



***Boston's Pizza*** THE GOURMET™  
RESTAURANT & SPORTS BAR

# **Allergy & Nutrition Guide**

June 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.

| <b>Signature Starters</b>            | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|--------------------------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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    |         |           |     |           |       |
|                                       | 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   |           |       |

|           |                           |   |  |   |  |  |   |  |  |
|-----------|---------------------------|---|--|---|--|--|---|--|--|
|           | With Ranch Dressing       | X |  | X |  |  | X |  |  |
|           | With Bleu Cheese Dressing | X |  | X |  |  | X |  |  |
| Dressings |                           |   |  |   |  |  |   |  |  |
|           |                           |   |  |   |  |  |   |  |  |

## 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                                  |     |      |      |         |           |     |           |       |

## 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.

| <b>Salad Dressings</b>          | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|---------------------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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

| <b>Pizza Crust</b> | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|--------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| Cauliflower        | X          |             |             |                |                  |            |                  |              |
| Indy               |            |             |             |                |                  |            |                  | X            |
| Large              |            |             |             |                |                  |            |                  | X            |
| Medium             |            |             |             |                |                  |            |                  | X            |
| Thin Crust         |            |             |             |                |                  |            |                  | X            |

## 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     |
| <b>SQUAREFOOTER PIZZAS</b>  |     |      |      |         |           |     |           |       |
|                             |     |      |      |         |           |     |           |       |
| SQFT – CYO                  |     |      | X    |         |           |     |           | X     |
| SQFT – Pepperoni & Bacon    |     |      | X    |         |           |     |           | X     |
| SQFT – Cheesy Bread         |     |      | X    |         |           |     |           | X     |

## GOURMET PASTAS

| <b>Gourmet Pasta</b>             | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|----------------------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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

| <b>Sauces</b>         | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|-----------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| Alfredo Sauce         |            |             | X           |                |                  | X          |                  |              |
| Baked with Mozzarella |            |             | X           |                |                  |            |                  |              |
| Bolognese Sauce       |            |             | X           |                |                  |            |                  |              |
| Pesto Sauce           |            |             | X           |                |                  |            | X                |              |
| Pomodoro Sauce        |            |             | X           |                |                  |            |                  |              |

## PASTA NOODLES

| <b>Pasta Noodles</b> | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|----------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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

| <b>Add-On Proteins</b>    | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|---------------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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.

| <b>Burgers</b>                  |          | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|---------------------------------|----------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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                     |          |            |             |             |                |                  |            |                  |              |
| <b>Sandwiches &amp; Wraps</b>   |          | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
| 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   |          |            |             |             |                |                  |            |                  |              |

## 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.

| <b>Desserts</b>                        | <b>Egg</b> | <b>Fish</b> | <b>Milk</b> | <b>Peanuts</b> | <b>Shellfish</b> | <b>Soy</b> | <b>Tree nuts</b> | <b>Wheat</b> |
|----------------------------------------|------------|-------------|-------------|----------------|------------------|------------|------------------|--------------|
| 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                      |     |      |      |         |           |     |           |       |
| <b>All other Sides can be found in the Mains (Sides)</b> |                           |     |      |      |         |           |     |           |       |
| 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:<br>No Seasoning, No<br>Sauce, No<br>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<br>Wing Sauce                                | Double Order (add an<br>additional) | 220      |                   |               |                   |               |                         |                         |                  | 2500        |                | 51                     | 2                 | 43               |                  |             |
|                                                              | Single Order (add an<br>additional) | 110      |                   |               |                   |               |                         |                         |                  | 1250        |                | 25                     |                   | 22               |                  |             |
| Add Atomic Wing<br>Sauce                                     | Double Order (add an<br>additional) | 150      | 110               | 12            | 6                 |               | 2                       | 3                       | 25               | 2790        | 390            | 12                     | 5                 | 2                |                  | 3           |
|                                                              | Single Order (add an<br>additional) | 70       | 50                | 6             | 3                 |               | 1                       | 1.5                     | 10               | 1400        | 190            | 6                      | 3                 | 1                |                  | 1           |
| Add Cajun Wing<br>Seasoning                                  | Double Order (add an<br>additional) | 70       | 10                | 1.5           | Trace             |               | 0.5                     | Trace                   |                  | 1130        | 320            | 14                     | 4                 | 1                |                  | 3           |
|                                                              | Single Order (add an<br>additional) | 35       | 5                 | 0.5           | 0                 |               | Trace                   | Trace                   |                  | 560         | 160            | 7                      | 2                 |                  |                  | 1           |
| Add Caribbean<br>Jerk Wing Sauce                             | Double Order (add an<br>additional) | 180      |                   |               |                   |               |                         |                         |                  | 3240        |                | 44                     |                   | 36               | 36               |             |
|                                                              | Single Order (add an<br>additional) | 90       |                   |               |                   |               |                         |                         |                  | 1620        |                | 22                     |                   | 18               | 18               |             |
| Add Carolina<br>Tangy Gold                                   | Double Order (add an<br>additional) | 230      | 30                | 3.0           |                   |               |                         |                         |                  | 1230        |                | 49                     | 3                 | 42               |                  |             |
|                                                              | Single Order (add an<br>additional) | 110      | 15                | 1.5           |                   |               |                         |                         |                  | 620         |                | 24                     | 2                 | 21               |                  |             |
| Add Creamy<br>Buffalo Wing<br>Sauce                          | Double Order (add an<br>additional) | 120      | 100               | 11            | 2.5               |               |                         |                         |                  | 1240        | 90             | 5                      | 1                 | 1                |                  |             |
|                                                              | Single Order (add an<br>additional) | 60       | 50                | 5             | 1                 |               |                         |                         |                  | 620         | 45             | 2                      |                   |                  |                  |             |
| Add Garlic<br>Parmesan Wing<br>Sauce                         | Double Order (add an<br>additional) | 370      | 280               | 31            | 14                |               |                         |                         | 50               | 1410        | 105            | 7                      |                   |                  |                  | 17          |
|                                                              | Single Order (add an<br>additional) | 180      | 140               | 16            | 7                 |               |                         |                         | 25               | 710         | 50             | 4                      |                   |                  |                  | 9           |
| Add Hot Wing<br>Sauce                                        | Double Order (add an<br>additional) |          |                   |               |                   |               |                         |                         |                  | 4560        |                |                        |                   |                  |                  |             |
|                                                              | Single Order (add an<br>additional) |          |                   |               |                   |               |                         |                         |                  | 2280        |                |                        |                   |                  |                  |             |
| Add Korean BBQ<br>Wing Sauce                                 | Double Order (add an<br>additional) | 240      | 45                | 5             |                   |               |                         |                         |                  | 2020        |                | 45                     |                   | 3                |                  | 3           |
|                                                              | Single Order (add an<br>additional) | 120      | 25                | 2.5           |                   |               |                         |                         |                  | 1010        |                | 22                     |                   | 2                |                  | 2           |
| Add Lemon<br>Pepper Wing<br>Seasoning                        | Double Order (add an<br>additional) |          |                   |               |                   |               |                         |                         |                  | 1440        |                |                        |                   |                  |                  |             |
|                                                              | Single Order (add an<br>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.

