



**NUTRITIONAL GUIDE**  
**JANUARY 2024**

## APPETIZERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ahi Poke	500	177	20	3	0	51	1773	44	4	3	34
Avocado Egg Rolls	990	485	54	12	0	67	1310	116	15	28	14
BBQ Tri-Tip Sliders	940	274	30	9	0	130	2956	117	1	54	48
BBQ Tri-Tip Sliders with Fries	1250	431	47	11	0	130	4016	157	3	56	52
Big Twist Pretzel with Beer Cheese	1520	521	58	27	0	143	5425	190	7	29	59
Chicken Pot Stickers	420	98	11	2	0	40	2337	63	3	17	19
Chips & Housemade Guacamole & Salsa	810	268	30	3	0	0	1922	118	24	25	24
Crispy Calamari	620	198	22	4	0	536	2003	59	4	7	47
Fried Couscous Mac & Cheese Balls	850	488	54	24	1	188	1845	60	3	7	31
Deep Dish Nachos	1640	914	102	56	1	271	3382	112	18	29	74
Deep Dish Nachos with Pirahna® Pale Ale Chili	1750	963	107	58	1	283	3839	122	20	30	80
Deep Dish Nachos with Grilled Chicken	1750	942	105	57	1	320	3807	112	18	29	94
Deep Dish Nachos with Tri-Tip	2120	1060	118	62	1	394	5750	158	18	68	111
Garlic Breadsticks with Marinara	760	271	30	7	0	0	1585	105	9	11	17
Mozzarella Sticks	820	352	39	17	0	107	1992	77	1	13	33
Sliders	800	285	32	12	0	121	1634	81	1	21	47
Sliders with Fries	1110	442	49	14	0	121	2694	121	4	23	52
Spinach and Artichoke Dip	1050	486	54	28	0	135	1771	111	16	22	34

## STARTER SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
House Salad (No Dressing)	80	36	4	1	0	7	205	8	1	1	5
Caesar Salad	340	229	25	5	0	22	892	21	3	3	10
Wedge Salad	320	276	31	8	0	40	630	6	1	5	6
Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14

## WINGS AND SAUCES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Original Wings (1 serving)	880	542	60	11	0	416	4885	34	2	13	52
Slow Roasted Chicken Wings (1 serving)	810	490	54	10	0	411	2754	31	1	12	51
Boneless Chicken Wings, 1 Lb (1 serving)	870	367	41	7	0	192	3522	59	1	1	65
Wing Sauce Choice Bacon Onion Jam	258	72	9	3	0	12	921	42	0	39	3
Wing Sauce Choice Tatonka Stout Buffalo Sauce	21	3	0	0	0	0	3012	3	0	0	0
Wing Sauce Choice Nashville Hot Sauce	492	381	42	15	0	0	1794	15	3	6	3
Wing Sauce Choice Peppered BBQ	240	0	0	0	0	0	1350	60	0	54	0
Wing Sauce Choice Root Beer Glaze	246	0	0	0	0	0	1044	60	0	57	0
Wing Seasoning Choice Lemon Pepper Sesame Dry Rub	0	0	0	0	0	0	1680	0	0	0	0

## BJ'S FLATBREAD APPETIZER PIZZAS

*Values listed are per slice.*

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
California Club Flatbread Pizza	110	50	6	2	0	14	234	10	1	0	5
Pepperoni Extreme Flatbread Pizza	110	55	6	3	0	15	267	10	0	0	4

## BJ'S SNACKS AND SMALL BITES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garlic Parmesan Bread	470	156	17	4	0	0	983	66	4	6	13
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1346	31	9	15	11
Sriracha Queso Dip with Pirahna® Pale Ale Chili	930	331	37	16	1	73	1990	113	16	22	37

# BJ'S SIGNATURE DEEP DISH PIZZAS

Values listed are per slice.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barbeque Chicken Deep Dish Pizza, Mini	170	49	5	2	0	21	491	19	1	3	10
Barbeque Chicken Deep Dish Pizza, Shareable	300	78	9	3	0	30	829	39	2	4	17
Barbeque Chicken Deep Dish Pizza, Large	340	92	10	4	0	39	1005	42	2	6	19
BJ's Classic Combo Deep Dish Pizza, Mini	190	90	10	4	0	19	480	17	1	1	7
BJ's Classic Combo Deep Dish Pizza, Shareable	330	133	15	5	0	27	856	38	2	3	12
BJ's Classic Combo Deep Dish Pizza, Large	370	158	18	7	0	35	941	38	2	3	14
BJ's Favorite Deep Dish Pizza, Mini	180	78	9	3	0	17	442	18	1	1	7
BJ's Favorite Deep Dish Pizza, Shareable	330	127	14	5	0	26	822	39	2	3	12
BJ's Favorite Deep Dish Pizza, Large	360	146	16	6	0	32	900	39	2	3	13
Buffalo Chicken Deep Dish Pizza, Mini	170	53	6	2	0	22	606	18	1	2	10
Buffalo Chicken Deep Dish Pizza, Shareable	310	84	9	3	0	31	1060	39	2	4	17
Buffalo Chicken Deep Dish Pizza, Large	340	98	11	4	0	39	1293	40	2	4	19
Cheese and Tomato Deep Dish Pizza, Mini	140	51	6	2	0	12	360	16	1	1	6
Cheese and Tomato Deep Dish Pizza, Shareable	280	88	10	4	0	20	723	37	2	3	11
Cheese and Tomato Deep Dish Pizza, Large	300	99	11	5	0	24	756	37	2	2	12
Chicken Bacon Ranch Deep Dish Pizza, Mini	240	110	12	4	0	35	576	17	1	2	13
Chicken Bacon Ranch Deep Dish Pizza, Shareable	390	157	17	6	0	47	941	37	2	3	20
Chicken Bacon Ranch Deep Dish Pizza, Large	470	211	23	8	0	63	1140	38	2	3	24
Gourmet Five Meat Deep Dish Pizza, Mini	240	124	14	6	0	36	659	18	1	2	11
Gourmet Five Meat Deep Dish Pizza, Shareable	360	145	16	6	0	35	909	38	2	3	15
Gourmet Five Meat Deep Dish Pizza, Large	400	177	20	8	0	45	1024	39	2	3	17
Great White® Deep Dish Pizza, Mini	170	61	7	3	0	25	472	17	1	1	11
Great White® Deep Dish Pizza, Shareable	310	94	10	4	0	34	805	37	2	2	17
Great White® Deep Dish Pizza, Large	360	120	13	6	0	46	958	38	2	3	20
Pepperoni Extreme Deep Dish Pizza, Mini	190	98	11	4	0	21	561	17	1	1	7
Pepperoni Extreme Deep Dish Pizza, Shareable	320	124	14	5	0	25	850	37	2	2	12
Pepperoni Extreme Deep Dish Pizza, Large	380	175	19	7	0	39	1080	38	2	2	15
Sweet Pig® Deep Dish Pizza, Mini	150	45	5	2	0	11	388	20	1	4	6
Sweet Pig® Deep Dish Pizza, Shareable	280	72	8	3	0	15	711	41	2	6	11
Sweet Pig® Deep Dish Pizza, Large	300	84	9	4	0	20	752	41	2	6	12
Vegetarian Deep Dish Pizza, Mini	140	47	5	2	0	8	349	17	1	1	5
Vegetarian Deep Dish Pizza, Shareable	270	76	8	3	0	12	683	38	2	3	10
Vegetarian Deep Dish Pizza, Large	290	90	10	4	0	17	733	38	2	3	11

## BUILD YOUR OWN DEEP DISH PIZZAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Topping Anchovies	10	3	0	0	0	6	287	0	0	0	1
Mini Topping Black Olives	25	23	2	0	0	0	125	1	0	0	0
Mini Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Mini Topping Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Mini Topping Green Bell Peppers	5	1	0	0	0	0	0	1	0	1	0
Mini Topping Grilled Chicken	30	8	1	1	0	14	115	0	0	0	5
Mini Topping Smoked Bacon	20	16	1	1	0	4	67	1	0	0	1
Mini Topping Smoked Ham	10	4	0	1	0	3	70	1	0	0	1
Mini Topping Jalapeños	0	0	0	0	0	0	25	1	0	0	0
Mini Topping Housemade Meatballs	80	56	6	3	0	21	95	2	0	1	3
Mini Topping Mushrooms	0	1	0	0	0	0	0	1	0	0	0
Mini Topping Onions	10	1	0	0	0	0	1	2	0	1	0
Mini Topping Pepperoni	25	19	2	1	0	5	75	1	0	0	1
Mini Topping Pineapple	15	0	0	0	0	0	0	4	0	3	0
Mini Topping Fire-Roasted Red Peppers	10	0	0	0	0	0	130	2	0	1	0
Mini Topping Italian Sausage	70	60	6	3	0	13	172	1	0	0	2
Shareable Topping Anchovies	15	5	0	0	0	9	477	0	0	0	2
Shareable Topping Black Olives	35	30	3	0	0	0	166	1	0	0	0
Shareable Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0

