

A red quilted oven mitt is shown on a hand, set against a light grey textured background. The mitt has a diamond-shaped quilt pattern and a dark brown cuff at the wrist. Overlaid on the mitt is the text 'THE JOY OF FINGER COOKING' in white. The words 'THE JOY OF' are in a thin, uppercase sans-serif font, while 'FINGER COOKING' is in a large, bold, uppercase sans-serif font. Below the text is a circular logo with a blue and white pattern and the letters 'BP' in red. A dark red banner at the bottom contains the text 'PUT FOOD ON THE TABLE WITHOUT SETTING FOOT IN THE KITCHEN' in white, uppercase, sans-serif font.

THE JOY OF  
**FINGER  
COOKING**



PUT FOOD ON THE TABLE WITHOUT SETTING FOOT IN THE KITCHEN



**There are all kinds of cookbooks for people who like to cook. But what about a cookbook for people who just don't want to?**

You are about to experience *The Joy of Finger Cooking*, the only cookbook of its kind that lets you put dinner on the table without setting foot in the kitchen. Unlike traditional cookbooks, *The Joy of Finger Cooking* doesn't require any fancy "tools," "ingredients," "measurements" or "basic knowledge of how to prepare food."

So, if you think the kitchen is nothing more than a room that keeps beer cold, this is the cookbook you've been waiting for.

Turn on the game, get the recliner reclined and get ready not to cook. You'll be glad you didn't.



**Some men  
love to cook.  
This book  
is not for  
those men.**

The joy of Finger Cooking is as simple as following two easy steps. Once mastered, you'll be able to cook everything in this book.

**1**

*Ensure device is in "open" position.*



**ON A COMPUTER, GO TO BOSTONPIZZA.COM.**

**2**

*Fully extend to ensure more accurate clicking.*



**CLICK ON THE FOOD YOU DON'T WANT TO COOK.**





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Thai Chicken Bites

# STARTERS

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## BP FAVOURITES

### BOSTON'S PIZZA BREAD

Our legendary pizza dough baked to a picture-perfect golden brown and seasoned with garlic, herbs and parmesan.

### BANDERA PIZZA BREAD

Our golden pizza bread brushed with Italian seasoning and baked with pizza mozzarella and parmesan. Served with Santa Fe ranch dip.

### CACTUS CUT POTATOES

Spicy and thinly sliced fried potatoes served with our mouth-watering cactus dip – a rich blend of crushed chilies, green onion, sour cream and parmesan.

### THAI CHICKEN BITES

Breaded chicken breast filet, fried and then tossed in a sweet Thai chili sauce and served on a bed of crunchy Asian noodles. Finished with julienne carrots, fresh cilantro, green onion and sesame seeds.

## OVEN-FRESH BREAD

### THREE-CHEESE TOAST

Bubbling cheddar, pizza mozzarella and parmesan with a hint of garlic.

## SOUP

### SOUP OF THE DAY

Our soup is hearty, delicious and served fresh every day.

## MORE GREAT STARTERS

### CHICKEN FINGERS

Original or Buffalo style. Lightly breaded chicken breast filet served with your choice of dipping sauce.

### BP SLIDERS

Three mini burgers topped with cheddar, our signature burger sauce and banana peppers for a little extra kick.

### SOUTHWEST POTATO SKINS

Potato skins topped with BBQ sauce, chipotle chicken, smoky bacon, melted cheddar and pizza mozzarella, then drizzled with our signature creamy garlic dressing.

### CRACKED PEPPER DRY RIBS

Tender pork ribs fried until crispy, tossed with cracked black pepper and coarse ground salt. Finished with chopped red pepper.

### GOAT CHEESE SPINACH DIP

A delicious blend of spinach, artichokes, Capriny goat cheese, cream cheese, roasted garlic, sour cream, parmesan and pizza mozzarella, topped with a bruschetta mix and served piping hot with Boston's Pizza Bread.

### YAM FRIES

Slices of sweet yams, fried until golden and crispy and served with a side of our tangy chipotle dip.





