Add Stingin' Honey Wing Sauce	Double Order (add an additional)	190								880	30	51		51		Trace
	Single Order (add an additional)	90								440	15	26		26		Trace
Add Blue Cheese Dressing	Double Order (add an additional)	230	210	25	8				25	490	45	4		2		3
	Single Order (add an additional)	230	210	25	8				25	490	45	4		2		3
Add Ranch Dressing	Double Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1
	Single Order (add an additional)	180	170	20	3.5			Trace	10	240	40	4		1		1

NUTRITIONAL ANALYSIS - SALAD DRESSINGS

Salad Dressings		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bleu Cheese	2 fluid ounces	230	210	25	8				25	490	45	4		2		3
Caesar	2 fluid ounces	360	330	38	7				35	740	Trace	2				4
Balsamic Vinaigrette	2 fluid ounces	120		10	1				0	400		10		8		Trace
Honey Mustard	2 fluid ounces	290	250	28	4				30	600		20		18		
Lemon Vinaigrette	2 fluid ounces	310	300	34	5		16		480	20	2			1		Trace
Oil & Vinegar (1 fl oz of Each)	2 fluid ounces	270	240	27	2	Trace	8	17	5	35	5			5		Trace
Ranch	2 fluid ounces	180	170	20	3.5			Trace	10	240	40	4		1		1
Italian	2 fluid ounces	200	180	20	3		1			480		6		6		

NUTRITIONAL ANALYSIS – STARTER SALADS

Starter Salads		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Starter Caesar Salad	No Protein	240	180	21	4.0		Trace		20	490	210	8	2	1		5
Starter House Salad	No Dressing	60	10	1	Trace		Trace			105	380	11	2	3		3

NUTRITIONAL ANALYSIS – ENTRÉE SALADS & BOWLS

Nutritional Data for the Salads include pizza bread where noted. Dressing is included in the nutritional data of all salads except for the Boston’s Cobb and House Salads.

Entree Salads		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
BBQ Chicken Bowl	No Protein	750	400	46	12		3	0	55	1270	1250	70	10	29	12	19
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28
Caesar Salad with Caesar Dressing (Entrée Size)	No Protein	470	370	42	8		Trace		40	990	430	17	4	2		10
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28
Chicken Cobb	No Dressing	1190	750	85	23		13	29	420	2270	1510	26	12	13		82
	Add Blue Cheese Dressing (add an additional)	250	220	25	8				25	490	45	4		2		3
	Add Caesar Dressing (add an additional)	360	330	38	7				35	740	Trace	2				4
	Add Fat-Free Balsamic Vinaigrette (add an additional)	40								520		10		4		
	Add Honey Mustard (add an additional)	290	250	28	4.0				30	600		20		18		
	Add Lemon Vinaigrette (add an additional)	310	300	34	5		16			480	20	2		1		Trace
	Add oil & vinegar (add an additional)	270	240	27	2.0	Trace	8	17		5	35	5		5		Trace
	Add Ranch Dressing (add an additional)	190	180	20	3.5			Trace	10	240	40	4		1		1
	Add Reduced Calorie Italian (add an additional)	40	20	2.0				1.0		840		6		6		
	Add Chipotle Ranch (add an additional)	130	110	12	2.5			Trace	5	560	105	4		2		1

Chili Lime Shrimp Bowl	No Protein	370	250	28	6.5	0	2	0	10	1150	1065	26	8	10	0	7
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28
Mediterranean Salad with Lemon Vinaigrette (includes fresh bread)	No Protein	990	570	64	12		25	0	25	1940	1410	93	11	15		19
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28
Southwest Bowl	No Protein	900	520	59	9		8	6	80	2080	1480	74	18	11		25
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28
Steak Chopped Salad	No Protein	710	280	32	19	-0.5	0.5	0	65	2390	920	35	8	16	0	22
	Add Crispy Chicken (add an additional)	440	270	30	5		15	8	210	125	350	Trace				41
	Add Grilled Chicken (add an additional)	260	110	13	1.5		3.5	7	85	470	260	2		2		31
	Add Grilled Salmon (add an additional)	240	140	16	4				60	1200	420					24
	Add Grilled Shrimp (add an additional)	160	100	11	1.5		5	3.0	45	470	85	4	3			10
	Add Steak (add an additional)	240	80	14	6	0.5	0.5	6	95	480	370	0				28

NUTRITIONAL ANALYSIS – SOUPS

Nutritional Data for the Soups do not include crackers. Soup garnish is included in the nutritional data of all soups.

Soups		No Crackers	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Creamy Tomato Soup - Bowl		No Crackers	320	200	23	6				30	890	710	28	5	20		4

NUTRITIONAL ANALYSIS – PIZZAS

Pizzas		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Barbecue Chicken Pizza	Indy (per slice)	150	45	5	2.5	0	Trace	Trace	20	220	45	20	0	5	0	7
	Gluten Free (per slice)	170	70	8	3.0	0	1	1.5	25	280	0	16	0	6	5	7
	Medium (per slice)	280	70	7	3.5	0	0.5	1	30	290	80	30	1	6	0	11
	Large (per slice)	290	90	10	5	0	0.5	1	35	350	90	36	1	7	0	14
	Thin Crust (per slice)	110	45	5	2	0	0	0.5	15	190	50	13	0	3	2	6
Cheese Pizza	Indy (per slice)	110	30	3.5	2	0	Trace	Trace	10	150	25	16	0	0	0	5
	Gluten Free (per slice)	120	60	7	3.0	0	1	1.5	20	210	0	11	1	1	0	4
	Medium (per slice)	200	45	5	3	0	Trace	Trace	15	220	40	25	2	0	0	8
	Large (per slice)	220	60	7	4	0	Trace	Trace	20	280	45	30	2	1	0	10
	Thin Crust (per slice)	90	25	3	2	0	0	0	10	125	15	11	0	0	0	4
Classic Pepperoni Pizza	Indy (per slice)	130	70	8	3.5	0	Trace	Trace	25	320	25	16	0	0	0	7
	Gluten Free (per slice)	140	70	8	3.5	0	1	1	25	300	0	11	1	1	0	5
	Medium (per slice)	230	100	11	5	0	Trace	Trace	35	470	40	25	2	0	0	10

