



NUTRITIONAL GUIDE
SEPTEMBER 2024

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 Appetizer 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 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 | 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 |
| 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 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 |
| 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 Sauce | 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 |
| 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 |

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 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 |
| 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 Chicken | 710 | 246 | 27 | 4 | 0 | 102 | 2901 | 59 | 13 | 14 | 54 |
| 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 | 940 | 338 | 38 | 9 | 0 | 126 | 4530 | 100 | 13 | 49 | 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 |

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 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 (Manchester) | 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 |

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 |
| 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 | 1270 | 821 | 91 | 25 | 0 | 207 | 3968 | 64 | 7 | 51 | 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) | 1450 | 380 | 42 | 14 | 0 | 85 | 4219 | 218 | 10 | 6 | 44 |
| Clam Chowder, Bowl (with Oyster Crackers) | 490 | 277 | 31 | 13 | 0 | 102 | 1350 | 36 | 1 | 2 | 16 |

SIGNATURE SOUPS & CHILI 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) |
|---------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Clam Chowder, Cup (with Oyster Crackers) | 350 | 190 | 21 | 9 | 0 | 68 | 920 | 28 | 1 | 1 | 11 |
| 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 | 820 | 505 | 56 | 19 | 0 | 124 | 2242 | 57 | 4 | 5 | 27 |
| Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice Fresh Mozzarella and Tomato Salad | 740 | 441 | 49 | 20 | 0 | 133 | 1671 | 47 | 3 | 9 | 31 |
| Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice House Salad | 570 | 312 | 35 | 15 | 0 | 109 | 1555 | 44 | 3 | 3 | 21 |
| Soup and Salad Combo with Bowl of Clam Chowder, Salad Choice Wedge Salad | 800 | 552 | 61 | 21 | 0 | 142 | 1980 | 42 | 2 | 6 | 23 |
| 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 |
| 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) | 2270 | 984 | 109 | 36 | 0 | 178 | 5836 | 233 | 14 | 22 | 86 |
| 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 |

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) |
|------------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| 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 |

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 |
| 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 |

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) |
|---------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| 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 |
| 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 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 |

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) |
|---------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Add Chicken | 40 | 10 | 1 | 1 | 0 | 18 | 154 | 0 | 0 | 0 | 7 |
| 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 |
| BJ's Handcrafted Root Beer Float | 550 | 172 | 19 | 12 | 0 | 70 | 95 | 90 | 0 | 86 | 7 |
| 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 |
| 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 |

BEVERAGES cont.

| | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-----------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| 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 |
| 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 |
| 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 |
| Winter Pomegranate Paradise Margarita | 310 | 0 | 0 | 0 | 0 | 0 | 294 | 46 | 1 | 43 | 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 | 290 | 0 | 0 | 0 | 0 | 0 | 13 | 23 | 0 | 0 | 5 |

BJ'S SIGNATURE HANDCRAFTED BEERS cont.

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 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 |

MANCHESTER SOCIAL HOUR

| | 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 Smothered Boneless Wings | 930 | 578 | 64 | 23 | 0 | 185 | 3037 | 47 | 3 | 10 | 46 |
| Chicken Bacon Ranch Loaded Fries | 930 | 571 | 63 | 15 | 0 | 107 | 3502 | 61 | 2 | 4 | 30 |
| Colossal Calzone | 2300 | 1026 | 114 | 40 | 0 | 189 | 6292 | 240 | 16 | 23 | 82 |
| Smash Burger with Fries | 1130 | 563 | 63 | 20 | 0 | 144 | 4610 | 96 | 4 | 15 | 48 |

KIDS MENU ITEMS

Kids' entrée values do not include choice of side.

| | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Kids Apple Juice | 180 | 0 | 0 | 0 | 0 | 0 | 38 | 44 | 0 | 39 | 0 |
| Kids BJ's Handcrafted Root Beer | 210 | 0 | 0 | 0 | 0 | 0 | 12 | 51 | 0 | 49 | 0 |
| Kids Boneless 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 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) | 339 | 139 | 15 | 6 | 0 | 32 | 678 | 38 | 2 | 2 | 12 |
| Kids Flatbread Pizza (Manchester) | 409 | 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 MENU ITEMS cont.

Kids' entrée values do not include choice of side.

| | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|---------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Kids 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) |
|--------------------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| 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 |
| Caesar Salad, Catering | 2390 | 1740 | 193 | 42 | 0 | 177 | 6391 | 114 | 19 | 23 | 70 |
| 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) |
|-----------------------------------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| 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 (Manchester) | 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 |
| White Cheddar Mashed Potatoes, Catering | 3290 | 1646 | 183 | 110 | 0 | 549 | 10971 | 329 | 37 | 37 | 73 |
| Creamy Couscous Mac & Cheese with Bacon, Catering | 3310 | 1776 | 197 | 124 | 0 | 555 | 5741 | 235 | 13 | 13 | 151 |

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 |
| Seasonal Fresh Fruit Platter, Catering | 810 | 21 | 2 | 0 | 0 | 0 | 18 | 189 | 18 | 147 | 8 |
| Mini Chocolate Chunk Pizookie®, Catering | 590 | 206 | 23 | 14 | 0 | 59 | 420 | 88 | 2 | 65 | 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 |
| 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 September 2024.