**NACHOS**

**BP’s Classic Nachos**
$21.99 (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)

Calories for proteins are additional to those listed for nachos.

Add guacamole $2.99 (160 Cals)

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

**WINGS**

Our most popular starter.
Napkins standing by.

1. **Choose your size**
   - Starter size $14.99
   - Double order $24.99

2. **Choose your type of wing**
   - Fried Wings (830–1650 Cals)
   - Oven-Roasted Wings (780–1560 Cals)
   - All Meat Bites* (570–1140 Cals)
   - GlutenWise® Oven-Roasted Wings available.

3. **Choose your flavour**
   - All flavours except BBQ are GlutenWise®.
   - Naked (0 Cals)
   - Mild (50–100 Cals)
   - Medium (100–220 Cals)
   - Hot (80–160 Cals)
   - BBQ (90–180 Cals)
   - Thai Chili (90–220 Cals)
   - Honey Garlic (120–240 Cals)
   - Salt and Pepper Dry Rub (5–10 Cals)
   - Memphis Hot Sauce (390–780 Cals)
   - Calorie range: Starter=Double
   - Calories for sauce are additional to those listed for wings.

**SIGNATURE STARTERS**

**New Pizza Poutine**
$11.99 (Serves 3; 430 Cals/Serving)
Crispy French fries, tossed with Canadian pizza mozzarella, our classic pizza sauce, sliced pepperoni, topped with more pizza mozzarella and more pepperoni and baked to perfection.

**New Kick’n Onion Rings**
$9.99 (Serves 2; 395 Cals/Serving)
Panko crusted onion rings lightly drizzled with barrel-aged Sriracha, served with a house made honey dill dip.

**New Meatball Sliders**
$12.99 (Serves 3; 426 Cals/Serving)
100% Canadian beef meatballs simmered in marinara, topped with parmesan and served with toasted garlic buns.

**Cactus Cut Potatoes**
$11.49 (Serves 3; 390 Cals/Serving)
Spicy and thinly sliced fried potatoes served with our signature cactus dip.

**Thai Bites**
$13.99
Your choice of chicken or shrimp tossed in sweet Thai chili sauce and served with crunchy Asian noodles, carrots, green onions and sesame seeds.

Choose from:
- Breaded Chicken Breast
  (Serves 2; 270 Cals/Serving)
- Breaded Jalapeño Shrimp
  (Serves 2; 230 Cals/Serving)

**Spinach and Artichoke Dip**
$13.99 (Serves 3; 420 Cals/Serving)
Spinach, artichokes, roasted garlic, balsamic-roasted red onions, pizza mozzarella, Cajun seasoning, tomatoes, feta and freshly grated parmesan. Served with pizza bread.

**Bandera Pizza Bread**
$9.99 (Serves 2; 480 Cals/Serving)
Pizza bread, Italian spices, pizza mozzarella and freshly grated parmesan. Served with Santa Fe ranch dip.
SOUP

Soup of the Day
Ask your server for today’s selection.
Bowl $7.49 (230–630 Cals) (Served with garlic toast)
Cup $5.79 (30–400 Cals)

STARTER SALADS

Caesar Salad
$7.99 (260 Cals)
Romaine, croutons, bacon and freshly grated parmesan.
GlutenWise® option served without croutons (240 Cals).

Garden Salad
$7.99 (170 Cals)
Garden greens, red peppers, red onions, cucumbers, carrots, beets and citrus vinaigrette.
GlutenWise® option available.

ENTRÉE SALADS

New Pineapple, Beet & Goat Cheese Salad
$15.99 (390 Cals)
Garden greens, grilled pineapple, fresh beets, red onions, roasted red peppers, goat cheese, slivered almonds, and balsamic dressing.
Add Chicken Breast $5.99 (150 Cals)

Chicken Pecan Salad
$17.99
Garden greens, candied pecans, pizza mozzarella, cheddar, bacon, cucumbers, carrots, tomatoes and ranch dressing.
Choose from:
· Breaded Chicken Breast (950 Cals)
· Grilled Chicken Breast (780 Cals)
GlutenWise® option served with grilled chicken breast.

Chicken Caesar Salad
$16.99 (680 Cals)
Grilled chicken breast, romaine, croutons, bacon and freshly grated parmesan.
GlutenWise® option served without croutons (650 Cals).

