



RESTAURANT
BREWHOUSE

NUTRITIONAL GUIDE
AUGUST 2022

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 Tacos	450	177	20	3	0	51	1255	34	5	3	32
Avocado Egg Rolls	950	485	54	12	0	67	1302	109	15	21	14
BBQ Tri-Tip Sliders	940	256	28	7	0	130	2996	117	1	50	48
Chicken Pot Stickers	400	98	11	2	0	40	1752	59	3	14	18
Chicken Tenders	680	357	40	6	0	110	2204	45	1	5	36
Chips & Housemade Guacamole & Salsa	810	268	30	3	0	0	1922	118	24	25	24
Crispy Calamari	670	235	26	5	0	537	2109	62	4	8	47
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1346	31	9	15	11
Loaded Nachos with Chicken	2750	1435	159	87	1	516	5568	174	26	40	158
Loaded Nachos with Pirahna® Pale Ale Chili	2760	1477	164	90	1	441	5631	193	30	42	130
Mozzarella Sticks	810	348	39	17	0	107	1931	76	0	12	33
Sriracha Queso Dip	1020	431	48	24	1	107	2492	110	14	23	39
Sriracha Queso Dip with Pirahna® Pale Ale Chili	930	331	37	16	1	73	1990	113	16	22	37
Sriracha Queso Dip with Seared Hatch Chiles	950	366	41	20	1	88	2232	112	14	24	38
Root Beer Glazed Ribs	560	155	17	6	0	57	2903	83	2	73	15
Sliders	800	267	30	10	0	121	1674	81	2	17	48
Sliders with Fries	1150	442	49	14	0	121	2315	121	6	17	52
Spinach and Artichoke Dip	1050	486	54	28	0	135	1771	111	16	22	34

STARTER SALADS

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

WINGS AND SAUCES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bone-In Wings, 10 Piece	750	512	57	14	0	172	1405	6	1	1	50
Boneless Chicken Wings, 1 Lb	870	367	41	7	0	192	3522	59	1	1	65
Bacon Jam Wings	1010	584	65	17	0	185	2325	49	1	39	54
Bacon Jam	260	72	8	3	0	13	920	43	0	38	4
BJ's Peppered BBQ	240	0	0	0	0	0	1350	60	0	54	0
Cherry Chipotle Glaze	220	8	1	0	0	0	338	53	0	44	1
EXXXXtra Hot 5 Pepper Buffalo	30	6	0	0	0	0	2959	6	2	1	1
Garlic Parmesan	420	383	42	9	0	0	815	8	0	0	0
Hot and Spicy Buffalo	20	4	0	0	0	0	3022	4	1	2	1
Lemon Pepper Sesame Dry Rub	0	0	0	0	0	0	1120	0	0	0	0
Nashville Hot Sauce	490	381	42	14	0	0	1793	16	3	7	2
Root Beer Glaze	250	0	0	0	0	0	1044	62	0	57	0
Desert Gold Seasoning	665	106	12	1	0	0	9046	128	27	44	12
Sriracha Dry Rub	30	4	0	0	0	0	377	6	1	2	1
BJ's Original Wings	820	563	63	15	0	177	2982	8	1	2	51

BJ'S FLATBREAD APPETIZER PIZZAS

Values listed are per slice.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
California Club Flatbread Pizza	110	50	6	2	0	14	234	10	1	0	5
Margherita Fresca Flatbread	100	41	5	2	0	12	223	10	1	1	5
Pepperoni Extreme Flatbread Pizza	110	55	6	3	0	15	267	10	0	0	4

BJ'S SNACKS AND SMALL BITES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fried Couscous Mac & Cheese Balls	910	534	59	26	1	194	2125	62	3	7	32
Garlic Knot Bruschetta Bites	390	173	19	4	0	5	905	46	3	12	9
Garlic Parmesan Knots	470	156	17	4	0	0	983	66	4	6	13

BJ'S SIGNATURE DEEP DISH PIZZAS

Values listed are per slice.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barbeque Chicken Deep Dish Pizza, Mini	170	49	5	2	0	21	491	19	1	3	10
Barbeque Chicken Deep Dish Pizza, Shareable	300	78	9	3	0	30	829	39	2	4	17
Barbeque Chicken Deep Dish Pizza, Large	340	92	10	4	0	39	1005	42	2	6	19
BJ's Classic Combo Deep Dish Pizza, Mini	190	90	10	4	0	19	480	17	1	1	7
BJ's Classic Combo Deep Dish Pizza, Shareable	330	133	15	5	0	27	856	38	2	3	12
BJ's Classic Combo Deep Dish Pizza, Large	370	158	18	7	0	35	941	38	2	3	14
BJ's Favorite Deep Dish Pizza, Mini	180	78	9	3	0	17	442	18	1	1	7
BJ's Favorite Deep Dish Pizza, Shareable	330	127	14	5	0	26	822	39	2	3	12
BJ's Favorite Deep Dish Pizza, Large	360	146	16	6	0	32	900	39	2	3	13
Buffalo Chicken Deep Dish Pizza, Mini	170	53	6	2	0	22	606	18	1	2	10
Buffalo Chicken Deep Dish Pizza, Shareable	300	84	9	3	0	31	1052	38	2	3	17
Buffalo Chicken Deep Dish Pizza, Large	340	98	11	4	0	39	1293	40	2	4	19
Cheese and Tomato Deep Dish Pizza, Mini	140	51	6	2	0	12	360	16	1	1	6
Cheese and Tomato Deep Dish Pizza, Shareable	280	88	10	4	0	20	723	37	2	3	11
Cheese and Tomato Deep Dish Pizza, Large	300	99	11	5	0	24	756	37	2	2	12
Chicken Bacon Ranch Deep Dish Pizza, Mini	240	110	12	4	0	35	576	17	1	2	13
Chicken Bacon Ranch Deep Dish Pizza, Shareable	390	157	17	6	0	47	941	37	2	3	20
Chicken Bacon Ranch Deep Dish Pizza, Large	470	211	23	8	0	63	1140	38	2	3	24
Gourmet Five Meat Deep Dish Pizza, Mini	240	124	14	6	0	36	659	18	1	2	11
Gourmet Five Meat Deep Dish Pizza, Shareable	360	145	16	6	0	35	909	38	2	3	15
Gourmet Five Meat Deep Dish Pizza, Large	400	177	20	8	0	45	1024	39	2	3	17
Great White® Deep Dish Pizza, Mini	180	66	7	3	0	26	480	17	1	2	11
Great White® Deep Dish Pizza, Shareable	320	101	11	4	0	36	814	37	2	3	17
Great White® Deep Dish Pizza, Large	370	132	15	6	0	49	974	38	2	3	20
Pepperoni Extreme Deep Dish Pizza, Mini	190	98	11	4	0	21	561	17	1	1	7
Pepperoni Extreme Deep Dish Pizza, Shareable	320	124	14	5	0	25	850	37	2	2	12
Pepperoni Extreme Deep Dish Pizza, Large	380	175	19	7	0	39	1080	38	2	2	15
Sweet Pig® Deep Dish Pizza, Mini	150	45	5	2	0	11	388	20	1	4	6
Sweet Pig® Deep Dish Pizza, Shareable	280	72	8	3	0	15	711	41	2	6	11
Sweet Pig® Deep Dish Pizza, Large	300	84	9	4	0	20	752	41	2	6	12
Vegetarian Deep Dish Pizza, Mini	140	47	5	2	0	8	349	17	1	1	5
Vegetarian Deep Dish Pizza, Shareable	270	76	8	3	0	12	683	38	2	3	10
Vegetarian Deep Dish Pizza, Large	290	90	10	4	0	17	733	38	2	3	11

