



NUTRITIONAL GUIDE

FEBRUARY 2025

SHAREABLE 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
Big Twist Pretzel with BJ's Beer Cheese	1520	521	58	27	0	143	5425	190	7	29	59
BJ's Chip and Dip Trio	1200	588	65	29	1	128	2520	120	21	24	39
Chicken Bacon Ranch Loaded Fries	930	571	63	15	0	107	3502	61	2	4	30
Chicken Pot Stickers	510	99	11	2	0	40	4094	81	3	27	22
Chicken Tenders	880	340	38	5	0	132	3627	90	0	36	45
Chili Crunch Chicken Pot Stickers	690	302	34	5	0	40	3176	78	5	21	21
Chips & Housemade Guacamole + Salsa	810	268	30	3	0	0	1922	118	24	25	24
Crispy Calamari	650	200	22	4	0	536	2063	66	4	7	48
Deep Dish Nachos	1640	914	102	56	1	271	3288	111	18	28	74
Deep Dish Nachos with Chicken	1750	942	105	57	1	320	3713	111	18	29	94
Deep Dish Nachos with Piranha® Pale Ale Chili	1750	963	107	58	1	283	3745	121	20	29	79
Fried Couscous Mac & Cheese Balls	820	457	51	23	0	180	1823	60	3	6	31
Garlic Shrimp with Parmesan Toast Appetizer	800	409	45	17	1	307	1735	53	4	4	45
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1346	31	9	15	11
Mozzarella Sticks	820	352	39	17	0	107	2041	78	1	13	33
Onion Ring Appetizer	790	327	36	4	0	15	3420	104	5	13	9
Sliders	800	285	32	12	0	121	1634	81	2	21	48
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
Sriracha Queso Dip	1020	431	48	24	1	107	2492	110	14	23	39
Sriracha Queso Dip with Piranha® Pale Ale Chili	930	331	37	16	1	73	1990	113	16	22	37

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	232	10	1	0	5
Pepperoni Extreme Flatbread Pizza	110	55	6	3	0	15	267	10	0	0	4

SLOW-ROASTED WINGS

	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	880	542	60	11	0	416	4885	34	2	13	52
BJ's Smothered Boneless Wings	930	578	64	23	0	185	3037	47	3	10	46
Bone-in Wings	810	490	54	10	0	411	2754	31	1	12	51
Boneless Wings, 1 lb	870	367	41	7	0	192	3522	59	1	1	65

SIGNATURE DRY RUBS AND SAUCES

Serving 3 fl oz.

	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)
Wing Sauce Choice Bacon Onion Jam	260	72	9	3	0	12	921	42	0	39	3
Wing Sauce Choice BJ's Handcrafted Root Beer Glaze	250	0	0	0	0	0	1044	60	0	57	0
Wing Sauce Choice BJ's Peppered BBQ	240	0	0	0	0	0	1350	60	0	54	0
Wing Sauce Choice Nashville Hot Sauce	490	381	42	15	0	0	1794	15	3	6	3
Wing Sauce Choice Tatonka® Stout Buffalo	20	3	0	0	0	0	3018	3	0	0	0
Wing Seasoning Choice Lemon Pepper Sesame Dry Rub	0	0	0	0	0	0	1680	0	0	0	0

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)
Caesar Starter Salad	340	229	25	5	0	22	892	21	3	3	10
Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14
House Starter Salad (No Dressing)	80	36	4	1	0	7	205	8	1	1	5
House Starter Salad with Balsamic Vinaigrette	240	174	19	3	0	7	436	13	1	6	5
House Starter Salad with Bleu Cheese Dressing	260	211	23	6	0	30	535	9	1	2	6

STARTER SALADS 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)
House Starter Salad with Honey Mustard Dressing	320	252	28	5	0	22	445	15	1	8	5
House Starter Salad with Italian Dressing	250	198	22	4	0	7	475	9	1	2	5
House Starter Salad with Oil and Vinegar	290	225	25	4	0	7	205	12	1	5	5
House Starter Salad with Ranch Dressing	250	184	20	4	0	22	565	9	1	1	5
House Starter Salad with Thousand Island Dressing	280	211	23	4	0	30	595	14	1	5	5
Wedge Starter Salad	320	276	31	8	0	40	630	6	1	5	6

STEAKS, CHOPS & RIBS

	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 Pork Ribs, Full Rack with Peppered BBQ Sauce	1670	633	70	25	0	230	9870	204	3	157	52
Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce	960	330	37	13	0	115	5613	129	2	94	27
BJ's Classic Rib-Eye	1080	601	67	26	0	500	2272	5	1	1	106
Double Bone-In Pork Chop	650	361	40	16	0	142	2434	17	2	14	55
Double Bone-In Pork Chop with Mandarin Orange Glaze + Bacon Onion Jam	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 Sirloin & Baby Back Ribs (Half Rack)	1010	450	50	18	0	237	5851	76	1	64	60
Slow-Roasted Sirloin & Chicken	690	201	22	7	0	221	3344	42	0	37	75
Slow-Roasted Sirloin & Shrimp Scampi	840	427	47	19	1	354	3091	38	1	28	61
Slow-Roasted Sirloin Entree	530	195	22	8	0	163	2914	33	1	27	47

