

APPS & SHAREABLES

French Onion Soup

Bowl \$8.99 (260 Cals)
A rich beef broth made with sherry and sweet onions. Topped with house-made crostini, Gouda, provolone, pizza mozzarella, and Parmesan then baked until the cheese is a bubbly golden brown.

Soup of the Day

Bowl \$7.99 (230-630 Cals)
Served with garlic toast.
Cup \$5.99 (30-400 Cals)

Buffalo Cauliflower Bites

\$13.49 (Serves 2; 310 Cals/Serving)
Lightly battered, fried and tossed in our signature Buffalo wing sauce, then finished with sesame seeds, green onions, and shredded beets.

Cactus Cut Potatoes

\$12.49 (Serves 3; 390 Cals/Serving)
Spicy and thinly sliced fried potatoes. Served with our signature cactus dip.

Thai Bites

\$14.79
Your choice of shrimp or chicken tossed in sweet Thai chili sauce and served with crunchy Asian noodles, carrots, green onions, and sesame seeds.

Choose from:
• Breaded Jalapeño Shrimp (Serves 2; 300 Cals/Serving)
• Breaded Chicken Breast (Serves 2; 330 Cals/Serving)

Bandera Pizza Bread

\$10.99 (Serves 2; 480 Cals/Serving)
Pizza bread, Italian spices, pizza mozzarella, and freshly grated Parmesan. Served with Santa Fe ranch dip.

Spinach & Artichoke Dip

\$14.99 (Serves 3; 420 Cals/Serving)
Spinach, artichokes, roasted garlic, balsamic roasted onions, pizza mozzarella, Cajun seasoning, tomatoes, feta and freshly grated Parmesan. Served with pizza bread.

Classic Nachos

\$22.29 (Serves 5; 420 Cals/Serving)
Hand-cut tortilla chips topped with cheddar, pizza mozzarella, green peppers, black olives, jalapeño peppers, tomatoes, and green onions. Served with salsa, sour cream, and your choice of protein.

Choose from:
• Seasoned Ground Beef (130-260 Cals)
• BBQ Chicken (70-140 Cals)
• Spicy Chicken (60-120 Cals)

Add **guacamole** \$3.49 (160 Cals)

Starter size \$17.99 (Serves 3; 350 Cals/Serving)

Classic Calamari

14.99 (Serves 2; 430 Cals/Serving)
Lightly battered and fried with banana peppers. Served with our signature cactus dip.

Kick'n Onion Rings

\$11.79 (Serves 2; 400 Cals/Serving)
Drizzled with barrel-aged Sriracha. Served with house-made honey-dill dip.

WINGS

1. Choose Your Size

Starter Size \$16.49 **Double Order** \$25.99

2. Choose Your Type of Wing

GlutenWise[®] Oven-Roasted Wings Available. **G**

Fried Wings (830-1650 Cals) ★

Oven-Roasted Wings (780-1560 Cals) **G**

All Meat Bites[®] (570-1140 Cals)

3. Choose Your Flavour

All flavours except BBQ are GlutenWise[®]. **G**

- **Naked** (0 Cals)
- **Mild** (150-300 Cals)
- **Medium** (110-220 Cals) **2**
- **Hot** (80-160 Cals) **3**
- **BBQ** (90-180 Cals)
- **Thai Chili** (110-220 Cals) **2**
- **Honey Garlic** (120-240 Cals)

A • **Salt and Pepper Dry Rub** (5-10 Cals) ★

• **Memphis Hot Sauce** (200-390 Cals) **3**

• **Hot Honey** (100-200) **2**

Calorie range: Starter-Double
Calories for sauce are additional to those listed for wings.

★ Guest Favourite 🌿 Vegetarian **G** GlutenWise[®]

🔥 **Spice Level** 1 → 2 → 3
Mild Hot



A Spicy Perogy

Sour cream, bacon, Cactus Cut Potatoes, pizza mozzarella, cheddar, green onions, and a dollop of sour cream.

Individual \$15.99 (1040 Cals/Pizza)

Small \$20.99 (230 Cals/Slice)

Medium \$31.49 (300 Cals/Slice)

Large \$36.79 (360 Cals/Slice)

B Royal Hawaiian

Sweet Thai honey garlic, Gouda, provolone, Parmesan, pizza mozzarella, red onions, smoked prosciutto, bacon, pineapple, and toasted sesame seeds.