BUILD YOUR OWN DEEP DISH PIZZAS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Topping Anchovies	10	3	0	0	0	5	287	0	0	0	1
Mini Topping Artichoke Hearts	10	0	0	0	0	0	105	2	1	0	1
Mini Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
Mini Topping Applewood Smoked Bacon	25	16	2	1	0	4	68	0	0	0	1
Mini Topping Black Olives	25	23	3	0	0	0	125	1	0	0	0
Mini Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Mini Topping Roasted Garlic	0	0	0	0	0	0	0	0	0	0	0
Mini Topping Green Bell Peppers	5	0	0	0	0	0	1	1	0	1	0
Mini Topping Grilled Chicken	30	7	1	0	0	14	115	0	0	0	5
Mini Topping Smoked Ham	10	4	1	0	0	3	70	0	0	0	1
Mini Topping Jalapeños	0	0	0	0	0	0	25	0	0	0	0
Mini Topping Housemade Meatballs	80	56	6	3	0	21	95	2	0	1	4
Mini Topping Extra BJ's Signature Five Cheese Blend	30	20	2	1	0	8	81	0	0	0	2

BUILD YOUR OWN DEEP DISH PIZZAS cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Topping Mushrooms	5	0	0	0	0	0	1	0	0	0	0
Mini Topping Onions	10	0	0	0	0	0	1	2	0	1	0
Mini Topping Pepperoni	20	18	2	1	0	5	75	0	0	0	1
Mini Topping Pineapple	15	0	0	0	0	0	0	4	0	3	0
Mini Topping Fire-Roasted Red Peppers	10	0	0	0	0	0	130	2	1	1	0
Mini Topping Italian Sausage	70	60	7	2	0	13	173	1	0	0	2
Shareable Topping Anchovies	15	5	1	0	0	9	478	0	0	0	2
Shareable Topping Artichoke Hearts	10	0	0	0	0	0	140	2	1	0	1
Shareable Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
Shareable Topping Applewood Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
Shareable Topping Black Olives	35	30	3	0	0	0	167	1	0	0	0
Shareable Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Shareable Topping Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Shareable Topping Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
Shareable Topping Grilled Chicken	40	10	1	0	0	18	154	0	0	0	7
Shareable Topping Smoked Ham	10	5	1	0	0	4	93	0	0	0	2
Shareable Topping Jalapeños	0	0	0	0	0	0	33	0	0	0	0
Shareable Topping Housemade Meatballs	100	74	8	3	0	27	127	3	0	1	5
Shareable Topping Extra BJ's Signature Five Cheese Blend	40	30	3	2	0	12	123	1	0	0	3
Shareable Topping Mushrooms	5	0	0	0	0	0	1	0	0	0	0
Shareable Topping Onions	10	0	0	0	0	0	1	3	0	1	0
Shareable Topping Pepperoni	30	24	3	1	0	6	100	0	0	0	1
Shareable Topping Pineapple	20	0	0	0	0	0	0	5	0	4	0
Shareable Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
Shareable Topping Italian Sausage	100	79	9	3	0	17	230	1	0	0	3
Large Topping Anchovies	15	5	1	0	0	9	459	0	0	0	2
Large Topping Artichoke Hearts	15	0	0	0	0	0	168	2	2	0	1
Large Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
Large Topping Applewood Smoked Bacon	45	30	3	1	0	7	130	1	0	1	2
Large Topping Black Olives	40	36	4	0	0	0	200	2	0	0	0
Large Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Large Topping Roasted Garlic	5	0	0	0	0	0	0	1	0	0	0
Large Topping Green Bell Peppers	5	1	0	0	0	0	1	1	1	1	0
Large Topping Grilled Chicken	50	12	1	0	0	21	185	0	0	0	9
Large Topping Smoked Ham	15	5	1	0	0	5	112	0	0	0	2
Large Topping Jalapeños	0	0	0	0	0	0	40	0	0	0	0
Large Topping Housemade Meatballs	130	89	10	4	0	33	152	3	0	1	6
Large Topping Extra BJ's Signature Five Cheese Blend	60	42	5	3	0	17	172	1	0	0	4
Large Topping Mushrooms	5	0	0	0	0	0	1	1	0	0	0
Large Topping Onions	15	0	0	0	0	0	1	3	0	1	0
Large Topping Pepperoni	35	29	3	1	0	8	120	0	0	0	1
Large Topping Pineapple	25	0	0	0	0	0	0	6	0	5	0
Large Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	208	3	1	2	0
Large Topping Italian Sausage	120	95	11	4	0	21	276	1	1	0	4

TAVERN 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)
BJ's Brewhouse Classic	110	54	6	2	0	14	250	9	1	1	4
Garlic Chicken Pesto	100	44	5	2	0	13	264	9	1	1	5
The Italian Market	120	58	6	3	0	18	353	9	1	1	5
The Spicy Pig	90	32	4	1	0	11	250	9	0	1	4
Wild Mushroom and Bacon	110	52	6	3	0	13	215	10	0	2	4

GLUTEN-FREE THIN CRUST CHEESE PIZZAS

Values listed are per slice.

