



Interactive Nutrition Menu

Last Updated: 11/17/2017

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Individual Meals

Creamy Garlic Half Chicken	550	240	27	9	0	325	1,500	5	0	2	72
Creamy Garlic Quarter White Chicken	320	120	14	5	0	175	930	5	0	1	45
Creamy Garlic Three Piece Dark (2 Drumsticks, 1 Thigh)	350	180	20	7	0	215	1,120	5	0	2	39
Creamy Garlic Three Piece Dark (2 Thigh, 1 Drumstick)	440	240	26	9	0	245	1,300	5	0	2	45
Meatloaf - Large	710	440	49	21	2.5	140	1,370	26	3	8	39
Meatloaf - Regular	470	290	33	14	1.5	95	910	17	2	5	26
Rotisserie Chicken - Half Chicken	500	210	24	7	0	315	1,160	1	0	1	70
Rotisserie Chicken - Quarter Dark (1 Thigh & 1 Drumstick)	230	120	13	4	0	145	580	1	0	1	27
Rotisserie Chicken - Quarter White	270	90	11	3.5	0	165	590	0	0	0	43
Rotisserie Chicken - Quarter White, Skinless	210	45	5	1.5	0	150	480	1	0	1	40
Rotisserie Chicken - Three Piece Dark	300	150	16	5	0	205	780	1	0	1	37
Rotisserie Chicken - Three Piece Dark (2 Thighs & Drumstick)	390	210	23	7	0	235	960	1	0	1	43
Rotisserie Chicken Pot Pie	750	460	102	41	0	115	1,780	64	3	10	28
Rotisserie Chicken and BBQ Ribs (Quarter White Chicken and Quarter Rack Ribs)	700	380	43	13	0	275	1,910	13	0	11	64
St. Louis Style BBQ Ribs - 1/2 Rack	860	570	64	20	0	220	2,630	25	0	22	42
St. Louis Style BBQ Ribs - 1/4 Rack	430	290	32	10	0	110	1,320	13	0	11	21
Turkey Breast - Large	230	60	6	3	0	120	620	<1	0	0	42
Turkey Breast - Regular	160	40	4.5	2	0	85	440	<1	0	0	30
Turkey Pot Pie	710	420	97	40	0	65	1,670	64	3	10	28

Market Bowls

BBQ Chicken Bowl	570	180	20	8	0	75	1,270	76	6	17	20
Home Style Meatloaf Bowl	680	320	36	14	1	90	1,460	62	7	17	25
Meatloaf Mac & Cheese Bowl	760	350	39	20	1.5	120	2,410	63	3	7	39

Rotisserie Chicken Bowl	500	140	15	6	0	110	950	54	8	10	34
Rotisserie Turkey Bowl	550	190	21	10	0	85	1,210	59	8	7	26
Rotisserie Turkey Breast Bowl	410	160	17	4.5	0	60	960	35	4	7	26

Home Style Sides

Caesar Side Salad	210	160	18	4	0	15	490	8	0	2	4
Cinnamon Apples	250	30	3.5	5	0	0	270	55	4	49	0
Creamed Spinach	210	130	15	9	0.5	45	550	10	2	2	9
Fresh Steamed Vegetables	60	30	3.5	0	0	0	40	7	3	3	2
Fresh Vegetable Stuffing	220	90	10	1	0	0	520	28	1	5	4
Green Beans	90	50	5	2	0	0	105	7	3	3	1
House Salad	190	140	16	3.5	0	20	410	11	2	4	4
Macaroni and Cheese	270	80	9	6	0	25	1,200	36	1	2	12
Mashed Potatoes	240	90	10	5	0	25	540	32	3	2	5
Rotisserie Potatoes	120	25	2.5	0.5	0	<5	620	22	4	1	4
Southwest Rice	260	90	9	1.5	0	0	690	39	1	2	2
Squash Casserole (limited availability)	240	130	15	6	0	25	650	18	2	7	9
Sweet Corn	130	35	4	1	0	0	50	21	5	9	3
Sweet Potato Casserole	450	100	12	3	0	5	210	85	4	56	3

