RESTAURANT BJ's® BREWHOUSE

NUTRITIONAL GUIDE

NOVEMBER 2026

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
Ahi Poke (TEST)	470	155	17	3	0	51	1552	41	4	8	36
Avocado Egg Rolls	990	485	54	12	0	67	1310	116	15	28	14
Big Twist Pretzel with BJ's Beer Cheese	1220	308	34	10	0	51	4341	179	6	20	41
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Rub Choice Dill Pickle Ranch Dry Rub	1820	930	103	33	0	376	4800	145	14	33	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Rub Choice Lemon Pepper Sesame Dry Rub	1800	928	103	33	0	376	5222	141	14	32	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice BJ's Peppered BBQ	1920	928	103	33	0	376	5057	171	14	59	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Honey BBQ	1900	928	103	33	0	376	4832	167	14	55	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Hot Honey Buffalo	1920	930	103	33	0	376	4999	172	14	60	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Nashville Hot	2070	1119	124	40	0	376	5579	155	16	41	80
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Sweet & Spicy Asian Glaze	1890	942	105	33	0	376	5162	161	14	49	81
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Tatonka® Stout Buffalo	1810	930	103	33	0	376	5893	143	15	33	79
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Rub Choice Dill Pickle Ranch Dry Rub	1960	1045	116	47	0	451	5213	145	10	33	86
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Rub Choice Lemon Pepper Sesame Dry Rub	1940	1044	116	47	0	451	5635	141	10	33	85
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice BJ's Peppered BBQ	2060	1044	116	47	0	451	5470	171	10	60	85
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Honey BBQ	2050	1044	116	47	0	451	5245	166	10	55	85
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Hot Honey Buffalo	2060	1045	116	47	0	451	5412	171	10	61	86
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Nashville Hot	2210	1234	137	54	0	451	5992	155	12	42	86
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Sweet & Spicy Asian Glaze	2030	1057	117	47	0	451	5575	160	10	49	87
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Tatonka® Stout Buffalo	1950	1045	116	47	0	451	6306	143	11	33	86
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Rub Choice Dill Pickle Ranch Dry Rub	1920	993	110	43	1	430	5508	144	9	34	88
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Rub Choice Lemon Pepper Sesame Dry Rub	1900	992	110	43	1	430	5930	140	9	33	87
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice BJ's Peppered BBQ	2020	992	110	43	1	430	5765	170	9	60	87
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Honey BBQ	2000	992	110	43	1	430	5540	165	9	56	87
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Hot Honey Buffalo	2020	993	110	43	1	430	5707	170	9	61	87

SHAREABLE APPETIZERS 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)
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Nashville Hot	2170	1183	131	50	1	430	6287	154	11	42	88
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Sweet & Spicy Asian Glaze	1990	1006	112	43	1	430	5870	159	9	50	89
Brewhouse Bites Sampler with Bone-In Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Tatonka® Stout Buffalo	1910	994	110	43	1	430	6601	141	10	34	88
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Rub Choice Dill Pickle Ranch Dry Rub	1880	893	99	32	0	270	5376	161	14	28	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Rub Choice Lemon Pepper Sesame Dry Rub	1850	892	99	32	0	270	5938	155	13	27	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice BJ's Peppered BBQ	2010	892	99	32	0	270	5718	195	13	63	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Honey BBQ	1990	892	99	32	0	270	5418	189	13	57	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Hot Honey Buffalo	2020	893	99	32	0	270	5641	196	14	64	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Nashville Hot	2200	1145	127	42	0	270	6314	169	16	34	87
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Sweet & Spicy Asian Glaze	1970	910	101	32	0	270	5858	181	13	49	88
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Housemade Guacamole, Wing Sauce Choice Tatonka® Stout Buffalo	1870	894	99	32	0	270	6833	158	14	28	86
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Rub Choice Dill Pickle Ranch Dry Rub	2020	1008	112	46	0	345	5789	160	10	28	93
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Rub Choice Lemon Pepper Sesame Dry Rub	2000	1007	112	46	0	345	6351	155	9	27	92
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice BJ's Peppered BBQ	2160	1007	112	46	0	345	6131	195	9	63	92
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Honey BBQ	2140	1007	112	46	0	345	5831	189	9	57	92
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Hot Honey Buffalo	2160	1008	112	46	0	345	6054	196	10	65	92
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Nashville Hot	2340	1261	140	55	0	345	6727	169	12	35	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Sweet & Spicy Asian Glaze	2120	1025	114	46	0	345	6271	181	9	49	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Spinach and Artichoke Dip, Wing Sauce Choice Tatonka® Stout Buffalo	2010	1009	112	46	0	345	7246	157	10	28	93
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Rub Choice Dill Pickle Ranch Dry Rub	1980	957	106	42	1	323	6084	159	9	29	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Rub Choice Lemon Pepper Sesame Dry Rub	1950	955	106	42	1	323	6646	154	9	28	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice BJ's Peppered BBQ	2110	955	106	42	1	323	6426	194	9	64	94