	Large (per slice)	260	120	13	6	0	Trace	Trace	40	550	45	30	2	1	0	12	
Classic Pepperoni	Thin Crust (per slice)	110	45	5	2.5	0	0	0	15	210	15	11	0	0	0	5	
Deluxe Pizza	Indy (per slice)	160	80	9	4	0	0.5	1.5	25	370	75	17	1	0	0	8	
	Gluten Free (per slice)	170	90	11	4.0	0	1	1.5	30	380	55	12	2	1	0	6	
	Medium (per slice)	280	120	13	6	0	0.5	2	35	560	115	27	2	2	0	11	
	Large (per slice)	300	140	16	7	0	1	2	45	650	140	32	3	2	0	14	
	Thin Crust (per slice)	140	60	7	3	0	0	0	20	270	55	12	0	1	0	6	
Taco Pizza	Indy (per slice)	170	70	7	4	0	0	1	25	320	125	17	1	1	0	8	
	Medium (per slice)	310	110	13	7	0	0	1.5	40	570	210	27	2	2	0	14	
	Large (per slice)	330	130	14	7	0	0	2.0	45	620	230	32	2	2	0	16	
	Thin Crust (per slice)	140	60	7	3.5	0	0	1	20	320	115	13	0	1	0	7	
Veggie Pizza	Indy (per slice)	120	35	4	2.5	0	Trace	Trace	10	170	50	16	1	0	0	5	
	Gluten Free (per slice)	120	50	60	2.5	0	1	1	15	220	0	12	1	1	0	4	
	Medium (per slice)	190	50	6	3.5	0	Trace	Trace	15	260	80	26	2	1	0	8	
	Large (per slice)	240	70	8	4.5	0	Trace	Trace	20	330	95	31	2	1	0	10	
	Thin Crust (per slice)	80	25	3	1.5	0	0	0	10	140	40	12	0	1	0	4	
Florentine	Indy (per slice)	130	30	3.5	2	0	Trace	Trace	10	180	140	18	2	1	0	6	
	Gluten Free (per slice)	130	60	6	3	0	1	1	20	260	150	15	2	2	0	5	
	Medium (per slice)	220	45	5	3	0	Trace	Trace	15	280	280	30	3	2	0	9	
	Large (per slice)	230	60	7	4	0	Trace	Trace	25	350	340	36	3	3	0	11	
	Thin Crust (per slice)	110	30	3	2	0	0	0	10	180	170	14	2	1	0	5	
Mama Meata®	Indy (per slice)	180	110	12	5	Trace	0.5	2	35	500	120	16	0	0	0	11	
	Gluten Free (per slice)	200	110	13	5	0	1.5	2.5	40	490	110	12	0	1	0	9	
	Medium (per slice)	320	160	19	8	Trace	1	3	60	780	200	26	1	0	0	17	
	Large (per slice)	350	190	22	10	Trace	1.5	4	70	890	230	31	2	1	0	20	
	Thin Crust (per slice)	170	80	10	4.5	0	0.5	2.5	30	400	125	12	0	1	0	9	
Hawaiian BBQ	Indy (per slice)	140	45	5	2.5	0	Trace	Trace	15	300	55	18	0	1	0	7	
	Medium (per slice)	280	70	8	4	0	Trace	Trace	25	590	110	31	0	3	0	11	
	Large (per slice)	350	90	10	4.5	0	Trace	Trace	30	660	120	36	1	3	0	13	

	Thin Crust (per slice)	130	50	6	3	0	0	0.5	25	560	190	15	0	3	0	9
The Flying Buffalo™	Indy (per slice)	140	40	4.5	2	0	Trace	Trace	15	320	40	16	0	0	0	7
	Medium (per slice)	250	70	8	4	0	Trace	1	25	610	75	26	1	0	0	12
	Large (per slice)	280	80	10	4.5	0	0.5	1	30	690	85	32	1	0	0	13
	Thin Crust (per slice)	130	50	6	3	0	0	1	20	460	35	12	0	0	0	7
The Sicilian	Indy (per slice)	140	70	8	3.5	0	0	1	25	350	80	17	1	0	0	7
	Gluten Free (per slice)	160	80	10	4	0	1	1.5	30	380	70	12	1	1	0	7
	Medium (per slice)	250	100	11	5	0	0	1.5	35	520	125	26	2	2	0	11
	Large (per slice)	280	120	13	6	0	0.5	1.5	40	590	150	32	2	2	0	14
	Thin Crust (per slice)	120	50	6	3	0	0	1.5	20	290	85	12	0	1	0	6
Ultimate Pepperoni	Indy (per slice)	190	150	17	7	0	Trace	Trace	50	670	25	16	0	0	0	11
	Gluten Free (per slice)	220	140	16	7	0	1.5	3	45	580	45	12	1	1	0	9
	Medium (per slice)	360	200	23	10	0	Trace	Trace	70	920	40	25	1	0	0	16
	Large (per slice)	400	240	27	12	0	Trace	Trace	85	1110	45	30	2	0	0	19
	Thin Crust (per slice)	190	110	13	6	0	0.5	2	35	490	65	11	0	1	0	8
NY White	Indy (per slice)	120	40	4.5	2.5	0	0	0	15	220	55	16	0	1	0	6
	Gluten Free (per slice)	130	60	7	3	0	1	1	20	280	0	12	0	1	0	5
	Medium (per slice)	220	60	7	3.5	0	0	0	20	380	90	26	1	1	0	9
	Large (per slice)	230	80	9	5	0	0	0	30	480	110	31	1	2	0	11
	Thin Crust (per slice)	90	30	3.5	2	0	0	0	10	220	45	11	0	1	0	4
Pepperoni & Feta Pesto	Indy (per slice)	160	70	8	3	0	0	1	15	250	45	11	0	1	0	4
	Gluten Free (per slice)	170	100	11	4	0	1.5	2	25	360	0	11	1	1	0	5
	Medium (per slice)	270	110	12	5	0	0.5	1.5	25	460	75	25	2	1	0	9
	Large (per slice)	300	130	15	6	0	1	1.5	35	560	90	30	2	1	0	12
	Thin Crust (per slice)	140	80	9	3.5	0	0	1	20	310	45	11	0	1	0	5
Margherita	Indy (per slice)	100	25	3	1.5	0	0	0	10	105	50	15	0	0	0	4
	Gluten Free (per slice)	100	45	5	2	0	1	1	15	170	0	11	1	1	0	4
	Medium (per slice)	180	35	4	2.5	0	0	0	10	160	80	25	1	0	0	7
	Large (per slice)	190	40	4.5	2.5	0	0	0	15	180	95	29	2	1	0	8
	Thin Crust (per slice)	80	20	2	1.5	0	0	0	5	105	45	11	0	0	0	3

