

## 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. **G**

### 3. Choose Your Flavour

All flavours except BBQ  
are GlutenWise®+. **G**

**Naked** (0 Cals)

**Mild** (150–300 Cals)

**Medium** (110–220 Cals)

**Hot** (80–160 Cals)

**BBQ** (90–180 Cals)

**Thai Chili** (110–220 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

\$12.99 (Serves 3; 440 Cals/Serving)

Our take on a Canadian classic. Crispy French fries with pizza mozzarella, sliced pepperoni, and our signature pizza gravy. Served with freshly grated Parmesan.

### New Kick'n Onion Rings 🍃🔥

\$11.29 (Serves 2; 400 Cals/Serving)

Panko-crusted onion rings lightly drizzled with barrel-aged Sriracha, served with a house-made honey dill dip.

### New Nonna's Meatballs

\$13.99 (Serves 3; 430 Cals/Serving)

100% Canadian beef meatballs simmered in marinara, topped with Parmesan, and served with toasted garlic buns.

### Cactus Cut Potatoes ★🔥

\$11.99 (Serves 3; 390 Cals/Serving)

Spicy and thinly sliced fried potatoes served with our signature cactus dip.

### Thai Bites ★🔥

\$14.49

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; 330 Cals/Serving)
- Breaded Jalapeño Shrimp (Serves 2; 300 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 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.

★ Guest Favourite

🍃 Vegetarian

🔥 Spicy

**G** GlutenWise®+

STARTERS & SHAREABLES

## 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<sup>®+</sup> option served without croutons.**  
(240 Cals) **G**

### Garden Salad

\$7.99 (170 Cals)

Garden greens, red peppers, red onions, cucumbers, carrots, beets, and citrus vinaigrette.

**GlutenWise<sup>®+</sup> option available.** **G**

## ADD IT ON

**Garlic Toast** \$1.49 (180 Cals)

**Chicken Breast** \$5.99 (150 Cals)

**Salmon Filet** \$9.99 (370 Cals)

**GlutenWise<sup>®+</sup> option available for Chicken Breast and Salmon Filet.** **G**

## ENTRÉE SALADS

### New Pineapple, Beet & Goat Cheese Salad

\$16.99 (390 Cals)

Garden greens, grilled pineapple, beets, red onions, roasted red peppers, goat cheese, slivered almonds, and balsamic dressing.

**Add chicken breast** \$5.99 (150 Cals)

**GlutenWise<sup>®+</sup> option available.** **G**

### 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 (790 Cals)

**GlutenWise<sup>®+</sup> option served with grilled chicken breast.** **G**

### Chicken Caesar Salad

\$16.99 (680 Cals)

Grilled chicken breast, romaine, croutons, bacon, and freshly grated Parmesan.

**GlutenWise<sup>®+</sup> option served without croutons.**  
(650 Cals) **G**



**Chicken Caesar Salad**  
(680 Cals)

 Guest Favourite

 Vegetarian

 Spicy

 GlutenWise<sup>®+</sup>

## 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) **G**

Add bacon \$1.49 (120 Cals)

### New Black Bean Veggie Burger 🌱

\$16.99 (510 Cals)

Black bean and brown rice patty with a hint of jalapeño. Topped with lettuce, tomatoes, red onions, pickles, and avocado citrus ranch, on a brioche bun.

Make it vegan: substitute for **vegan GlutenWise®+** bun and replace avocado citrus ranch with guacamole. \$18.49 (460 Cals) **G**

## SIDES

All burgers and sandwiches 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 \$2.99:

- 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 Burgers, Sandwiches and 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.

### Grilled Chicken Clubhouse

\$16.99 (1040 Cals)

Garlic cheese baked baguette layered with chicken breast, bacon, lettuce, and fresh tomato, drizzled with our secret sauce.

Available on **GlutenWise®+** bun \$17.99 (830 Cals) **G**

### 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-crust onion rings. Served with horseradish mayo and au jus.

### Thai Chicken Wrap ★

\$15.99

A grilled flour tortilla, chicken breast, lettuce, red onions, carrots, cilantro, mayo, and crunchy Asian noodles, tossed in our Thai chili sauce.

Choose from:

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

### Santa Fe Chicken Quesadilla

\$14.99 (840 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 (60–620 Cals)

### Shrimp Tacos ★

\$15.99 (870 Cals)

Three soft tacos with breaded jalapeño 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.