## BUILD YOUR OWN DEEP DISH PIZZAS cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Shareable Topping Roasted Garlic	0	0	0	0	0	0	0	0	0	0	0
Shareable Topping Green Bell Peppers	5	1	0	0	0	0	0	1	1	0	0
Shareable Topping Grilled Chicken	40	10	1	0	0	18	153	0	0	0	7
Shareable Topping Smoked Bacon	35	26	3	1	0	6	108	0	0	0	2
Shareable Topping Smoked Ham	10	5	0	0	0	5	93	0	0	0	2
Shareable Topping Jalapeños	0	0	0	0	0	0	33	0	0	0	0
Shareable Topping Housemade Meatballs	100	74	8	3	0	28	127	2	0	0	5
Shareable Topping Mushrooms	0	1	0	0	0	0	0	0	0	0	1
Shareable Topping Onions	10	1	0	0	0	0	0	3	0	1	0
Shareable Topping Pepperoni	30	25	3	1	0	7	100	0	0	0	1
Shareable Topping Pineapple	20	0	0	0	0	0	0	5	0	4	0
Shareable Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	1	1
Shareable Topping Italian Sausage	100	80	9	3	0	18	230	1	0	0	3
Large Topping Anchovies	15	5	1	0	0	9	458	0	0	0	2
Large Topping Black Olives	40	36	4	0	0	0	200	2	0	0	0
Large Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Large Topping Roasted Garlic	5	0	0	0	0	0	0	1	0	0	0
Large Topping Green Bell Peppers	10	0	0	0	0	0	1	1	1	1	0
Large Topping Grilled Chicken	50	11	1	0	0	22	184	0	0	0	9
Large Topping Smoked Bacon	45	30	3	1	0	8	129	1	0	1	3
Large Topping Smoked Ham	15	5	1	0	0	5	112	0	0	1	2
Large Topping Jalapeños	0	0	0	0	0	0	40	0	0	1	0
Large Topping Housemade Meatballs	130	88	10	4	0	33	152	3	0	1	6
Large Topping Mushrooms	5	0	0	0	0	0	1	1	0	1	1
Large Topping Onions	15	0	0	0	0	0	1	3	0	2	0
Large Topping Pepperoni	35	29	3	1	0	8	120	0	0	0	1
Large Topping Pineapple	25	0	0	0	0	0	0	6	0	6	0
Large Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	208	3	1	2	1
Large Topping Italian Sausage	120	95	11	3	0	21	276	1	1	0	4

## TAVERN-CUT PIZZAS

*Values listed are per slice.*

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Brewhouse Classic	110	54	6	2	0	14	250	9	1	1	4
The Spicy Pig	90	32	4	1	0	11	250	9	0	1	4

## BUILD YOUR OWN TAVERN-CUT PIZZAS

*Values listed are per slice.*

*\*Tavern-Cut Pizza topping portions are equal to Shareable Deep Dish Pizza topping portions.*

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Tavern-Cut Pizza	70	22	2	1	0	6	142	8	0	1	2
add Anchovies	10	3	0	0	0	4	239	0	0	0	1
add Black Olives	20	15	2	0	0	0	83	1	0	0	0
add Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
add Roasted Garlic	0	0	0	0	0	0	0	0	0	0	0
add Green Bell Peppers	0	0	0	0	0	0	0	1	0	0	0
add Grilled Chicken	20	5	1	0	0	9	77	0	0	0	4
add Housemade Meatballs	50	37	4	2	0	14	64	1	0	0	2
add Smoked Bacon	20	13	1	1	0	3	54	0	0	0	1
add Smoked Ham	10	2	0	0	0	2	47	0	0	0	1
add Jalapenos	0	0	0	0	0	0	17	0	0	0	0
add Mushrooms	0	0	0	0	0	0	0	0	0	0	0
add Onions	10	0	0	0	0	0	0	1	0	1	0
add Pepperoni	15	12	1	1	0	3	50	0	0	0	1

# BUILD YOUR OWN TAVERN-CUT PIZZAS cont.

Values listed are per slice.

\*Tavern-Cut Pizza topping portions are equal to Shareable Deep Dish Pizza topping portions.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
add Pineapple	10	0	0	0	0	0	0	3	0	2	0
add Fire-Roasted Red Peppers	10	0	0	0	0	0	87	1	1	1	0
add Italian Sausage	50	40	4	2	0	9	115	0	0	0	2

# GLUTEN-FREE THIN CRUST CHEESE PIZZAS

Values listed are per slice.

\*Tavern-Cut Pizza topping portions are equal to Shareable Deep Dish Pizza topping portions.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Gluten-Free Thin Crust Cheese Pizza	130	56	6	2	0	12	254	14	0	1	4
Gluten Free BJ's Classic Combo Pizza	210	124	14	5	0	27	429	14	0	1	4
Gluten Free Barbeque Chicken Pizza	180	69	8	3	0	30	444	16	0	3	6
Gluten Free Chicken Bacon Ranch Pizza	270	148	16	6	0	47	556	15	0	1	11
Gluten Free Pepperoni Extreme Pizza	210	121	13	5	0	29	500	14	0	1	12
Gluten Free Sweet Pig Pizza	150	63	7	3	0	15	283	17	0	4	7
Gluten Free Vegetarian Pizza	140	67	7	3	0	12	255	15	0	1	5
add Anchovies	15	5	1	0	0	9	478	0	0	0	4
add Black Olives	35	30	3	0	0	0	167	1	0	0	2
add Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
add Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
add Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
add Grilled Chicken	40	10	1	0	0	18	154	0	0	0	0
add Smoked Ham	10	5	0	0	0	5	93	0	0	0	2
add Jalapenos	0	0	0	0	0	0	33	0	0	0	0
add Mushrooms	0	0	0	0	0	0	1	0	0	0	3
add Onions	10	0	0	0	0	0	1	3	0	1	0
add Pepperoni	30	24	3	1	0	6	100	0	0	0	0
add Pineapple	20	0	0	0	0	0	0	5	0	4	1
add Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
add Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
add Italian Sausage	100	79	9	3	0	17	230	1	0	0	0

# CHEF-CRAFTED SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Chopped Salad	540	182	20	3	0	114	825	38	5	22	45
Chicken Caesar Salad	1030	626	70	14	0	153	2462	44	6	8	62
Chicken Caesar Salad sub Blackened Chicken	1050	628	70	14	0	153	2869	48	6	8	62
Chicken Caesar Salad sub Blackened Salmon	1220	801	89	18	0	171	2913	50	6	7	62
Chicken Caesar Salad sub Blackened Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Chicken Caesar Salad sub Grilled Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Chicken Caesar Salad sub Oven-Roasted Salmon	1200	804	89	18	0	171	2404	44	6	7	62
Honey-Crisp Chicken Salad	1360	924	103	16	0	358	2332	75	6	36	42
Santa Fe Salad with Blackened Chicken	1040	553	61	13	0	159	2048	58	13	9	55
Santa Fe Salad with Blackened Salmon	1210	727	81	17	0	177	2093	59	13	9	55
Santa Fe Salad with Blackened Shrimp	1050	590	66	14	0	319	1937	58	13	9	50
Santa Fe Salad with Grilled Shrimp	1050	590	66	14	0	319	1937	58	13	9	50
Santa Fe Salad with Flame Broiled Salmon	1190	730	81	17	0	177	1583	54	13	9	55
Santa Fe Salad with Grilled Chicken	1020	552	61	13	0	159	1641	54	13	9	55
Seared Ahi Salad	560	270	30	4	0	45	1316	42	8	25	30
Tri-Tip Wedge Salad	1300	821	91	25	0	207	3843	68	7	54	53

## SIGNATURE DRESSINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Ranch Dressing	140	111	12	2	0	11	413	6	0	4	0
Balsamic Vinaigrette	160	139	15	2	0	0	231	5	0	5	0
Bleu Cheese Dressing	180	176	20	5	0	23	330	2	0	2	2
Caesar Dressing	200	176	20	4	0	15	570	3	0	2	3
Honey Mustard Dressing	240	216	24	4	0	15	240	8	0	8	0
Italian Dressing	170	162	18	2	0	0	270	2	0	2	0
Oil & Vinegar	210	189	21	3	0	0	0	5	0	5	0
Ranch Dressing	170	149	17	2	0	15	360	2	0	0	0
Thousand Island Dressing	200	176	20	3	0	23	390	6	0	5	0
Santa Fe Dressing	170	150	17	2	0	15	381	2	0	0	0

## LOADED BURGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Bacon Cheeseburger with Fries	1300	672	75	25	0	182	3972	100	5	17	60
Bacon-Guacamole Deluxe Burger with Fries	1370	720	80	25	0	176	3739	104	8	16	61
Classic Cheeseburger with Fries	1210	606	67	21	0	163	3955	99	5	16	54
Crispy Jalapeno Burger with Fries	1380	738	82	23	0	178	3599	107	5	15	56
Hickory Brisket and Bacon Burger with Fries	1570	768	85	31	0	230	4773	125	4	39	77
BJ's Smokehouse Burger with Fries	1320	616	68	24	0	173	3840	116	4	27	61

