

# BJ's NUTRITIONAL INFORMATION

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 October 2016.

## BJ's SIGNATURE DEEP DISH PIZZAS

Values shown per slice.

Mini Pizza = 4 Slices Small Pizza = 6 Slices Medium Pizza = 8 Slices Large Pizza = 10 Slices

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barbeque Chicken Pizza, Mini	170	49	5	2	0	21	490	19	1	3	10
Barbeque Chicken Pizza, Small	230	67	7	3	0	30	710	27	1	4	15
Barbeque Chicken Pizza, Medium	310	91	10	4	0	38	930	35	2	5	18
Barbeque Chicken Pizza, Large	340	93	10	4	0	39	1000	42	2	6	19
BJ's Classic Combo Pizza, Mini	190	90	10	4	0	19	480	17	1	1	7
BJ's Classic Combo Pizza, Small	260	121	13	5	0	27	700	25	2	2	10
BJ's Classic Combo Pizza, Medium	330	152	17	7	0	35	890	32	2	2	13
BJ's Classic Combo Pizza, Large	370	158	18	7	0	35	940	38	2	3	14
BJ's Favorite Pizza, Mini	180	78	9	3	0	17	440	18	1	1	7
BJ's Favorite Pizza, Small	250	108	12	4	0	24	650	26	2	2	10
BJ's Favorite Pizza, Medium	310	132	15	6	0	30	820	33	2	3	12
BJ's Favorite Pizza, Large	360	146	16	6	0	32	900	39	2	3	13
Buffalo Chicken Pizza, Mini	170	53	6	2	0	22	610	18	1	2	10
Buffalo Chicken Pizza, Small	240	72	8	3	0	31	880	26	2	3	15
Buffalo Chicken Pizza, Medium	310	96	11	4	0	39	1180	34	2	4	18
Buffalo Chicken Pizza, Large	340	98	11	4	0	39	1290	40	2	4	19
California Supreme Deep Dish Pizza, Mini	150	56	6	2	0	10	410	17	1	1	6
California Supreme Deep Dish Pizza, Small	210	77	9	3	0	15	620	25	2	2	8
California Supreme Deep Dish Pizza, Medium	280	105	12	4	0	22	820	33	2	3	11
California Supreme Deep Dish Pizza, Large	310	109	12	4	0	21	870	39	2	3	12
Cheese and Tomato Pizza, Mini	140	51	6	2	0	12	360	16	1	1	6
Cheese and Tomato Pizza, Small	210	77	9	4	0	20	560	24	1	2	9
Cheese and Tomato Pizza, Medium	270	95	11	5	0	24	710	31	2	2	12
Cheese and Tomato Pizza, Large	300	99	11	5	0	24	760	37	2	2	12
Chicken Bacon Ranch Pizza, Mini	240	110	12	4	0	35	580	17	1	2	13
Chicken Bacon Ranch Pizza, Small	330	146	16	6	0	47	820	25	2	2	18
Chicken Bacon Ranch Pizza, Medium	410	185	21	7	0	56	1020	32	2	3	22
Chicken Bacon Ranch Pizza, Large	470	211	23	8	0	63	1140	38	2	3	24
Chicken Philly Deep Dish Pizza, Mini	180	65	7	3	0	25	470	18	1	2	11
Chicken Philly Deep Dish Pizza, Small	270	99	11	5	0	38	710	26	2	3	16
Chicken Philly Deep Dish Pizza, Medium	360	138	15	7	0	52	950	34	2	4	21
Chicken Philly Deep Dish Pizza, Large	390	143	16	7	0	53	980	40	2	4	22
Gluten-Free Thin Crust Cheese Pizza	130	56	6	2	0	12	250	14	0	1	4
Gourmet Five Meat Pizza, Mini	240	124	14	6	0	36	660	18	1	2	12
Gourmet Five Meat Pizza, Small	320	154	17	7	0	43	870	26	2	2	15
Gourmet Five Meat Pizza, Medium	360	160	18	7	0	42	950	33	2	3	16
Gourmet Five Meat Pizza, Large	400	177	20	8	0	45	1020	39	2	3	17
Great White® Pizza, Mini	180	66	7	3	0	26	480	17	1	2	11
Great White® Pizza, Small	250	89	10	4	0	36	700	25	2	2	15
Great White® Pizza, Medium	330	124	14	6	0	47	910	32	2	3	19
Great White® Pizza, Large	370	132	15	6	0	49	970	38	2	3	20
Mediterranean Pizza, Mini	220	96	11	3	0	28	650	18	1	2	12
Mediterranean Pizza, Small	290	117	13	4	0	34	890	27	2	3	16
Mediterranean Pizza, Medium	380	156	17	5	0	43	1140	35	2	4	20
Mediterranean Pizza, Large	430	169	19	5	0	44	1280	42	3	6	22
Pepperoni Extreme Pizza, Mini	190	98	11	4	0	21	560	17	1	1	7
Pepperoni Extreme Pizza, Small	260	122	14	5	0	29	770	25	1	2	11
Pepperoni Extreme Pizza, Medium	340	154	17	7	0	36	970	32	2	2	14
Pepperoni Extreme Pizza, Large	380	175	19	7	0	39	1080	38	2	2	15
Spicy Hawaiian Chicken Pizza, Mini	200	76	8	3	0	22	590	19	1	4	10
Spicy Hawaiian Chicken Pizza, Small	280	104	12	4	0	31	870	28	2	5	14
Spicy Hawaiian Chicken Pizza, Medium	350	132	15	6	0	40	1120	36	2	6	18
Spicy Hawaiian Chicken Pizza, Large	390	137	15	6	0	40	1200	42	2	6	19
Sweet Pig® Pizza, Mini	150	45	5	2	0	11	390	20	1	4	6
Sweet Pig® Pizza, Small	210	60	7	3	0	15	550	28	2	5	9
Sweet Pig® Pizza, Medium	270	83	9	4	0	21	720	35	2	5	11
Sweet Pig® Pizza, Large	300	84	9	4	0	20	750	41	2	6	12
Vegetarian Pizza, Mini	140	47	5	2	0	8	350	17	1	1	5
Vegetarian Pizza, Small	200	65	7	3	0	12	520	25	2	2	8
Vegetarian Pizza, Medium	260	87	10	4	0	18	690	32	2	3	10
Vegetarian Pizza, Large	290	90	10	4	0	17	730	38	2	3	11
<b>Additional Toppings:</b>											
Anchovies	30	12	1	0	0	21	1150	0	0	0	5
Artichoke Hearts	40	0	0	0	0	0	420	6	4	1	2
Black Olives	100	90	10	0	0	0	500	4	0	0	2
Cilantro	0	0	0	0	0	0	0	0	0	0	0
Fire-Roasted Red Peppers	40	0	0	0	0	0	520	8	3	5	1
Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Green Bell Peppers	20	1	0	0	0	0	0	4	1	2	1
Grilled Chicken	120	29	3	1	0	54	460	0	0	0	21
Ham	40	14	2	1	0	13	280	1	0	1	5
Housemade Meatballs	310	222	25	10	0	82	380	7	1	2	14
Italian Sausage	290	238	26	9	0	52	690	2	1	0	9
Jalapenos	10	0	0	0	0	0	530	2	0	0	0
Mozzarella Cheese	110	79	9	5	0	32	320	1	0	0	7