SQUAREFOOTER LTO																
Pepperoni & Bacon	(Per Slice)	420	200	23	12	0	1	2.5	65	720	110	37	2	2	0	16
½ & ½ Pepperoni & Bacon	(Per Slice)	315	150	17	9	0	1	2	49	540	83	28	2	2	0	12
Basic CYO	(Per Slice)	408	190	22	12	0	1	2.2	62	677	110	37	2	2	0	15
½ & ½ Basic CYO	(Per Slice)	306	143	16	9	0	1	1.7	47	508	83	28	2	2	0	12
Cheesy Bread	(Per Slice)	100	41	5	2	0	0.1	0.1	10	195	24	11	0	1	0	3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS

CYO Pizza - Basic Pizza		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Gluten Free Crust	Per slice	120	60	7	3		1	1.5	20	210		11	1	1		4
Indy	Per slice	110	30	3.5	2		Trace	Trace	10	150	25	16				5
Large	Per slice	220	60	7	4		Trace	Trace	20	280	45	30	2	1		10
Medium	Per slice	200	45	5	3		Trace	Trace	15	220	40	25	2			8
Thin Crust	Per slice	90	15	2	1		Trace	Trace	8	71	15	9				3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS (CONTINUED)

CYO Pizza - Cheese		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bleu Cheese Crumbles	Indy (per slice)	15	10	1.5	1				4	65	Trace	Trace				1
	Small (per slice)	25	20	2	1.5				5	100	5	1				1
	Medium (per slice)	40	30	3	2.5				10	160	10	1				2
	Large (per slice)	40	30	3.5	2.5				10	160	10	1				2
Cheddar	Indy (per slice)	45	35	4	2.5				15	80						3
	Small (per slice)	50	40	4.5	2.5				15	95						3
	Medium (per slice)	60	50	6	3				20	115						4
	Large (per slice)	90	70	8	4.5				30	160						6
Extra Mozzarella	Indy (per slice)	40	25	3	2				10	85		Trace				3
	Small (per slice)	45	30	3.5	2				10	100		Trace				3
	Medium (per slice)	50	35	4	2.5				15	120		1				4
	Large (per slice)	80	50	6	3.5				20	170		1				5
Feta	Indy (per slice)	10	10	1	0.5				4	50		Trace				1
	Small (per slice)	15	15	1.5	1				5	75		Trace				1
	Medium (per slice)	30	20	2.5	1.5				10	125		Trace				2
	Large (per slice)	30	20	2.5	1.5				10	130		Trace				2
Fontina	Indy (per slice)	40	35	4	2.5				10	135	10					3
	Small (per slice)	50	40	4.5	3				10	160	10					3
	Medium (per slice)	60	50	5	3.5				15	190	15					4
	Large (per slice)	80	70	8	5				20	270	20					5
Ricotta	Indy (per slice)	10	5	0.5	Trace				3	30	10	Trace				1
	Small (per slice)	15	10	1	Trace				4	45	15	Trace				1
	Medium (per slice)	20	15	1.5	1				5	75	25	1				1
	Large (per slice)	25	15	1.5	1				5	80	25	1				1
Truffle Parmesan	Indy (per slice)	40								1380		4				4
	Small (per slice)	45								1650		5				5
	Medium (per slice)	60								1980		6				6
	Large (per slice)	80								2760		8				8

NUTRITIONAL ANALYSIS FOR CYO PIZZAS – CONTINUED

CYO Pizza - Meat		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Aged Prosciutto	Indy (per slice)	50	35	4	Trace				15	320		1				3
	Small (per slice)	60	45	5	Trace				15	390		1				4
	Medium (per slice)	100	70	8	0.5				25	630		1				6
	Large (per slice)	120	80	9	0.5				30	730		1				7
Bacon Crumbles	Indy (per slice)	50	35	4	1.5				10	180		Trace				3
	Small (per slice)	60	40	4.5	2				10	210		Trace				4
	Medium (per slice)	80	50	6	2.5				15	280		1				5
	Large (per slice)	90	60	7	3				20	320		1				6
Cajun Shrimp	Indy (per slice)	10	10	1	Trace		Trace		2	40	10	Trace				1
	Small (per slice)	15	10	1.5	Trace		0.5		3	60	15	1				1
	Medium (per slice)	20	15	1.5	Trace		1		4	70	20	1				1
	Large (per slice)	20	15	1.5	Trace		1		4	80	20	1				1
Cup & Char Pepperoni	Indy (per slice)	35	30	3	1				10	135						1
	Small (per slice)	40	30	3.5	1.5				10	150						1
	Medium (per slice)	60	50	6	2				15	240						2
	Large (per slice)	70	60	6	2.5				20	270						3
Diced Pepperoni	Indy (per slice)	35	30	3	1				10	135						1
	Small (per slice)	40	30	3.5	1.5				10	150						1
	Medium (per slice)	60	50	6	2				15	240						2
	Large (per slice)	70	60	6	2.5				20	270						3
Genoa Salami	Indy (per slice)	40	30	3.5	1.5			1	10	170						2
	Small (per slice)	45	35	4	1.5			1	15	190						2
	Medium (per slice)	70	60	6	2.5			1.5	20	300						4
	Large (per slice)	80	60	7	3			1.5	25	340						4
Grilled Chicken	Indy (per slice)	15	5	0.5	Trace		Trace	Trace	5	25	15	Trace				2
	Small (per slice)	20	10	1	Trace		Trace	0.5	5	40	25	Trace				3
	Medium (per slice)	25	10	1.5	Trace		Trace	0.5	10	50	25	Trace				3
	Large (per slice)	30	15	1.5	Trace		Trace	1	10	55	30	Trace				4