*Gluten-Free Pizza topping portions are equal to Shareable Deep Dish Pizza topping portions.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Gluten-Free Thin Crust Cheese Pizza	130	56	6	2	0	12	254	14	0	1	4
Gluten Free BJ's Classic Combo Pizza	210	124	14	5	0	27	429	14	0	1	6
Gluten Free Barbeque Chicken Pizza	180	69	8	3	0	30	444	16	0	3	11
Gluten Free Buffalo Chicken Pizza	180	75	8	3	0	31	611	15	0	2	11
Gluten Free Chicken Bacon Ranch Pizza	270	148	16	6	0	47	556	15	0	1	15
Gluten Free Great White Pizza	200	92	10	4	0	36	429	14	0	1	12
Gluten Free Pepperoni Extreme Pizza	210	121	13	5	0	29	500	14	0	1	7
Gluten Free Sweet Pig Pizza	150	63	7	3	0	15	283	17	0	4	5
Gluten Free Vegetarian Pizza	140	67	7	3	0	12	255	15	0	1	4
with Anchovies	15	5	1	0	0	9	478	0	0	0	2
with Artichoke Hearts	10	0	0	0	0	0	140	2	1	0	1
with Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
with Applewood Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
with Black Olives	35	30	3	0	0	0	167	1	0	0	0
with Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
with Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
with Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
with Grilled Chicken	40	10	1	0	0	18	154	0	0	0	7
with Smoked Ham	10	5	1	0	0	4	93	0	0	0	2
with Jalapenos	0	0	0	0	0	0	33	0	0	0	0
with Extra BJ's Signature Five Cheese Blend	40	30	3	2	0	12	123	1	0	0	3
with Mushrooms	5	0	0	0	0	0	1	0	0	0	0
with Onions	10	0	0	0	0	0	1	3	0	1	0
with Pepperoni	30	24	3	1	0	6	100	0	0	0	1
with Pineapple	20	0	0	0	0	0	0	5	0	4	0
with Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
with Italian Sausage	100	79	9	3	0	17	230	1	0	0	3

BJ'S ENLIGHTENED 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)
Asian Chopped Salad	540	182	20	3	0	114	825	38	5	22	45
Barbacoa Cauliflower Pita Tacos	790	301	33	7	0	15	2091	97	10	20	23
Barbeque Bison Burger	550	246	27	10	0	84	1121	50	3	18	29
Cauliflower and Quinoa Power Bowl	530	203	23	4	0	4	2127	66	14	13	16
Cauliflower and Quinoa Power Bowl with Blackened Chicken	770	256	28	5	0	102	2824	71	14	13	56
Cauliflower and Quinoa Power Bowl with Blackened Salmon	940	429	48	9	0	121	2869	72	14	13	56
Cauliflower and Quinoa Power Bowl with Shrimp	700	231	26	4	0	262	2939	68	14	13	51
Cauliflower and Quinoa Power Bowl with Oven-Roasted Salmon	920	432	48	9	0	121	2359	67	14	13	56
Cauliflower and Quinoa Power Bowl with Grilled Chicken	750	254	28	5	0	102	2418	67	14	13	56
Cauliflower and Quinoa Power Bowl with Tri-Tip	1020	349	39	10	0	126	4495	113	14	52	53
Cherry Chipotle Glazed Salmon	580	237	26	5	0	117	889	40	4	8	46
Fire-Roasted Barbacoa Chicken	520	131	15	3	0	106	2239	44	8	3	51
Kale and Roasted Brussels Sprouts Salad	420	167	19	4	0	10	836	54	8	34	10
Kale and Roasted Brussels Sprouts Salad with Blackened Chicken	660	219	24	5	0	109	1534	58	8	34	50
Kale and Roasted Brussels Sprouts Salad with Blackened Salmon	830	393	44	9	0	127	1578	59	8	34	50
Kale and Roasted Brussels Sprouts Salad with Blackened Shrimp	660	256	28	6	0	269	1423	58	8	34	45
Kale and Roasted Brussels Sprouts Salad with Grilled Shrimp	660	256	28	6	0	269	1423	58	8	34	45
Kale and Roasted Brussels Sprouts Salad with Oven-Roasted Salmon	800	396	44	9	0	127	1069	54	8	34	49
Kale and Roasted Brussels Sprouts Salad with Grilled Chicken	640	218	24	5	0	109	1127	54	8	34	49
Lemon Thyme Chicken	630	170	19	3	0	133	2242	52	5	5	60

BJ'S ENLIGHTENED 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)
Mediterranean Chicken Pita Tacos	700	201	22	4	0	62	1503	81	5	15	42
Pacific Poke Soba Noodles	610	148	16	2	0	51	2161	72	8	16	41
Seared Ahi Salad	560	270	30	4	0	45	1316	42	8	25	30
Spicy Peanut Chicken with Soba Noodles	940	472	52	12	0	97	2107	74	8	22	40
Turkey Burger	670	298	33	7	0	86	1678	57	4	21	36

GARDEN FRESH SPECIALTY 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)
Barbeque Chicken Chopped Salad	930	424	47	10	0	154	2168	64	11	29	54
Caesar Salad	810	575	64	13	0	54	2171	44	6	7	23
Caesar Salad with Blackened Chicken	1050	628	70	14	0	153	2869	48	6	8	62
Caesar Salad with Blackened Salmon	1220	801	89	18	0	171	2913	50	6	7	62
Caesar Salad with Blackened Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Caesar Salad with Grilled Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Caesar Salad with Oven-Roasted Salmon	1200	804	89	18	0	171	2404	44	6	7	62
Caesar Salad with Grilled Chicken	1030	626	70	14	0	153	2462	44	6	8	62
Honey-Crisp Chicken Salad	1360	924	103	16	0	358	2332	75	6	36	42
Santa Fe Salad	1040	553	61	13	0	159	2048	58	13	9	55
Santa Fe Salad with Blackened Salmon	1210	727	81	17	0	177	2093	59	13	9	55
Santa Fe Salad with Blackened Shrimp	1050	590	66	14	0	319	1937	58	13	9	50
Santa Fe Salad with Grilled Shrimp	1050	590	66	14	0	319	1937	58	13	9	50
Santa Fe Salad with Flame Broiled Salmon	1190	730	81	17	0	177	1583	54	13	9	55
Santa Fe Salad with Grilled Chicken	1020	552	61	13	0	159	1641	54	13	9	55
Tri-Tip Wedge Salad	1300	821	91	25	0	207	3843	68	7	54	53