ADD IT ON

Garlic Toast $1.29 (180 Cals)
Chicken Breast $5.99 (150 Cals)
Salmon Filet $9.99 (370 Cals)
GlutenWise® option available for Chicken Breast and Salmon Filet.

GlutenWise® option served with grilled chicken breast.
**BURGERS**

Our burgers are made with 100% Canadian beef and contain nothing but the simplest of ingredients—beef, salt and pepper.

**MVB™ (Most Valuable Burger) ★**

$16.99 (1040 Cals)
Topped with cheddar, lettuce, tomatoes, red onions, pickles and our signature cactus dip, on a brioche bun.
Available on GlutenWise™ bun $17.99 (970 Cals)
Add bacon $1.49 (120 Cals)

**New Black Bean Veggie Burger 🌿**

$16.99 (610 Cals)
Black bean and brown rice patty with a hint of jalapeno, on a brioche bun with lettuce, tomato, red onion, pickle and avocado citrus ranch.
Make it vegan: sub for vegan GlutenWise™ bun and replace avocado citrus ranch for guacamole $17.99 (460 Cals)

**SIDES**

All burgers and sandwiches are served with your choice of one side:

- Fries (350 Cals)
- Garlic Mashed Potatoes (320 Cals)
- Caesar Salad (40 Cals)
- Garden Salad (20 Cals)
- Seasonal Vegetables (80 Cals)
- Spaghetti (370 Cals)
- Quinoa and Rice Blend (610 Cals)
- Onion Rings (Add $2.99) (560 Cals)
- Cactus Cut Potatoes (add $2.99)
- (580 Cals)
- Yam Fries (add $2.99) (560 Cals)

GlutenWise™ option available for Seasonal Vegetables, Quinoa and Rice Blend, Caesar Salad and Garden Salad.

Calories for sides are additional to those listed for Burgers, Sandwiches & Tacos.

**SANDWICHES**

**Kick’n Memphis Chicken Sandwich ★★★**

$17.99 (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 ★★★**

$16.99 (800 Cals)
Genoa salami, pepperoni, smoked ham, pizza mozzarella, onions and our signature pizza sauce.
Add beefy Bolognese sauce $1.99 (80 Cals)

**The Big Dipper**

$17.99 (1200 Cals)
Sliced steak, roasted red peppers, pizza mozzarella, and panko crusted onion rings. Served with horseradish mayo and au jus.

**Thai Chicken Wrap ★★★**

A grilled flour tortilla, chicken breast, lettuce, red onions, carrots, cilantro, cheddar, tomatoes, and a hint of lime.
Choose from:
- Grilled Chicken Breast $14.99 (810 Cals)
- Breaded Chicken Breast $14.99 (860 Cals)

**Santa Fe Chicken Quesadilla**

$13.99 (780 Cals)
BBQ chicken, red onions, tomatoes, red peppers, cheddar, pizza mozzarella and Santa Fe ranch sauce. Served with salsa and sour cream.

**TACOS**

Add a side to your tacos starting at $2.50 (80–580 Cals).

**Shrimp Tacos ★★★**

$15.99 (870 Cals)
Three soft tacos with breaded jalapenio shrimp, lettuce, red onions, cilantro, cheddar, tomatoes, crunchy tortilla strips, creamy sweet chili sauce and a hint of lime.

**Chicken Tacos**

$15.99 (850 Cals)
Three soft tacos with our grilled chicken breast, lettuce, red onions, cilantro, cheddar, tomatoes, crunchy tortilla strips, creamy sweet chili sauce and a hint of lime.
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.

**SIGNATURE RECIPES**

**New 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**: $14.99 (940 Cals/Pizza)
- **Small**: $19.79 (210 Cals/Slice)
- **Medium**: $29.99 (260 Cals/Slice)
- **Large**: $34.99 (320 Cals/Slice)

**New Mad Mac**
Seasoned ground beef, bacon, white onions, cheddar and pizza mozzarella. Topped with iceberg lettuce, chopped pickles, mac sauce, and sesame seeds.
- **Individual**: $14.99 (1000 Cals/Pizza)
- **Small**: $19.79 (220 Cals/Slice)
- **Medium**: $29.99 (290 Cals/Slice)
- **Large**: $34.99 (340 Cals/Slice)