| <b>Cauliflower Wings</b>                           |                                  | <b>Calories</b> | <b>Calories from fat</b> | <b>Total Fat (g)</b> | <b>Saturated fat (g)</b> | <b>Trans fat (g)</b> | <b>Poly unsat fat (g)</b> | <b>Mono unsat fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Potassium (mg)</b> | <b>Total Carbohydrate (g)</b> | <b>Dietary Fiber (g)</b> | <b>Total Sugars (g)</b> | <b>Added Sugars (g)</b> | <b>Protein (g)</b> |
|----------------------------------------------------|----------------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|---------------------------|---------------------------|-------------------------|--------------------|-----------------------|-------------------------------|--------------------------|-------------------------|-------------------------|--------------------|
| 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 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                |                       |                               |                          |                         |                         |                    |
|                                                    | Double Order (add an additional) | 100             | Trace                    | Trace                |                          |                      |                           |                           |                         | 310                | 10                    | 23                            |                          | 16                      |                         |                    |

|                                  |                                  |     |       |       |       |  |       |       |    |      |       |    |   |    |  |       |
|----------------------------------|----------------------------------|-----|-------|-------|-------|--|-------|-------|----|------|-------|----|---|----|--|-------|
| Add Mango Habanero Wing Sauce    | 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.

| <b>Fried Wings</b>                           |                                  | <b>Calories</b> | <b>Calories from fat</b> | <b>Total Fat (g)</b> | <b>Saturated fat (g)</b> | <b>Trans fat (g)</b> | <b>Poly unsat fat (g)</b> | <b>Mono unsat fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Potassium (mg)</b> | <b>Total Carbohydrate (g)</b> | <b>Dietary Fiber (g)</b> | <b>Total Sugars (g)</b> | <b>Added Sugars (g)</b> | <b>Protein (g)</b> |
|----------------------------------------------|----------------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|---------------------------|---------------------------|-------------------------|--------------------|-----------------------|-------------------------------|--------------------------|-------------------------|-------------------------|--------------------|
| 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 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                |                       |                               |                          |                         |                         |                    |
|                                              | Double Order (add an additional) | 100             | Trace                    | Trace                |                          |                      |                           |                           |                         | 310                | 10                    | 23                            |                          | 16                      |                         |                    |

|                                  |                                  |     |       |       |       |  |       |       |    |      |       |    |   |    |  |       |
|----------------------------------|----------------------------------|-----|-------|-------|-------|--|-------|-------|----|------|-------|----|---|----|--|-------|
| Add Mango Habanero Wing Sauce    | 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                     |             | 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)  | 90  | 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

| <b>Gourmet Pasta - Full Orders</b> |                                                | <b>Calories</b> | <b>Calories from fat</b> | <b>Total fat (g)</b> | <b>Saturated fat (g)</b> | <b>Trans fat (g)</b> | <b>Polyunsaturated fat (g)</b> | <b>Monounsaturated fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Potassium (mg)</b> | <b>Total Carbohydrate (g)</b> | <b>Dietary Fiber (g)</b> | <b>Total Sugars (g)</b> | <b>Added Sugars (g)</b> | <b>Protein (g)</b> |
|------------------------------------|------------------------------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|--------------------------------|--------------------------------|-------------------------|--------------------|-----------------------|-------------------------------|--------------------------|-------------------------|-------------------------|--------------------|
| 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<br>(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 |
|--------------------|----------|-----|-----|----|----|-----|---|---|-----|-----|-----|----|---|----|----|----|

## Nutritional Analysis – Small Bites

| <b>Small Bites</b>            | <b>Calories</b> | <b>Calories from fat</b> | <b>Total fat (g)</b> | <b>Saturated fat (g)</b> | <b>Trans fat (g)</b> | <b>Polyunsaturated fat (g)</b> | <b>Monounsaturated fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Potassium (mg)</b> | <b>Total Carbohydrate (g)</b> | <b>Dietary Fiber (g)</b> | <b>Total Sugars (g)</b> | <b>Added Sugars (g)</b> | <b>Protein (g)</b> |
|-------------------------------|-----------------|--------------------------|----------------------|--------------------------|----------------------|--------------------------------|--------------------------------|-------------------------|--------------------|-----------------------|-------------------------------|--------------------------|-------------------------|-------------------------|--------------------|
| 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     |