STEAK TOPPERS

	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 Onion Jam, Add On	210	115	13	4	0	22	408	17	0	15	6
Bleu Cheese Crumbles, Add On	150	108	12	8	0	30	570	2	0	0	9
Garlic Butter, Add On	50	50	6	3	0	12	110	0	0	0	0
Mushrooms + Onions, Add On	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)
Baked Potato	590	252	28	11	0	19	207	70	5	4	9
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
Roasted Asparagus	20	3	0	0	0	0	2	3	2	2	2
Steamed Broccoli	40	4	0	0	0	0	30	6	2	2	3
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 and Cheese	550	296	33	21	0	92	957	39	2	2	25
Honey Sriracha Brussels Sprouts, Side	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
Onion Rings, Side	350	68	8	1	0	0	1689	65	3	8	6
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, Add On	230	53	6	1	0	99	1010	3	1	0	40
Blackened Salmon, Add On	400	226	25	5	0	117	1211	4	1	0	40
Blackened Shrimp, Add On	240	90	10	2	0	259	822	3	1	0	35

ADD-ONS 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)
Grilled Shrimp, Add On	170	28	3	1	0	258	812	1	0	0	35
Oven-Roasted Chicken, Add On	220	55	6	1	0	99	851	0	0	0	39
Oven-Roasted Salmon, Add On	390	229	25	5	0	117	232	0	0	0	40

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 Blonde® Fish 'N' Chips	1080	308	34	5	0	161	4335	141	8	6	57
BJ's Brewhouse Protein Bowl (Vegetarian)	480	191	21	3	0	4	2036	58	13	12	14
BJ's Brewhouse Protein Bowl with Blackened Chicken	710	244	27	4	0	102	3047	60	14	13	54
BJ's Brewhouse Protein Bowl with Blackened Salmon	880	418	46	8	0	121	3248	61	14	12	55
BJ's Brewhouse Protein Bowl with Blackened Shrimp	730	281	31	5	0	262	2872	62	13	13	49
BJ's Brewhouse Protein Bowl with Grilled Shrimp	660	220	24	4	0	262	2863	61	13	13	49
BJ's Brewhouse Protein Bowl with Oven-Roasted Salmon	870	420	47	8	0	121	2283	59	13	13	54
BJ's Brewhouse Protein Bowl with Slow-Roasted Sirloin	780	338	38	9	0	126	3630	60	13	13	50
Enlightened Cherry Chipotle Glazed Salmon	580	237	26	5	0	117	889	40	4	8	46
Enlightened Cherry Chipotle Glazed Salmon (Manchester)	480	235	26	5	0	117	673	17	4	9	44
Fresh Atlantic Salmon (Blackened) with Broccoli	860	455	51	18	0	187	2355	54	5	7	48
Fresh Atlantic Salmon (Oven-Roasted) with Broccoli	860	465	52	18	0	187	1331	49	4	7	48
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
Sal's Brewhouse Chicken	1000	602	67	32	0	274	3014	45	7	8	54
Southern Fried Chicken	1140	597	66	39	0	315	1928	70	6	8	52

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)
BJ's Veggie Pasta	980	374	42	5	0	0	1982	136	11	22	24
Chicken Alfredo with Garlic Bread	1280	501	56	30	0	202	2486	120	6	9	70
Deep Dish Ziti with Garlic Bread	1400	787	87	33	0	160	3056	110	9	14	46
Garlic Breadsticks (2 pieces)	360	126	14	3	0	0	660	50	4	4	8
Italian Chicken Parmigiana Pasta with Garlic Bread	1080	418	46	13	0	196	2279	111	9	16	61
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
Spaghetti with Marinara Sauce with Garlic Bread	660	128	14	2	0	0	1268	120	9	13	20
Spicy Peanut Chicken with Soba Noodles with Garlic Bread	940	472	52	12	0	97	2107	74	8	22	40

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)
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
BJ's Smokehouse Burger with Fries	1370	626	70	24	0	173	4197	126	5	25	62
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
Smash Burger with Fries	1220	623	69	24	0	162	4998	96	4	15	52

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)
Avocado, Add On	100	75	8	1	0	0	4	5	4	0	1
Bacon Onion Jam, Add On	210	115	13	4	0	22	408	17	0	15	6
Cheese Choice American Cheese	80	58	6	4	0	18	388	0	0	0	4
Cheese Choice Cheddar Cheese	80	61	7	5	0	23	135	0	0	0	5
Cheese Choice Pepper Jack Cheese	80	54	6	4	0	20	125	0	0	0	5
Cheese Choice Provolone Cheese	70	54	6	3	0	15	180	0	0	0	5
Cheese Choice Swiss Cheese	90	54	6	4	0	20	45	1	0	0	7