SHAREABLE APPETIZERS 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)
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Honey BBQ	2090	955	106	42	1	323	6126	188	9	58	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Hot Honey Buffalo	2120	957	106	42	1	323	6349	194	9	65	94
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Nashville Hot	2300	1209	134	52	1	323	7022	167	11	35	95
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Sweet & Spicy Asian Glaze	2070	973	108	42	1	323	6566	180	9	50	96
Brewhouse Bites Sampler with Boneless Wings with Dip Choice Sriracha Queso Dip, Wing Sauce Choice Tatonka® Stout Buffalo	1970	958	106	42	1	323	7541	156	9	29	94
California Club Flatbread Pizza (Per Slice)	110	48	5	2	0	13	231	10	1	0	5
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
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 with Chicken	1860	957	106	57	0	329	4533	125	23	30	104
Fried Couscous Mac & Cheese Balls	790	405	45	20	0	88	2526	72	0	9	27
Garlic Shrimp with Parmesan Toast Appetizer	740	347	39	16	1	307	1706	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
Pepperoni Extreme Flatbread Pizza (Per Slice)	130	71	8	3	0	16	325	10	1	0	4
Sliders	800	285	32	12	0	121	1634	81	2	21	48
Sliders with Fries	1150	460	51	16	0	121	2555	121	6	21	52
Spinach and Artichoke Dip	1050	486	54	28	0	135	1771	111	16	22	34

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
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 BJ's Peppered BBQ	240	0	0	0	0	0	1350	60	0	54	0
Wing Sauce Choice Honey BBQ	210	0	0	0	0	0	900	51	0	45	0
Wing Sauce Choice Hot Honey Buffalo	250	3	0	0	0	0	1233	60	0	57	0
Wing Sauce Choice Nashville Hot Sauce	490	381	42	15	0	0	1794	15	3	6	3
Wing Sauce Choice Sweet & Spicy Asian Glaze	180	27	3	0	0	0	1560	39	0	33	3
Wing Sauce Choice Tatonka® Stout Buffalo	20	3	0	0	0	0	3018	3	0	0	0
Wing Seasoning Choice Dill Pickle Ranch Dry Rub	40	3	0	0	0	0	837	9	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)
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
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

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, No Dressing	80	36	4	1	0	7	205	8	1	1	5
House Starter Salad, No Dressing (TEST)	45	19	2	1	0	4	91	4	2	2	3
Caesar Starter Salad	340	229	25	5	0	22	892	21	3	3	10
Caesar Starter Salad (TEST)	400	279	31	7	0	25	1019	22	3	4	11
Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14
Wedge Starter Salad	320	276	31	8	0	40	630	6	1	5	6
Wedge Starter Salad (TEST)	310	252	28	6	0	14	610	7	2	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	1540	608	68	25	0	230	9190	179	2	154	50
Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce	830	304	34	12	0	115	4932	104	1	91	25
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
Slow-Roasted Prime Rib Dinner	1310	953	106	43	0	311	2246	7	1	4	80
Slow-Roasted Tri-Tip & Baby Back Ribs (Half Rack)	1240	506	56	19	0	237	6333	120	1	103	61
Slow-Roasted Tri-Tip & Chicken	880	257	29	8	0	221	3601	76	0	66	75
Slow-Roasted Tri-Tip & Shrimp Scampi	1080	483	54	20	1	354	3574	82	1	66	61
Slow-Roasted Tri-Tip Entree	660	270	30	9	0	163	2582	47	1	40	48

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)
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

SHAREABLE 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)
Loaded Mashed Potatoes, Shareable Side	1380	864	96	54	0	283	3576	74	8	15	53
Truffle Mac & Cheese, Shareable Side	1020	491	55	30	0	143	2148	81	3	11	48

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	350	175	19	4	0	0	921	40	4	0	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	25	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)
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
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	1120	326	36	7	0	161	4196	141	10	4	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	870	418	46	8	0	121	3248	61	14	12	55
BJ's Brewhouse Protein Bowl with Blackened Shrimp	730	281	31	5	0	262	2858	61	13	12	49
BJ's Brewhouse Protein Bowl with Slow-Roasted Tri-Tip	850	394	44	10	0	126	3212	63	13	15	50
Enlightened Cherry Chipotle Glazed Salmon	580	233	26	5	0	117	576	40	4	8	47
Enlightened Cherry Chipotle Glazed Salmon (Manchester)	460	233	26	5	0	117	865	14	3	8	43
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
Parmesan-Crusted Chicken (TEST)	1390	690	77	41	0	504	2666	79	10	10	94
Sal's Brewhouse Chicken	1000	602	67	32	0	274	3014	45	7	8	54