## BURGER ADD-ONS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
American Cheese (1 slice)	80	58	6	4	0	18	388	0	0	0	4
Avocado	100	75	8	1	0	0	4	5	4	0	1
Bacon Jam	210	115	13	4	0	22	408	17	0	15	6
Cheddar Cheese	80	61	7	5	0	23	135	0	0	0	5
BJ's Pirahna® Pale Ale Chili	60	24	3	1	0	6	228	5	1	1	3
Gluten-Free Bun	250	63	7	1	0	0	480	43	5	6	6
Housemade Guacamole	90	70	8	1	0	0	180	5	4	0	1
Veggie Patty	140	53	6	2	0	5	490	16	4	0	5

## SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brewhouse Philly with Fries	1420	759	84	22	0	157	4062	110	8	22	63
California Chicken Club Sandwich with Fries	1270	602	67	19	0	162	3125	91	8	7	73
Classic Prime Rib Dip with Fries	1540	916	102	32	0	177	4453	105	6	20	57
Original Roast Beef Sandwich	730	272	30	11	0	152	2662	53	3	8	60

## CRISPY CHICKEN SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Crispy Chicken Sandwich with Fries	1260	544	60	16	0	136	3202	134	7	29	50
Kickin' Chicken Sandwich with Fries	1420	657	73	17	0	146	4315	143	8	31	51

## STEAKS AND SLOW ROASTED FAVORITES

Values listed do not include choice of Signature Sides

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Classic Rib-Eye	1080	601	67	26	0	500	2272	5	1	1	106
Baby Back Pork Ribs, Full Rack with Peppered BBQ Sauce	1630	621	69	25	0	230	9518	196	3	162	51
Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce	920	317	35	13	0	115	5261	121	2	99	26
Filet Mignon	400	202	23	10	0	144	1637	3	1	1	47
Double Bone-In Pork Chop	650	361	40	16	0	142	2434	17	2	14	55
Mandarin Orange-Glazed Pork Chop	760	396	44	19	0	157	2271	32	1	28	58
Prime Rib Dinner	1310	953	106	43	0	311	2246	7	1	4	80
Slow-Roasted Tri-Tip	590	195	22	8	0	163	2972	48	1	41	49

# STEAKS AND SLOW ROASTED FAVORITES cont.

Values listed do not include choice of Signature Sides

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Tri-Tip Combo with Chicken Breast	710	201	22	7	0	221	3219	46	0	40	76
Tri-Tip Combo with Ribs	1070	450	50	18	0	237	5951	90	1	76	61
Tri-Tip Combo with Shrimp Scampi	910	427	47	19	1	354	3191	52	1	40	62

## BREWHOUSE TOPPINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon Jam	210	115	13	4	0	22	408	17	0	15	6
Bleu Cheese Crumbles	150	108	12	8	0	30	570	2	0	0	9
Garlic Butter	50	50	6	3	0	12	110	0	0	0	0
Mushrooms + Onions	390	341	38	16	0	61	684	7	1	4	3

## SIGNATURE SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asparagus	20	3	0	0	0	0	2	3	2	2	2
Baked Potato	590	252	28	11	0	19	207	70	5	4	9
Broccoli	40	4	0	0	0	0	30	6	2	2	3
Fries	310	157	17	2	0	0	1060	40	2	2	4
Garlic-Roasted Vegetables	250	193	21	3	0	0	531	11	4	4	4
Rice Pilaf	230	54	6	1	0	0	621	39	1	5	5
White Cheddar Mashed Potatoes	330	165	18	11	0	55	1097	33	4	4	7

## PREMIUM SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Creamy Couscous Mac & Cheese	600	341	38	22	1	104	963	39	2	4	25
Honey Sriracha Brussels Sprouts	160	36	4	1	0	0	940	23	7	11	9
Loaded Baked Potato	990	540	60	28	0	109	1107	72	5	6	33
Loaded Mashed Potatoes	930	633	70	36	0	165	2122	37	4	8	32
Sweet Potato Fries	330	112	12	1	0	0	230	52	6	14	2

## ADD-ONS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken	240	53	6	1	0	99	697	4	0	0	40
Blackened Salmon	410	226	25	5	0	117	742	6	0	0	40
Blackened Shrimp	250	90	10	2	0	259	587	4	0	0	35
Oven-Roasted Salmon	390	229	25	5	0	117	232	0	0	0	40
Grilled Chicken	220	55	6	1	0	99	851	0	0	0	39

## SPECIALTY ENTREES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Brewhouse Bowl	480	191	21	3	0	4	2051	59	13	13	14
BJ's Brewhouse Bowl with Blackened Chicken	720	244	27	4	0	102	2748	63	13	14	54
BJ's Brewhouse Bowl with Blackened Salmon	890	417	46	8	0	121	2793	65	13	13	54
BJ's Brewhouse Bowl with Blackened Shrimp	730	281	31	5	0	262	2638	63	13	13	49
BJ's Brewhouse Bowl with Grilled Shrimp	660	220	24	4	0	262	2863	61	13	13	49
BJ's Brewhouse Bowl with Oven-Roasted Salmon	870	420	47	8	0	121	2283	59	13	13	54
BJ's Brewhouse Bowl with Grilled Chicken	710	246	27	4	0	102	2901	59	13	14	54
BJ's Brewhouse Bowl with Tri-Tip	970	338	38	9	0	126	4419	105	13	53	51
Cherry Chipotle Glazed Salmon	580	237	26	5	0	117	889	40	4	8	46
Sal's Brewhouse Chicken	1000	602	67	32	0	274	3014	45	7	8	54
Fresh Atlantic Salmon (Oven-Roasted) with Broccoli	860	465	52	18	0	187	1331	49	4	7	48
Fresh Atlantic Salmon (Blackened) with Broccoli	880	451	50	18	0	187	1698	50	1	7	48
BJ's Brewhouse Blonde® Fish 'N' Chips	1080	308	34	5	0	161	4335	141	8	6	57
Oven-Roasted Mahi-Mahi Tacos	880	343	38	6	0	104	2672	92	16	12	39

## SPECIALTY ENTREES cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fried Mahi-Mahi Tacos	1000	345	38	6	0	63	3425	127	18	13	33
Cajun Shrimp Tacos	920	356	40	6	0	216	2812	94	16	12	44
Mediterranean Chicken Pita Tacos with Seasonal Bistro Grains	660	194	22	4	0	54	1427	77	5	17	38
New Orleans Jambalaya	1320	634	70	24	1	301	3623	99	7	17	69
Parmesan-Crusted Chicken	1330	685	76	41	0	504	2216	70	7	8	89

## SIGNATURE PASTAS & MORE

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Italian Chicken Parmigiana Pasta with Garlic Bread	1080	418	46	13	0	196	2279	111	9	16	61
Deep Dish Ziti with Garlic Bread	1400	787	87	33	0	160	3056	110	9	14	46
Grilled Chicken Alfredo with Garlic Bread	1280	501	56	30	0	202	2486	120	6	9	70
Jumbo Spaghetti and Meatballs with Garlic Bread	1420	653	73	23	0	158	2584	144	12	23	52
Shrimp Scampi Pasta with Garlic Bread	1430	716	80	30	1	341	2043	119	7	6	54
Spicy Peanut Chicken with Soba Noodles	940	472	52	12	0	97	2107	74	8	22	40

## SIGNATURE SOUPS & CHILI

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sourdough Bread Bowl	1040	147	16	3	0	0	3084	186	9	4	30
Broccoli Cheddar Soup in a Sourdough Loaf	1420	381	42	17	0	51	4567	210	10	9	44
Broccoli Cheddar Soup, Bowl	480	297	33	18	0	68	1815	29	2	6	19
Broccoli Cheddar Soup, Cup	310	191	21	12	0	43	1195	19	1	4	12
Chicken Tortilla Soup in a Sourdough Loaf	1320	258	29	6	0	25	4937	216	13	8	42
Chicken Tortilla Soup, Bowl	280	111	12	3	0	25	1853	30	4	4	12
Chicken Tortilla Soup, Cup	200	81	9	2	0	19	1470	21	3	3	9
Clam Chowder in a Sourdough Loaf with Oyster Crackers	1470	382	42	14	0	85	4683	219	10	5	45
Clam Chowder with Oyster Crackers, Bowl	510	278	31	13	0	102	1906	37	1	1	17
Clam Chowder, Cup	360	192	21	9	0	68	1291	28	1	1	12
Pirahna® Pale Ale Chili in a Sourdough Loaf	1490	401	45	17	1	78	4421	213	14	9	52
Pirahna® Pale Ale Chili, Bowl	510	279	31	15	1	84	1566	31	7	5	25
Pirahna® Pale Ale Chili, Cup	400	230	26	13	0	72	1109	22	5	4	19