Ground Beef	Indy (per slice)	25	15	2	0.5	Trace	Trace	1	10	95	35	Trace					2
	Small (per slice)	30	20	2	0.5	Trace	Trace	1	10	110	40	Trace					3
	Medium (per slice)	40	25	2.5	1	Trace	Trace	1.5	10	150	55	Trace					4
	Large (per slice)	45	30	3	1	Trace	Trace	1.5	15	170	65	Trace					4
Meatballs	Indy (per slice)	30	20	2	1				5	130		1					2
	Small (per slice)	30	20	2.5	1				10	150		1					2
	Medium (per slice)	40	30	3.5	1				10	200		1					3
	Large (per slice)	40	30	3.5	1				10	200		1					3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS – CONTINUED

CYO Pizza - Meat		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Sliced Pepperoni	Indy (per slice)	35	30	3	1				10	135							1
	Small (per slice)	40	30	3.5	1.5				10	150							1
	Medium (per slice)	60	50	6	2				15	240							2
	Large (per slice)	70	60	6	2.5				20	270							3
Smoked Ham	Indy (per slice)	Trace	Trace	Trace	Trace			Trace	2	60	30	Trace					1
	Small (per slice)	5	Trace	Trace	Trace			Trace	3	75	45	Trace					1
	Medium (per slice)	10	Trace	Trace	Trace			Trace	4	105	60	Trace					1
	Large (per slice)	10	Trace	Trace	Trace			Trace	4	115	65	Trace					1
Spicy Chicken	Indy (per slice)	15	5	0.5	Trace		Trace	Trace	4	65	15	Trace					2
	Small (per slice)	20	10	1	Trace		Trace	0.5	5	95	20	Trace					2
	Medium (per slice)	25	10	1	Trace		Trace	0.5	10	115	25	Trace					3
	Large (per slice)	25	10	1.5	Trace		Trace	0.5	10	130	25	Trace					3
Spicy Italian Sausage	Indy (per slice)	30	25	3	1		Trace	1.5	5	80	25	Trace					1
	Small (per slice)	40	35	3.5	1.5		Trace	1.5	10	105	35	1					2
	Medium (per slice)	60	45	5	2		0.5	2.5	10	140	45	1					3
	Large (per slice)	60	50	6	2		0.5	2.5	15	160	50	1					3
Steak (Grilled)	Indy (per slice)	15	10	1	Trace			Trace	5	30	25						2
	Small (per slice)	25	10	1.5	0.5	Trace	Trace	0.5	10	45	35						3
	Medium (per slice)	30	15	1.5	0.5	Trace	Trace	0.5	10	55	40						3
	Large (per slice)	30	15	2	0.5	Trace	Trace	0.5	10	60	45						3

NUTRITIONAL ANALYSIS FOR CYO PIZZAS – VEGETABLES

CYO Pizza - Veggies		Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Artichoke Hearts	Indy (per slice)	5								30	25	1				Trace
	Small (per slice)	10								40	40	2				Trace
	Medium (per slice)	10								50	50	2				1
	Large (per slice)	10								55	55	2	1			1
Banana Peppers	Indy (per slice)	0								75	0	0				
	Small (per slice)	0								80	0	0				
	Medium (per slice)	0								130	5	0				
	Large (per slice)	0								150	10	0				
Black Olives	Indy (per slice)	10	10	1	Trace					45		Trace				
	Small (per slice)	15	10	1.5	Trace					70		Trace				
	Medium (per slice)	15	15	1.5	0.5					85		1				
	Large (per slice)	20	15	2	0.5					95		1				
Cherry Tomatoes	Indy (per slice)	Trace								Trace	35	1				Trace
	Small (per slice)	Trace								Trace	50	1				Trace
	Medium (per slice)	Trace	Trace	Trace						Trace	65	1				Trace
	Large (per slice)	5	Trace	Trace						Trace	80	1				Trace
Cilantro	Indy (per slice)										Trace					
	Small (per slice)										Trace					
	Medium (per slice)										Trace					
	Large (per slice)										Trace					
Diced Tomatoes	Indy (per slice)	Trace								Trace	20	Trace				Trace
	Small (per slice)	Trace								Trace	25	Trace				Trace
	Medium (per slice)	Trace								Trace	35	1				Trace
	Large (per slice)	Trace								Trace	45	1				Trace
Fresh Basil	Indy (per slice)	Trace									Trace					
	Small (per slice)	Trace									Trace					
	Medium (per slice)	Trace									Trace					
	Large (per slice)	Trace									Trace					