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)
Chicken Alfredo with Garlic Knot	1220	470	52	29	0	202	2366	113	5	9	69
Deep Dish Ziti with Garlic Knot	1220	635	71	27	0	142	2741	102	7	14	43
Garlic Knot Rolls (2 pieces)	240	63	7	2	0	0	420	36	2	4	6
Italian Chicken Parmigiana Pasta with Garlic Knot	1440	593	66	20	0	364	2623	118	9	16	99
Jumbo Spaghetti and Meatballs with Garlic Knot	1280	534	59	18	0	143	1903	135	11	20	53
Shrimp Scampi Pasta with Garlic Knot	1370	685	76	30	1	341	1923	112	6	6	53
Veggie Pasta with Garlic Knot	920	342	38	4	0	0	1862	129	10	22	23

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)
All-American Smash Burger with Fries	1190	657	73	25	0	146	4416	88	8	12	40
Bacon Cheeseburger with Fries	1250	659	73	24	0	172	3792	90	8	13	56
Bacon-Guacamole Deluxe Burger 2.0 with Fries	1400	797	89	25	0	171	3661	93	11	11	57
Bacon-Guacamole Deluxe Burger with Fries	1320	706	78	24	0	166	3560	94	11	12	57
BJ's Smokehouse 2.0 Burger with Fries	1320	642	71	23	0	164	4098	109	8	24	57
BJ's Smokehouse Burger with Fries	1270	603	67	23	0	163	3660	106	7	23	57
BJ's Wagyu Burger with Fries	1230	703	78	24	0	134	3049	90	8	11	40
Classic Cheeseburger with Fries	1160	593	66	20	0	153	3776	89	8	12	50
Crispy Jalapeno Burger with Fries	1330	724	80	22	0	168	3420	97	8	11	52
Hatch Green Chile Smash Burger with Fries	1140	592	66	26	0	151	3534	91	8	13	45
Hickory Brisket and Bacon Burger with Fries	1520	754	84	30	0	220	4593	116	7	35	73
Steakhouse Burger with Fries	1760	1050	117	37	0	221	4515	94	8	15	81

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
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
Smoked Bacon	90	63	7	3	0	15	270	1	0	1	5
Veggie Patty	150	41	5	2	0	10	550	22	3	1	7

HANDHELDS

	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	1220	568	63	15	0	115	2756	116	9	17	45
BJ's Classic Crispy Chicken Sandwich with Wing Sauce Choice Honey BBQ	1430	568	63	15	0	115	3656	167	9	62	45
BJ's Classic Crispy Chicken Sandwich with Wing Sauce Choice Hot Honey Buffalo	1460	571	63	15	0	115	3990	177	10	74	46
BJ's Classic Crispy Chicken Sandwich with Wing Sauce Choice Nashville Hot Sauce	1710	949	105	29	0	115	4550	131	12	24	47
BJ's Classic Crispy Chicken Sandwich with Wing Sauce Choice Peppered BBQ	1460	568	63	15	0	115	4106	176	9	71	45
BJ's Classic Crispy Chicken Sandwich with Wing Sauce Choice Tatonka® Stout Buffalo	1240	571	63	15	0	115	5773	119	10	18	46
BJ's Slow-Roasted Beef Dip with Fries	1690	968	107	34	0	213	4650	114	9	23	71
California Chicken Club Sandwich with Fries	1310	620	69	21	0	162	2986	91	10	5	73
Classic Prime Rib Dip with Fries	1580	934	104	34	0	177	4313	105	8	18	57
Enlightened Mediterranean Chicken Pita Tacos	660	194	22	4	0	54	1427	77	5	17	38
Korean Sweet & Spicy Chicken Sandwich with Fries	1200	404	45	11	0	112	4277	155	7	49	48

