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BOSTON MARKET OFFERS HEALTH CONSCIOUS CONSUMERS MORE THAN 150 MEALS 550 CALORIES OR LESS TO HELP KEEP NEW YEAR'S RESOLUTIONS

Home Style Chain's Meals Among the Lowest Calorie Options in the Fast-Casual Category

GOLDEN, Colo. (January 6, 2015) – Resolving to eat healthier and spend less money in the New Year are not easy tasks, but Boston Market is helping consumers do both this year with its “150 Ways to Eat Right” menu of more than 150 meal combinations that are 550 calories or less. The 550 calories or less menu includes the restaurant's popular Market Bowls for only \$6.99*, as well as several gluten-free options – making Boston Market a great stop for both financial and nutritional resolutions.

Boston Market offers healthful menu items for guests looking for great tasting, wholesome food they can feel good about eating and serving their family and friends. The 550 calories or less menu is one of the largest of its kind among fast-casual restaurants, and includes a variety of delicious and satisfying entrees and sides – including fan favorites like cornbread and more adventurous flavors like Honey Habanero and Sweet Thai Chili Sauce.

“Consumers are increasingly turning to restaurants for healthier meal solutions that match their personal food preferences,” said Sara Bittorf, Chief Brand Officer at Boston Market. “We offer more than 150 meals 550 calories or less, and our menu is designed to help guests enjoy lower calorie options that are still filling and taste great.”

Health-conscious guests can visit www.BostonMarket.com to find the following information and tools to help guide their dining decisions:

- **150 Ways to Eat Right** – A complete list of all Boston Market meals 550 calories or less.
- **Nutrition Calculator** – An interactive Nutrition Calculator allows guests to custom-build Boston Market meals online and obtain their nutritional values.
- **Allergen Menu** – An Allergen Menu feature helps guests with dietary restrictions (such as gluten intolerance) identify the menu items they can eat.

At Boston Market, food is made with ingredients selected with great care to deliver freshness, quality and taste – including daily hand-cut vegetables and 100 percent fresh, never frozen chicken. The all-natural chicken, prepared fresh hourly, using their signature rotisserie cooking method, caramelizes the skin and allows for the fat to drip away, leaving a lean and moist chicken that has been the cornerstone of the healthful platform.

In late 2014, Food News Media, publisher of QSR and FSR magazines, awarded Boston Market the inaugural HALO Award, which honors restaurant chains that have made meaningful contributions to a healthy, active lifestyle for consumers.

Additionally, Boston Market has removed salt shakers from tables in all its restaurants and has reduced sodium levels in all Boston Market signature items by 20 percent and in all menu items by 15 percent. Boston Market is also a proud participant in the National Restaurant Association's “Kids LiveWell” program and a strategic partner of the United States Department of Agriculture “MyPlate” program.

For additional information, visit BostonMarket.com.

** Prices may vary in some restaurants.*

About Boston Market

Boston Market Corporation, headquartered in Golden, Colorado, has given time back to busy families and individuals for 28 years with quality, home style meals at a convenient value in 460 nationwide locations. A staple on dinner tables, Boston Market prepares its fresh, never-frozen, natural chicken in signature rotisserie ovens and features an extensive selection of home style sides and made from scratch cornbread. In 2011, the company completed updates to locations across the country, adding new healthier menu items and enhancing the dine-in experience. As one of the country's largest providers of catering services, Boston Market offers convenient, same-day orders and delivery for corporate and personal events of all sizes.

For more information, visit the company's website at www.bostonmarket.com. For the latest news and deals, follow [@bostonmarket](https://twitter.com/bostonmarket) on Twitter or join us on [Facebook](https://www.facebook.com/bostonmarket).