**New El Pizzo**
Signature pizza sauce, chorizo sausage, spiced ground beef, pizza mozzarella, red onions, jalapeño peppers, and fresh tomatoes.
- **Individual**: $14.99 (730 Cals/Pizza)
- **Small**: $19.79 (60 Cals/Slice)
- **Medium**: $29.99 (210 Cals/Slice)
- **Large**: $34.99 (250 Cals/Slice)

**New Hawaii Pie Ohh**
Sweet Thai honey garlic, gouda, provolone, parmesan, mozzarella, red onions, smoked prosciutto, bacon, grilled pineapple, and toasted sesame seeds.
- **Individual**: $14.99 (910 Cals/Pizza)
- **Small**: $19.79 (200 Cals/Slice)
- **Medium**: $29.99 (270 Cals/Slice)
- **Large**: $34.99 (320 Cals/Slice)

**Spicy Perogy**
Sour cream, bacon, Cactus Cut Potatoes, pizza mozzarella, cheddar, green onions and a dollop of sour cream.
- **Individual**: $14.99 (1040 Cals/Pizza)
- **Small**: $19.79 (230 Cals/Slice)
- **Medium**: $29.99 (300 Cals/Slice)
- **Large**: $34.99 (360 Cals/Slice)

**Tuscan**
Marinara sauce, pizza mozzarella, cheddar, spicy chicken breast, roasted garlic, fresh spinach, sun-dried tomatoes and feta.
- **Individual**: $14.99 (850 Cals/Pizza)
- **Small**: $19.79 (80 Cals/Slice)
- **Medium**: $29.99 (240 Cals/Slice)
- **Large**: $34.99 (300 Cals/Slice)

**The Meatero**
Beefy Bolognese sauce, pizza mozzarella, smoked ham, pepperoni, seasoned ground beef and spicy Italian sausage.
- **Individual**: $14.99 (850 Cals/Pizza)
- **Small**: $19.79 (80 Cals/Slice)
- **Medium**: $29.99 (240 Cals/Slice)
- **Large**: $34.99 (300 Cals/Slice)

**Mediterranean**
Signature pizza sauce, pizza mozzarella, fresh spinach, fresh mushrooms, sun-dried tomatoes, feta and a pesto drizzle.
- **Individual**: $14.99 (810 Cals/Pizza)
- **Small**: $19.79 (60 Cals/Slice)
- **Medium**: $29.99 (230 Cals/Slice)
- **Large**: $34.99 (280 Cals/Slice)

**Tropical Chicken**
Alfredo sauce, pizza mozzarella, cheddar, bacon, spicy chicken breast and grilled pineapple.
- **Individual**: $14.99 (870 Cals/Pizza)
- **Small**: $19.79 (90 Cals/Slice)
- **Medium**: $29.99 (250 Cals/Slice)
- **Large**: $34.99 (300 Cals/Slice)

GlutenWise® Individual $16.29 (1070 Cals/Pizza)
**THE CLASSICS**

**Pepperoni**
Individual $12.29 (710 Cals/Pizza)
Small $15.99 (140 Cals/Slice)
Medium $24.99 (200 Cals/Slice)
Large $28.99 (240 Cals/Slice)

**Hawaiian**
Individual $12.99 (660 Cals/Pizza)
Small $16.99 (140 Cals/Slice)
Medium $26.99 (190 Cals/Slice)
Large $31.99 (230 Cals/Slice)

**Deluxe**
Signature pizza sauce, pizza mozzarella, pepperoni, smoked ham, green peppers and fresh mushrooms.
Individual $13.99 (720 Cals/Pizza)
Small $18.99 (150 Cals/Slice)
Medium $28.99 (200 Cals/Slice)
Large $32.99 (240 Cals/Slice)

**Vegetarian**
Signature pizza sauce, pizza mozzarella, fresh mushrooms, green peppers and onions, topped with fresh tomato slices.
Individual $13.99 (620 Cals/Pizza)
Small $18.99 (130 Cals/Slice)
Medium $28.99 (170 Cals/Slice)
Large $32.99 (210 Cals/Slice)

**New Three Meat**
Signature pizza sauce, gouda, provolone, parmesan, pizza mozzarella, chorizo sausage, pepperoni, bacon, and finished with freshly grated parmesan.
Small $15.79 (1130 Cals/Pizza)
Medium $25.99 (250 Cals/Slice)

**New Pesto Caprese**
Pesto sauce, bocconcini, roasted garlic, balsamic-roasted cherry tomatoes, goat cheese, fresh arugula, parmesan, finished with a drizzle of balsamic glaze.
Small $15.79 (1030 Cals/Pizza)
Medium $25.99 (230 Cals/Slice)