Green Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				
	Small (per slice)	Trace								Trace	10	Trace				Trace
	Medium (per slice)	Trace								Trace	15	Trace				Trace
	Large (per slice)	Trace								Trace	15	Trace				Trace
Green Olives	Indy (per slice)	5	5	0.5						110						
	Small (per slice)	10	10	1						160						
	Medium (per slice)	15	10	1.5						200						
	Large (per slice)	15	15	1.5						220						
Green Onions	Indy (per slice)	Trace								Trace	Trace					
	Small (per slice)	Trace								Trace	Trace					
	Medium (per slice)	Trace								Trace	Trace	Trace				
	Large (per slice)	Trace								Trace	Trace	Trace				
Jalapeno Peppers (Pickled)	Indy (per slice)	Trace								80		Trace				
	Small (per slice)	Trace								160		Trace				
	Medium (per slice)	Trace								150		Trace				
	Large (per slice)	Trace								125		Trace				
Jalapeno Peppers (Fresh)	Indy (per slice)	Trace								Trace		Trace				
	Small (per slice)	Trace								Trace		Trace				
	Medium (per slice)	Trace								Trace		Trace				
	Large (per slice)	Trace								Trace		Trace				
Marinated Mushrooms	Indy (per slice)	Trace	Trace	Trace					Trace	20	15	Trace				Trace
	Small (per slice)	Trace	Trace	Trace				Trace	25	20	Trace					Trace
	Medium (per slice)	Trace	Trace	Trace				Trace	35	25	Trace					Trace
	Large (per slice)	Trace	Trace	Trace				Trace	35	30	Trace					Trace
Pineapple	Indy (per slice)	5								Trace		1		1		
	Small (per slice)	10								Trace		2		2		
	Medium (per slice)	10								Trace		2		2		
	Large (per slice)	10								Trace		3		2		
Raw Mushrooms	Indy (per slice)	Trace								Trace	15	Trace				Trace
	Small (per slice)	Trace								Trace	25	Trace				Trace
	Medium (per slice)	Trace								Trace	25	Trace				Trace
	Large (per slice)	Trace								Trace	30	Trace				Trace
Red Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				
	Small (per slice)	Trace								Trace	15	Trace				Trace
	Medium (per slice)	Trace								Trace	20	1				Trace
	Large (per slice)	Trace								Trace	20	1				Trace

(Roasted) Red Bell Peppers	Indy (per slice)	Trace								Trace	10	Trace				Trace
	Small (per slice)	Trace								Trace	15	Trace				Trace
	Medium (per slice)	Trace								Trace	20	1				Trace
	Large (per slice)	Trace								Trace	20	1				Trace
Red Onions	Indy (per slice)	Trace								Trace	5	Trace				Trace
	Small (per slice)	Trace								Trace	10	1				Trace
	Medium (per slice)	Trace								Trace	10	1				Trace
	Large (per slice)	Trace								Trace	15	1				Trace
Sliced Tomatoes	Indy (per slice)	Trace								Trace	20	Trace				Trace
	Small (per slice)	Trace								Trace	25	Trace				Trace
	Medium (per slice)	Trace								Trace	35	1				Trace
	Large (per slice)	Trace								Trace	45	1				Trace
Spinach	Indy (per slice)	Trace								Trace	25	Trace				Trace
	Small (per slice)	Trace								Trace	30	Trace				Trace
	Medium (per slice)	Trace								Trace	30	Trace				Trace
	Large (per slice)	Trace								5	40	Trace				Trace
Sun-dried Tomatoes	Indy (per slice)	10	Trace	Trace						15	125	3		1		Trace
	Small (per slice)	20	Trace	Trace						20	180	4	1	2		1
	Medium (per slice)	20	Trace	Trace						25	220	5	1	2		1
	Large (per slice)	25	Trace	Trace						25	250	5	1	3		1

NUTRITIONAL ANALYSIS - GOURMET PASTAS

Gourmet Pasta - Full Orders		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Baked Lasagna	No Pasta Bread	1690	1150	130	68	1.5	10	20	390	4360	1540	44	8	15		86
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Chicken & Shrimp Pasta	No Pasta Bread	1010	790	89	45	1	9	16	585	2720	480	92	7	9		67
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Jambalaya Pasta	No Pasta Bread	1780	900	102	30	0	29	24	265	5060	1850	146	20	14	0	83
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Spaghetti and Bolognese	No Pasta Bread	790	190	22	7	0	4	6	40	3180	910	122	11	9	0	30
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Spicy Chicken & Broccoli Alfredo	No Pasta Bread	1370	1110	125	58	1	21	19	380	3110	1130	116	11	16		62
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Twisted Mac & Cheese	No Protein	1410	750	84	49	0.5	1	7	255	2820	230	121	6	13		44
	With chicken (add an additional)	180	80	9	1		2.5	4.5	60	330	180	1		1		22
	With meatballs (add an additional)	340	230	26	10				80	1570	Trace	7	1	1		21
	With spicy chicken (add an additional)	150	70	8	1		2	4	50	780	150	1		1		18
	With spicy Italian sausage (add an additional)	280	230	25	9		3	12	60	720	220	4				13
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7
Veggie Pesto Pasta	No Pasta Bread	1140	530	60	7	0	18	0	0	2600	390	88	6	7	0	19
	Add Pasta Bread	200	50	5	2	0	0	0	10	270	60	33	2	0	0	7

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - PASTAS

CYO Pasta - Pastas		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Penne Pasta	Dinner Portion	420	20	2.0						1300	Trace	82	4	4		14
	Lunch Portion	210	10	1.0						650	Trace	41	2	2		7
Spiral Pasta	Dinner Portion	510	25	2.5						940	Trace	108	5	5		18
	Lunch Portion	260	10	1.5						470	Trace	54	3	3		9
Spaghetti Pasta	Dinner Portion	400	20	2.0						1300	Trace	84	4	4		14
	Lunch Portion	200	10	1.0						650	Trace	42	2	2		7

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - SAUCES

CYO Pasta - Sauces		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Alfredo Sauce	Dinner Portion	160	50	6	4				20	1330	390	24		12		4
	Lunch Portion	80	25	3	2				10	670	200	12		6		2
Bolognese Sauce	Dinner Portion	270	170	19	6	Trace	4	6	40	2010	660	17	4	7		11
	Lunch Portion	140	80	9	3	Trace	2	3	20	1010	330	9	2	4		6
Pesto Sauce	Dinner Portion	1000	950	108	12				20	1480		4	4			8
	Lunch Portion	500	480	54	6				10	740		2	2			4
Pomodoro Sauce	Dinner Portion	320	250	28	14		6	5	50	1010	650	15	4	7		3
	Lunch Portion	160	120	14	7		3	2.5	25	510	320	8	2	3		2