Caesar Salad

# SALADS

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**ALL ENTRÉE SALADS ARE SERVED WITH GARLIC TOAST.**

## **GARDEN GREENS**

Served with our signature sun-dried tomato balsamic vinaigrette.

## **CAESAR**

Romaine lettuce tossed with our signature creamy garlic dressing and crunchy croutons and sprinkled with freshly grated parmesan.

## **SPINACH**

Every chef's favourite! Fresh spinach leaves tossed with poppyseed dressing and topped with sliced mushrooms, smoky bacon, diced tomato, chopped egg and crumbled feta cheese.

## **🍗 CRISPY CHICKEN PECAN**

Breaded chicken breast filet, toasted pecans, pizza mozzarella, cheddar, smoky bacon, chopped egg, julienne carrots and diced tomato over fresh garden greens tossed in ranch dressing.



Boston Pizza is proud to be part of the Heart & Stroke Health Check™ Program. For a list of items, visit [BostonPizza.com](http://BostonPizza.com).

Crispy Chicken Pecan Salad







# GOURMET PASTAS

## BP ORIGINALS

SERVED WITH GARLIC TOAST.

### FETTUCCINI CARBONARA

White wine alfredo sauce, sautéed with smoky bacon, roasted garlic and parmesan.

### 👤 BAKED SEVEN-CHEESE RAVIOLI

Ravioli stuffed with parmesan, emmental, ricotta, fontina and romano with your choice of our signature bolognese or pomodoro sauce. Finished with pizza mozzarella and cheddar, then baked.

### CHICKEN CANNELLONI

Cannelloni stuffed with chicken breast and sautéed vegetables, topped with creamy tomato sauce and pizza mozzarella, finished with parmesan, then baked.

### 👤🔥 JAMBALAYA FETTUCCINI

Fettuccini tossed in our pomodoro sauce with tender chicken breast, shrimp, spicy Italian sausage, tomato, green pepper and green onion.

### 🔥 BAKED CHIPOTLE BACON PENNE

A spicy mix of chipotle seasoning, smoky bacon and creamy alfredo sauce all tossed with fresh mushrooms, green onion, diced tomato, cheddar and pizza mozzarella, mixed with penne noodles then topped with more cheddar and pizza mozzarella and baked to perfection.

### 👤 CHICKEN AND MUSHROOM FETTUCCINI

Sautéed tender chicken breast and fresh mushrooms, tossed in a creamy alfredo sauce with fettuccini, chopped tomato and green onion.

### BOSTON'S SMOKY MOUNTAIN SPAGHETTI AND MEATBALLS

A mountainous serving of spaghetti smothered with bolognese sauce, hearty homestyle meatballs and cheddar.

### SCALLOP AND PRAWN FETTUCCINI

Tender sea scallops, juicy prawns and red pepper sautéed in extra virgin olive oil, tossed with fettuccini in a creamy white wine sauce.

### 👤 TUSCAN LINGUINI

Whole wheat linguini noodles tossed with pomodoro sauce, roasted red pepper, sun-dried tomato and sautéed spinach.

### 🔥 SPICY ITALIAN PENNE

Sautéed spicy Italian sausage, chicken breast, red onion and fresh mushrooms tossed with penne in a creamy tomato sauce.



# CREATE YOUR OWN PASTA

SERVED WITH GARLIC TOAST.

## 1. CHOOSE YOUR PASTA

WHOLE WHEAT LINGUINI  
FETTUCCHINI  
SPAGHETTI  
PENNE

## 3. CHOOSE YOUR PROTEIN

CHICKEN BREAST  
GARLIC SHRIMP SKEWER  
BAKED SALMON FILET  
BAKED WITH CHEESE  
MEATBALLS

## 2. CHOOSE YOUR SAUCE



### POMODORO

A delicious blend of fire-roasted tomato, roasted garlic, parmesan, onion, fresh cilantro and extra virgin olive oil.



### ALFREDO

A creamy blend of parmesan and romano cheese with a hint of garlic.



### CREAMY TOMATO

A sumptuous blend of creamy alfredo and pomodoro sauce.