BURGER ADD-ONS 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)
Gluten-Free Bun (1 bun)	250	63	7	1	0	0	480	43	5	6	6
Housemade Guacamole, Add On	90	70	8	1	0	0	180	5	4	1	1
Piranha® Pale Ale Chili, Add On	60	24	3	1	0	6	228	5	1	1	3
Smoked Bacon	90	63	7	3	0	15	270	1	0	1	5
Veggie Patty	140	53	6	2	0	5	490	16	4	0	5

SANDWICHES & TACOS

	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 Crispy Chicken Sandwich with Fries	1260	528	59	15	0	149	2777	135	7	30	59
BJ's Kickin' Chicken Sandwich with Fries	1420	659	73	17	0	146	4053	144	8	32	52
Brewhouse Philly with Fries	1040	459	51	17	0	159	3785	90	6	8	57
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
Enlightened Mediterranean Chicken Pita Tacos with Seasonal Bistro Grains	660	194	22	4	0	54	1427	77	5	17	38
Fried Mahi Mahi Tacos	1000	345	38	6	0	63	3478	127	18	13	33
Oven-Roasted Mahi Mahi Tacos	850	322	36	5	0	104	2567	90	16	12	38
Shrimp Tacos	890	335	37	6	0	215	2746	92	16	12	43

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)
Caesar Salad (No Protein)	810	575	64	13	0	54	2171	44	6	7	23
Caesar Salad with Blackened Chicken	1040	628	70	14	0	153	3182	47	7	8	62
Caesar Salad with Blackened Salmon	1210	801	89	18	0	171	3383	48	7	7	63
Caesar Salad with Blackened Shrimp	1050	665	74	15	0	313	2993	48	7	7	57
Caesar Salad with Oven-Roasted Salmon	1200	804	89	18	0	171	2404	44	6	7	62
Chicken Caesar Salad	1030	630	70	14	0	153	3022	44	6	8	62
Enlightened Asian Chopped Salad	540	186	21	3	0	114	1385	38	5	22	45
Enlightened Asian Chopped Salad (Manchester)	570	187	21	3	0	114	1301	45	5	20	45
Enlightened Seared Ahi Salad	560	270	30	4	0	45	1316	42	8	25	30
Enlightened Seared Ahi Salad (Manchester)	600	298	33	5	0	45	1336	44	10	24	30
Enlightened Strawberry Fields Salad	500	231	26	5	0	109	1244	19	4	13	45
Honey-Crisp Chicken Salad	1360	924	103	16	0	358	2332	75	6	36	42
Santa Fe Salad	1030	553	61	13	0	159	2361	56	14	9	55
Santa Fe Salad (No Protein)	800	500	56	12	0	60	1351	54	13	9	15
Santa Fe Salad with Blackened Salmon	1200	727	81	17	0	177	2562	57	14	9	56
Santa Fe Salad with Blackened Shrimp	1040	590	66	14	0	319	2172	57	14	9	50
Santa Fe Salad with Oven-Roasted Chicken	1020	555	62	13	0	159	2201	54	13	9	55
Santa Fe Salad with Oven-Roasted Salmon	1190	730	81	17	0	177	1583	54	13	9	55
Steakhouse Wedge Salad	1110	821	91	25	0	207	3068	24	7	15	52

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)
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
Santa Fe Dressing	170	150	17	2	0	15	381	2	0	0	0
Thousand Island Dressing	200	176	20	3	0	23	390	6	0	5	0

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)
Broccoli Cheddar Soup in a Sourdough Loaf	1340	325	36	15	0	58	4592	205	9	12	44
Broccoli Cheddar Soup, Bowl	390	230	26	15	0	75	1845	23	0	9	19
Broccoli Cheddar Soup, Cup	250	146	16	10	0	48	1215	15	0	6	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	210	81	9	2	0	19	1470	22	3	3	9
Clam Chowder in a Sourdough Loaf (with Oyster Crackers)	1370	298	33	13	0	81	4091	218	10	6	42
Clam Chowder, Bowl (with Oyster Crackers)	380	178	20	12	0	98	1196	36	1	3	14
Clam Chowder, Cup (with Oyster Crackers)	280	125	14	8	0	65	818	28	1	2	10
Piranha® Pale Ale Chili in a Sourdough Loaf	1490	401	45	17	1	78	4421	213	14	9	52
Piranha® Pale Ale Chili, Bowl	510	279	31	15	1	84	1566	31	7	5	25
Piranha® Pale Ale Chili, Cup	400	230	26	13	0	72	1109	22	5	4	19
Sourdough Bread Boule	1040	147	16	3	0	0	3084	186	9	4	30