SIGNATURE DRESSINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Ranch Dressing	140	111	12	2	0	11	413	6	0	4	0
Balsamic Vinaigrette	160	139	15	2	0	0	231	5	0	5	0
Bleu Cheese Dressing	180	176	20	5	0	23	330	2	0	2	2
Caesar Dressing	200	176	20	4	0	15	570	3	0	2	3
Honey Ginger Dressing	180	122	14	2	0	15	375	12	0	11	0
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
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
Strawberry Vinaigrette	70	33	4	0	0	0	393	10	0	10	0
Thousand Island Dressing	200	176	20	3	0	23	390	6	0	5	0

LOADED BURGERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Bacon Cheeseburger with Fries	1350	717	80	28	0	187	3563	98	8	15	59
Bacon-Guacamole Deluxe Burger with Fries	1420	765	85	28	0	181	3330	102	11	13	60
Bistro Burger with Fries	1350	681	76	27	0	174	3399	105	8	18	59
Classic Burger with Fries	1180	593	66	21	0	150	3158	97	8	14	49
Crispy Jalapeno Burger with Fries	1430	783	87	27	0	183	3185	105	8	12	55
Hickory Brisket and Bacon Burger with Fries	1620	813	90	35	0	235	4363	124	7	37	76
BJ's Smokehouse Burger with Fries	1370	662	74	27	0	178	3698	114	7	25	60
Mushroom Swiss Burger with Fries	1600	941	105	41	0	219	3513	102	9	14	59

BURGER ADD-ONS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
American Cheese	170	116	13	7	0	37	777	0	0	0	7
Avocado	100	75	8	1	0	0	4	5	4	0	1
Bacon Jam	210	115	13	4	0	22	408	17	0	15	6
Loaded Burger Patty	380	230	26	10	0	121	926	0	0	0	35
Cheddar Cheese	170	122	14	9	0	45	270	0	0	0	11
BJ's Pirahna® Pale Ale Chili	60	24	3	1	0	6	228	5	1	1	3
Gluten-Free Bun	250	63	7	1	0	0	480	43	5	6	6
Housemade Guacamole	90	70	8	1	0	0	180	5	4	0	1

SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brewhouse Philly with Fries	1460	777	86	24	0	157	3860	110	10	20	63
California Chicken Club Sandwich with Fries	1310	620	69	21	0	162	2706	91	10	5	73
Classic Prime Rib Dip with Fries	1710	1074	119	37	0	182	3622	105	8	18	56
Original Roast Beef Sandwich	730	272	30	11	0	152	2662	53	3	8	60

CRISPY CHICKEN SANDWICHES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Crispy Chicken Sandwich with Fries	1190	540	60	16	0	136	2903	116	9	25	47
Kickin' Chicken Sandwich with Fries	1350	654	73	18	0	146	4016	125	10	27	48

STEAKS AND SLOW ROASTED FAVORITES

Values listed do not include choice of Signature Sides

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Classic Rib-Eye	1080	601	67	26	0	500	2272	5	1	1	106
Baby Back Pork Ribs, Full Rack with Peppered BBQ Sauce	1300	608	68	25	0	230	7840	119	2	100	50
Baby Back Pork Ribs, Half Rack with Peppered BBQ Sauce	710	304	34	12	0	115	4257	74	1	64	25
Double Bone-In Pork Chop	610	340	38	16	0	141	2210	13	1	11	55
Mandarin Orange-Glazed Pork Chop	760	396	44	19	0	157	2271	32	1	28	58
Prime Rib Dinner	1290	931	103	41	0	305	2188	6	1	3	79
Slow-Roasted Tri-Tip	590	195	22	8	0	163	2972	48	1	41	49
Tri-Tip Combo with Chicken Breast	710	201	22	7	0	221	3219	46	0	40	76
Tri-Tip Combo with Ribs	1070	450	50	18	0	237	5951	90	1	76	61
Tri-Tip Combo with Shrimp Scampi	910	427	47	19	1	354	3191	52	1	40	62

BREWHOUSE TOPPINGS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon Jam	210	115	13	4	0	22	408	17	0	15	6
Bleu Cheese Crumbles	150	108	12	8	0	30	570	2	0	0	9
Grilled Onions	50	17	2	0	0	0	86	8	1	4	1
Garlic Butter	50	50	6	3	0	12	110	0	0	0	0
Sautéed Mushrooms	360	332	37	16	0	60	579	4	1	2	3
Mushrooms + Onions	380	340	38	16	0	60	622	7	1	4	3

SIGNATURE SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asparagus	30	3	0	0	0	0	248	4	2	2	2
Baked Potato	590	252	28	11	0	19	207	70	5	4	9
Broccoli	40	4	0	0	0	0	30	6	2	2	3
Fries	350	175	19	4	0	0	641	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
Sauteed Green Beans	80	32	4	1	0	0	134	9	4	2	2
White Cheddar Mashed Potatoes	330	165	18	11	0	55	1097	33	4	4	7

PREMIUM SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Creamy Couscous Mac & Cheese	600	341	38	22	1	104	963	39	2	4	25
Honey Sriracha Brussels Sprouts	160	36	4	1	0	0	940	23	7	11	9
Quinoa and Brown Rice Blend	280	46	5	1	0	0	393	49	4	0	8
Loaded Baked Potato	990	540	60	28	0	109	1107	72	5	6	33
Loaded Mashed Potatoes	930	633	70	36	0	165	2122	37	4	8	32
Sweet Potato Fries	330	112	12	1	0	0	230	52	6	14	2

ADD-ONS

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

SPECIALTY ENTREES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fresh Atlantic Salmon (Oven-Roasted)	860	465	52	18	0	187	1331	49	4	7	48
Fresh Atlantic Salmon (Blackened)	880	451	50	18	0	187	1698	50	1	7	48
BJ's Brewhouse Blonde® Fish 'N' Chips	1070	294	33	7	0	98	3628	141	10	4	54
Oven-Roasted Mahi-Mahi Tacos	860	352	39	7	0	104	2592	86	16	12	39
Fried Mahi-Mahi Tacos	980	354	39	7	0	63	3345	121	18	13	33
Cajun Shrimp Tacos	900	365	41	7	0	216	2732	88	16	12	44
New Orleans Jambalaya	1330	634	70	24	1	301	3529	100	6	17	69
Parmesan-Crusted Chicken	1330	685	76	41	0	504	2216	70	7	8	89