NUTRITIONAL ANALYSIS – GOURMET CREATE YOUR OWN PASTAS - PROTEINS

CYO Pasta - Proteins		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Baked with Mozzarella	Dinner Portion	130	90	10	7				35	300		1					9
	Lunch Portion	130	90	10	7				35	300		1					9
Cajun Shrimp	Dinner Portion	120	60	7	1		4		45	470	85	4	3				10
	Lunch Portion	120	60	7	1		4		45	470	85	4	3				10
Garlic Shrimp	Dinner Portion	230	180	20	6				45	660	65	3	3				10
	Lunch Portion	230	180	20	6				45	660	65	3	3				10
Grilled Chicken	Dinner Portion	240	100	12	1.5		3	6	80	440	240	2		2			29
	Lunch Portion	240	100	12	1.5		3	6	80	440	240	2		2			29
Grilled Salmon	Dinner Portion	240	140	16	4				60	1200	420						24
	Lunch Portion	240	140	16	4				60	1200	420						24
Meatballs	Dinner Portion	340	230	26	10				80	1570		7	1	1			21
	Lunch Portion	340	230	26	10				80	1570		7	1	1			21
Roasted Vegetables	Dinner Portion	100	60	7	1		4		470	280	9	4	3				2
	Lunch Portion	100	60	7	1		4		470	280	9	4	3				2
Spicy Italian Sausage	Dinner Portion	190	150	17	6		2	8	40	480	150	3					9
	Lunch Portion	190	150	17	6		2	8	40	480	150	3					9

NUTRITIONAL ANALYSIS - MAINS

Main Entrees		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Asian-glazed Salmon		630	250	290	7	0	0.5	0	85	3440	1150	54	4	24	16	37
Chicken Strips	No Dipping Sauce	1900	1330	150	21	0	43	18	365	4110	350	129	4	13	0	61
	With BBQ Sauce (add an additional)	140	0	0	0	0	0	0	0	0	0	36	0	32	0	0
	With Honey Mustard (add an additional)	290	250	28	4	0	0	0	30	600	0	20	0	18	0	0
	With Ranch Dressing (add an additional)	190	180	20	3.5	0	0	Trace	10	240	40	4	0	1	0	1
Fish & Chips	Without Tartar Sauce	1590	1100	124	19	0	31	12	100	3820	260	141	4	10	0	30
	With Tartar Sauce (add an additional)	320	300	34	5	0	0	0	30	340	0	2	0	2	0	0
Grilled Chicken	Cajun Seasoned	970	340	43	7	0	9	12	160	2400	1180	37	5	48	0	67
	Original Seasoned	820	560	63	10	0	22	14	170	2330	1190	43	6	90	0	67
Ribs	No Side items Included	2050	1440	163	60	1	13	74	650	2450	1760	98	0	84	0	134
Steak Frites		1280	750	85	22	0	21	17	150	3870	990	75	5	4	0	64

NUTRITIONAL ANALYSIS – SIDES

Sides	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cactus Cuts	810	650	74	19	0	22	11	70	1720	590	32	2	7	0	9
Cauliflower Rice	90	45	5	1.0	0	3.0	0	0	450	480	9	3	3	0	3
Coleslaw	180	130	17	3	0	Trace	0	10	660	230	13	3	8	0	1
Florentine Rice	180	60	6	2	0	0.5	0	0	610	290	28	2	2	0	1
Roasted Vegetables	110	70	8	2.5	0	0	0	0	410	380	8	3	3	0	2
Seasoned French Fries	390	220	25	3.5	0	10	4.0	0	680	0	39	0	0	0	4
Steamed Broccoli	30	Trace	Trace	Trace	0	Trace	0	0	75	250	6	3	1	0	2
Sweet Potato Fries	640	390	44	6	0	14	5	0	410	580	60	7	17	0	5
Tater Tots	620	400	45	7	0	14	5	0	1700	670	48	3	0	0	5
Truffle Parmesan Fries	650	370	42	8	0	16	6	15	1870	30	61	0	0	0	12

Nutritional analysis - Sandwiches

Sandwiches		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chicken Caesar Wrap	No Sides	940	500	56	11	0	3.5	6	115	1900	460	63	3	2	1	44
	With French Fries	1330	720	81	14.5	0	13.5	10	115	2580	460	102	3	2	1	48
Club Sandwich	No Sides	870	390	44	17		0	2.5	145	3420	790	68	3	13		57
	With French Fries	1260	610	69	20.5	0	10	6.5	145	4100	490	107	3	13	0	61
French Dip (includes Horseradish sauce and Au Jus)	No Sides	800	320	36	17				125	3690	1320	73	2	6		50
	With French Fries	1190	540	61	20.5	0	10	4	125	4370	1320	112	2	6	0	54
Fried Chicken Sandwich (No Sauce or Dip)	No Sides	840	380	44	14	0	13	7	245	840	640	59	3	8	0	51
	With French Fries	1230	600	69	17.5	0	23	11	245	1520	640	98	3	8	0	55
Fried Chicken Wrap (No Sauce or Dip)	No Sides	1050	520	59	11	0	16	8	230	1100	670	74	5	5	0	53
	With French Fries	1140	740	84	14.5	0	26	12	230	1780	670	113	5	5	0	57
The Italian Brute	No Sides	1100	610	69	24	0	1	11	185	5810	850	5	5	11	1	54
	With French Fries	1490	830	94	27.5	0	11	15	185	6490	850	114	5	11	1	58
Turkey, Bacon, Avocado Sandwich	No Sides	1300	810	92	22	0	1	6	140	3420	520	71	7	11	0	52
	With French Fries	1690	1030	117	25.5	0	11	10	140	4100	520	110	7	11	0	56
Substitute Cactus Cuts	Add an additional	640	510	58	12	0	22	11	35	1290	510	29	2	4	0	5
Substitute Sweet Potato Fries	Add an additional	640	390	44	6	0	14	5	0	410	580	60	7	17	0	5
Substitute Truffle Parm Fries	Add an additional	650	370	42	8	0	16	6	15	1870	30	61	0	0	0	12