SOUP AND SALAD COMBO

	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)
Soup and Salad Combo with Bowl of Broccoli Cheddar Soup, Salad Choice Caesar Salad	720	458	51	20	0	97	2738	43	3	12	29
Soup and Salad Combo with Bowl of Broccoli Cheddar Soup, Salad Choice Fresh Mozzarella and Tomato Salad	640	394	44	22	0	107	2167	33	2	17	33
Soup and Salad Combo with Bowl of Broccoli Cheddar Soup, Salad Choice House Salad	470	265	29	16	0	82	2050	30	1	10	23
Soup and Salad Combo with Bowl of Broccoli Cheddar Soup, Salad Choice Wedge Salad	700	505	56	23	0	115	2475	29	1	14	25
Soup and Salad Combo with Bowl of Chicken Tortilla Soup, Salad Choice Caesar Salad	620	339	38	9	0	47	2746	51	8	7	22
Soup and Salad Combo with Bowl of Chicken Tortilla Soup, Salad Choice Fresh Mozzarella and Tomato Salad	540	276	31	10	0	57	2175	41	6	12	27
Soup and Salad Combo with Bowl of Chicken Tortilla Soup, Salad Choice House Salad	360	146	16	5	0	32	2058	38	6	5	17
Soup and Salad Combo with Bowl of Chicken Tortilla Soup, Salad Choice Wedge Salad	600	386	43	11	0	65	2483	36	6	8	18
Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice Caesar Salad	720	407	45	17	0	120	2089	57	4	6	24
Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice Fresh Mozzarella and Tomato Salad	640	343	38	18	0	129	1518	47	3	10	29
Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice House Salad	470	214	24	13	0	105	1401	44	3	4	19
Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice Wedge Salad	700	454	50	19	0	138	1826	42	3	7	20
Soup and Salad Combo with Bowl of Piranha® Pale Ale Chili, Salad Choice Caesar Salad	850	507	56	20	1	106	2458	52	10	9	35
Soup and Salad Combo with Bowl of Piranha® Pale Ale Chili, Salad Choice Fresh Mozzarella and Tomato Salad	770	443	49	21	1	116	1887	42	9	13	39
Soup and Salad Combo with Bowl of Piranha® Pale Ale Chili, Salad Choice House Salad	590	314	35	16	1	91	1771	39	8	6	29
Soup and Salad Combo with Bowl of Piranha® Pale Ale Chili, Salad Choice Wedge Salad	830	554	62	23	1	124	2196	37	8	10	31

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	487	19	1	3	10
Barbeque Chicken Deep Dish Pizza, Shareable	300	78	9	3	0	30	825	39	2	4	17
Barbeque Chicken Deep Dish Pizza, Large	340	92	10	4	0	39	998	42	2	6	19
BJ's Classic Combo Deep Dish Pizza, Mini	190	90	10	4	0	19	476	17	1	1	7
BJ's Classic Combo Deep Dish Pizza, Shareable	330	133	15	5	0	27	852	38	2	3	12
BJ's Classic Combo Deep Dish Pizza, Large	370	158	18	7	0	35	933	38	2	3	14
BJ's Favorite Deep Dish Pizza, Mini	180	78	9	3	0	17	438	18	1	1	7

DEEP DISH PIZZAS cont.

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 Favorite Deep Dish Pizza, Shareable	330	127	14	5	0	26	818	39	2	3	12
BJ's Favorite Deep Dish Pizza, Shareable (Manchester)	380	164	18	6	0	30	973	39	2	4	14
BJ's Favorite Deep Dish Pizza, Large	360	146	16	6	0	32	892	39	2	3	13
Buffalo Chicken Deep Dish Pizza, Mini	170	53	6	2	0	22	654	18	1	3	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	1356	41	2	6	19
Cheese and Tomato Deep Dish Pizza, Mini	140	51	6	2	0	12	356	16	1	1	6
Cheese and Tomato Deep Dish Pizza, Shareable	280	88	10	4	0	20	718	37	2	3	11
Cheese and Tomato Deep Dish Pizza, Large	300	99	11	5	0	24	748	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	384	20	1	4	6
Sweet Pig® Deep Dish Pizza, Shareable	280	72	8	3	0	15	706	41	2	6	11
Sweet Pig® Deep Dish Pizza, Large	300	84	9	4	0	20	745	41	2	6	12
Vegetarian Deep Dish Pizza, Mini	140	47	5	2	0	8	344	17	1	1	5
Vegetarian Deep Dish Pizza, Shareable	270	76	8	3	0	12	679	38	2	3	10
Vegetarian Deep Dish Pizza, Large	290	90	10	4	0	17	725	38	2	3	11
Colossal Calzone	2300	1026	114	40	0	189	6292	240	16	23	82