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)
Deep Dish Ziti with 1 Garlic Knot	1400	817	91	35	1	175	2816	99	7	16	44
Garlic Bread Knots (2 pieces)	220	72	8	2	0	0	420	32	2	2	6
Grilled Chicken Alfredo with 1 Garlic Knot	1610	766	85	44	3	279	2814	133	6	17	75
Italiano Vegetable Penne with 1 Garlic Knot	780	306	34	6	0	0	1302	94	10	14	21
Italiano Vegetable Penne with Blackened Chicken	1020	359	40	7	0	99	2000	98	10	14	61
Italiano Vegetable Penne with Blackened Shrimp	1020	396	44	8	0	259	1889	99	10	14	56
Italiano Vegetable Penne with Grilled Shrimp	1020	396	44	8	0	259	1889	99	10	14	56
Italiano Vegetable Penne with Grilled Chicken	1000	358	40	7	0	99	1593	95	10	14	60
Jumbo Spaghetti and Meatballs with 1 Garlic Knot	1590	735	82	25	0	158	2874	161	13	28	55
Shrimp Scampi Pasta with 1 Garlic Knot	1650	892	99	41	2	389	2365	130	8	6	57

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

HOUSEMADE SOUPS 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)
Tuscan Tomato Bisque in a Sourdough Loaf	1590	637	71	33	0	156	3900	201	11	12	33
Tuscan Tomato Bisque, Bowl	670	587	65	36	0	188	969	17	3	9	4
Tuscan Tomato Bisque, Cup	450	394	44	24	0	125	675	13	2	6	3
Vegan Lentil Soup with Ancient Grains in a Sourdough Loaf	1280	212	24	4	0	0	3729	221	17	7	41
Vegan Lentil Soup with Ancient Grains, Bowl	300	78	9	1	0	0	775	42	10	4	13
Vegan Lentil Soup with Ancient Grains, Cup	200	52	6	0	0	0	516	28	6	2	8

SOUP AND SALAD COMBO

1 serving

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
with Bowl of Broccoli Cheddar Soup	480	297	33	18	0	68	1815	29	2	6	19
with Bowl of Chicken Tortilla Soup	280	111	12	3	0	25	1853	30	4	4	12
with Bowl of Clam Chowder	440	260	29	13	0	102	1846	26	1	1	16
with Bowl of Piranha Pale Ale Chili	510	279	31	15	1	84	1566	31	7	5	25
with Bowl of Tuscan Tomato Bisque	670	587	65	36	0	188	969	17	3	9	4
with Salad Choice Caesar Salad	340	229	25	5	0	22	892	21	3	3	10
with Salad Choice Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14
with Salad Choice House Salad	80	36	4	1	0	7	205	8	1	1	5
with Salad Choice Wedge Salad	320	276	31	8	0	40	630	6	1	5	6

\$6 TAKE HOME 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)
\$6 Deep Dish Ziti	1200	711	79	30	1	158	2318	79	6	12	40
\$6 Fire-Roasted Barbacoa Chicken	530	131	15	3	0	106	2259	45	8	4	53
\$6 Grilled Chicken Alfredo	680	303	34	17	1	122	1247	58	3	8	36
\$6 Jumbo Spaghetti and Meatballs	720	341	38	12	0	79	1200	70	5	12	25
\$6 Spicy Peanut Chicken with Soba Noodles	860	440	49	12	0	69	2119	74	8	22	29

DESSERTS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate Chunk Pizookie®	1170	409	45	29	0	119	839	177	3	129	17
Cookies 'n' Cream Pizookie®	1250	543	60	31	0	69	1018	162	3	107	16
Ghirardelli® Double Chocolate Chip Ice Cream (1 scoop)	220	105	12	6	0	31	58	29	0	23	3
Ghirardelli® Double Chocolate Chip Ice Cream (2 scoops)	430	209	23	13	0	63	116	59	0	46	5
Gluten-Free Chocolate Chip Pizookie®	1210	471	52	31	0	142	668	170	4	133	15
Hot Fudge Brownie Pizookie®	1140	579	64	27	0	178	337	129	7	102	15
Monkey Bread Pizookie®	1380	599	67	27	0	140	1137	182	4	112	19
Peanut Butter Pizookie®	1240	600	67	31	0	111	801	140	5	104	22
Salted Caramel Pizookie®	1380	500	56	29	0	123	1386	204	1	161	16
Triple Chocolate Pizookie® Made With Ghirardelli	1220	556	62	30	0	118	506	162	5	105	15
Strawberry Shortcake Pizookie®	1140	453	50	32	0	162	845	160	3	107	12
Sugar Cookie Pizookie®	1160	462	51	32	0	180	867	162	2	110	13
White Chocolate Macadamia Nut Pizookie®	1240	527	59	29	0	119	839	167	3	119	17
Mini Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Mini Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Mini Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Mini Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Mini Monkey Bread Pizookie®	690	299	33	14	0	70	568	91	2	56	9
Mini Peanut Butter Pizookie®	620	301	33	15	0	56	400	70	2	52	11
Mini Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Mini Sugar Cookie Pizookie®	580	230	26	16	0	90	433	81	1	55	6
Mini Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Mini White Chocolate Pizookie®	620	265	29	14	0	59	420	83	2	60	8

DESSERTS cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mini Strawberry Shortcake Pizookie®	620	247	27	17	0	90	434	87	2	60	7
Vanilla Bean Ice Cream (1 scoop)	210	86	10	6	0	35	43	28	0	27	3
Vanilla Bean Ice Cream (2 scoops)	420	172	19	12	0	70	87	56	0	54	7