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
Chicken Caesar Salad (TEST)	960	595	66	14	0	149	2729	34	6	8	60
Enlightened Asian Chopped Salad	510	186	21	3	0	114	1382	31	5	16	44
Enlightened Asian Chopped Salad (TEST)	520	186	21	3	0	114	1386	33	5	18	44
Enlightened Seared Ahi Salad	560	270	30	4	0	45	1316	42	8	25	30
Enlightened Seared Ahi Salad (TEST)	650	350	39	5	0	45	1196	41	11	19	33
Enlightened Seared Ahi Salad (Manchester)	600	298	33	5	0	45	1336	44	10	24	30
Enlightened Strawberry Fields Salad	480	231	26	5	0	109	1242	16	4	10	45
Santa Fe Salad	1030	553	61	13	0	159	2361	56	14	9	55
Santa Fe Salad (TEST)	1090	561	62	8	0	139	2326	71	15	8	52
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	1350	877	97	26	0	207	3550	67	7	53	53
Steakhouse Wedge Salad (TEST)	1270	808	90	20	0	151	3389	62	4	49	50

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

SIGNATURE DRESSINGS 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)
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
Rice Wine Vinaigrette	160	126	14	2	0	0	601	9	0	8	1
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

	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
Sourdough Bread Bowl	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 Caesar Salad (TEST)	770	505	57	21	0	100	2847	43	3	13	30
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 House Salad (TEST)	430	249	28	16	0	79	1936	27	2	11	22
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 Broccoli Cheddar Soup, Salad Choice Wedge Salad (TEST)	690	482	54	21	0	89	2455	30	2	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 Caesar Salad (TEST)	670	386	43	9	0	50	2855	50	7	8	23
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 House Salad (TEST)	320	130	14	4	0	29	1944	34	6	6	15
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 Chicken Tortilla Soup, Salad Choice Wedge Salad (TEST)	590	363	40	9	0	39	2463	37	6	9	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 Caesar Salad (TEST)	770	453	51	18	0	123	2198	56	4	7	25
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 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)
Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice House Salad (TEST)	430	197	22	13	0	102	1287	40	3	5	17
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 Clam Chowder, Salad Choice Wedge Salad (TEST)	690	430	48	18	0	112	1806	43	3	8	20

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, Personal	350	77	9	4	0	42	825	44	1	11	19
Barbeque Chicken Deep Dish Pizza, Shareable	290	56	6	3	0	28	645	42	1	9	14
Barbeque Chicken Deep Dish Pizza, Large	370	115	13	4	0	34	701	43	2	9	16
BJ's Classic Combo Deep Dish Pizza, Personal	350	132	15	6	0	43	841	36	2	3	16
BJ's Classic Combo Deep Dish Pizza, Shareable	290	92	10	4	0	29	619	35	2	2	12
BJ's Classic Combo Deep Dish Pizza, Large	380	159	18	6	0	34	732	37	2	3	14
BJ's Favorite Deep Dish Pizza, Personal	360	136	15	6	0	42	755	38	2	3	15
BJ's Favorite Deep Dish Pizza, Shareable	300	96	11	4	0	28	567	36	2	3	12
BJ's Favorite Deep Dish Pizza, Large	390	164	18	6	0	34	669	39	2	3	13
Classic Cheese Deep Dish Pizza, Personal	300	93	10	6	0	32	587	35	2	2	13
Classic Cheese Deep Dish Pizza, Shareable	250	57	6	3	0	18	408	34	2	2	10
Classic Cheese Deep Dish Pizza, Large	320	117	13	5	0	22	479	37	2	3	11
Chicken Bacon Ranch Deep Dish Pizza, Personal	450	196	22	8	0	63	908	35	2	3	23
Chicken Bacon Ranch Deep Dish Pizza, Shareable	360	130	14	5	0	41	675	35	2	2	17
Chicken Bacon Ranch Deep Dish Pizza, Large	440	198	22	7	0	48	766	36	2	3	20
Epic Five Meats Deep Dish Pizza, Personal	410	163	18	8	0	55	970	37	2	3	19
Epic Five Meats Deep Dish Pizza, Shareable	330	113	13	5	0	36	684	35	2	3	14
Epic Five Meats Deep Dish Pizza, Large	420	182	20	7	0	42	782	38	2	3	16
Pepperoni Extreme Deep Dish Pizza, Personal	400	185	21	8	0	42	921	35	2	2	14
Pepperoni Extreme Deep Dish Pizza, Shareable	320	127	14	5	0	28	672	34	2	2	11
Pepperoni Extreme Deep Dish Pizza, Large	360	151	17	7	0	33	795	37	2	3	12
Vegetarian Deep Dish Pizza, Personal	280	77	9	4	0	22	524	36	2	3	11
Vegetarian Deep Dish Pizza, Shareable	250	56	6	3	0	14	409	35	2	2	9
Vegetarian Deep Dish Pizza, Large	320	115	13	4	0	17	479	38	2	3	10