### BOLOGNESE

A rich blend of seasoned ground beef and hearty tomato sauce.

Baked Chipotle Bacon Penne



# BOSTON'S FAMOUS WINGS

## CHOOSE YOUR TYPE OF WING

### FRIED WINGS

Fried until golden and crispy.

### OVEN-ROASTED WINGS

Double baked.

### BREADED WINGS

Lightly breaded and fried.

## CHOOSE ONE OF OUR FOURTEEN FLAVOURS

- Naked
- Mild
- Medium
- Hot
- Frank's® RedHot® Xtra Hot™ Sauce
- Thai Chili
- Teriyaki
- Honey Garlic
- Salt and Pepper
- BBQ
- Sesame Ginger
- Pineapple Mango
- Asian Five Spice
- Caribbean Jerk
- Chipotle BBQ

Frank's® RedHot® is a trademark of Reckitt Benckiser.

Hot Wings







# GOURMET PIZZAS

## 1. CHOOSE YOUR SIZE

- I 8" INDIVIDUAL
- S 10" SMALL (serves 1–2)
- M 13" MEDIUM (serves 2–3)
- L 15" LARGE (serves 3–4)

## 2. CHOOSE YOUR CRUST

### MULTIGRAIN CRUST

Our delicious hand-pressed multigrain crust is low in saturated fat and a great source of fibre, omega-3 and folate. Made in-house every single day.

### BP'S ORIGINAL CRUST

The hand-pressed crust that made us famous, made in-house every single day.



### — FINGER TIP —

One of the joys of finger cooking is the food preparation stage. This is because there is no food preparation stage.

## BP ORIGINALS

### THE PEPPER

Spicy chili pepper pizza sauce, pizza mozzarella, cheddar, green and red peppers, banana peppers and taco beef. Finished with a dollop of guacamole and sour cream.

### THE MEATEOR™‡

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

### GREAT WHITE NORTH

Signature pizza sauce, pizza mozzarella, cheddar and smoked ham.

### SPICY PEROGY

Sour cream, smoky bacon and BP Favourite Cactus Cut Potatoes with pizza mozzarella and cheddar, topped with green onion and a generous dollop of sour cream.

### BOSTON ROYAL

A crowning achievement created with our signature pizza sauce, smoked ham, pepperoni, shrimp, olives, green pepper, onion, fresh mushrooms and pizza mozzarella.

### RUSTIC ITALIAN

Signature pizza sauce, pizza mozzarella, cheddar, spicy Italian sausage, red onion, green pepper and herbs. Finished with fresh diced tomato and freshly grated parmesan.





## THE CLASSICS

### PEPPERONI

Signature pizza sauce, pizza mozzarella and loaded with pepperoni.

### PEPPERONI AND MUSHROOM

Signature pizza sauce, pizza mozzarella, pepperoni and fresh mushrooms.

### HAWAIIAN

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

### DELUXE

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

### BACON DOUBLE CHEESEBURGER

Signature pizza sauce, pizza mozzarella, cheddar, seasoned ground beef, smoky bacon, onion and fresh mushrooms.

## VEGGIE

### ZORBA THE GREEK

Signature pizza sauce, pizza mozzarella, olives, onion and green pepper topped with fresh diced tomato and feta.

### VEGETARIAN

Signature pizza sauce, pizza mozzarella, fresh mushrooms, green pepper and onion topped with fresh tomato slices.

## INTERNATIONAL

### TUSCAN

Pomodoro sauce, pizza mozzarella, cheddar, spicy chicken breast, roasted garlic, fresh spinach, sun-dried tomato and feta.

### 🔥 SZECHUAN

Szechuan sauce, pizza mozzarella, tender chicken breast, smoky bacon, and green and red peppers. Finished with sesame seeds and green onion.

### TROPICAL CHICKEN

Creamy alfredo sauce, pizza mozzarella, cheddar, smoky bacon, spicy chicken breast and pineapple.

### CAJUN SHRIMP

Creamy garlic and sun-dried tomato sauce with Cajun shrimp, cheddar, pizza mozzarella and crumbled feta. Topped with fresh chopped tomato and cilantro.