**Skinny Carnivore**
Genoa salami, smoked prosciutto, barrel-aged Sriracha, bocconcini cheese, balsamic-roasted cherry tomatoes, garlic, sesame seeds, freshly grated parmesan and a zest of lime.
Small $15.79 (670 Cals/Pizza)
Medium $25.99 (160 Cals/Slice)

**Fiesta Chicken**
Honey citrus-glazed chicken, gouda, provolone, feta, parmesan, pizza mozzarella, garlic, red onions and chili flakes. Drizzled with avocado citrus ranch and topped with freshly grated parmesan.
Small $15.79 (970 Cals/Pizza)
Medium $25.99 (200 Cals/Slice)

**Pizza Bella**
Smoked prosciutto, gouda, provolone, parmesan, garlic, signature pizza sauce and pizza mozzarella. Topped with fresh arugula and freshly grated parmesan.
Small $15.79 (700 Cals/Pizza)
Medium $25.99 (150 Cals/Slice)
CREATE YOUR OWN PIZZA

1. CHOOSE YOUR SIZE

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Calorie range: Individual–Large

2. CHOOSE YOUR CRUST

BP’s Original Crust
Add $1.30 (720 Cals/Pizza)
Available for individual pizzas only with a maximum of four toppings, priced accordingly.

GlutenWise® Crust
Add $2.99 (1000 Cals/Pizza)
Available for individual pizzas only with a maximum of four toppings, priced accordingly.

3. CHOOSE YOUR TOPPINGS

All toppings are GlutenWise® except BBQ Chicken.

Cheese
- New Vegan Cheese (80–670 Cals)
- Italian Cheese Blend (170–850 Cals)
- Bocconcini (120–480 Cals)
- Cheddar (110–440 Cals)
- Feta (90–380 Cals)
- Goat Cheese (90–380 Cals)
- Pizza Mozzarella (150–760 Cals)

Veggies
- New Caramelized Pineapple (40–170 Cals)
- Balsamic-Roasted Cherry Tomatoes (5–35 Cals)
- Balsamic-Roasted Red Onions (25–110 Cals)
- Banana Peppers (5–15 Cals)
- Fresh Mushrooms (5–20 Cals)
- Green Peppers (5–20 Cals)
- Jalapeño Peppers (5–20 Cals)
- Olives (45–180 Cals)
- Onions (10–40 Cals)
- Red Peppers (60–40 Cals)
- Spinach (10–35 Cals)
- Sun-Dried Tomatoes (70–280 Cals)
- Tomatoes (10–35 Cals)

Protein
- New Chorizo Sausage (60–230 Cals)
- Smoked Prosciutto (15–90 Cals)
- Bacon (110–1450 Cals)
- BBQ Chicken (35–140 Cals)
- Chicken (30–120 Cals)
- Genoa Salami (80–320 Cals)
- Pepperoni (I10–450 Cals)
- Seasoned Ground Beef (70–260 Cals)
- Smoked Ham (30–140 Cals)
- Spicy Chicken (45–180 Cals)
- Spicy Italian Sausage (80–320 Cals)

Calorie range: Individual–Large

4. ADD A DIP

for $1.65
All dips are GlutenWise®.

- New Honey Dill Dip (340 Cals)
- Blue Cheese (120 Cals)
- Cactus Dip (250 Cals)
- Creamy Garlic (300 Cals)
- Pizza Sauce (35 Cals)
- Ranch (300 Cals)
- Santa Fe Ranch (200 Cals)

Calories in each section of Create Your Own Pizza are additional.
CHOOSE FROM ONE OF OUR CLASSIC RECIPES OR SATISFY YOUR PASTA CRAVING BY MAKING IT YOUR WAY.