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)
Personal Topping with Anchovies	15	6	1	0	0	10	574	0	0	0	2
Personal Topping with Black Olives	50	45	5	0	0	0	250	2	0	0	0
Personal Topping with Chicken	60	15	2	0	0	26	231	0	0	0	10
Personal Topping with Cup & Char Pepperoni	60	57	7	2	0	10	232	0	0	0	1
Personal Topping with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Personal Topping with Fresh Tomatoes	5	0	0	0	0	0	1	1	0	1	0
Personal Topping with Green Bell Peppers	10	1	0	0	0	0	1	2	0	1	0
Personal Topping with Housemade Meatballs	160	111	13	5	0	40	191	4	0	1	7
Personal Topping with Italian Sausage	60	23	3	1	0	22	315	1	0	1	6
Personal Topping with Jalapenos	5	1	0	0	0	0	0	1	0	1	0
Personal Topping with Mushrooms	5	1	0	0	0	0	1	0	0	1	0
Personal Topping with Onions	20	0	0	0	0	0	2	4	0	2	0
Personal Topping with Pineapple	30	0	0	0	0	0	0	7	0	7	0
Personal Topping with Roasted Garlic	5	0	0	0	0	0	1	0	0	1	0
Personal Topping with Smoked Bacon	45	32	4	1	0	7	135	0	0	1	2
Personal Topping with Smoked Ham	15	7	1	0	0	6	140	0	0	1	2
Shareable Topping with Anchovies	10	4	1	0	0	7	382	0	0	0	2
Shareable Topping with Black Olives	35	30	4	0	0	0	167	1	0	0	0

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 Chicken	40	10	1	0	0	18	154	0	0	0	7
Shareable Topping with Cup & Char Pepperoni	40	38	5	1	0	7	154	0	0	0	1
Shareable Topping with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Shareable Topping with Fresh Tomatoes	5	0	0	0	0	0	1	1	0	0	0
Shareable Topping with Green Bell Peppers	5	0	0	0	0	0	1	1	0	1	0
Shareable Topping with Housemade Meatballs	100	74	9	3	0	28	127	2	0	1	5
Shareable Topping with Italian Sausage	35	15	2	0	0	15	210	1	0	0	4
Shareable Topping with Jalapenos	5	0	0	0	0	0	0	0	0	0	0
Shareable Topping with Mushrooms	5	0	0	0	0	0	1	0	0	0	0
Shareable Topping with Onions	10	0	0	0	0	0	1	3	0	1	0
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	0	0	0	0	0
Shareable Topping with Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
Shareable Topping with Smoked Ham	10	5	1	0	0	5	93	0	0	0	1
Large Topping with Anchovies	15	5	0	0	0	9	459	0	0	0	2
Large Topping with Black Olives	40	36	4	1	0	0	200	2	0	0	0
Large Topping with Chicken	50	12	1	0	0	22	184	0	0	0	8
Large Topping with Cup & Char Pepperoni	50	46	5	0	0	9	185	0	0	0	1
Large Topping with Fresh Basil	0	0	0	2	0	0	0	0	0	0	0
Large Topping with Fresh Tomatoes	5	0	0	0	0	0	1	1	0	0	0
Large Topping with Green Bell Peppers	5	1	0	0	0	0	1	2	1	0	0
Large Topping with Housemade Meatballs	130	89	10	1	0	33	152	3	0	0	6
Large Topping with Italian Sausage	45	18	2	0	0	18	252	2	0	0	5
Large Topping with Jalapenos	5	1	0	0	0	0	0	1	0	0	0
Large Topping with Mushrooms	5	1	0	4	0	0	1	1	0	0	0
Large Topping with Onions	15	0	0	0	0	0	1	4	0	1	0
Large Topping with Pineapple	25	0	0	0	0	0	0	6	0	5	0
Large Topping with Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Large Topping with Smoked Bacon	45	30	3	0	0	7	130	1	0	0	2
Large Topping with Smoked Ham	15	6	0	0	0	5	112	1	0	0	2

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	200	69	8	3	0	28	517	22	0	8	10
BJ's Classic Combo Pizza, Gluten Free Crust	190	97	11	4	0	25	450	15	0	1	7
Chicken Bacon Ranch Pizza, Gluten Free Crust	250	138	15	5	0	39	520	15	0	1	12
Classic Cheese Pizza, Gluten Free Crust	140	62	7	3	0	14	239	14	0	1	4
Pepperoni Extreme Pizza, Gluten Free Crust	210	132	15	5	0	24	503	14	0	1	6
Vegetarian Pizza, Gluten Free Crust	140	61	7	2	0	11	240	15	1	1	4
Gluten-Free Thin-Crust Cheese Pizza	130	53	6	2	0	11	198	14	0	1	4
Add Anchovies	15	5	0	0	0	9	477	0	0	0	2
Add Black Olives	35	30	3	0	0	0	166	1	0	0	0
Add Chicken	40	10	1	1	0	18	153	0	0	0	7
Add Cup & Char Pepperoni	30	24	3	1	0	6	100	0	0	0	1
Add Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Add Green Bell Peppers	5	0	0	0	0	0	0	1	1	0	0
Add Italian Sausage	100	79	9	3	0	17	230	1	1	0	3
Add Jalapenos	0	0	0	0	0	0	33	0	0	0	0
Add Mushrooms	5	0	0	0	0	0	0	0	0	0	0
Add Onions	10	0	0	0	0	0	0	3	1	1	0
Add Pineapple	20	0	0	0	0	0	0	5	1	4	0
Add Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Add Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
Add Smoked Ham	10	4	0	1	0	4	93	0	0	0	1