BUILD YOUR OWN 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)
Mini Topping with Anchovies	10	3	0	0	0	6	286	0	0	0	1
Mini Topping with Black Olives	25	23	2	0	0	0	125	1	0	0	0
Mini Topping with Chicken	30	8	1	1	0	14	115	0	0	0	5
Mini Topping with Fire-Roasted Red Peppers	10	0	0	0	0	0	130	2	0	1	0
Mini Topping with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Mini Topping with Green Bell Peppers	5	1	0	0	0	0	0	1	0	1	0
Mini Topping with Housemade Meatballs	80	56	6	3	0	21	95	2	0	1	3
Mini Topping with Italian Sausage	70	60	6	3	0	13	172	1	0	0	2
Mini Topping with Jalapenos	0	0	0	0	0	0	25	1	0	0	0
Mini Topping with Mushrooms	0	1	0	0	0	0	0	1	0	0	0
Mini Topping with Onions	10	1	0	0	0	0	0	2	0	1	0
Mini Topping with Pepperoni	20	19	2	1	0	5	75	1	0	0	1
Mini Topping with Pineapple	15	0	0	0	0	0	0	4	0	3	0
Mini Topping with Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Mini Topping with Smoked Bacon	20	16	1	1	0	4	67	1	0	0	1
Mini Topping with Smoked Ham	10	4	0	1	0	3	70	1	0	0	1
Shareable Topping with Anchovies	15	5	0	0	0	9	478	0	0	0	2
Shareable Topping with Black Olives	35	30	3	0	0	0	167	1	0	0	0
Shareable Topping with Chicken	40	10	1	0	0	18	154	0	0	0	7
Shareable Topping with Fire-Roasted Red Peppers	15	0	0	0	0	0	174	3	1	1	1
Shareable Topping with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Shareable Topping with Green Bell Peppers	5	1	0	0	0	0	1	1	1	0	0
Shareable Topping with Housemade Meatballs	100	74	8	3	0	28	127	2	0	0	5

BUILD YOUR OWN DEEP DISH PIZZAS cont.

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)
Shareable Topping with Italian Sausage	100	80	9	3	0	18	230	1	0	0	3
Shareable Topping with Jalapenos	0	0	0	0	0	0	34	0	0	0	0
Shareable Topping with Mushrooms	5	1	0	0	0	0	1	0	0	0	1
Shareable Topping with Onions	10	1	0	0	0	0	1	3	0	1	0
Shareable Topping with Pepperoni	30	25	3	1	0	7	100	0	0	0	1
Shareable Topping with Pineapple	20	0	0	0	0	0	0	5	0	4	0
Shareable Topping with Roasted Garlic	0	0	0	0	0	0	1	0	0	0	0
Shareable Topping with Smoked Bacon	35	26	3	1	0	6	108	0	0	0	2
Shareable Topping with Smoked Ham	10	5	0	0	0	5	94	0	0	0	2
Large Topping with Anchovies	15	5	1	0	0	9	459	0	0	0	2
Large Topping with Black Olives	40	36	4	0	0	0	200	2	0	0	0
Large Topping with Chicken	50	11	1	0	0	22	185	0	0	0	9
Large Topping with Fire-Roasted Red Peppers	20	0	0	0	0	0	208	3	1	2	1
Large Topping with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Large Topping with Green Bell Peppers	10	0	0	0	0	0	1	1	1	1	0
Large Topping with Housemade Meatballs	120	88	10	4	0	33	153	3	0	1	6
Large Topping with Italian Sausage	120	95	11	3	0	21	276	1	1	0	4
Large Topping with Jalapenos	0	0	0	0	0	0	40	0	0	1	0
Large Topping with Mushrooms	5	0	0	0	0	0	1	1	0	1	1
Large Topping with Onions	15	0	0	0	0	0	1	3	0	2	0
Large Topping with Pepperoni	35	29	3	1	0	8	120	0	0	0	1
Large Topping with Pineapple	25	0	0	0	0	0	0	6	0	6	0
Large Topping with Roasted Garlic	0	0	0	0	0	0	1	1	0	0	0
Large Topping with Smoked Bacon	40	30	3	1	0	8	130	1	0	1	3
Large Topping with Smoked Ham	15	5	1	0	0	5	112	0	0	1	2

TAVERN-CUT PIZZAS

Values listed are per square.

	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)
Build Your Own Pizza, Tavern Crust	70	22	2	1	0	6	142	8	0	1	2
Add Anchovies	10	3	1	0	0	5	239	0	0	0	2
Add Black Olives	20	15	2	0	0	0	83	1	0	0	0
Add Fire-Roasted Red Peppers	10	0	0	0	0	0	87	2	1	0	1
Add Fresh Basil	0	0	0	0	0	0	0	0	0	0	1
Add Green Bell Peppers	0	0	0	0	0	0	0	1	1	0	1
Add Chicken	20	5	1	0	0	9	77	0	0	0	4
Add Housemade Meatballs	50	37	5	2	0	14	63	2	1	0	3
Add Italian Sausage	50	40	5	2	0	9	115	1	1	0	2
Add Jalapenos	0	0	0	0	0	0	17	0	0	0	0
Add Mushrooms	0	0	0	0	0	0	0	1	0	0	1
Add Onions	10	0	0	0	0	0	0	2	1	0	1
Add Pepperoni	15	12	2	1	0	3	50	0	0	0	1
Add Pineapple	10	0	0	0	0	0	0	3	1	2	0
Add Roasted Garlic	0	0	0	0	0	0	0	1	0	0	1
Add Smoked Bacon	20	13	2	1	0	3	54	1	0	0	1
Add Smoked Ham	10	2	1	0	0	2	47	0	0	0	1
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	2	4

GLUTEN-FREE THIN-CRUST 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 Pizza, Gluten Free Crust	180	69	8	3	0	30	440	16	0	3	11
BJ's Classic Combo Pizza, Gluten Free Crust	210	124	14	5	0	27	424	14	0	1	6
Chicken Bacon Ranch Pizza, Gluten Free Crust	270	148	16	6	0	47	556	15	0	1	15

GLUTEN-FREE THIN-CRUST PIZZAS cont.