## SOUP AND SALAD COMBO

1 serving

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
with Bowl of Broccoli Cheddar Soup	480	297	33	18	0	68	1815	29	2	6	19
with Bowl of Chicken Tortilla Soup	280	111	12	3	0	25	1853	30	4	4	12
with Bowl of Clam Chowder	510	278	31	13	0	102	1906	37	1	1	17
with Bowl of Piranha Pale Ale Chili	510	279	31	15	1	84	1566	31	7	5	25
with Salad Choice Caesar Salad	340	229	25	5	0	22	892	21	3	3	10
with Salad Choice Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14
with Salad Choice House Salad	80	36	4	1	0	7	205	8	1	1	5
with Salad Choice Wedge Salad	320	276	31	8	0	40	630	6	1	5	6

## DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Pizookie®	1170	409	45	29	0	119	839	177	3	129	17
Cookies 'n' Cream Pizookie®	1250	543	60	31	0	69	1018	162	3	107	16
Ghirardelli® Double Chocolate Chip Ice Cream (1 scoop)	220	105	12	6	0	31	58	29	0	23	3
Ghirardelli® Double Chocolate Chip Ice Cream (2 scoops)	430	209	23	13	0	63	116	59	0	46	5
Gluten-Free Chocolate Chip Pizookie®	1210	471	52	31	0	142	668	170	4	133	15
Hot Fudge Brownie Pizookie®	1140	579	64	27	0	178	337	129	7	102	15
Salted Caramel Pizookie®	1380	500	56	29	0	123	1386	204	1	161	16
Triple Chocolate Pizookie® Made With Ghirardelli	1220	556	62	30	0	118	506	162	5	105	15
Strawberry Shortcake Pizookie®	1140	453	50	32	0	162	845	160	3	107	12



## DESSERTS cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sugar Cookie Pizookie®	1160	462	51	32	0	180	867	162	2	110	13
White Chocolate Macadamia Nut Pizookie®	1240	527	59	29	0	119	839	167	3	119	17
Mini Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Mini Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Mini Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Mini Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Mini Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Mini Sugar Cookie Pizookie®	580	230	26	16	0	90	433	81	1	55	6
Mini Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Mini White Chocolate Pizookie®	620	265	29	14	0	59	420	83	2	60	8
Mini Strawberry Shortcake Pizookie®	620	247	27	17	0	90	434	87	2	60	7
Vanilla Bean Ice Cream (1 scoop)	210	86	10	6	0	35	43	28	0	27	3
Vanilla Bean Ice Cream (2 scoops)	420	172	19	12	0	70	87	56	0	54	7

## BJ'S HANDCRAFTED SODAS & FLOATS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Cherry Soda	190	0	0	0	0	0	32	47	0	47	0
Black Cherry Soda Float	530	172	19	12	0	70	105	82	0	80	7
Orange Cream Soda	210	0	0	0	0	0	34	51	0	50	0
Orange Cream Soda Float	540	172	19	12	0	70	106	85	0	82	7
Root Beer	240	0	0	0	0	0	14	60	0	57	0
Root Beer Float	550	172	19	12	0	70	95	90	0	86	7
Vanilla Cream Soda	190	0	0	0	0	0	32	47	0	47	0
Vanilla Cream Float	530	172	19	12	0	70	105	83	0	81	7
BJ's Handcrafted Ginger Beer (12 oz. bottle)	130	0	0	0	0	0	22	31	0	30	0
BJ's Handcrafted Ginger Beer (15 oz. glass)	130	0	0	0	0	0	22	31	0	30	0

## BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Lemonade	180	0	0	0	0	0	17	45	0	41	0
Berry Sweet Limeade	220	1	0	0	0	0	29	56	1	52	0
Brisk Raspberry Iced Tea (10oz)	120	0	0	0	0	0	50	18	0	18	0
Chocolate Milk	450	79	9	5	0	44	293	73	0	61	18
Coffee	0	0	0	0	0	0	5	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	5	0	0	0	0
Diet Dr Pepper (10oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi (10oz)	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper (10oz)	140	0	0	0	0	0	55	40	0	39	0
Frozen Berry Colada	500	89	10	8	0	0	76	103	5	92	1
Frozen Strawberry Limeade	340	1	0	0	0	0	9	83	2	76	1
Hot Chocolate	160	54	6	4	0	0	174	25	1	19	1
Hot Tea	0	0	0	0	0	0	5	0	0	0	0
Milk	280	90	10	6	0	50	300	28	0	26	20
Mountain Dew (10oz)	140	0	0	0	0	0	50	44	0	44	0
Pepsi (10oz)	130	0	0	0	0	0	30	41	0	41	0
Iced Tea	0	0	0	0	0	0	8	0	0	0	0
Roy Rogers	210	0	0	0	0	0	38	54	0	54	0
Shirley Temple	210	0	0	0	0	0	36	53	0	53	0
Starry (10oz)	120	0	0	0	0	0	30	32	0	32	0
Strawberry Lemonade	190	0	0	0	0	0	15	47	1	42	0
Sweet Tea	190	0	0	0	0	0	7	48	0	48	0

## PREMIUM REFRESHERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Strawberry Dream	190	8	1	1	0	0	23	46	1	44	0
Boba-licious Mango Sparkler	120	0	0	0	0	0	14	30	0	28	0
Razzle Dazzle Berry Fizz	190	2	0	0	0	0	27	46	1	45	0

## BJ'S SIGNATURE HANDCRAFTED BEERS

16 fluid ounces

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Berry Burst Cider®	210	0	0	0	0	0	7	36	0	31	0
BJ's Brewhouse Blonde®	200	0	0	0	0	0	35	16	0	0	3
BJ's Committed® Double IPA	280	0	0	0	0	0	13	22	0	0	5
BJ's Enchantress Golden Pilsner®	250	0	0	0	0	0	10	24	0	0	3
BJ's HopStorm® IPA	300	0	0	0	0	0	30	20	0	0	5
BJ's Nutty Brewnette®	300	0	0	0	0	0	40	25	0	0	4
BJ's Oasis® Amber	160	0	0	0	0	0	35	5	0	0	3
BJ's PM Porter®	270	0	0	0	0	0	35	22	0	0	4
BJ's Tatonka® Stout	370	0	0	0	0	0	45	27	0	0	4
BJ's Harvest Hefeweizen®	210	0	0	0	0	0	12	11	0	0	4
BJ's Jeremiah Red®	290	0	0	0	0	0	47	21	0	0	4
BJ's LightSwitch® Lager	140	0	0	0	0	0	23	9	0	0	3
BJ's Piranha® Pale Ale	250	0	0	0	0	0	17	17	0	0	5

## ALCOHOLIC BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alabama Sunset	240	0	0	0	0	0	4	35	1	27	0
Alabama Sunset, Take Out	1150	2	0	0	0	0	20	166	3	131	2
Aperol Spritz	160	0	0	0	0	0	1	18	0	17	0
BJ's Brewhouse Margarita	180	0	0	0	0	0	22	18	0	15	0
BJ's Classic Mojito	290	0	0	0	0	0	24	41	0	38	0
Bulleit Old Fashioned	170	0	0	0	0	0	0	6	0	5	0
Casamigos Blackberry Margarita	230	0	0	0	0	0	34	33	1	28	0
Classic Bloody Mary	250	9	1	0	0	0	1509	25	1	18	2
Cosmopolitan	150	1	0	0	0	0	5	15	1	12	0
Fresh Strawberry Margarita	250	1	0	0	0	0	23	31	1	22	0
Fresh Strawberry Margarita, Take Out	980	4	0	0	0	0	93	112	5	82	1
Frose	360	0	0	0	0	0	5	52	1	46	0
Frosty Peach	340	0	0	0	0	0	21	60	0	51	0
Handcrafted Margarita	220	0	0	0	0	0	22	21	1	13	0
Handcrafted Margarita, Take Out	1240	0	0	0	0	0	137	107	0	71	0
Irish Coffee	140	44	5	3	0	0	14	6	0	5	0
Lemon Drop	180	1	0	0	0	0	3	13	1	10	0
Margarita Flight	330	1	0	0	0	0	26	40	1	32	0
Pina Colada	360	44	5	4	0	0	52	47	2	41	0
Pink Cadillac	200	0	0	0	0	0	2	23	0	14	0
Sparkling Sangria	340	1	0	0	0	0	3	34	1	24	1
Sparkling Sangria, Take Out	1410	4	0	0	0	0	21	190	8	135	4
Spicy Bloody Mary	210	9	1	0	0	0	1270	16	2	8	2
Strawberry Mojito	250	1	0	0	0	0	23	32	1	29	0
Strawberry Splash	410	30	3	3	0	0	26	57	2	37	0
Tito's American Mule	150	1	0	0	0	0	8	14	1	10	0
Tito's Lavender Lemonade	200	0	0	0	0	0	4	27	1	19	0
Tito's Lavender Lemonade, Take Out	1160	0	0	0	0	0	24	155	0	115	0
Tito's Strawberry Lemonade	170	1	0	0	0	0	6	20	1	17	0
Tito's Strawberry Lemonade, Take Out	860	3	0	0	0	0	33	100	5	87	1
Tito's Strawberry Mule	180	1	0	0	0	0	7	20	2	16	1
Ultimate Long Island	210	0	0	0	0	0	21	19	1	13	0
Ultimate Patrón Margarita	370	1	0	0	0	0	603	33	1	13	0