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)
BJ's Brewhouse Classic	90	43	5	2	0	12	247	9	1	0	4
The Spicy Pig	90	32	4	1	0	11	250	9	0	2	4
Build Your Own Tavern-Cut Pizza	60	21	2	1	0	5	117	8	0	0	2
Add Anchovies	10	2	1	0	0	5	239	0	0	0	1
Add Black Olives	20	15	2	0	0	0	84	1	0	0	0
Add Chicken	20	5	1	0	0	9	77	0	0	0	4
Add Cup & Char Pepperoni	10	9	1	0	0	2	39	0	0	0	1
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 Housemade Meatballs	50	37	4	2	0	14	64	1	1	1	3
Add Italian Sausage	50	39	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	1	0	0	0	1
Add Onions	10	0	0	0	0	0	1	1	1	1	0
Add Pineapple	10	0	0	0	0	0	0	3	1	2	0
Add Roasted Garlic	0	0	0	0	0	0	0	0	0	0	0
Add Smoked Bacon	20	12	2	1	0	3	54	0	0	0	1
Add Smoked Ham	10	2	1	0	0	2	47	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®	1350	586	65	34	0	86	1039	176	3	120	18
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
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 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® Made With Ghirardelli®	610	280	31	15	0	59	253	81	3	52	7
Pizookie® Trio (Lowest)	1740	690	78	48	0	270	1299	243	3	165	18
Pizookie® Trio (Highest)	2180	759	84	45	0	189	2166	330	3	264	24
Salted Caramel Pizookie®	1380	500	56	29	0	123	1386	204	1	161	16
Strawberry Shortcake Pizookie®	1240	496	55	35	0	180	867	174	3	120	13
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

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)
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 Soda	240	0	0	0	0	0	14	60	0	57	0
Root Beer Soda 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 Soda Float	530	172	19	12	0	70	105	83	0	81	7

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)
Brisk Raspberry Iced Tea (10 oz)	110	0	0	0	0	0	63	31	1	29	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 (10 oz)	0	0	0	0	0	0	44	0	0	0	0
Diet Pepsi (10 oz)	0	0	0	0	0	0	38	0	0	0	0
Dr Pepper (10 oz)	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
Lemonade	180	0	0	0	0	0	17	44	0	40	0
Milk	280	90	10	6	0	50	300	28	0	26	20
Mountain Dew (10 oz)	140	0	0	0	0	0	63	39	0	39	0
Pepsi (10 oz)	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 (10 oz)	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	200	64	7	5	0	0	10	37	0	36	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 & MOCKTAILS

	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)
Blueberry Sour	210	0	0	0	0	0	0	24	0	22	0
Blushing Sangria Mocktail	150	1	0	0	0	0	17	37	1	32	1
Cosmopolitan	200	0	0	0	0	0	5	15	0	5	0
Espresso Martini	230	54	6	4	0	25	34	17	0	13	0
Grand Patron Margarita with Float	240	0	0	0	0	0	162	21	0	12	0
Grand Patron Margarita with Mini Bottle	300	0	0	0	0	0	162	25	0	12	0
Grand Patron Margarita with Sidecar	240	0	0	0	0	0	162	21	0	12	0
Handcrafted Rita	140	0	0	0	0	0	140	12	0	10	0
Hibiscus Blood Orange Mezcalita	290	0	0	0	0	0	115	39	0	33	0
Margarita Flight	340	1	0	0	0	0	20	42	1	34	0
Paradise Pomegranate Margarita	310	0	0	0	0	0	294	45	0	43	0
Red Sangria	310	0	0	0	0	0	8	30	1	23	0
Sparkling Sangria	340	1	0	0	0	0	3	34	1	24	1
Strawberry Rita	230	1	0	0	0	0	1	26	1	19	0
Strawberry Rose Lemon Drop	270	0	0	0	0	0	0	34	0	31	0
The Lucky Ducky™	350	0	0	0	0	0	35	56	0	35	0
Tiki Twist Mocktail	170	0	0	0	0	0	210	42	0	38	0
Tito's Strawberry Lemonade	170	0	0	0	0	0	6	19	0	17	0
White Peach Boba-Rita	270	0	0	0	0	0	26	34	0	28	0
Woodford Reserve Old Fashioned	170	0	0	0	0	0	0	6	0	5	0