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)
Pepperoni Extreme Pizza, Gluten Free Crust	210	121	13	5	0	29	500	14	0	1	7
Sweet Pig Pizza, Gluten Free Crust	150	63	7	3	0	15	279	17	0	4	5
Vegetarian Pizza, Gluten Free Crust	140	67	7	3	0	12	251	15	0	1	4
Gluten Free Thin Crust Cheese Pizza	130	56	6	2	0	12	254	14	0	1	4
Add Anchovies	15	5	1	0	0	9	478	0	0	0	2
Add Black Olives	35	30	4	0	0	0	167	2	0	0	0
Add Chicken	40	10	1	1	0	18	154	0	0	0	7
Add Fire-Roasted Red Peppers	15	0	0	0	0	0	174	3	1	2	0
Add Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Add Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
Add Italian Sausage	100	79	9	4	0	17	230	1	1	0	3
Add Jalapenos	0	0	0	0	0	0	34	1	0	0	0
Add Mushrooms	0	0	0	0	0	0	1	1	0	0	0
Add Onions	10	0	0	0	0	0	1	3	1	1	0
Add Pepperoni	30	24	3	2	0	6	100	0	0	0	1
Add Pineapple	20	0	0	0	0	0	0	5	1	4	0
Add Roasted Garlic	0	0	0	0	0	0	1	1	0	0	0
Add Smoked Bacon	35	25	3	1	0	6	108	1	0	0	2
Add Smoked Ham	10	4	1	1	0	4	94	0	0	0	1

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®	1150	579	64	27	0	178	346	131	7	105	15
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 Strawberry Shortcake Pizookie®	620	247	27	17	0	90	434	87	2	60	7
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 Macadamia Nut Pizookie®	620	265	29	14	0	59	420	83	2	60	8
Salted Caramel Pizookie®	1380	500	56	29	0	123	1386	204	1	161	16
Strawberry Shortcake Pizookie®	1140	453	50	32	0	162	845	160	3	107	12
Sugar Cookie Pizookie®	1160	462	51	32	0	180	867	162	2	110	13
Triple Chocolate Pizookie® Made With Ghirardelli®	1220	556	62	30	0	118	506	162	5	105	15
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
White Chocolate Macadamia Nut Pizookie®	1240	527	59	29	0	119	839	167	3	119	17

BJ'S HANDCRAFTED SODAS

	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 Handcrafted Ginger Beer	130	0	0	0	0	0	22	31	0	30	0
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

BJ'S HANDCRAFTED SODAS 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)
Root Beer Float	550	172	19	12	0	70	95	90	0	86	7
Vanilla Cream Float	530	172	19	12	0	70	105	83	0	81	7
Vanilla Cream Soda	190	0	0	0	0	0	32	47	0	47	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	44	0	40	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	44	0	0	0	0
Diet Pepsi (10oz)	0	0	0	0	0	0	38	0	0	0	0
Dr Pepper (10oz)	140	0	0	0	0	0	44	34	0	34	0
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
Iced Tea	0	0	0	0	0	0	8	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	63	39	0	39	0
Pepsi (10oz)	130	0	0	0	0	0	31	34	0	34	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)
Blue Raspberry Candy Crush	240	65	7	5	0	0	10	46	0	42	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
Strawberry Dream	190	8	1	1	0	0	23	46	1	44	0

BJ'S SIGNATURE COCKTAILS

	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 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
Espresso Martini	260	64	7	7	0	0	68	25	0	17	1
Fresh Strawberry Margarita	250	1	0	0	0	0	23	31	1	22	0
Fresh Strawberry Margarita, Batch	980	4	0	0	0	0	93	112	5	82	1
Grand Patron Margarita	370	1	0	0	0	0	603	33	1	13	0
Handcrafted Margarita	220	0	0	0	0	0	22	21	1	13	0
Handcrafted Margarita, Batch	1240	0	0	0	0	0	137	107	0	71	0
Lemon Drop Martini	180	1	0	0	0	0	3	13	1	10	0
Margarita Flight	370	1	0	0	0	0	44	48	1	34	0
Paradise Pomegranate Margarita	310	0	0	0	0	0	294	46	1	43	0
Pink Cadillac Martini	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, Batch	1410	4	0	0	0	0	21	190	8	135	4
Spicy Mango Margarita	390	1	0	0	0	0	245	62	1	38	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, Batch	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, Batch	830	1	0	0	0	0	29	93	2	85	0