BJ'S HANDCRAFTED DRAFT SODAS & FLOATS

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

BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Lemonade	180	0	0	0	0	0	17	45	0	41	0
Berry Sweet Limeade	220	1	0	0	0	0	29	56	1	52	0
Brisk Raspberry Iced Tea	80	0	0	0	0	0	42	21	0	19	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	0	0	0	0	0	0	44	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	38	0	0	0	0
Dr Pepper	140	0	0	0	0	0	44	34	0	34	0
Frozen Berry Colada	495	89	10	8	0	0	76	103	5	92	1
Frozen Strawberry Limeade	340	1	0	0	0	0	9	83	2	76	1
Hot Chocolate	160	54	6	4	0	0	174	25	1	19	1
Hot Tea	0	0	0	0	0	0	5	0	0	0	0
Lavender Lemonade	240	0	0	0	0	0	12	59	0	50	0
Milk	280	90	10	6	0	50	300	28	0	26	20
Mountain Dew	140	0	0	0	0	0	63	39	0	39	0
Orange Twist	270	0	0	0	0	0	30	66	0	64	0
Peachberry Iced Tea	150	0	0	0	0	0	5	38	0	37	0
Pepsi	130	0	0	0	0	0	31	34	0	34	0
Iced Tea	0	0	0	0	0	0	8	0	0	0	0
Roy Rogers	210	0	0	0	0	0	38	54	0	54	0
Shirley Temple	210	0	0	0	0	0	36	53	0	53	0
Sierra Mist	130	0	0	0	0	0	29	33	0	33	0
Sparkling Raspberry Lemonade	240	0	0	0	0	0	18	61	1	57	0
Strawberry Lemonade	190	0	0	0	0	0	15	47	1	42	0
Sunset Peach	0	0	0	0	0	0	5	0	0	0	0
Sunset Peach Tea Lemonade	120	0	0	0	0	0	9	31	0	29	0
Sweet Tea	190	0	0	0	0	0	7	48	0	48	0

BJ'S SIGNATURE HANDCRAFTED BEERS

16 fluid ounces

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Berry Burst Cider®	210	0	0	0	0	0	7	36	0	31	0
BJ's Brewhouse Blonde®	200	0	0	0	0	0	35	16	0	0	3
BJ's Committed® Double IPA	280	0	0	0	0	0	13	22	0	0	5
BJ's Enchantress Golden Pilsner®	250	0	0	0	0	0	10	24	0	0	3

BJ'S 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 HopStorm® IPA	300	0	0	0	0	0	30	20	0	0	5
BJ's Nutty Brewnette®	300	0	0	0	0	0	40	25	0	0	4
BJ's Oasis® Amber	160	0	0	0	0	0	35	5	0	0	3
BJ's PM Porter®	270	0	0	0	0	0	35	22	0	0	4
BJ's Tatonka® Stout	370	0	0	0	0	0	45	27	0	0	4
BJ's Harvest Hefeweizen®	210	0	0	0	0	0	12	11	0	0	4
BJ's Jeremiah Red®	290	0	0	0	0	0	47	21	0	0	4
BJ's LightSwitch® Lager	140	0	0	0	0	0	23	9	0	0	3
BJ's Piranha® Pale Ale	250	0	0	0	0	0	17	17	0	0	5

ALCOHOLIC BEVERAGES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alabama Sunset	240	0	0	0	0	0	4	35	1	27	0
Alabama Sunset, Take Out	1150	2	0	0	0	0	20	166	3	131	2
Aperol Spritz	160	0	0	0	0	0	1	18	0	17	0
BJ's Brewhouse Margarita	180	0	0	0	0	0	22	18	0	15	0
BJ's Classic Mojito	290	0	0	0	0	0	24	41	0	38	0
Bulleit Old Fashioned	170	0	0	0	0	0	0	6	0	5	0
Classic Bloody Mary	250	9	1	0	0	0	1509	25	1	18	2
Cosmopolitan	150	1	0	0	0	0	5	15	1	12	0
Crown Apple Arnold Palmer	190	0	0	0	0	0	5	18	1	12	0
Fresh Strawberry Margarita	250	1	0	0	0	0	23	28	1	21	0
Frose	360	0	0	0	0	0	5	52	1	46	0
Frosty Peach	340	0	0	0	0	0	21	60	0	51	0
Handcrafted Margarita	220	0	0	0	0	0	22	21	1	13	0
Handcrafted Margarita, Take Out	1240	0	0	0	0	0	137	107	0	71	0
Irish Coffee	140	44	5	3	0	0	14	6	0	5	0
Ketel One Peach Bliss Tea	150	0	0	0	0	0	2	10	0	5	0
Lemon Berry Rita	230	0	0	0	0	0	34	33	1	28	0
Lemon Drop	180	1	0	0	0	0	3	13	1	10	0
Malibu Tropical Mist	140	0	0	0	0	0	3	22	0	12	0
Mango Mojito	290	0	0	0	0	0	25	42	0	39	0
Margarita Flight	330	1	0	0	0	0	26	40	1	32	0
Mojito Flight	350	1	0	0	0	0	19	54	1	44	0
New Amsterdam Peach Lemonade	170	0	0	0	0	0	4	17	1	15	0
Pina Colada	360	44	5	4	0	0	52	47	2	41	0
Pink Cadillac	200	0	0	0	0	0	2	23	0	14	0
Raspberry Rose-Rita	400	1	0	0	0	0	30	36	1	24	0
Sparkling Sangria	340	1	0	0	0	0	3	34	1	24	1
Sparkling Sangria, Take Out	1410	4	0	0	0	0	21	190	8	135	4
Spicy Bloody Mary	210	9	1	0	0	0	1270	16	2	8	2
Strawberry Margarita	260	1	0	0	0	0	23	32	1	23	0
Strawberry Mojito	250	1	0	0	0	0	23	32	1	29	0
Strawberry Splash	410	30	3	3	0	0	26	57	2	37	0
Tito's American Mule	150	1	0	0	0	0	8	14	1	10	0
Tito's Lavender Lemonade	200	0	0	0	0	0	4	27	1	19	0
Tito's Strawberry Lemonade	170	1	0	0	0	0	6	20	1	17	0
Tito's Strawberry Lemonade, Take Out	860	3	0	0	0	0	33	100	5	87	1
Tito's Strawberry Mule	180	1	0	0	0	0	7	20	2	16	1
Tito's Tropical Mule	150	0	0	0	0	0	9	18	1	13	0
Top Shelf Margarita	290	0	0	0	0	0	302	26	1	13	0
Tropical Mojito	240	0	0	0	0	0	4	43	0	29	0
Twisted Lemonade + Tea Flight	270	1	0	0	0	0	7	30	1	21	0
Twisted Pineapple Margarita	230	0	0	0	0	0	6	25	1	21	0
Ultimate Long Island	210	0	0	0	0	0	21	19	1	13	0