BJ'S SIGNATURE HANDCRAFTED BEERS

16 fluid ounces unless stated otherwise

	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 (12 oz)	280	0	0	0	0	0	13	22	0	0	5
BJ's Hard Root Beer	360	0	0	0	0	0	30	55	0	0	1
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 Prickly Pear Hard Lemonade	280	0	0	0	0	0	0	44	0	43	0
BJ's Sweet Sin Chocolate Porter™	320	0	0	0	0	0	23	39	0	0	3
BJ's Tatonka® Stout (12 oz)	280	0	0	0	0	0	34	20	0	0	3

BJ'S SIGNATURE HANDCRAFTED BEERS

22 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®	290	0	0	0	0	0	9	50	0	42	0
BJ's Brewhouse Blonde®	280	0	0	0	0	0	48	22	0	0	4
BJ's Hard Root Beer	500	0	0	0	0	0	42	76	0	0	1
BJ's Harvest Hefeweizen®	290	0	0	0	0	0	17	15	0	0	6
BJ's Hopstorm® IPA	410	0	0	0	0	0	41	28	0	0	7
BJ's Jeremiah Red®	390	0	0	0	0	0	65	29	0	0	6
BJ's LightSwitch® Lager	200	0	0	0	0	0	32	13	0	0	4
BJ's Nutty Brewnette®	410	0	0	0	0	0	55	34	0	0	6
BJ's Oasis® Amber	220	0	0	0	0	0	48	7	0	0	4
BJ's Piranha® Pale Ale	350	0	0	0	0	0	24	24	0	0	7
BJ's Prickly Pear Hard Lemonade	390	0	0	0	0	0	0	61	0	59	0
BJ's Sweet Sin Chocolate Porter™	440	0	0	0	0	0	31	53	0	0	4

PIZOOKIE® MEAL DEAL

	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 Crispy Chicken Sandwich with Fries	1120	451	50	13	0	135	2277	110	8	15	54
Chips & Fire Roasted Salsa	590	93	10	1	0	0	1444	105	14	24	21
Enlightened Mediterranean Chicken Bowl	590	216	24	4	0	106	1449	40	3	5	50
Italian Chicken Parmigiana Pasta (Lunch)	860	348	39	10	0	182	1538	80	6	11	53
Southern Fried Chicken	1140	597	66	39	0	315	1928	70	6	8	52

PIZOOKIE® MEAL DEAL - MINI DEEP DISH PIZZA & HOUSE 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)
Barbeque Chicken Deep Dish Pizza, Mini with Salad Choice House Salad	770	191	21	9	0	91	1854	96	4	23	42
BJ's Classic Combo Deep Dish Pizza, Mini with Salad Choice House Salad	790	299	33	14	0	93	1888	80	5	7	36
BJ's Favorite Deep Dish Pizza, Mini with Salad Choice House Salad	800	308	34	14	0	90	1716	83	5	7	35
Chicken Bacon Ranch Deep Dish Pizza, Mini with Salad Choice House Salad	990	428	48	17	0	134	2022	78	4	6	52
Classic Cheese Deep Dish Pizza, Mini with Salad Choice House Salad	690	222	25	13	0	72	1380	79	5	6	31

PIZOOKIE® MEAL DEAL - MINI DEEP DISH PIZZA & HOUSE SALAD COMBO 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)
Epic Five Meat Deep Dish Pizza, Mini with Salad Choice House Salad	890	363	40	17	0	118	2144	82	5	8	44
Pepperoni Extreme Deep Dish Pizza, Mini with Salad Choice House Salad	870	405	45	17	0	90	2047	78	5	6	32
Vegetarian Deep Dish Pizza, Mini with Salad Choice House Salad	640	190	21	9	0	50	1253	81	5	7	27

LIMITED TIME ONLY - FOOD

	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)
16 oz. Hawaiian-Glazed Rib-eye Steak	1390	735	82	32	0	579	2256	30	1	25	123
Biscoff® Brown Butter Pizookie®	1650	683	76	34	0	195	684	223	1	140	22
Loaded Mashed Potatoes, Shareable Side	1380	864	96	54	0	283	3576	74	8	15	53
Mike's Hot Honey Pizza®, Large (per slice)	390	153	17	6	0	28	675	42	2	8	12
Mike's Hot Honey Pizza®, Personal (per slice)	390	127	14	6	0	38	823	47	2	13	14
Mike's Hot Honey Pizza®, Shareable (per slice)	310	89	10	4	0	25	607	40	2	8	11
Nutella® Gone Bananas Pizookie®	1560	694	77	38	0	140	837	203	5	147	18
Truffle Mac & Cheese, Shareable Side	1020	491	55	30	0	143	2148	81	3	11	48