Sandwiches

All-White Chicken Salad	830	430	48	9	0	125	1,210	61	6	5	36
Meatloaf Carver	960	440	49	23	1.5	145	1,990	84	7	14	46
Pulled BBQ Chicken	730	260	28	13	0	225	1,680	70	4	11	52
Roasted Turkey Carver	810	400	44	15	0	140	1,300	61	5	4	44
Rotisserie Chicken Carver	730	300	33	12	0	145	1,330	61	5	5	48
Vegetarian Sandwich (catering only)	490	150	16	4.5	0	10	900	75	8	13	17
Vegetarian Sandwich - no squash (catering only)	490	140	15	4.5	0	10	870	74	8	11	17

Salad Bowls & Soups

Caesar Salad, Entrée	430	250	28	6	0	120	850	15	4	4	34
Chicken Noodle Soup	220	70	8	2.5	0	80	1,080	21	1	2	18
Chicken Tortilla Soup (limited availability)	320	160	18	6	0	70	1,690	19	2	3	20
Southwest Santa Fe Salad, Entrée	500	260	29	7	0	105	730	28	6	8	36

Turkey Tortilla Soup (limited availability)	300	150	17	6	0	55	1,660	20	3	3	18	

Salad Dressings

Caesar Dressing	200	190	21	3.5	0	15	340	3	<1	1	1
Chipotle Dressing	200	180	20	3.5	0	0	340	4	0	3	1
Honey Mustard Dressing	180	150	16	2.5	0	5	230	10	0	8	1
Ranch Dressing	180	170	19	3	0	15	370	3	0	1	0

Desserts

Apple Pie - Slice	320	140	15	7	0	0	330	43	0	21	3
Carrot Cake - Slice	730	320	35	13	0.5	90	520	99	1	79	5
Chocolate Brownie - Single	340	130	14	3.5	0	70	180	53	3	39	5
Chocolate Cake - Slice	570	300	33	11	0	45	360	66	3	46	5
Chocolate Chunk Cookie - Single	370	160	18	9	0	30	200	53	2	32	4
Pecan Pie - Slice (Limited Availability)	630	320	35	11	0	100	390	75	2	46	6
Pumpkin Pie - Slice (Seasonal)	350	140	16	7	0	40	360	47	1	29	5

Bread

Cornbread	160	25	3	1.5	0	0	210	31	1	12	2
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Sauces

Beef Gravy	10	0	0	0	0	0	150	2	0	1	0
Honey Habanero (medium hot)	60	0	0	0	0	0	210	17	0	16	0
Poultry Gravy	10	0	0	0	0	0	85	2	0	0	0
Zesty Barbecue (mild)	40	0	0	0	0	0	230	10	0	9	0

Kids' Entrees

Dark Chicken (Kids) - 1 Thigh & 1 Drumstick	230	120	13	4	0	145	580	1	0	1	27
Macaroni and Cheese (Kids)	220	70	8	5	0	25	1,050	29	1	5	9
Meatloaf (Kids)	240	150	16	7	1	45	460	9	<1	3	13
Turkey (Kids)	80	20	2.5	1	0	45	220	0	0	0	15

White Chicken (Kids) - 1 Breast & 1 Wing	270	90	11	3.5	0	165	590	0	0	0	0	43

Kids' Sides

Caesar Side Salad	210	160	18	4	0	15	490	8	0	2	4
Chicken Noodle Soup, Kid's Side	90	25	3	1	0	30	420	8	1	1	7
Cinnamon Apples, Kid's Side	150	20	2	0	0	0	160	33	2	29	0
Creamed Spinach, Kid's Side	120	80	9	5	0	25	320	6	1	1	5
Fresh Steamed Vegetables, Kids	40	25	2.5	0	0	0	80	4	2	1	1
Green Beans, Kid's Side	50	25	3	1	0	0	55	4	1	2	1
Macaroni and Cheese, Kid's Side	150	45	5	3.5	0	15	710	20	1	3	6
Mashed Potatoes, Kid's Side	130	50	5	2.5	0	15	300	18	2	<1	3
Rotisserie Potatoes, Kid's Side	80	15	1.5	0	0	<5	410	15	3	0	3
Southwest Rice, Kids	130	40	4.5	0.5	0	0	340	20	1	1	1
Squash Casserole, Kid's Side (limited availability)	120	70	8	3.5	0	10	340	9	1	4	5
Stuffing, Kid's Side	120	50	5	0	0	0	280	16	1	3	2
Sweet Corn, Kid's Side	90	25	3	1	0	0	35	15	4	7	2
Sweet Potato Casserole, Kid's Side	220	50	6	1.5	0	<5	105	42	2	28	2

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