★ Guest Favourite

🌱 Vegetarian

🔥 Spicy

**G** GlutenWise®+

**BURGERS, SANDWICHES & TACOS**



**A**



**B**



## 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)

### **A** 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 Dorado 🌶️

Signature pizza sauce, chorizo sausage, seasoned ground beef, pizza mozzarella, red onions, jalapeño peppers, and fresh tomatoes.

**Individual** \$14.99 (730 Cals/Pizza)

**Small** \$19.79 (160 Cals/Slice)

**Medium** \$29.99 (210 Cals/Slice)

**Large** \$34.99 (250 Cals/Slice)

### **C** New Royal Hawaiian

Sweet Thai honey garlic, Gouda, provolone, Parmesan, pizza 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)

### **B** 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)

**8"**

**Individual**  
Original Crust  
6 Slices

**10"**

**Small**  
Original Crust  
8 Slices

**13"**

**Medium**  
Original Crust  
10 Slices

**15"**

**Large**  
Original Crust  
12 Slices

### 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 (190 Cals/Slice)

**Medium** \$29.99 (240 Cals/Slice)

**Large** \$34.99 (300 Cals/Slice)

### The Meateor™ 🌟🔥

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

**Individual** \$14.99 (850 Cals/Pizza)

**Small** \$19.79 (180 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 (160 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 (190 Cals/Slice)

**Medium** \$29.99 (250 Cals/Slice)

**Large** \$34.99 (300 Cals/Slice)

**8" Cauliflower Crust** \$17.98 (950 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.

Informed Dining 

JUN 2019 03 RED ON EN



C



D



E

**10"** Small  
Thin Crust  
6 Slices

**13"** Medium  
Thin Crust  
8 Slices

## 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)

8" Cauliflower Crust \$15.28 (790 Cals/Pizza) **G**

### Hawaiian

Signature pizza sauce, pizza mozzarella, grilled pineapple, and smoked ham.

Individual \$12.99 (660 Cals/Pizza)

Small \$16.99 (140 Cals/Slice)

Medium \$26.99 (190 Cals/Slice)

Large \$31.99 (230 Cals/Slice)

8" Cauliflower Crust \$15.98 (740 Cals/Pizza) **G**

### 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)

8" Cauliflower Crust \$16.98 (800 Cals/Pizza) **G**

### Vegetarian

Signature pizza sauce, pizza mozzarella, fresh mushrooms, green peppers, onions, and 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)

8" Cauliflower Crust \$16.98 (690 Cals/Pizza) **G**

## THIN CRUST CREATIONS

### New Triple Threat

Signature pizza sauce, chorizo sausage, pepperoni, bacon, Gouda, provolone, Parmesan, and pizza mozzarella, finished with freshly grated Parmesan.

Small \$15.79 (1130 Cals/Pizza)

Medium \$25.99 (250 Cals/Slice)

### D New Pesto Caprese

Pesto sauce, bocconcini cheese, roasted garlic, balsamic-roasted cherry tomatoes, goat cheese, fresh arugula, and Parmesan, finished with a drizzle of balsamic glaze.

Small \$15.79 (1030 Cals/Pizza)

Medium \$25.99 (230 Cals/Slice)

### E Skinny Carnivore

Genoa salami, smoked prosciutto, barrel-aged Sriracha, bocconcini cheese, balsamic-roasted cherry tomatoes, 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, 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, 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)

★ Guest Favourite

🌿 Vegetarian

🔥 Spicy

**G** GlutenWise®+

# CREATE YOUR OWN PIZZA

## I. CHOOSE YOUR SIZE

8"

**Individual** \$10.49  
6 Slices  
(630 Cals/Pizza)

10"

**Small** \$13.99  
8 Slices  
(120 Cals/Slice)

13"

**Medium** \$21.99  
10 Slices  
(160 Cals/Slice)

15"

**Large** \$25.99  
12 Slices  
(200 Cals/Slice)

## 2. CHOOSE YOUR CRUST

**BP's Original Crust**

or

**Thin Crust**

or

**New 8" Cauliflower Crust**

**Small** 6 Slices \$13.99 (590 Cals/Pizza)

**Medium** 8 Slices \$21.99 (120 Cals/Slice)

Available for small and medium pizzas only. Additional toppings priced accordingly.

**Add \$2.99** (700 Cals/Pizza) **G**

Available for individual pizzas only with a maximum of four toppings, priced accordingly.