Individual \$15.99 (910 Cals/Pizza)

Small \$20.99 (200 Cals/Slice)

Medium \$31.49 (270 Cals/Slice)

Large \$36.79 (320 Cals/Slice)

Bourbon BBQ Chicken

House-made Bourbon BBQ sauce, BBQ chicken, balsamic-roasted red onions, pizza mozzarella, cheddar cheese, and bacon, finished with a buttermilk ranch drizzle.

Individual \$15.99 (940 Cals/Pizza)

Small \$20.99 (210 Cals/Slice)

Medium \$31.49 (260 Cals/Slice)

Large \$36.79 (320 Cals/Slice)

Mediterranean

Signature pizza sauce, pizza mozzarella, fresh spinach, mushrooms, olives, red onion, and feta, topped with fresh tomatoes and a pesto drizzle.

Individual \$15.29 (840 Cals/Pizza)

Small \$20.49 (160 Cals/Slice)

Medium \$30.99 (230 Cals/Slice)

Large \$35.99 (280 Cals/Slice)

The Meateor[™]

Beefy Bolognese sauce, pizza mozzarella, smoked ham, pepperoni, seasoned ground beef, and spicy Italian sausage.

Individual \$15.49 (850 Cals/Pizza)

Small \$20.49 (180 Cals/Slice)

Medium \$30.99 (240 Cals/Slice)

Large \$35.99 (300 Cals/Slice)



All pastas are served with garlic toast (180 Cals), with a substitution for The Hungry Carnivore. Substitute for three-cheese toast for \$2.99 (270 Cals). Choose to bake your pasta with cheese for \$2.99 (150 Cals).

Smoked Gouda & Poblano Pepper Ravioli

\$19.99 (1070 Cals)
Ravioli stuffed with ricotta, smoked Gouda, and roasted poblano peppers, then tossed with grilled chicken, bacon, rosé sauce and baked with Italian cheeses. Finished with fresh green onions.

Baked Seven-Cheese Ravioli

\$19.99 (710 Cals)
Ravioli stuffed with Parmesan, Emmental, ricotta, fontina, and Romano, baked with pizza mozzarella and cheddar.

Choose from:
• Beefy Bolognese (160 Cals)
• Marinara (160 Cals)

The Hungry Carnivore

\$19.99 (1450 Cals)
Penne Bolognese loaded with spicy Italian sausage, meatballs, pepperoni, and some vegetables for good measure. Served with bacon-crustped garlic cheese bread. (240 Cals)

Chicken and Mushroom Fettuccini

\$18.99 (1250 Cals)
Grilled chicken breast, mushrooms, tomatoes, and green onions, with Alfredo sauce.

Jambalaya Fettuccini

\$20.99 (1370 Cals)
Grilled chicken breast, shrimp, spicy Italian sausage, tomatoes, green peppers, green onions, Cajun seasoning, and marinara sauce.

Parmesan Shrimp Alfredo

\$20.99 (1170 Cals)
Garlic sautéed shrimp tossed with spaghetti in a Parmesan white wine Alfredo sauce with fresh spinach and cherry tomatoes. Finished with freshly grated Parmesan and a zest of lime.

Spaghetti & Meatballs

\$19.29 (1440 Cals)
Spaghetti smothered in Bolognese sauce, topped with two meatballs and freshly grated Parmesan.

Smoky Mountain-Sized: To make it the BP Classic, add more pasta, more sauce, then topped with an extra meatball, cheddar cheese and Parmesan: \$22.29 (2010 Cals)

Tropical Chicken

Alfredo sauce, pizza mozzarella, cheddar, bacon, spicy chicken breast, and pineapple.

Individual \$15.49 (870 Cals/Pizza)

Small \$20.49 (190 Cals/Slice)

Medium \$30.99 (250 Cals/Slice)

Large \$35.99 (300 Cals/Slice)

8" Cauliflower Crust \$18.49 (950 Cals/Pizza) **G**

Viva Italia

Signature pizza sauce, pizza mozzarella, Genoa salami, bacon, spicy Italian sausage, roasted red peppers, banana peppers, goat cheese, chili flakes, freshly grated Parmesan, and a pesto drizzle.