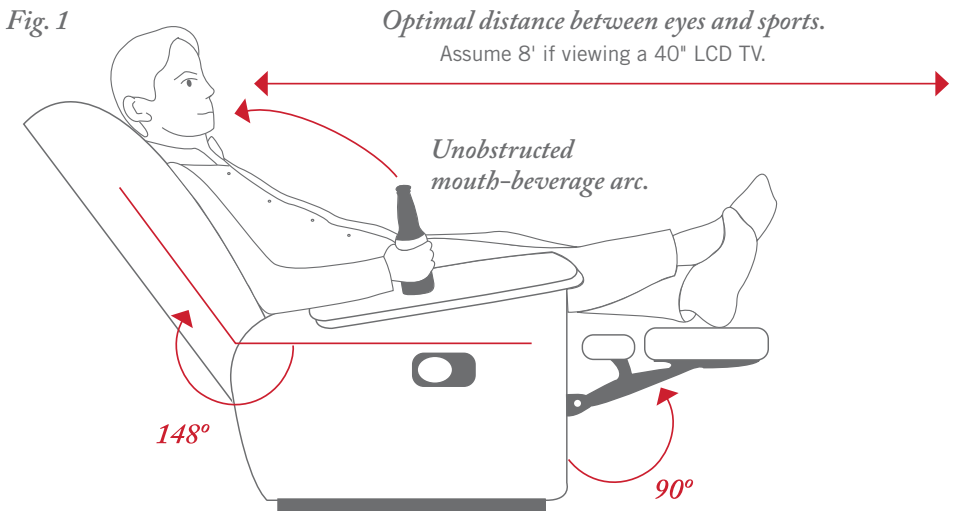
### 🍷 BBQ CHICKEN

Tender chicken breast tossed in our sweet and smoky BBQ sauce and baked with our signature pizza sauce, fresh mushrooms, pizza mozzarella and cheddar.

Zorba the Greek Pizza



Fig. 1



### — FINGER TIP —

Unlike regular kitchen cooking, finger cooking can be done anywhere. Like in the comfort of your recliner in front of your widescreen TV.

## THIN CRUSTS

10" SMALL (serves 1–2)

### PEPPERONI AND FETA

Signature pizza sauce, pizza mozzarella, layers of pepperoni, sun-dried tomato, feta, cheddar and green onion.

### SICILIAN

Brushed with extra virgin olive oil, with pizza mozzarella, Genoa salami, red and green peppers, olives and seasoned with pizza spice, topped with parmesan.

### 🍌 BAJA

Pomodoro sauce and chipotle seasoning, with pizza mozzarella and a blend of roasted corn, red and green peppers and green onion. Finished with parmesan and fresh cilantro.

## CREATE YOUR OWN

### THE BASIC

Classic pizza with our signature pizza sauce and pizza mozzarella.

### CHEESES

• FETA • CHEDDAR • PIZZA MOZZARELLA

### TOPPINGS

• PEPPERONI • GENOA SALAMI  
 • SMOKED HAM • SMOKY BACON  
 • OLIVES • GREEN PEPPER  
 • ONION • JALAPEÑO PEPPERS  
 • TOMATO • BANANA PEPPERS  
 • FRESH MUSHROOMS

### EXTRA SPECIAL TOPPINGS

• CHICKEN • SEASONED GROUND BEEF  
 • TACO BEEF • SPICY CHICKEN  
 • SHRIMP • SPICY ITALIAN SAUSAGE  
 • ANCHOVIES • PINEAPPLE  
 • SPINACH • RED PEPPER  
 • SUN-DRIED TOMATO • ROASTED CORN MEDLEY  
 • CAPRINY GOAT CHEESE



# SANDWICHES



BP's Prime Rib Burger



## BP BURGERS

### BP'S PRIME RIB BURGER

A half-pound 100% Canadian prime rib beef burger, fresh lettuce, tomato, red onion and pickles. Plus, our secret ingredient – a zesty sauce that simply defies description. Recommended for burger connoisseurs.