# ALCOHOLIC BEVERAGES cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ultimate Patron Margarita, Take Out	1740	5	1	0	0	0	129	167	7	83	3
White Peach Boba-Rita	300	1	0	0	0	0	31	41	1	31	0
White Peach Boba-Rita, Take Out	1410	5	1	0	0	0	132	187	6	138	2

## LUNCH SPECIALS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Bacon Ranch Piadina with Fries	1200	650	72	18	0	118	3011	92	5	6	46
Mediterranean Chicken Bowl	590	216	24	4	0	106	1449	40	3	5	50
Italian Chicken Parmigiana Pasta (L)	830	321	36	12	0	201	1553	75	5	9	60
Southern Fried Chicken	940	477	53	31	0	237	2086	69	5	8	38
Strawberry Fields Salad with Chicken	500	231	26	5	0	109	1244	19	4	13	45

## KIDS MENU ITEMS

*Kids' entrée values do not include choice of side.*

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Apple Juice	180	0	0	0	0	0	38	44	0	39	0
Kids BJ's Handcrafted Root Beer	210	0	0	0	0	0	12	51	0	49	0
Kids Boneless Wings with Root Beer Glaze	630	282	31	5	0	106	2329	51	0	19	33
Kids Cheese Pizza (4 slices)	560	206	23	10	0	49	1440	66	3	4	23
Kids Chicken Tenders with Ranch Dressing	470	234	26	4	0	82	1714	31	1	0	27
Kids Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Kids Chocolate Milk	330	59	7	4	0	33	219	54	0	46	13
Kids Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Kids Cranberry Juice	210	0	0	0	0	0	53	53	0	53	0
Kids Diet Dr Pepper	0	0	0	0	0	0	26	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	0	23	0	0	0	0
Kids Dr Pepper	80	0	0	0	0	0	26	20	0	20	0
Kids Fries	210	104	12	2	0	0	707	27	1	1	3
Kids Fresh Fruit	80	3	0	0	0	0	1	17	2	13	1
Kids Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Kids Grilled Chicken	220	55	6	1	0	99	851	0	0	0	39
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
Kids' Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Kids Lemonade	110	0	0	0	0	0	10	26	0	24	0
Kids Mac and Cheese	340	101	11	3	0	25	833	48	2	11	12
Kids Mashed Potatoes	250	123	14	8	0	41	823	25	3	3	5
Kids Milk	210	68	8	5	0	38	225	21	0	20	15
Kids Mini Burgers	380	143	16	6	0	61	663	36	1	7	24
Kids Mini Corn Dogs	470	261	29	8	0	40	1059	36	0	8	14
Kids Mountain Dew	80	0	0	0	0	0	38	23	0	23	0
Kids Orange Juice	170	0	0	0	0	0	23	39	3	32	3
Kids Pasta - Fettuccini	240	13	1	0	0	0	9	48	2	3	8
Kids Pasta - Penne	170	19	2	0	0	0	6	31	2	2	5
Kids Pasta - Spaghetti	230	11	1	0	0	0	5	48	2	1	8
Kids Pasta with Marinara	70	32	4	0	0	0	620	11	2	6	2
Kids Pasta with Alfredo	230	180	20	13	0	51	638	7	0	1	6
Kids Pasta with Butter & Parmesan	210	202	22	14	0	60	200	0	0	0	1
Kids Pasta with Grilled Chicken	110	27	3	1	0	49	425	0	0	0	20
Kids Pasta with Meatball	150	109	12	5	0	40	185	4	0	1	7
Kids Pepperoni Pizza (4 slices)	680	309	34	13	0	65	1760	66	3	4	26
Kids Pepsi	80	0	0	0	0	0	19	20	0	20	0
Kids Starry	70	0	0	0	0	0	15	19	0	19	0
Kids Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Kids Steamed Broccoli	40	4	0	0	0	0	235	6	2	2	3

## KIDS MENU ITEMS cont.

*Kids' entrée values do not include choice of side.*

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Sundae	390	199	22	14	0	48	74	45	1	43	4
Kids Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Kids White Chocolate Macadamia Nut Pizookie®	620	265	29	14	0	59	420	83	2	60	8

## CATERING APPETIZERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Chicken Wings Platter	3610	1992	221	34	0	666	12725	187	3	3	196
Chicken Tenders Platter	6260	3766	418	61	0	914	18284	359	0	60	270
Chicken Wings Platter	3350	2228	248	41	0	1308	22153	117	11	42	157
Chips with Guacamole and Salsa	2130	755	84	10	0	0	5464	300	64	65	61
Mozzarella Sticks Platter	2600	1116	124	51	0	320	7286	254	6	50	103
Potato Chips	2980	1407	156	36	0	0	5360	336	32	0	32
Sliders	3980	1426	158	60	0	607	8173	405	9	106	238
Spinach and Artichoke Dip Platter	3340	1802	200	111	0	540	6300	294	43	59	105

## CATERING SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Add Avocado	400	299	33	5	0	0	15	19	15	1	5
Add Chicken	900	220	24	4	0	395	3402	1	0	1	157
Add Salmon	1560	922	102	20	0	468	1358	0	0	0	158
Add Shrimp	820	299	33	6	0	861	1954	15	0	0	116
Add Tri Tip	1940	586	65	24	0	490	9817	185	2	158	146
Asian Chopped Salad (0.5 pans)	2650	1067	119	20	0	495	6541	182	20	116	178
Caesar Salad	2390	1740	193	42	0	177	6391	114	19	23	70
Fresh Mozzarella and Tomato Salad (0.5 pans)	2050	1319	147	53	0	253	2573	87	16	62	114
House Salad (no dressing) (0.5 pans)	660	285	32	11	0	57	1640	63	10	7	38
Santa Fe Salad (0.5 pans)	3930	2051	228	41	0	575	7832	231	52	35	206

## CATERING ENTREES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baby Back Ribs	6850	3038	338	124	0	1148	41224	684	8	582	249
BJ's Brewhouse Bowl	2370	789	88	14	0	15	8578	317	58	64	76
Cherry Chipotle Glazed Salmon	2930	1170	130	25	0	586	3699	209	21	42	235
Fresh Atlantic Salmon	4060	2242	249	89	1	933	5024	212	21	32	237
New Orleans Jambalaya	5320	2537	282	94	2	1204	15069	404	29	71	277
Parmesan-Crusted Chicken	5430	2748	305	164	0	2015	8933	297	33	37	362
Sal's Brewhouse Chicken	4130	2497	277	130	0	1096	12571	186	31	33	216
Tri Tip Entree	3930	976	108	40	0	816	20262	481	3	419	243

## CATERING PASTAS & MORE

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Deep Dish Ziti with Bread (0.5 pan)	7050	3650	406	142	0	639	14864	639	51	72	215
Grilled Chicken Alfredo with Bread, Catering (0.5 pan)	7070	2607	290	132	0	806	14150	779	49	71	330
Jumbo Spaghetti and Meatballs with Bread (0.5 pan)	7700	3181	353	108	0	634	14464	876	71	133	256
Shrimp Scampi Pasta with Bread (0.5 pan)	8330	4182	465	180	9	1554	12579	756	51	46	262
Spicy Peanut Chicken with Soba Noodles	8340	4617	513	112	0	779	16858	595	65	179	317

## CATERING BOXED MEALS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Chopped Salad Boxed Meal (1 serving)	690	249	28	11	0	40	911	98	7	59	10
Grilled Chicken Caesar Salad Boxed Meal (1 serving)	1411	748	83	22	0	177	3398	105	8	45	67
Santa Fe Salad Boxed Meal (1 serving)	1177	619	69	20	0	85	1727	114	15	46	20

## CATERING SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli	370	32	4	1	0	0	273	53	20	14	30
Creamy Couscous Mac N Cheese (1 serving)	3600	2048	228	134	3	626	5777	237	12	24	152
Parmesan Garlic Bread (12 Pieces)	1360	475	53	12	0	0	2520	192	12	12	36
White Cheddar Mashed Potatoes	3290	1646	183	110	0	549	10971	329	37	37	73

## CATERING DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Cookie (One cookie)	380	118	13	8	0	25	376	61	2	38	5
Fresh Fruit (1 serving)	810	21	2	0	0	0	18	189	18	147	8
Mini Chocolate Chunk Pizookie (One Pizookie <sup>®</sup> )	590	206	23	14	0	59	420	88	2	65	8
Pizookie Party	7040	2468	274	171	0	712	5036	1060	20	775	101