LIMITED TIME ONLY - 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)
Caramel Macchiato Martini	340	64	7	2	0	2	116	42	0	39	1
Glittery Goose Sangria	310	0	0	0	0	0	7	31	1	22	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 Honey BBQ Sauce	650	282	31	5	0	106	2431	56	0	23	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 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 Fresh Fruit	80	3	0	0	0	0	1	17	2	13	1
Kids Fries	230	116	13	3	0	0	614	27	3	0	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 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 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	2660	1263	140	28	0	0	5360	304	32	0	32
Mozzarella Sticks Platter	2590	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)	2060	909	101	23	0	53	7689	246	6	61	56
Roast Beef Mini Sandwiches (6 servings)	3250	1497	166	66	0	480	5049	257	3	65	179
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	2530	1067	119	20	0	495	6529	156	19	93	177
Enlightened Asian Chopped Salad, Catering (Manchester)	2470	1062	118	19	0	495	6190	146	19	87	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 Tri-Tip, Catering	2140	810	90	27	0	490	8646	182	2	156	144

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)
Chicken Alfredo with Garlic Knots, Catering	6370	2242	249	127	0	806	12770	695	37	71	320
Deep Dish Ziti with Garlic Knots, Catering	6030	2885	321	117	0	567	14253	580	42	88	203
Jumbo Spaghetti and Meatballs with Garlic Knots, Catering	7100	2908	323	99	0	634	12635	815	69	132	251
Shrimp Scampi Pasta with Garlic Knots, Catering	7800	3896	433	175	9	1554	12750	699	44	61	257
Veggie Pasta with Garlic Knots, Catering	5020	1811	201	27	0	0	11405	703	56	124	126

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 Pork Ribs, Catering	6850	3038	338	124	0	1148	41224	684	8	582	249
BJ's Brewhouse Protein Bowl, Catering (Vegetarian)	1960	765	85	14	0	15	8289	238	51	56	63
BJ's Brewhouse Protein Bowl, Catering with Chicken	2860	985	109	18	0	410	11691	240	51	57	220
BJ's Brewhouse Protein Bowl, Catering with Grilled Salmon	3390	1555	173	31	0	483	9577	239	52	56	221

CATERING 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)
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 Slow-Roasted Tri-tip	3460	1574	175	41	0	505	12992	260	53	68	207
Cherry Chipotle Glazed Salmon, Catering	2940	1151	128	25	0	585	3299	214	22	40	237
Cherry Chipotle Glazed Salmon, Catering (Manchester)	2380	1160	129	25	0	585	3661	84	19	45	219
Fresh Atlantic Salmon, Catering	4060	2242	249	89	1	933	5024	212	21	32	237
New Orleans Jambalaya, Catering	6150	3191	355	104	1	1400	15233	395	27	65	338
Parmesan-Crusted Chicken, Catering	5430	2748	305	164	0	2015	8933	297	33	37	362
Sal's Brewhouse Chicken, Catering	4130	2497	277	130	0	1096	12571	186	31	33	216
Slow-Roasted Tri-Tip Entree, Catering	4270	1350	150	46	0	816	18311	477	3	416	241

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
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
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
Mini Chocolate Chunk Pizookie®, Catering	590	206	23	14	0	59	420	88	2	65	8
Salted Caramel Pizookie® Platter	5510	1998	222	116	0	494	5542	817	5	644	65
Seasonal Fresh Fruit Platter, Catering	810	21	2	0	0	0	18	189	18	147	8
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

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 Handcrafted Black Cherry Soda, Catering	860	0	0	0	0	0	147	214	0	213	0
BJ's Handcrafted Orange Cream Soda, Catering	950	0	0	0	0	0	155	234	0	227	0
BJ's Handcrafted Root Beer, Catering	1090	0	0	0	0	0	65	273	0	259	0
BJ's Handcrafted Vanilla Cream Soda, Catering	870	0	0	0	0	0	145	215	0	215	0
Lemonade, Catering	1130	0	0	0	0	0	109	282	0	258	0
Strawberry Lemonade, Catering	1200	3	0	0	0	0	94	298	6	271	1
Unsweetened Black Tea, Catering	0	0	0	0	0	0	40	0	0	0	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 July 2026.