NUTRITIONAL ANALYSIS – BURGERS

Burgers		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Black Bean Burger	No Sides	680	390	44	13	0	0.5	3	55	1240	540	61	10	8	5	18
	With Fries	1070	610	69	16.5	0	10.5	7	55	1920	540	100	10	8	5	22
Boston Burger	No Sides	820	450	51	20	1.5	1	11	170	2480	650	47	2	8	5	43
	With Fries	1210	670	76	23.5	1.5	11	15	170	3160	650	86	2	8	5	47
Breakfast Burger																
	With Tots	1230	740	83	33	1.5	3.0	13	445	2150	790	51	2	9	0	63
Jalapeno & Onion Straw Burger	No Sides	1060	500	56	18	1.5	4	12.1	155	2730	780	65	3	10		51
	With Fries	1580	790	90	22	1.5	18	17	155	3640	780	117	3	10		56
M.V.B. (Most Valuable Burger)	No Sides	1050	500	56	20	1.5	1	11	185	2640	770	52	3	10		58
	With Fries	1570	790	90	25	1.5	15	16	185	3540	770	104	3	10		63
The Pizza Burger	No Sides	1200	580	65	29	1.5	2.5	12	235	2290	800	77	6	6		72
	With Fries	1720	870	99	33	1.5	16.5	16.9	235	3200	800	129	6	6	0	77
Add Avocado	Add an additional	70	60	6	1		1	4		Trace	210	4	3			1
Substitute Cactus Cuts	Add an additional	640	510	58	12		22	11	35	1290	510	29	2	4		5
Substitute Sweet Potato Fries	Add an additional	640	390	44	6		14	5		410	580	60	7	17		5
Substitute Truffle Parm Fries	Add an additional	650	370	42	8		16	6	15	1870	30	61				12

NUTRITIONAL ANALYSIS - DESSERT

Desserts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Boston's Whiskey Cake	includes ice cream	930	360	41	23	1	1.5	2.5	145	590	200	131	4	95	0	8
Chocolate Brownie Addiction	includes ice cream	1950	860	97	25	0	15	35	210	1150	250	264	8	193	14	17
Chocolate Chip Cookie	includes ice cream	1760	670	87	44	0	2.5	5	120	945	125	227	10	178	161	23

Cheesecake – Plain	No sauce	710	420	48	30	1.5	0	0	210	530	270	60	0	50	43	12
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Nutritional Analysis – Small Bites

Small Bites	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bleu Cheese Cactus Cuts	490	320	36	11		4.5	4.5	45	1580	560	36	3	5		8
Bone-In Wings	670	390	44	10		17	15	300	1740	60	4		2		60
Boneless Wings	530	290	33	6		16	8	210	210	420	16		1		43
Boston Nachos	800	490	56	21		11	7	85	1630	770	51	7	8		27
Cauliflower Wings	170	80	9	1.5		5	2.0		65	270	22	2	2		2
Chips & Queso	520	330	38	17		8	3.0	70	1680	230	27	1	6		16
Chips & Salsa	290	160	18	3.5		8	3.0		1250	350	29	3	5		4
Chips & Spinach Dip	500	300	34	14		8	3.0	60	1690	380	31	3	5		19
Fried Pickles & Peppers	560	200	23	4.0		0	0	125	3250	340	71	3	5		14
Pepperoni Stuffed Twist Bread	850	370	41	17		3.0	7	70	1450	440	92	5	3		28

Nutritional Analysis - Kids Meals

Kids Meals		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chicken Nuggets	No Sides; No Dipping Sauce	300	200	23	3.0		8	3.5	80	500	30	14		1		11
Kickin' Chicken Strips	No Sides; No Dipping Sauce	800	530	60	8		17	7	215	1530	75	38		3		33
Grilled Chicken	No Sides; No Dipping Sauce	260	110	13	1.5		3.5	7	85	470	260	2		2		31
Mac & Cheese	With Bread	710	320	36	20	0	0	1.0	100	1580	180	67	3	9		31
Cheeseburger	No Sides	420	170	19	7	1.0	0	5	80	1130	220	33	2	4		27
Pint-sized Pizza (Basic cheese)	Per Slice (for additional toppings, refer to the Indy CYO Pizza Topping section)	120	30	3.5	2		Trace	Trace	10	150	25	16				5
CYO Pasta	Add Spaghetti Pasta	200	10	1						650	Trace	42	2	2		7
	Add Cavatappi Pasta	260	10	1.5						470	Trace	54	3	3		9
	Add Penne Pasta	210	10	1.0						650	Trace	41	2	2		7
	Add Alfredo Sauce	380	340	39	25	Trace	1.0	6	145	200	45	5		2		4
	Add Bolognese Sauce	140	80	9	3	Trace	2	3	20	1010	330	9	2	4		6
	Add Pomodoro Sauce	160	120	14	7		3	2.5	25	510	320	8	2	3		2
	Grilled Chicken	120	50	6	1.0		1.5	3.0	40	220	120	1				15
	Meatball (No Sauce or Pasta)	170	110	13	5				40	790	Trace	4				11
Apple Slices (Granny Smith)	Side Item (add an additional)	70	Trace	Trace			Trace			Trace	150	20	3	15		Trace
All other Sides can be found in the Mains (Sides)																

NUTRITIONAL ANALYSIS - KIDS DESSERT

Kids Desserts		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	
Create Your Own Sundae	Ice Cream Only	100	45	5	3.5				20	35	95	13		8		2	
	Add Caramel Sauce (add an additional)	210	5	1.0						115	30	51		33			
	Add Chocolate Sauce (add an additional)	150	15	1.5						60		34		30		1	
	Add Sprinkles (add an additional)	70	25	2.5	2	Trace				Trace		11		7			
	Add Strawberry Puree (add an additional)	60								15	60	15		13			
	Add Whipped Cream (add an additional)	90	60	7	7								7		7		
	Add Cherry (add an additional)	10											2		1		