ALCOHOLIC BEVERAGES cont.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ultimate Patrón Margarita	260	0	0	0	0	0	22	24	1	13	0
Ultimate Patron Margarita with Salt Rim	260	0	0	0	0	0	302	24	1	13	0
Ultimate Patron Margarita, Take Out	1740	5	1	0	0	0	129	167	7	83	3
White Peach Margarita	270	1	0	0	0	0	22	34	1	26	0

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 Tenders with Fries	1030	532	59	10	0	110	2844	85	5	5	40
Mediterranean Chicken Bowl	680	239	27	5	0	106	1579	55	5	4	53
Enlightened Spring Harvest Salad	490	285	32	4	0	0	884	44	10	13	8
Lunch Grilled Chicken Alfredo	830	429	48	25	2	157	1475	62	3	10	38
Half California Club Flatbread Pizza	440	200	24	8	0	56	936	40	4	0	20
Half Margherita Flatbread Pizza	400	164	20	8	0	48	892	40	4	4	20
Half Pepperoni Extreme Flatbread Pizza	440	220	24	12	0	60	1068	40	0	0	16
Half California Chicken Club Sandwich	830	398	44	13	0	81	1673	66	7	3	39
Italian Chicken Parmesan with Spaghetti	900	337	37	11	0	184	1811	87	7	17	54
Hot Ham and Cheese with Fries	1020	511	57	21	0	86	3438	85	8	4	38
Lunch Jumbo Spaghetti and Meatballs	850	385	43	13	0	79	1542	89	7	15	29
Lunch Lemon Thyme Chicken	490	143	16	2	0	100	2009	39	5	5	45

KIDS MENU ITEMS

Kids' entrée values do not include choice of side.

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Apple Juice	180	0	0	0	0	0	38	44	0	39	0
Kids Apple Sauce	70	3	0	0	0	0	4	17	1	15	0
Kids BJ's Handcrafted Root Beer	210	0	0	0	0	0	12	51	0	49	0
Kids Boneless Wings with Root Beer Glaze	570	233	26	4	0	101	2209	50	0	19	33
Kids Boneless Wings with BJ's Peppered BBQ Sauce	570	233	26	4	0	101	2311	50	0	18	33
Kids Oven-Roasted Shrimp	260	134	15	3	0	194	590	5	1	0	26
Kids Brown Rice & Quinoa	180	30	3	0	0	0	139	33	3	0	6
Kids Mini Burgers	380	134	15	5	0	61	683	36	1	5	24
Kids Cheese Pizza	560	206	23	10	0	49	1440	66	3	4	23
Kids Chicken Tenders with Ranch Dressing	470	234	26	4	0	82	1714	31	1	0	27
Kids Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Kids Chocolate Milk	330	59	7	4	0	33	219	54	0	46	13
Kids Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Kids Cranberry Juice	210	0	0	0	0	0	53	53	0	53	0
Kids Crispy Chicken Tender Taco	400	236	26	7	0	47	891	27	1	5	15
Kids Crispy Mahi-Mahi Taco	320	124	14	5	0	36	1073	36	2	1	13
Kids Diet Dr Pepper	0	0	0	0	0	0	26	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	0	23	0	0	0	0
Kids Dr Pepper	80	0	0	0	0	0	26	20	0	20	0
Kids Fries	230	116	13	3	0	0	427	27	3	0	3
Kids Fresh Fruit	60	3	0	0	0	0	1	13	1	10	1
Kids Garlic Knot	110	36	4	1	0	0	210	16	1	1	3
Kids Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Kids Grilled Chicken	220	55	6	1	0	99	851	0	0	0	39
Kids Grilled Mahi-Mahi Taco	240	120	13	5	0	56	625	15	1	0	16
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
Kids' Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Kids House Salad	80	36	4	1	0	7	205	8	1	1	5
Kids Lemonade	110	0	0	0	0	0	10	26	0	24	0
Kids Mac and Cheese	490	144	16	5	0	35	1190	68	3	16	17
Kids Mashed Potatoes	250	123	14	8	0	41	823	25	3	3	5
Kids Milk	210	68	8	5	0	38	225	21	0	20	15
Kids Mini Corn Dogs	470	261	29	8	0	40	1059	36	0	8	14

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 Monkey Bread Pizookie®	690	299	33	14	0	70	568	91	2	56	9
Kids Mountain Dew	80	0	0	0	0	0	38	23	0	23	0
Kids Orange Juice	170	0	0	0	0	0	23	39	3	32	3
Kids Pasta - Fettuccini	240	13	1	0	0	0	9	48	2	3	8
Kids Pasta - Penne	170	19	2	0	0	0	6	31	2	2	5
Kids Pasta - Spaghetti	230	11	1	0	0	0	5	48	2	1	8
Kids Pasta with Marinara	70	29	3	1	0	0	489	9	2	6	2
Kids Pasta with Alfredo	310	261	29	17	1	73	695	7	0	4	6
Kids Pasta with Butter & Parmesan	210	202	22	14	0	60	200	0	0	0	1
Kids Pasta with Grilled Chicken	110	27	3	1	0	49	425	0	0	0	20
Kids Pasta with Meatball	150	109	12	5	0	40	185	4	0	1	7
Kids Peanut Butter Pizookie®	620	301	33	15	0	56	400	70	2	52	11
Kids Pepperoni Pizza	680	309	34	13	0	65	1760	66	3	4	26
Kids Pepsi	80	0	0	0	0	0	19	20	0	20	0
Kids Sierra Mist	80	0	0	0	0	0	17	20	0	20	0
Kids Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Kids Steamed Broccoli	40	4	0	0	0	0	235	6	2	2	3
Kids Sundae	390	199	22	14	0	48	74	45	1	43	4
Kids Sweet Potato Fries	220	74	8	1	0	0	288	35	4	9	1
Kids Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Kids Veggies and Dip	200	151	17	2	0	15	523	6	2	2	2
Kids White Chocolate Macadamia Nut Pizookie®	620	265	29	14	0	59	420	83	2	60	8