Individual \$15.49 (1020 Cals/Pizza)

Small \$20.99 (230 Cals/Slice)

Medium \$31.49 (290 Cals/Slice)

Large \$36.49 (350 Cals/Slice)

Deluxe

Signature pizza sauce, pizza mozzarella, pepperoni, smoked ham, green peppers, and mushrooms.

Individual \$14.49 (720 Cals/Pizza)

Small \$19.99 (150 Cals/Slice)

Medium \$29.99 (200 Cals/Slice)

Large \$33.99 (240 Cals/Slice)

8" Cauliflower Crust \$17.49 (800 Cals/Pizza) **G**

Vegetarian

New recipe: Signature pizza sauce, pizza mozzarella, mushrooms, green peppers, red onions, pizza spices, and fresh diced tomatoes.

Individual \$14.49 (620 Cals/Pizza)

Small \$19.49 (130 Cals/Slice)

Medium \$29.49 (170 Cals/Slice)

Large \$33.49 (210 Cals/Slice)

8" Cauliflower Crust \$17.49 (690 Cals/Pizza) **G**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of 1,500 calories a day. However, individual needs vary.

CREATE YOUR OWN

PASTA

Starting at just \$15.99

GlutenWise[®] Pasta \$16.49 **G**

1. Choose Your Noodle

Fettuccini (590 Cals)

Spaghetti (590 Cals)

Penne (450 Cals)

GlutenWise[®] Fusili (540 Cals) **G**

2. Choose Your Sauce

All pasta sauces below are GlutenWise[®] **G**

Tomato Marinara (160 Cals) 🌿 **Rosé** (220 Cals) 🌿

Creamy Alfredo (270 Cals) 🌿 **Beefy Bolognese** (160 Cals)

3. Add Your Protein and Vegetables

All protein and vegetables below except Meatballs are

Fresh Mushrooms \$1.79

(5 Cals)

Green Peppers \$1.79

(5 Cals)

Onions \$1.79 (10 Cals)

Spinach \$1.79 (10 Cals)

Tomatoes \$1.79 (10 Cals)

Bacon \$2.49 (110 Cals)

Spicy Italian Sausage \$2.49

(80 Cals) **1**

Three Meatballs \$3.99

(510 Cals)

Shrimp \$4.99 (35 Cals)

Grilled Chicken Breast \$5.99

(150 Cals)

Salmon Filet \$9.99 (370 Cals)

Baked with cheese \$2.99 (150 Cals)

Calories in each section of Create Your Own Pasta are additional.

PIZZA

1. Choose Your Size

8"

Individual
\$10.79
6 Slices
(630 Cals/Pizza)

10"

Small
\$14.29
8 Slices
(120 Cals/Slice)

13"

Medium
\$22.29
10 Slices
(160 Cals/Slice)

15"

Large
\$26.29
12 Slices
(200 Cals/Slice)

2. Choose Your Crust

BP's Original Crust

8" Cauliflower Crust **G**

\$13.79 (700 Cals/Pizza)

3. Choose Your Toppings & Pizza Dips

Extra charges apply. Not sure what we've got? Just ask!
Additional toppings range from 5-320 Calories per topping.

**JOIN US
FOR PASTA
TUESDAY[®]**

Gourmet Pasta
Just \$13.99 (710-2010 Cals)

Create Your Own
From \$9.99 (610-860 Cals)

Add a **Starter Caesar Salad**
for \$3.99 (260 Cals)

BOWLS & SALADS

GlutenWise®* option for Salads available upon request. **G**

Salmon or Honey Dill Chicken Power Bowls

Choice of protein, served over a warm blend of quinoa and rice with spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers, and cucumbers.

Choose from:

- Citrus & Cumin Sesame-Glazed Salmon \$23.79 (1260 Cals) **G**
- Honey Dill Grilled Chicken Breast \$21.99 (1080-Cals) **G**
- Honey Dill Breaded Chicken Breast \$21.99 (1230 Cals)

Chicken Caesar Salad

\$17.99 (680Cals)
Grilled chicken breast, romaine, croutons, bacon, and freshly grated Parmesan.

Chicken Pecan Salad ★

\$18.49 (790-950 Cals)
Garden greens, candied pecans, pizza mozzarella, cheddar, bacon, cucumbers, carrots, tomatoes, and ranch dressing.