## 3. CHOOSE YOUR TOPPINGS

All toppings are GlutenWise®+ except BBQ Chicken. **G**

### Cheese

**Pizza Mozzarella** (150–760 Cals)

**Italian Cheese Blend** (170–850 Cals)

**Bocconcini** (120–490 Cals)

**Cheddar** (110–440 Cals)

**Feta** (100–380 Cals)

**Goat Cheese** (90–380 Cals)

**New Vegan Substitute** (140–670 Cals)

**Individual** \$2.39

**Small** \$2.99

**Medium** \$3.59

**Large** \$3.99

### Veggies

**New Grilled Pineapple** (40–160 Cals)

**Balsamic-Roasted Cherry Tomatoes** (10–35 Cals)

**Balsamic-Roasted Red Onions** (15–90 Cals)

**Banana Peppers** (10–35 Cals)

**Fresh Mushrooms** (5–20 Cals)

**Green Peppers** (5–25 Cals)

**Jalapeño Peppers** (5–25 Cals)

**Olives** (50–210 Cals)

**Onions** (10–45 Cals)

**Red Peppers** (10–35 Cals)

**Spinach** (10–35 Cals)

**Sun-Dried Tomatoes** (50–220 Cals)

**Tomatoes** (10–35 Cals)

**Individual** \$1.69

**Small** \$1.99

**Medium** \$2.79

**Large** \$3.39

### Protein

**New Chorizo Sausage** (60–230 Cals)

**Bacon** (110–450 Cals)

**BBQ Chicken** (35–140 Cals)

**Chicken** (30–120 Cals)

**Genoa Salami** (80–320 Cals)

**Pepperoni** (110–450 Cals)

**Seasoned Ground Beef** (70–260 Cals)

**Smoked Ham** (35–140 Cals)

**Smoked Prosciutto** (15–90 Cals)

**Spicy Chicken** (40–160 Cals)

**Spicy Italian Sausage** (80–320 Cals)

**Individual** \$2.39

**Small** \$2.99

**Medium** \$3.59

**Large** \$3.99

Calorie range: Individual–Large

## 4. ADD A DIP

for \$1.75

All dips are GlutenWise®+. **G**

**New Honey Dill** (520 Cals)

**New Sriracha Ranch** (380 Cals)

**Blue Cheese** (340 Cals)

**Cactus Dip** (380 Cals)

**Creamy Garlic** (450 Cals)

**Pizza Sauce** (50 Cals)

**Ranch** (450 Cals)

**Santa Fe Ranch** (300 Cals)

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

★ Guest Favourite

🌿 Vegetarian

🔥 Spicy

**G** GlutenWise®+

CREATE YOUR OWN PIZZA

# 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 **G**

### 1. Choose Your Noodle

**Fettuccini** (590 Cals)     **Spaghetti** (590 Cals)  
**Penne** (450 Cals)     **GlutenWise®+ Fusilli** (540 Cals) **G**

### 2. Choose Your Sauce

All sauces are GlutenWise®+ **G**

**Tomato Marinara** (160 Cals) **V**  
**Creamy Alfredo** (270 Cals) **V**  
**Rosé** (220 Cals) **V**  
**Beefy Bolognese** (160 Cals)

### 3. Add Your Protein and Vegetables

All protein and vegetables below except meatballs are GlutenWise®+ **G**

<b>New Chorizo Sausage</b> \$2.39 (60 Cals)	<b>Fresh Mushrooms</b> \$1.69 (5 Cals)
<b>Bacon</b> \$2.39 (110 Cals)	<b>Green Peppers</b> \$1.69 (5 Cals)
<b>Spicy Italian Sausage</b> \$2.39 (80 Cals)	<b>Onions</b> \$1.69 (10 Cals)
<b>Three Meatballs</b> \$3.99 (510 Cals)	<b>Spinach</b> \$1.69 (10 Cals)
<b>Shrimp</b> \$4.99 (35 Cals)	<b>Sun-Dried Tomatoes</b> \$1.69 (50 Cals)
	<b>Tomatoes</b> \$1.69 (10 Cals)

Add a **Chicken Breast** \$5.99 (150 Cals)  
or **Salmon Filet** \$9.99 (370 Cals)  
**Baked with Cheese** \$2.99 (150 Cals)

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

All pastas are served with garlic toast (180 Cals), with the exception of The Hungry Carnivore dish. Substitute for three-cheese toast \$2.99 (370 Cals).