BJ'S SIGNATURE COCKTAILS 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 Long Island	210	0	0	0	0	0	21	19	1	13	0
White Peach Boba-Rita	300	1	0	0	0	0	31	41	1	31	0
White Peach Boba-Rita, Batch	1410	5	1	0	0	0	132	187	6	138	2

VALUE COCKTAILS

	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 Triple Berry Sangria	200	0	0	0	0	0	12	25	1	23	0
BJ's White Passion Fruit Sangria	200	0	0	0	0	0	13	27	0	23	0
Red Bull Tropical Guava Breeze	200	0	0	0	0	0	45	24	0	22	0
Tropical Long Island	200	7	1	1	0	0	24	28	0	21	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	23	0	0	5
BJ's Enchantress Golden Pilsner®	250	0	0	0	0	0	0	24	0	0	3
BJ's Harvest Hefeweizen®	210	0	0	0	0	0	12	11	0	0	4
BJ's HopStorm® IPA	300	0	0	0	0	0	30	20	0	0	5
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 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 Piranha® Pale Ale	250	0	0	0	0	0	17	17	0	0	5
BJ's PM Porter®	270	0	0	0	0	0	35	22	0	0	4
BJ's Prickly Pear Hard Lemonade	280	0	0	0	0	0	0	44	0	43	0
BJ's Tatonka® Stout	370	0	0	0	0	0	45	27	0	0	4

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
Enlightened Mediterranean Chicken Bowl (L)	590	216	24	4	0	106	1449	40	3	5	50
Southern Fried Chicken (L)	940	477	53	31	0	237	2086	69	5	8	38

LIMITED TIME ONLY

	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)
Cinnamon Roll (1 roll)	170	47	5	2	0	5	230	27	1	7	4
Cinnamon Roll Pizookie®	1440	401	45	21	0	106	1116	234	4	151	24

LIMITED TIME ONLY COCKTAILS

	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 Skinny Margarita	180	1	0	0	0	0	186	21	1	15	1
The Lucky Ducky™	350	0	0	0	0	0	35	56	0	35	0

KIDS MENU ITEMS

Kids' entree 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 Chicken Wings with Root Beer Glaze	630	282	31	5	0	106	2329	51	0	19	33
Kids Cheese Pizza (4 pieces)	560	206	23	10	0	49	1423	66	3	4	23
Kids Chicken Breast	220	55	6	1	0	99	851	0	0	0	39

KIDS MENU ITEMS cont.

Kids' entree 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 Chicken Tenders with Ranch Dressing	470	233	26	4	0	82	1708	30	0	0	27
Kids Chocolate Milk	330	59	7	4	0	33	219	54	0	46	13
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 Flatbread Cheese Pizza (Manchester)	340	139	15	6	0	32	678	38	2	2	12
Kids Flatbread Pizza (Manchester)	410	198	22	9	0	47	918	39	2	2	15
Kids Fresh Fruit	80	3	0	0	0	0	1	17	2	13	1
Kids Fries	210	104	12	2	0	0	707	27	1	1	3
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
Kids Lemonade	110	0	0	0	0	0	10	26	0	24	0
Kids Mac 'n' Cheese	340	101	11	3	0	25	833	48	2	11	12
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, Add Chicken	110	27	3	1	0	49	425	0	0	0	20
Kids Pasta, Add Meatball	150	109	12	5	0	40	185	4	0	1	7
Kids Pasta, Alfredo Sauce	230	180	20	13	0	51	638	7	0	1	6
Kids Pasta, Butter and Parmesan Sauce	210	202	22	14	0	60	200	0	0	0	1
Kids Pasta, Fettuccini	240	13	1	0	0	0	9	48	2	3	8
Kids Pasta, Marinara Sauce	70	32	4	0	0	0	620	11	2	6	2
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 Pepperoni Pizza (4 pieces)	680	309	34	13	0	65	1743	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 Steamed Broccoli	40	4	0	0	0	0	235	6	2	2	3
Kids Sundae	390	199	22	14	0	48	74	45	1	43	4
Kids White Cheddar Mashed Potatoes	250	123	14	8	0	41	823	25	3	3	5

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)
Bone-in Chicken Wings Platter	3350	2228	248	41	0	1308	22175	117	11	42	157
Boneless Chicken Wings Platter	3690	2007	223	34	0	666	24792	201	8	9	198
Burger Sliders Platter	3980	1426	158	60	0	607	8173	405	9	106	238
Chicken Tenders Platter	6260	3766	418	61	0	914	18284	359	0	60	270
Chips & Housemade Guacamole + Salsa	2130	755	84	10	0	0	5464	300	64	65	61
Housemade Potato Chips	2980	1407	156	36	0	0	5360	336	32	0	32
Mozzarella Sticks Platter	2600	1116	124	51	0	320	7286	254	6	50	103
Spinach and Artichoke Dip Platter	3340	1802	200	111	0	540	6300	294	43	59	105