Choose from:

- Grilled Chicken Breast
- Breaded Chicken Breast

Pineapple, Beet & Goat Cheese Salad 🍍

\$17.49 (390 Cals)
Garden greens, pineapple, beets, red onions, roasted red peppers, goat cheese, slivered almonds, and balsamic dressing.

Add Grilled Chicken Breast \$5.99 (150 Cals)

Add Salmon Filet \$9.99 (370 Cals)

Starter Salads

Starter Caesar Salad \$7.99 (260 Cals)

Starter Garden Salad \$7.99 (170 Cals)

SIDES

Chicken, Ribs, Steak and Sandwiches (excluding Tacos) are served with your choice of one side:

- Fries (340 Cals)
 - Garlic Mashed Potatoes (320 Cals)
 - Caesar Salad (140 Cals)
 - Garden Salad (60 Cals)
 - Seasonal Vegetables (80 Cals)
 - Spaghetti (370 Cals)
 - Quinoa and Rice Blend (610 Cals)
- Or substitute for \$3.29
- Onion Rings (560 Cals)
 - Cactus Cut Potatoes (580 Cals)
 - Yam Fries (620 Cals)

GlutenWise®* option available for Seasonal Vegetables, Quinoa and Rice Blend, Caesar Salad, and Garden Salad. **G**

Calories for sides are additional to those listed for Chicken, Ribs, Steak and Sandwiches.

★ Guest Favourite 🍃 Vegetarian **G** GlutenWise®*

🔥 Spice Level 1 ← 2 → 3
Mild Hot

CHICKEN, RIBS & STEAK

Served with garlic toast, seasonal vegetables, and your choice of one side.

NY Strip Loin Steak

\$27.99 (800 Cals)
Canadian 10-ounce AAA New York strip loin steak, aged a minimum of 28 days and charbroiled the way you like it.

Slow-Roasted Pork Back Ribs

• Full Rack \$28.79 (1080 Cals) • Half Rack \$22.79 (670 Cals)
Our tender ribs are slow-cooked with our own blend of spices, and finished with your choice of sauce.

Choose from:

- BBQ (90-180 Cals)
- Bourbon BBQ (90-190 Cals)
- Honey Garlic (120-240 Cals)

Chicken Parmesan ★

\$22.99 (780 Cals)
A fried buttermilk-breaded chicken breast, topped with our marinara sauce and pizza mozzarella.

SANDWICHES

Are tacos and wraps sandwiches? Discuss. Served with your choice of side.

NEW Boston-Sized Burger

\$18.29 (1110 Cals)
Two grilled quarter-pound patties, topped with cheddar, lettuce, tomatoes, red onions, pickles, and our signature cactus dip, on a brioche bun.

Available on GlutenWise®* bun \$19.29 (970 Cals) **G**

Add bacon \$1.49 (120 Cals)

Grilled Chicken Clubhouse

\$17.99 (1040 Cals)
Garlic cheese baked baguette layered with grilled chicken breast, bacon, lettuce, and fresh tomatoes, drizzled with our secret sauce.

Available on GlutenWise®* bun \$18.99 (830 Cals) **G**

Kick'n Memphis Chicken Sandwich ★🔥

\$18.99 (1210 Cals)
Buttermilk-breaded fried chicken tossed in Memphis hot sauce, cheddar, bacon, ranch dressing, lettuce, tomatoes, and a pickle on a brioche bun.

Boston Brute ★

\$18.49 (800Cals)
Genoa salami, pepperoni, smoked ham, pizza mozzarella, onions, and our signature pizza sauce.

Add beefy Bolognese sauce \$1.99 (80 Cals)

Thai Chicken Wrap

\$15.99
Chicken breast, lettuce, red onions, carrots, cilantro, mayo, and crunchy Asian noodles, tossed in our Thai chili sauce and wrapped in a grilled flour tortilla.

Choose from:

- Grilled Chicken Breast (820 Cals)
- Breaded Chicken Breast (860 Cals)

Shrimp or Chicken Tacos

\$15.99
Three soft tacos with your choice of protein, lettuce, red onions, cilantro, cheddar, tomatoes, tortilla strips, creamy sweet chili sauce, and a hint of lime.