## CATERING BEVERAGES

64 fl. oz. growler

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Fresh Squeezed Lemonade	1130	0	0	0	0	0	109	282	0	258	0
Black Cherry Soda	860	0	0	0	0	0	147	214	0	213	0
Orange Cream Soda	950	0	0	0	0	0	155	234	0	227	0
Regular Freshly Brewed Iced Tea	0	0	0	0	0	0	40	0	0	0	0
Root Beer	1090	0	0	0	0	0	65	273	0	259	0
Strawberry Lemonade	1200	3	0	0	0	0	94	298	6	271	1
Vanilla Cream Soda	870	0	0	0	0	0	145	215	0	215	0
Starry	780	0	0	0	0	0	180	208	0	208	0
Pepsi	800	0	0	0	0	0	160	224	0	224	0
Diet Pepsi	0	0	0	0	0	0	300	0	0	0	0
Dr. Pepper	800	0	0	0	0	0	288	211	0	211	0
Diet Dr. Pepper	0	0	0	0	0	0	280	0	0	0	0
Mountain Dew	880	0	0	0	0	0	280	236	0	232	0

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

The nutritional information in this guide is derived from testing conducted in accredited laboratories, published resources including those from the U.S. Department of Agriculture, analyses using standard industry software and from information provided by our suppliers. All nutritional information is based on average values for ingredients from our suppliers throughout the U.S. and is rounded to the nearest whole number to meet current U.S. F.D.A. N.L.E.A. guidelines. The information given is based on standard recipes and serving sizes and BJ's Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences in ingredients, may affect the nutritional values for each menu item. In addition, product formulations change periodically and sometimes substitution of ingredients is required. You should expect some variation in the nutrient content of the products purchased in our restaurant, particularly if an order is customized. This information was updated as of January 2024.



**FOOD ALLERGEN SENSITIVITIES MENU  
AND GLUTEN-FREE SELECTIONS  
JANUARY 2024**

## APPETIZERS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Ahi Poke	•	•				•	•		•	•
Avocado Egg Rolls	•		•			•	•		•	
BBQ Tri-Tip Sliders	•		•			•			•	
BBQ Tri-Tip Sliders with Fries	•		•			•			•	
Big Twist Pretzel with Beer Cheese	•		•			•	•		•	
Chicken Pot Stickers (Pan seared)	•					•			•	•
Chicken Pot Stickers (Fried)	•					•			•	•
Chicken Tenders	•		•			•			•	
Chips & Housemade Guacamole + Salsa									•	
Crispy Calamari	•		•		•				•	•
Fried Couscous Mac and Cheese Balls	•		•			•	•		•	
Deep Dish Nachos			•				•		•	
Deep Dish Nachos with Grilled Chicken			•			•	•		•	•
Deep Dish Nachos with Piranha® Pale Ale Chili			•			•	•		•	
Deep Dish Nachos with Tri-Tip			•			•	•		•	
Garlic Breadsticks with Marinara			•						•	
Honey Sriracha Brussels Sprouts			•				•		•	•
Mozzarella Sticks	•		•						•	
Sliders			•						•	
Sliders with Fries			•						•	
Spinach and Artichoke Dip			•						•	
Sriracha Queso Dip with Piranha® Pale Ale Chili			•			•	•		•	

## STARTER SALADS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
House Salad (No Dressing)			•			•			•	
Caesar Salad	•	•	•			•			•	
Wedge Salad	•		•			•				
Fresh Mozzarella and Tomato Salad			•				•			

## WINGS AND SAUCES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Slow-Roasted Wings, 10 piece	•		•						•	
Boneless Chicken Wings, 1 Lb	•		•						•	
with Bacon Jam	•		•			•			•	•
with BJ's Peppered BBQ	•		•						•	
with Tatonka® Stout Buffalo	•		•						•	
with Nashville Hot Sauce	•		•			•			•	
with Root Beer Glaze	•		•				•		•	
with Lemon Pepper Sesame Dry Rub	•		•						•	•
BJ's Original Wings	•		•						•	

## BJ'S FLATBREAD APPETIZER PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
California Club Flatbread Pizza	•		•			•			•	•
Pepperoni Extreme Flatbread Pizza			•						•	

## BJ'S SIGNATURE DEEP DISH PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Barbeque Chicken Deep Dish Pizza, Mini			•			•			•	•
Barbeque Chicken Deep Dish Pizza, Shareable			•			•			•	•
Barbeque Chicken Deep Dish Pizza, Large			•			•			•	•
BJ's Classic Combo Deep Dish Pizza, Mini			•			•			•	
BJ's Classic Combo Deep Dish Pizza, Shareable			•			•			•	

# BJ'S SIGNATURE DEEP DISH PIZZAS cont.

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Classic Combo Deep Dish Pizza, Large			•			•			•	
BJ's Favorite Deep Dish Pizza, Mini	•		•			•			•	
BJ's Favorite Deep Dish Pizza, Shareable	•		•			•			•	
BJ's Favorite Deep Dish Pizza, Large	•		•			•			•	
Buffalo Chicken Deep Dish Pizza, Mini	•		•			•			•	•
Buffalo Chicken Deep Dish Pizza, Shareable	•		•			•			•	•
Buffalo Chicken Deep Dish Pizza, Large	•		•			•			•	•
Cheese and Tomato Deep Dish Pizza, Mini			•			•			•	
Cheese and Tomato Deep Dish Pizza, Shareable			•			•			•	
Cheese and Tomato Deep Dish Pizza, Large			•			•			•	
Chicken Bacon Ranch Deep Dish Pizza, Mini	•		•			•			•	•
Chicken Bacon Ranch Deep Dish Pizza, Shareable	•		•			•			•	•
Chicken Bacon Ranch Deep Dish Pizza, Large	•		•			•			•	•
Gourmet Five Meat Deep Dish Pizza, Mini	•		•			•			•	
Gourmet Five Meat Deep Dish Pizza, Shareable	•		•			•			•	
Gourmet Five Meat Deep Dish Pizza, Large	•		•			•			•	
Great White® Deep Dish Pizza, Mini			•			•			•	•
Great White® Deep Dish Pizza, Shareable			•			•			•	•
Great White® Deep Dish Pizza, Large			•			•			•	•
Pepperoni Extreme Deep Dish Pizza, Mini			•			•			•	
Pepperoni Extreme Deep Dish Pizza, Shareable			•			•			•	
Pepperoni Extreme Deep Dish Pizza, Large			•			•			•	
Sweet Pig® Deep Dish Pizza, Mini			•			•			•	
Sweet Pig® Deep Dish Pizza, Shareable			•			•			•	
Sweet Pig® Deep Dish Pizza, Large			•			•			•	
Vegetarian Deep Dish Pizza, Mini			•			•			•	
Vegetarian Deep Dish Pizza, Shareable			•			•			•	
Vegetarian Deep Dish Pizza, Large			•			•			•	

## BUILD YOUR OWN DEEP DISH PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Signature Deep Dish Pizza			•			•			•	
with Anchovies		•	•			•			•	
with Bacon			•			•			•	
with Black Olives			•			•			•	
with Blackened Chicken			•			•			•	
with Broccoli			•			•			•	
with Corn			•			•			•	
with Fresh Basil			•			•			•	
with Fresh Cilantro			•			•			•	
with Garlic			•			•			•	
with Green Peppers			•			•			•	
with Grilled Chicken			•			•			•	•
with Ham			•			•			•	
with Jalapenos			•			•			•	
with Meatballs	•		•			•			•	
with Mozzarella Cheese			•			•			•	
with Mushrooms			•			•			•	
with Onions			•			•			•	
with Pepperoni			•			•			•	
with Pineapple			•			•			•	
with Roasted Red Peppers			•			•			•	
with Sausage			•			•			•	



# TAVERN-CUT PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Brewhouse Classic			•						•	
The Spicy Pig			•						•	

## BUILD YOUR OWN TAVERN-CUT PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Cheese Tavern-Cut Pizza			•						•	
with Anchovies		•	•						•	
with Bacon			•						•	
with Black Olives			•						•	
with Fresh Basil			•						•	
with Garlic			•						•	
with Green Peppers			•						•	
with Grilled Chicken			•			•			•	•
with Ham			•						•	
with Jalapenos			•						•	
with Meatballs	•		•			•			•	
with Mozzarella Cheese			•						•	
with Mushrooms			•						•	
with Onions			•						•	
with Pepperoni			•						•	
with Pineapple			•						•	
with Roasted Red Peppers			•						•	
with Sausage			•						•	