CREATE YOUR OWN PASTA

Starting at just $14.99
GlutenWise™ Pasta $15.99 (540 Cals)

1. Choose Your Noodle
   - Fettuccini (590 Cals)
   - Spaghetti (590 Cals)
   - Penne (450 Cals)
   - GlutenWise Fusilli (540 Cals)

2. Choose Your Sauce
   All sauces are GlutenWise™
   - Tomato Marinara (160 Cals)
   - Creamy Alfredo (270 Cals)
   - Rose (220 Cals)
   - Beefy Bolognese (160 Cals)

3. Add Your Protein and Vegetables
   All protein and vegetables below except meatballs are GlutenWise™
   - New Chorizo Sausage $2.39 (60 Cals)
   - Bacon $2.39 (110 Cals)
   - Diced Chicken $2.39 (30 Cals)
   - Spicy Italian Sausage $2.39 (80 Cals)
   - Three Meatballs $3.49 (510 Cals)
   - Fresh Mushrooms $1.69 (5 Cals)
   - Green Peppers $1.69 (5 Cals)
   - Onions $1.69 (10 Cals)
   - Spinach $1.69 (10 Cals)
   - Sun-Dried Tomatoes $1.69 (70 Cals)
   - Tomatoes $1.69 (10 Cals)

Add a Chicken Breast $5.99 (150 Cals) or Salmon Fillet $9.99 (370 Cals). Baked with Cheese $2.99 (150 Cals).

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

GOURMET PASTA

New Fettuccini Primavera
$19.49 (1030 Cals)
Red and green peppers, mushrooms, cherry tomatoes, green onions, and spinach in a pesto marinara sauce. Topped with feta.

New The Hungry Carnivore
$19.99 (1450 Cals)
Spicy Italian sausage, meatballs, pepperoni, mushrooms, roasted red peppers, and green peppers, tossed with penne and our beefy Bolognese. Finished with fresh parmesan and parsley and served with bacon crusted garlic cheese bread.

New Parmesan Shrimp Alfredo
$19.99 (1170 Cals)
Garlic sautéed shrimp tossed with spaghetti in a parmesan white wine Alfredo sauce with seasoned spinach and cherry tomatoes.

Jambalaya Fettuccini
$19.99 (1350 Cals)
Chicken breast, shrimp, spicy Italian sausage, tomatoes, green peppers, green onions, Cajun seasoning and marinara sauce.

All pastas are served with garlic toast (180 Cals), with the exception of The Hungry Carnivore dish. Substitute for three-cheese toast $2.25 (370 Cals).

PASTA TUESDAY

Your new favourite day of the week.

Gourmet Pasta just $12.99 (870–1760 Cals)
Create your own from $8.99 (610–860 Cals)
Add a Starter Caesar Salad for $3.99 (260 Cals)

★ Guest Favourite  🌿 Vegetarian  🔥 Spicy  ★ GlutenWise™
ENTRÉES

Chicken Parmesan ★
$21.99 (780 Cals)
A fried buttermilk-breaded chicken breast, topped with our marinara sauce and pizza mozzarella.

Slow-Roasted Pork Back Ribs
Slow-roasted pork back ribs brushed in your choice of sauce.
Full Rack $27.99 (1090 Cals)
Half Rack $21.99 (680 Cals)
Choose your rib sauce:
- BBQ sauce (90–180 Cals)
- Bourbon BBQ sauce (90–190 Cals)
- Honey garlic sauce (120–240 Cals)
Calories for sauce are additional to those listed for Ribs.
GlutenWise® option served with honey garlic sauce, garden salad and seasonal vegetables.
(670–1200 Cals)

BOWLS

New Honey Dill Chicken Power Bowl
Your choice of crispy or grilled chicken breast drizzled with honey dill served over warm quinoa and rice blend, spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers and cucumbers.
Choose from:
- Crispy Chicken $20.79 (1230 Cals)
- Grilled Chicken Breast $20.79 (1080 Cals)

New Cuban Salmon Power Bowl
$22.79 (1260 Cals)
Oven roasted citrus and cumin glazed salmon served over warm quinoa and rice blend with spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers and cucumbers.

SIDES
All entrees are served with garlic toast, seasonal vegetables and your choice of one side:
- Fries (350 Cals)
- Garlic Mashed Potatoes (320 Cals)
- Caesar Salad (140 Cals)
- Garden Salad (120 Cals)
- Seasonal Vegetables (80 Cals)
- Spaghetti (370 Cals)
- Quinoa and Rice Blend (610 Cals)
- Onion Rings (add $2.99) (560 Cals)
- Cactus Cut Potatoes (add $2.99) (580 Cals)
- Yam Fries (add $2.99) (540 Cals)

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

Calories for sides are additional to those listed with entrées.

OUR TENDER RIBS ARE SLOW-COOKED WITH OUR OWN BLEND OF SPICES, AND SAUCED UP JUST THE WAY YOU LIKE THEM.