Choose from:

- Breaded Jalapeño Shrimp (870 Cals)
- Grilled Chicken Breast (850 Cals)

Add a side starting from: \$3.00 (60-620 Cals)

The Big Dipper ★

\$17.99 (1200 Cals)
Sliced steak, braised onions, roasted red peppers, pizza mozzarella, and panko-crust onion rings. Served with horseradish mayo and sweet onion au jus.

NON-ALCOHOLIC DRINKS

Non-Stop Pop

Free refills \$3.79 (0-170 Cals)



Energy Drinks

Red Bull Energy Drink \$5.29 (110 Cals)

Red Bull Sugarfree Energy Drink \$5.29 (5 Cals)

Handcrafted Quenchers ★

Free refills \$3.79
Sparkling beverages made in-house with all natural flavours, no added sugar or artificial sweeteners.

Choose from:

- Black Raspberry (45 Cals)
- Peach Mango (45 Cals)
- Watermelon (60 Cals)

Bottled Water

Eska Natural Spring Water \$3.79 (355ml; 0 Cals)
Eska Carbonated Spring Water \$3.79 (355 ml; 0 Cals)

Milk

\$4.29 (190 Cals)

Chocolate Milk

\$4.29 (240 Cals)

Unicorn Lemonade ★

\$3.99 (40 Cals)
Brisk Lemonade topped with iced blue verbena tea.

Handcrafted Lemonade

\$3.79
Pure lemon juice, cane sugar and water.

Choose from:

- Classic Lemon (110 Cals)
- Raspberry (130 Cals)

Fruit Juice

\$4.29 (160-170 Cals)

Fever Tree Ginger Beer

\$5.29 (200ml; 80 Cals)

\$12 PIZZA LUNCH SPECIALS

AVAILABLE MONDAY TO FRIDAY 11AM - 3PM

MONDAY

8" Spicy Perogy (1040 Cals/Pizza)

TUESDAY

8" Bourbon BBQ Chicken (940 Cals/Pizza)

WEDNESDAY

8" Meateor™ (850 Cals/Pizza)

THURSDAY

8" Royal Hawaiian (910 Cals/Pizza)

FRIDAY

8" Mediterranean (810 Cals/Pizza)

DESSERTS

NEW Dessert Pizza

\$7.29 (940 Cals)
BP's signature hand-pressed pizza dough topped with butter and sweet cinnamon sugar. Drizzled with caramel sauce and donut icing.

Chocolate Explosion ★

\$8.99 (860 Cals)
Creamy chocolate mousse with chunks of cheesecake, caramel, toffee, pecans, and almonds on a chocolate crust.

NY Cheesecake

\$8.99 (580 Cals)
Traditional New York-style cheesecake with a graham cracker crust.

Choose your sauce:

- Chocolate (180 Cals)
- Caramel (190 Cals)
- Berry (100 Cals)

Chocolate Brownie Addiction

\$7.79 (1000 Cals)
Two warm chocolate brownies topped with scoops of vanilla ice cream and drizzled with our caramel and chocolate sauces.

Bite-sized Brownie \$4.79 (500 Cals)

GlutenWise®* option available \$8.79 (1100 Cals) **G**

Bite-sized GlutenWise®* option available \$5.29 (550 Cals) **G**

AFTER-DINNER DRINKS

Irish Coffee

\$7.99 (140 Cals)
Freshly brewed coffee, Jameson Irish Whiskey, and Kahlúa liqueur, topped with whipped cream (1 oz).

Baileys Coffee

\$7.99 (140 Cals)
Freshly brewed coffee and Baileys Original Irish Cream liqueur, topped with whipped cream (1oz).

Coffee	\$3.29 (5 Cals)
Tea	\$3.59 (0 Cals)
Hot Chocolate	\$3.59 (90 Cals)

Ask your server about our selection of liqueurs and specialty coffees.



Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of 1,500 calories a day. However, individual needs vary.

* GlutenWise® items are prepared with gluten-free ingredients, however cross contamination may occur during preparation. Prices do not include applicable taxes and are subject to change without notice. Allergies? Please inform our staff of any food allergies or food sensitivities. Nutritional information on menu items is available at all Boston Pizza restaurants as well as at BostonPizza.com.

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