## GLUTEN FREE THIN CRUST CHEESE PIZZAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Gluten-Free Thin Crust Cheese Pizza			•							
Gluten Free BJ's Classic Combo Pizza			•							
Gluten Free Barbeque Chicken Pizza			•			•				•
Gluten Free Chicken Bacon Ranch Pizza	•		•			•				•
Gluten Free Pepperoni Extreme Pizza			•							
Gluten Free Sweet Pig Pizza			•							
Gluten Free Vegetarian Pizza			•							
with Anchovies		•	•							
with Bacon			•							
with Black Olives			•							
with Fresh Basil			•							
with Garlic			•							
with Green Peppers			•							
with Grilled Chicken			•			•				•
with Ham			•							
with Jalapenos			•							
with Mozzarella Cheese			•							
with Mushrooms			•							
with Onions			•							
with Pepperoni			•							
with Pineapple			•							
with Roasted Red Peppers			•							
with Sausage			•							

## GARDEN FRESH SPECIALTY SALADS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Asian Chopped Salad	•					•			•	•
Chicken Caesar Salad	•	•	•			•			•	•
Chicken Caesar Salad sub Blackened Chicken	•	•	•			•			•	

# GARDEN FRESH SPECIALTY SALADS cont.

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Chicken Caesar Salad sub Blackened Salmon	•	•	•			•			•	
Chicken Caesar Salad sub Blackened Shrimp	•	•	•		•	•			•	
Chicken Caesar Salad sub Grilled Shrimp	•	•	•		•	•			•	
Chicken Caesar Salad sub Oven-Roasted Salmon	•	•	•			•			•	
Honey-Crisp Chicken Salad	•					•		•	•	
Santa Fe Salad with Blackened Chicken	•		•			•			•	
Santa Fe Salad with Blackened Salmon	•	•	•			•			•	
Santa Fe Salad with Blackened Shrimp	•		•		•	•			•	
Santa Fe Salad with Grilled Shrimp	•		•		•	•			•	
Santa Fe Salad with Oven-Roasted Salmon	•	•	•			•			•	
Santa Fe Salad with Grilled Chicken	•		•			•			•	•
Seared Ahi Salad	•	•				•	•		•	•
Tri Tip Wedge Salad	•		•			•	•		•	

## SIGNATURE DRESSINGS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BBQ Ranch Dressing	•		•							
Balsamic Vinaigrette							•			
Bleu Cheese Dressing	•		•			•				
Caesar Dressing	•	•	•							
Honey Mustard Dressing	•									
Italian Dressing										
Oil & Vinegar							•			
Ranch Dressing	•		•							
Thousand Island Dressing	•									
Santa Fe Dressing	•		•							

## LOADED BURGERS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Bacon Cheeseburger with Fries	•	•	•			•			•	
Bacon-Guacamole Deluxe Burger with Fries	•		•			•			•	
Classic Cheeseburger with Fries	•	•	•			•			•	
Crispy Jalapeno Burger with Fries	•		•			•			•	
Hickory Brisket and Bacon Burger with Fries	•		•			•			•	
BJ's Smokehouse Burger with Fries	•		•			•			•	

## BURGER ADD-ONS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
American Cheese			•			•				
Avocado										
Bacon Jam						•			•	•
Burger Patty										
Cheddar Cheese			•							
BJ's Pirahna® Pale Ale Chili			•			•			•	
Gluten-Free Bun	•									
Housemade Guacamole										

## SANDWICHES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Brewhouse Philly with Fries	•	•	•			•	•		•	
California Chicken Club Sandwich with Fries	•		•			•			•	•
Classic Prime Rib Dip with Fries	•	•	•			•	•		•	

# CRISPY CHICKEN SANDWICHES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Classic Crispy Chicken Sandwich with Fries	•		•				•		•	•
Kickin' Chicken Sandwich with Fries	•		•				•		•	•

# STEAKS AND SLOW ROASTED FAVORITES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Classic Rib-Eye										
Baby Back Pork Ribs, Full Rack with Peppered BBQ Sauce			•			•			•	
Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce			•			•			•	
Double Bone-In Pork Chop	•					•	•			
Mandarin Orange-Glazed Pork Chop						•			•	•
Filet Mignon						•				
Prime Rib Dinner	•	•	•			•	•			
Slow-Roasted Tri-Tip						•			•	
Tri-Tip Combo with Chicken Breast						•			•	•
Tri-Tip Combo with Ribs						•			•	
Tri-Tip Combo with Shrimp Scampi			•		•	•			•	

# BREWHOUSE TOPPINGS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Bacon Jam						•			•	•
Bleu Cheese Crumbles			•							
Garlic Butter			•			•				
Mushrooms + Onions		•	•			•	•			

# ADD-ONS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Blackened Chicken						•				
Blackened Salmon		•				•				
Blackened Shrimp					•	•				
Oven-Roasted Salmon		•				•				
Grilled Chicken						•				•

# SIGNATURE SIDES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Asparagus						•				
Baked Potato			•			•				
Broccoli										
Fries									•	
Garlic Roasted Vegetables						•				•
Rice Pilaf						•			•	
White Cheddar Mashed Potatoes			•			•				

# PREMIUM SIDES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Creamy Couscous Mac & Cheese			•			•			•	
Honey Sriracha Brussels Sprouts			•				•		•	•
Loaded Baked Potato			•			•				
Loaded Mashed Potatoes			•			•				
Sweet Potato Fries									•	

## SPECIALTY ENTREES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Brewhouse Bowl			•			•	•			
BJ's Brewhouse Bowl with Blackened Chicken			•			•	•			
BJ's Brewhouse Bowl with Blackened Salmon		•	•			•	•			
BJ's Brewhouse Bowl with Blackened Shrimp			•		•	•	•			
BJ's Brewhouse Bowl with Oven-Roasted Salmon		•	•			•	•			
BJ's Brewhouse Bowl with Grilled Chicken			•			•	•			•
BJ's Brewhouse Bowl with Grilled Shrimp			•		•	•	•			
BJ's Brewhouse Bowl with Tri Tip			•			•	•		•	
Cherry Chipotle Glazed Salmon		•				•			•	
Fresh Atlantic Salmon (Oven-Roasted)		•	•			•	•		•	
Fresh Atlantic Salmon (Blackened)		•	•			•	•		•	
BJ's Brewhouse Blonde® Fish 'n' Chips	•	•	•			•	•		•	
Mediterranean Chicken Pita Tacos			•			•	•		•	•
Oven-Roasted Mahi-Mahi Tacos	•	•	•			•			•	
Fried Mahi-Mahi Tacos	•	•	•			•			•	
Cajun Shrimp Tacos	•		•		•	•			•	
New Orleans Jambalaya			•		•	•	•		•	
Sal's Brewhouse Chicken			•			•	•		•	
Parmesan-Crusted Chicken	•		•			•	•		•	

## SIGNATURE PASTAS & MORE

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Deep Dish Ziti with Garlic Bread	•		•			•			•	
Grilled Chicken Alfredo with Garlic Bread			•			•			•	•
Italian Chicken Parmigiana Pasta with Garlic Bread	•		•			•			•	
Jumbo Spaghetti and Meatballs with Garlic Bread	•		•			•			•	
Shrimp Scampi Pasta with Garlic Bread			•		•	•			•	
Spicy Peanut Chicken with Soba Noodles			•	•		•		•	•	•

## SIGNATURE SOUPS & CHILI

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Broccoli Cheddar Soup in a Sourdough Loaf			•			•			•	
Broccoli Cheddar Soup Bowl			•			•				
Broccoli Cheddar Soup, Cup			•			•				
Chicken Tortilla Soup in a Sourdough Loaf			•			•			•	
Chicken Tortilla Soup			•			•			•	
Chicken Tortilla Soup, Cup			•			•			•	
Clam Chowder in a Sourdough Loaf with Oyster Crackers			•		•	•			•	
Clam Chowder with Oyster Crackers			•		•	•			•	
Clam Chowder, Cup			•		•	•			•	
with Oyster Crackers			•		•	•			•	
Pirahna® Pale Ale Chili in a Sourdough Loaf			•			•			•	
Pirahna® Pale Ale Chili			•			•			•	
Piranha Pale Ale Chili, Cup			•			•			•	

## SOUP AND SALAD COMBO

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
with Bowl of Broccoli Cheddar Soup			•			•				
with Bowl of Chicken Tortilla Soup			•			•			•	
with Bowl of Clam Chowder			•		•	•			•	
with Bowl of Piranha Pale Ale Chili			•			•			•	
with Salad Choice Caesar Salad	•	•	•			•			•	
with Salad Choice Fresh Mozzarella and Tomato Salad			•				•			
with Salad Choice House Salad			•			•			•	
with Salad Choice Wedge Salad	•		•			•				

## DESSERTS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Chocolate Chunk Pizookie®	•		•			•			•	
Cookies 'n' Cream Pizookie®	•		•			•			•	
Ghirardelli® Double Chocolate Chip Ice Cream	•		•			•				
Gluten-Free Chocolate Chip Pizookie®	•		•			•				
Hot Fudge Brownie Pizookie®	•		•			•		•	•	
Salted Caramel Pizookie®	•		•			•		•	•	
Triple Chocolate Pizookie® Made With Ghirardelli	•		•			•			•	
Strawberry Shortcake Pizookie®	•		•			•			•	
Sugar Cookie Pizookie®	•		•			•			•	
White Chocolate Macadamia Nut Pizookie®	•		•			•		•	•	
Vanilla Bean Ice Cream	•		•			•				