CATERING 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)
California Chicken Club Mini Sandwiches (6 servings)	3690	1681	187	59	0	513	10558	258	26	49	235
Greek Veggie Mini Sandwiches (6 servings)	2000	908	101	23	0	53	8080	230	7	48	55
Italian Roast Beef Mini Sandwiches (6 servings)	2710	1124	125	45	0	465	7651	232	6	44	173
Smoked Ham & Swiss Mini Sandwiches (6 servings)	2650	980	109	43	0	353	9491	253	6	60	162

CATERING GARDEN FRESH 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)
Caesar Salad, Catering	2390	1740	193	42	0	177	6391	114	19	23	70
Enlightened Asian Chopped Salad, Catering	2650	1067	119	20	0	495	6541	182	20	116	178
Enlightened Asian Chopped Salad, Catering (Manchester)	2550	1062	118	19	0	495	6202	167	19	108	174
House Salad, Catering	660	285	32	11	0	57	1640	63	10	7	38
Santa Fe Salad, Catering	3910	2051	228	41	0	575	9085	226	55	35	207
Add Avocado, Catering	400	299	33	5	0	0	15	19	15	1	5
Add Chicken, Catering	900	220	24	4	0	395	3402	1	0	1	157
Add Salmon, Catering	1560	922	102	20	0	468	1358	0	0	0	158
Add Shrimp, Catering	810	300	33	6	0	861	2736	11	2	0	116
Add Sirloin, Catering	1860	586	65	24	0	490	10317	169	2	145	142

CATERING PASTA FAVORITES

	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 Veggie Pasta, Catering	5740	2189	243	33	0	0	12845	787	68	124	138
Chicken Alfredo with Garlic Bread, Catering	7070	2607	290	132	0	806	14150	779	49	71	330
Deep Dish Ziti with Garlic Bread, Catering	7050	3650	406	142	0	639	14864	639	51	72	215
Jumbo Spaghetti and Meatballs with Garlic Bread, Catering	7700	3194	355	104	0	634	15248	886	73	132	259
Shrimp Scampi Pasta, Catering	8330	4182	465	180	9	1554	12579	756	51	46	262
Spaghetti with Marinara Sauce, Catering	4560	1095	122	18	0	0	8959	773	58	81	128

CATERING 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)
Baby Back Ribs, Catering	6850	3038	338	124	0	1148	41224	684	8	582	249
BJ's Brewhouse Protein Bowl, Catering	1960	765	85	14	0	15	8289	238	51	56	63
BJ's Brewhouse Protein Bowl, Catering with Grilled Salmon	3390	1555	173	31	0	483	9577	239	52	56	221
BJ's Brewhouse Protein Bowl, Catering with Grilled Shrimp	2650	878	98	16	0	1049	11536	245	51	56	201
BJ's Brewhouse Protein Bowl, Catering with Oven-Roasted Chicken	2860	985	109	18	0	410	11691	240	51	57	220
BJ's Brewhouse Protein Bowl, Catering with Slow Roasted Sirloin	3810	1350	150	37	0	505	18263	407	53	201	205
Cherry Chipotle Glazed Salmon, Catering	2930	1170	130	25	0	586	3699	209	21	42	235
Cherry Chipotle Glazed Salmon, Catering (Manchester)	3240	1334	148	27	0	586	5009	237	27	51	242
Fresh Atlantic Salmon, Catering	4060	2242	249	89	1	933	5024	212	21	32	237
New Orleans Jambalaya, Catering	5320	2537	282	94	2	1204	15069	404	29	71	277
Parmesan-Crusted Chicken, Catering	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
Slow-Roasted Sirloin Entree, Catering	3790	976	108	40	0	816	21096	455	3	398	236

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, Catering	370	32	4	1	0	0	273	53	20	14	30
Creamy Couscous Mac & Cheese with Bacon, Catering	3310	1776	197	124	0	555	5741	235	13	13	151
White Cheddar Mashed Potatoes, Catering	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 Cookies, Catering (1 cookie)	380	118	13	8	0	25	376	61	2	38	5
Chocolate Chunk Cookies, Catering (12 cookies)	4520	1420	158	98	0	294	4514	726	20	451	59
Mini Chocolate Chunk Pizookie®, Catering	590	206	23	14	0	59	420	88	2	65	8
Seasonal Fresh Fruit Platter, Catering	810	21	2	0	0	0	18	189	18	147	8
Chocolate Chunk Pizookie® Party Platter	4690	1638	182	114	0	474	3357	707	13	517	67
Cookies 'n' Cream Pizookie® Party Platter	5190	2256	251	131	0	309	4114	675	13	453	67
Salted Caramel Pizookie® Platter	5510	1998	222	116	0	494	5542	817	5	644	65

CATERING 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® Party Platter	4640	1848	205	129	0	718	3468	647	8	440	52
Triple Chocolate Pizookie® Made With Ghirardelli® Party Platter	4910	2231	248	122	0	472	2025	647	21	419	58
White Chocolate Pizookie® Party Platter	4950	2109	234	114	0	474	3357	667	13	477	67

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

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 February 2025.