NUTRITIONAL ANALYSIS – NON ALCOHOLIC DRINKS

Non-Alcoholic Drinks	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Chocolate Milk	210	45	5	2.5	Trace	0	2.5	15	140	300	33		31		8
Cranberry Juice	130								70		33		33		
Diet Pepsi									25	35					
Dr. Pepper	100								40		26		26		
Fly Me to Hawaii	100								40		26		26		
Grapefruit Juice	70								40	60	17		16	12	0
Hot Chocolate	90	20	2	2					135	290	16	1	11		1
Milk	120	45	5	3	Trace	Trace	2.5	20	115	340	12		12		8
Mist Twist	100								20	45	27		27		
Mountain Dew	110								35	Trace	29		29		
Mug Root Beer	100								15	10	26		26		
Oreo Shake Up	440	130	15	8	0	0	2.0	15	250	330	69	2	53	23	8
Orange Juice	120								30		29		29		
Pepsi	100								20		28		28		

Roy Rogers	110								10		27		26		
Shirley Temple	110								10	25	27		25		
Strawberry Melonade	90	Trace	Trace						45	30	23		19		Trace
Tropicana Lemonade	100								105		27		27		
Unicorn Lemonade	100	0	0						70	55	29	2	25	2	0
Watermelon No'jito	170								90	35	43	0	39	38	1

NUTRITIONAL ANALYSIS – LUNCH ITEMS

Lunch Menu		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
The Pizza Pick	Florentine - Indy (per slice)	130	30	3.5	2	0	Trace	Trace	10	180	140	18	2	1	0	6
	Chicken Spinach & Artichoke – Indy (per slice)	120	35	4	1.5	0	0.5	0	15	190	50	13	0	3	2	6
	Mama Meata - Indy (per slice)	210	110	12	5	Trace	0.5	2	35	500	120	16	0	0	0	11
	Hawaiian BBQ- Indy (per slice)	140	40	5	2.5	0	0	0	15	290	55	18	0	1	0	6
	The Flying Buffalo - Indy (per slice)	130	40	4.5	2	0	Trace	Trace	15	320	40	16	0	0	0	7
	Ultimate Pepperoni - Indy (per slice)	260	150	17	7	0	Trace	Trace	50	670	25	16	0	0	0	11
	Sicilian- Indy (per slice)	140	50	6	3	0	0	1.5	20	260	85	16	0	1	0	7
	BBQ Chicken Pizza - Indy (per slice)	150	45	5	2.5	0	Trace	Trace	20	220	45	20	0	5	0	7
	Basic Cheese - Indy (per slice)	120	30	3.5	2	0	Trace	Trace	10	150	25	16	0	0	0	5
	Classic Pepperoni - Indy (per slice)	160	70	8	3.5	0	Trace	Trace	25	320	25	16	0	0	0	7
	Deluxe - Indy (per slice)	180	80	9	4	0	0.5	1.5	25	370	75	17	1	0	0	8
	Pepperoni and Feta Pesto- Indy (per slice) NEW	150	70	8	3	0	0	1	1.5	15	250	45	15	0	0	6
	Margherita – Indy (per slice)	100	25	3	1.5	0	0	0	10	105	45	11	0	0	0	3
	NY White - Indy (per slice)	120	40	4.5	2.5	0	0	0	15	220	55	16	0	1	0	6
	Taco Pizza- Indy (per slice) NEW	170	70	7	4	0	0	1	25	320	125	17	1	1	0	8
	Veggie - Indy (per slice)	120	35	4	2.5	0	Trace	Trace	10	170	50	16	1	0	0	5
	With Creamy Tomato Soup (add an additional)	560	370	42	14	0	0	0	70	1640	920	38	6	30	0	8
	With Caesar Starter Salad (add an additional)	240	180	21	4	0	Trace	0	20	490	210	8	2	1	0	5
With House Salad - No Dressing	50	10	1	0	0	Trace	0	0	105	330	10	2	3	0	3	

NUTRITIONAL ANALYSIS – LUNCH ITEMS – PICK TWO

Lunch Menu – Sandwich Pick		Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Polyunsaturated fat (g)	Monounsaturated fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Creamy Tomato Soup - Bowl	With Crackers	560	370	42	14				70	1640	920	38	6	30		8
Starter Caesar Salad	With Dressing	240	180	21	4		Trace		20	490	210	8	2	1		5
Starter House Salad	No Dressing	60	10	1	Trace		Trace			105	380	11	2	3		3
Club Sandwich - Half	No Sides	440	200	23	9			1	75	1710	390	34	2	7		29
French Dip - Half	No Sides	450	190	22	11			2.5	75	1880	320	36	1	3		27
Italian Brute - Half	No Sides	970	640	72	26	0	3.5	21	170	4360	820	40	3	7	0	46
Turkey-Bacon-Avocado - Half	No sides	650	370	42	11		0.5	3	75	2190	280	38	4	7		33
Coleslaw		180	130	17	3	0	Trace	0	10	660	230	13	3	8	0	1
Seasoned Frech Fries		390	220	25	3.5		10	4.0		680		39				4
Roasted Vegetable Mix		110	70	8	2.5	0	0	0	0	410	380	8	3	3	0	2
Steamed Broccoli		30	Trace	Trace	Trace	0	Trace	0	0	75	250	6	3	1	0	2
Cauliflower Rice		90	45	5	1.0	0	3.0	0	0	450	480	9	3	3	0	3
Florentine Rice		180	60	6	2	0	0.5	0	0	610	290	28	2	2	0	1
Cactus Cuts	Upgrade Side	810	650	74	19	0	22	11	70	1720	590	32	2	7	0	9
Sweet Potato Fries	Upgrade Side	640	390	44	6	0	14	5	0	410	580	60	7	17	0	5
Tater Tots	Upgrade Side	620	400	45	7	0	14	5	0	1700	670	48	3	0	0	5
Truffle Parmesan Fries	Upgrade Side	650	370	42	8	0	16	6	15	1870	30	61	0	0	0	12