### DOUBLE BACON WHISKEY BBQ BURGER

A half-pound 100% Canadian prime rib beef burger loaded with bacon and smothered in our Jack Daniel's® BBQ sauce.

### MUSHROOM SWISS BURGER

A half-pound 100% Canadian prime rib beef burger topped with tons of fresh mushrooms, Swiss cheese and our zesty signature sauce.

### BOSTON BRUTE

Our famous deli-style sandwich is loaded with Genoa salami, pepperoni, smoked ham, pizza mozzarella, onion and pizza sauce, then baked on a French-style bun.

### CIABATTA CHICKEN SANDWICH

Sliced grilled chicken breast, tomato and lettuce served on a toasted ciabatta bun brushed with roasted garlic mayo.

### BOSTON CHEESESTEAK

Thinly sliced roast beef smothered with onion, green pepper, fresh mushrooms, cheddar and pizza mozzarella, baked on a French-style bun with jus on the side.

### OVEN-ROASTED CHICKEN QUESADILLA

Whole wheat tortilla filled with tender pieces of spicy chicken breast, cheddar, pizza mozzarella, diced tomato and green onion, with salsa and sour cream on the side.

Boston Brute







Slow-Roasted Pork Back Ribs

# OTHER THINGS YOU DON'T WANT TO COOK

**👉 SLOW-ROASTED PORK BACK RIBS**  
Pork back ribs baked in your choice of our signature BBQ, honey garlic or Jack Daniel's® BBQ sauce.

**👉 CAJUN RICE BOWL**  
Tender pieces of chicken breast, prawns, tomato, green pepper and red onion sautéed in a spicy Cajun tomato sauce and served over rice.

**👉 CHICKEN PARMESAN**  
A tender chicken breast breaded and fried until golden brown, topped with pomodoro sauce and pizza mozzarella, then baked to perfection.

Chicken Parmesan



## — FINGER TIP —

When finger cooking for groups of 8 or more, it is important to avoid the kitchen. Unless of course you're retrieving a beer for you and your guests.





**SUPER SPAGHETTI OR LOVELY LINGUINI**

Spaghetti or whole wheat linguini, served with tomato or meat sauce.

**PINT-SIZED PIZZA**

Pizza mozzarella, sauce and your choice of a topping on a 6" crust.

**BUGS 'N' CHEESE**

Colourful bug-shaped pasta with alfredo sauce and pizza mozzarella.

**GOOEY GRILLED CHEESE**

Pizza mozzarella and cheddar cheese on toasted bread.

**CHICKEN FINGERS**

Crispy chicken fingers with your choice of dipping sauce.

**BAKED SALMON**

A mini portion of wild Pacific salmon.

**BP KIDS™‡ CHEESEBURGERS**

Two pint-sized cheeseburgers with a side of ketchup.

Chicken Fingers







Chocolate Explosion

# DESSERTS

## CHOCOLATE EXPLOSION

Creamy chocolate mousse with chunks of cheesecake, caramel, toffee, pecans and almonds on a chocolate crust.

## NEW YORK CHEESECAKE

Traditional New York-style creamy cheesecake on a graham cracker crust.



### — FINGER TIP —

Finger cooking desserts is an easy way to get your wife or girlfriend to let you play more golf and watch more hockey.

# BEVERAGES

PEPSI®, DIET PEPSI®, 7UP®,  
MUG® ROOT BEER,  
AQUAFINA® BOTTLED WATER



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# **PRAISE FOR THE JOY OF FINGER COOKING**

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**“I haven’t missed a  
game all season.”**

**JOE MCCLUSKEY**

**“I’m able to feed myself  
with considerably  
less difficulty.”**

**RYAN MORTSON**

**“It feels great to give  
cooking the finger.”**

**STEVE FLANAGAN**

**“You’re kidding me, right?”**

**ANONYMOUS CELEBRITY CHEF**

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Nutritional information on menu items is available at all Boston Pizza restaurants and online at [BostonPizza.com](http://BostonPizza.com).





[BOSTONPIZZA.COM](http://BOSTONPIZZA.COM)