## BJ'S HANDCRAFTED SODAS & FLOATS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Black Cherry Soda										
Black Cherry Soda Float	•		•			•				
Orange Cream Soda										
Orange Cream Soda Float	•		•			•				
Root Beer										
Root Beer Float	•		•			•				
Vanilla Cream Soda										
Vanilla Cream Float	•		•			•				
BJ's Handcrafted Ginger Beer										

## BEVERAGES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Lemonade										
Boba-licious Mango Sparkler										
Brisk Raspberry Iced Tea										
Chocolate Milk			•							
Coffee										
Decaf Coffee										
Diet Dr Pepper										
Diet Pepsi										
Dr Pepper										
Frozen Berry-Colada								•		
Frozen Strawberry Limeade										
Hot Chocolate			•							
Hot Tea										
Milk			•							
Mountain Dew										
Pepsi										
Iced Tea										
Razzle Dazzle Berry Fizz										
Roy Rogers										
Shirley Temple										
Starry										
Strawberry Dream								•		
Strawberry Lemonade										
Sweet Tea										

# BJ'S SIGNATURE HANDCRAFTED BEERS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Berry Burst Cider®										
BJ's Brewhouse Blonde®									•	
BJ's Committed® Double IPA										
BJ's Enchantress Golden Pilsner®										
BJ's HopStorm® IPA									•	
BJ's Nutty Brewnette®										
BJ's Oasis® Amber										
BJ's PM Porter®										
BJ's Tatonka® Stout										
BJ's Harvest Hefeweizen®									•	
BJ's Jeremiah Red®										
BJ's LightSwitch® Lager									•	
BJ's Piranha® Pale Ale									•	

# ALCOHOLIC BEVERAGES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Alabama Sunset										
Alabama Sunset, Take Out										
Aperol Spritz							•			
BJ's Brewhouse Margarita										
Bulleit Old Fashioned									•	
Casamigos Blackberry Margarita										
Classic Mojito										
Classic Bloody Mary		•				•				
Cosmopolitan										
Fresh Strawberry Margarita										
Fresh Strawberry Margarita, Take Out										
Froze							•			
Frosty Peach										
Grand Patron Margarita										
Grand Patron Margarita, Take Out										
Handcrafted Margarita										
Handcrafted Margarita, Take Out										
Irish Coffee			•							
Lemon Drop										
Margarita Flight										
Pina Colada								•		
Pink Cadillac										
Sparkling Sangria							•			
Sparkling Sangria, Take Out							•			
Spicy Bloody Mary		•				•				
Strawberry Mojito										
Tito's American Mule										
Tito's Lavender Lemonade										
Tito's Strawberry Lemonade										
Tito's Strawberry Lemonade, Take Out										
Tito's Strawberry Mule										
Ultimate Long Island										
White Peach Boba-rita										
White Peach Boba-rita, Take Out										

# LUNCH SPECIALS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Chicken Bacon Ranch Piadina	•		•			•			•	•
Enlightened Mediterranean Chicken Bowl (L)			•			•	•			•
Italian Chicken Parmigiana Pasta (L)	•		•			•			•	
Southern Fried Chicken			•			•	•		•	•
Strawberry Fields Salad with Chicken			•			•	•	•		•

# KIDS MENU ITEMS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Kids Apple Juice										
Kids BJ's Handcrafted Root Beer										
Kids Boneless Wings with Root Beer Glaze	•		•				•		•	
Kids Cheese Pizza			•			•			•	
Kids Chicken Tenders with Ranch Dressing	•		•			•			•	
Kids Chocolate Chunk Pizookie®	•		•			•			•	
Kids Chocolate Milk			•							
Kids Cookies 'n' Cream Pizookie®	•		•			•			•	
Kids Cranberry Juice										
Kids Diet Dr Pepper										
Kids Diet Pepsi										
Kids Dr Pepper										
Kids Fries									•	
Kids Fresh Fruit										
Kids Gluten-Free Chocolate Chip Pizookie®	•		•			•				
Kids Grilled Chicken						•				•
Kids Happy Face Potatoes									•	
Kids' Hot Fudge Brownie Pizookie®	•		•			•		•	•	
Kids Lemonade										
Kids Mac and Cheese			•						•	
Kids Mashed Potatoes			•			•				
Kids Milk			•							
Kids Mini Burgers			•						•	
Kids Mini Corn Dogs	•		•			•			•	
Kids Mountain Dew										
Kids Orange Juice										
Kids Pasta - Fettuccini									•	
Kids Pasta - Penne									•	
Kids Pasta - Spaghetti									•	
Kids Pasta with Marinara									•	
Kids Pasta with Alfredo			•						•	
Kids Pasta with Butter & Parmesan			•						•	
Kids Pasta with Grilled Chicken (sauce choice not included)						•			•	•
Kids Pasta with Meatball (sauce choice not included)	•		•			•			•	
Kids Pepperoni Pizza (1 slice)			•			•			•	
Kids Pepsi										
Kids Starry										
Kids Salted Caramel Pizookie®	•		•			•		•	•	
Kids Steamed Broccoli										
Kids Sundae	•		•			•				
Kids Triple Chocolate Pizookie®	•		•			•			•	
Kids White Chocolate Macadamia Nut Pizookie®	•		•			•		•	•	

## CATERING APPETIZERS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BBQ Tri-Tip Sliders Platter	•		•			•			•	
Boneless Chicken Wings Platter (sauce choice not included)	•		•						•	
Chicken Tenders Platter	•		•			•			•	
Chicken Wings Platter (sauce choice not included)	•		•						•	
Chips with Guacamole and Salsa									•	
Mozzarella Sticks Platter	•		•						•	
Potato Chips									•	
Sliders			•			•			•	
Spinach and Artichoke Dip Platter			•						•	

## CATERING SALADS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Add Avocado										
Add Chicken						•				•
Add Salmon		•				•				
Add Shrimp					•	•				
Add Tri Tip						•			•	
Asian Chopped Salad	•					•			•	•
Caesar Salad	•	•	•			•			•	
Fresh Mozzarella and Tomato Salad			•				•			
House Salad (no dressing)			•			•			•	
Santa Fe Salad	•		•			•			•	

## CATERING ENTREES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Baby Back Ribs						•			•	
BJ's Brewhouse Bowl			•			•	•			
Cherry Chipotle Glazed Salmon		•				•			•	
Fresh Atlantic Salmon		•	•			•	•		•	
New Orleans Jambalaya			•		•	•	•		•	
Parmesan-Crusted Chicken	•		•			•	•		•	
Sal's Brewhouse Chicken			•			•	•		•	
Spicy Peanut Chicken with Soba Noodles			•	•		•		•	•	•
Tri Tip Entree						•			•	

## CATERING PASTAS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Deep Dish Ziti	•		•			•			•	
Grilled Chicken Alfredo			•			•			•	•
Jumbo Spaghetti and Meatballs	•		•			•			•	
Shrimp Scampi Pasta			•		•	•			•	

## CATERING BOXED MEALS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Asian Chopped Salad Boxed Meal	•		•			•			•	•
Grilled Chicken Caesar Salad Boxed Meal	•	•	•			•			•	•
Santa Fe Salad Boxed Meal	•		•			•			•	

## CATERING SIDES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Broccoli										
Creamy Couscous Mac N Cheese			•			•			•	
White Cheddar Mashed Potatoes			•			•				



## CATERING DESSERTS

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Chocolate Chunk Cookies	•		•			•			•	
Fresh Fruit										
Mini Chocolate Chunk Pizookie	•		•			•			•	
Pizookie Party	•		•			•			•	

## CATERING BEVERAGES

	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
BJ's Fresh Squeezed Lemonade										
Black Cherry Soda										
Orange Cream Soda										
Regular Freshly Brewed Iced Tea										
Root Beer										
Strawberry Lemonade										
Vanilla Cream Soda										
Starry										
Pepsi										
Diet Pepsi										
Dr. Pepper										
Diet Dr. Pepper										
Mountain Dew										

None of our menu items contain MSG.

BJ's uses a diverse and wide variety of menu items that contain one or more of the eight major food allergens: eggs, fish, milk, peanuts, crustacean shellfish, soybeans, tree nuts and wheat. BJ's menu items may also contain gluten. BJ's utilizes a variety of food manufacturers and suppliers who provide information to BJ's as to the use of food allergens in their products. Ingredients and preparation methods implemented by BJ's suppliers may change without notice.

While BJ's emphasizes food safety, we cannot guarantee that a menu item will be completely allergen free. Our kitchen operations are dynamic and involve shared preparation areas, utensils and cooking equipment, including common fryer oil and cooking surfaces, and menu items, including items from our Allergen Menu, may come into contact with food allergens.

Please notify your server if you have a food allergy or sensitivity.