## GOURMET PASTA

### New Fettuccini Primavera **V**

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

### New Chorizo Bacon Mac & Cheese

\$18.99 (1630 Cals)  
Cheddar cheese sauce loaded with garlic sautéed chorizo, bacon, mushrooms, and green onions, tossed with penne and oven-baked with provolone, Gouda, pizza mozzarella, and Parmesan.

### 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 freshly grated Parmesan and parsley.  
Served with bacon-crusting garlic cheese bread (240 Cals).

### 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. Finished with freshly grated Parmesan and a zest of lime.

### Jambalaya Fettuccini **★🔥**

\$19.99 (1370 Cals)  
Chicken breast, shrimp, spicy Italian sausage, tomatoes, green peppers, green onions, Cajun seasoning, and marinara sauce.

### Seven-Cheese Ravioli

\$18.99 (710 Cals)  
Ravioli stuffed with Parmesan, Emmental, ricotta, fontina, and Romano, baked with pizza mozzarella and cheddar.

**Choose your sauce:**  
· Beefy Bolognese (160 Cals)  
· Marinara (160 Cals)

Calories for sauce are additional to those listed for Seven-Cheese Ravioli.

## PASTA TUESDAY®

Your new favourite day of the week.

**Gourmet Pasta** just \$12.99 (870–1690 Cals)  
**Create Your Own** from \$8.99 (610–860 Cals)  
**Add a Starter Caesar Salad** for \$3.99 (260 Cals)

★ Guest Favourite

**V** Vegetarian

**🔥** Spicy

**G** GlutenWise®+

PASTA

# POWER YOUR DAY! MADE FROM SCRATCH IN OUR KITCHENS, OUR BOWLS ARE FILLED WITH FRESH VEGETABLES AND ARE BURSTING WITH FLAVOUR.

## BOWLS

### New Honey Dill Chicken Bowl

\$21.99

Your choice of breaded or grilled chicken breast drizzled with honey dill, served over a warm blend of quinoa and rice with spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers, and cucumbers.

Choose from:

- Breaded Chicken Breast (1230 Cals)
- Grilled Chicken Breast (1080 Cals)

### New Salmon Power Bowl

\$22.99 (1260 Cals)

Oven-roasted citrus and cumin glazed salmon, served over a warm blend of quinoa and rice with spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers, cucumbers, and sesame seeds.

### New Vegan Power Bowl

\$21.79 (1050 Cals)

Black bean and brown rice patty, served over a warm blend of quinoa and rice with spinach, cherry tomatoes, guacamole, beets, carrots, roasted red peppers, and cucumbers.

## ENTRÉES

### NY Strip Loin Steak

\$26.99 (800 Cals)

Canadian 10-ounce AAA New York strip loin steak, aged a minimum of 28 days and charbroiled the way you like it.

GlutenWise<sup>®†</sup> option served with garden salad and seasonal vegetables. (680 Cals) **G**

### 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

Our tender ribs are slow-cooked with our own blend of spices, and finished with your choice of sauce.

Full Rack \$27.99 (1080 Cals)

Half Rack \$21.99 (670 Cals)

Choose your rib sauce:

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

Calories for sauce are additional to those listed for Ribs.

GlutenWise<sup>®†</sup> option served with honey garlic sauce, garden salad, and seasonal vegetables. (670–1200 Cals) **G**

## SIDES

All entrées are served with garlic toast, seasonal vegetables, and 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 \$2.99:

- Onion Rings (560 Cals)
- Cactus Cut Potatoes (580 Cals)
- Yam Fries (620 Cals)

GlutenWise<sup>®†</sup> option available for Seasonal Vegetables, Quinoa and Rice Blend, Caesar Salad, and Garden Salad. **G**

Calories for sides are additional to those listed with entrées.

★ Guest Favourite

🌿 Vegetarian

🔥 Spicy

**G** GlutenWise<sup>®†</sup>

†GlutenWise<sup>®</sup> 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. The Meateor, MVB and Gather Round are trademarks of Boston Pizza International Inc., used under license. GlutenWise, All Meat Bites and Pasta Tuesday are registered trademarks of Boston Pizza International Inc., used under license. Boston Pizza and the Boston Pizza roundel are registered trademarks of Boston Pizza Royalties Limited Partnership, used under license. © Boston Pizza International Inc. 2019.