CATERING APPETIZERS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Avocado Egg Rolls Platter	4160	1944	216	47	0	268	5266	520	57	165	56
BBQ Tri-Tip Sliders Platter	4720	1283	143	35	0	649	18846	594	6	250	242
Boneless Chicken Wings Platter	3610	1992	221	34	0	666	12725	187	3	3	196
Chicken Tenders Platter	6260	3766	418	61	0	914	18284	359	0	60	270
Chicken Wings Platter	3320	2442	271	55	0	606	18465	40	8	9	154
Chips with Guacamole and Salsa	2130	755	84	10	0	0	5464	300	64	65	61
Crisp and Cheesy Potato Skins Platter	5090	2549	283	156	3	782	9637	448	64	37	169
Garlic Knots with Marinara Sauce	1520	519	58	14	0	0	3805	216	16	27	42
Mozzarella Sticks Platter	2600	1110	123	52	0	320	6894	249	5	50	101
Potato Chips	2980	1407	156	36	0	0	5360	336	32	0	32
Root Beer Glazed Ribs Appetizer	3710	775	86	31	0	287	18452	651	9	583	75
Sliders	3980	1336	148	50	0	607	8373	405	9	86	238
Spinach and Artichoke Dip Platter	3340	1802	200	111	0	540	6300	294	43	59	105

CATERING SALADS

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Add Avocado	400	299	33	5	0	0	15	19	15	1	5
Add Chicken	900	220	24	4	0	395	3402	1	0	1	157
Add Salmon	1560	922	102	20	0	468	1358	0	0	0	158
Add Shrimp	820	299	33	6	0	861	1954	15	0	0	116
Add Tri Tip	1940	586	65	24	0	490	9817	185	2	158	146
Asian Chopped Salad	2650	1067	119	20	0	495	6541	182	20	116	178
BBQ Chicken Chopped Salad	3960	1740	193	40	0	615	13946	307	43	164	214
Caesar Salad	2390	1740	193	42	0	177	6391	114	19	23	70
Fresh Mozzarella and Tomato Salad	2050	1319	147	53	0	253	2573	87	16	62	114
House Salad (no dressing)	660	285	32	11	0	57	1640	63	10	7	38
Kale and Roasted Brussels Sprout Salad	2020	803	89	18	0	40	4954	265	37	175	43
Kale and Roasted Brussels Sprout Salad with Grilled Sliced Chicken	3170	1283	143	26	0	435	8356	266	37	176	200
Santa Fe Salad	3930	2051	228	41	0	575	7832	231	52	35	206

CATERING ENTREES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baby Back Ribs	6850	3038	338	124	0	1148	41224	684	8	582	249
Cherry Chipotle Glazed Salmon	2930	1170	130	25	0	586	3699	209	21	42	235
Fire Roasted Barbacoa Chicken	4180	1050	117	24	0	849	17911	353	63	24	407
Fresh Atlantic Salmon	4060	2242	249	89	1	933	5024	212	21	32	237
Lemon Thyme Chicken	2670	714	79	12	0	596	9437	206	22	21	266
New Orleans Jambalaya	5350	2537	282	94	2	1204	14829	407	28	72	277
Parmesan-Crusted Chicken	5430	2748	305	164	0	2015	8933	297	33	37	362
Spicy Peanut Chicken with Soba Noodles	7490	3773	419	99	0	779	16858	595	65	179	317
Tri Tip Entree	3930	976	108	40	0	816	20262	481	3	419	243

CATERING PASTAS

	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 Ziti Pasta	6480	3558	395	148	3	702	12943	524	37	70	201
Grilled Chicken Alfredo	6410	2776	308	149	8	843	10483	645	32	69	263
Italiano Vegetable Penne	5840	1910	212	42	0	0	13782	799	71	114	168
Jumbo Spaghetti and Meatballs	6860	2857	317	102	0	634	13024	768	59	121	244
Shrimp Scampi Pasta	3740	1929	214	87	4	777	5570	324	19	17	125

CATERING PASTA COMBOS

	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)
Pasta Feast Fettuccini	1390	74	8	2	0	0	54	280	11	15	49
Pasta Feast Penne	1830	199	22	2	0	0	65	332	16	16	57
Pasta Feast Spaghetti	1340	63	7	0	0	0	27	280	13	7	47
Pasta Combo with Alfredo Sauce	1800	1512	168	96	6	420	3960	42	0	24	30
Pasta Combo with Andouille Sausage	1730	846	94	27	0	720	7100	16	0	0	208
Pasta Combo with Broccoli	180	16	2	0	0	0	137	27	10	7	15
Pasta Combo with Grilled Chicken	1120	275	31	5	0	493	4253	1	0	1	196
Pasta Combo with Marinara Sauce	440	176	20	3	0	0	2937	56	9	37	9
Pasta Combo with Meatballs	1520	1080	120	47	0	396	1845	36	3	9	70

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)
Italian Hoagie	650	316	35	12	0	83	2595	52	4	7	35
Mediterranean Chicken Hoagie	620	197	22	6	0	114	1822	50	4	6	55
Vegetarian Hoagie	460	191	21	4	0	2	1075	58	8	6	11

CATERING SIDES

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli	370	32	4	1	0	0	273	53	20	14	30
Creamy Couscous Mac N Cheese	3600	2048	228	134	3	626	5777	237	12	24	152
Garlic Roasted Vegetables	2020	1529	170	24	0	0	4244	86	29	31	35
Sauteed Green Beans	450	192	21	3	0	0	807	52	23	10	13
Parmesan Garlic Knots (12 Rolls)	1320	432	48	12	0	0	2520	192	12	12	36
Rice Pilaf	2310	540	60	10	1	0	6208	389	10	46	45
White Cheddar Mashed Potatoes	3290	1646	183	110	0	549	10971	329	37	37	73

CATERING DESSERTS

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

CATERING BEVERAGES

64 fl. oz. growler

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Fresh Squeezed Lemonade	1130	0	0	0	0	0	109	282	0	258	0
Berry Hibiscus Botanical Tea	0	0	0	0	0	0	40	5	0	0	0
Black Cherry Soda	860	0	0	0	0	0	147	214	0	213	0
Lavender Lemonade	1660	0	0	0	0	0	86	415	0	352	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
Sunset Peach Botanical Tea	0	0	0	0	0	0	40	1	0	0	0
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 August 2022.