Trans fat in these items occurs naturally. Items available may vary by location.

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mushrooms	10	2	0	0	0	0	0	2	1	1	2
Pepperoni	90	73	8	3	0	19	300	1	0	0	3
Pineapple	60	0	0	0	0	0	0	15	1	13	0
Roasted Asparagus	10	1	0	0	0	0	0	2	1	1	1
Roasted Brussels Sprouts	50	18	2	0	0	0	230	5	2	1	2
Roasted Garlic	10	0	0	0	0	0	0	1	0	0	0
Seasoned Tomatoes	10	0	0	0	0	0	160	2	0	1	0
Applewood Smoked Bacon	110	76	8	3	0	18	320	1	0	1	6
White Onions	40	1	0	0	0	0	0	8	1	3	1

## BJ's TAVERN-CUT PIZZAS

Values shown per slice. Pizza = 12 Slices

BJ's Brewhouse Classic	110	54	6	2	0	14	250	9	1	1	4
Garlic Chicken Pesto	100	46	5	2	0	13	270	9	1	1	5
Old Country Tomato Basil	70	25	3	1	0	7	170	9	1	1	3
The Italian Market	110	57	6	3	0	18	350	9	1	1	5
The Spicy Pig	90	32	4	2	0	11	300	10	0	1	4

## SHAREABLE APPETIZERS

Values shown for one full order.

Ahi Poke	320	89	10	2	0	51	1340	24	2	6	32
Avocado Egg Rolls	1050	589	65	15	0	74	1580	107	19	23	16
Best Beginnings® Appetizer Combo	2170-2300	1075-1180	119-131	38-39	0	302-306	5450-6770	192-224	19-20	34-65	84-85
<b>Boneless Chicken Wings tossed in:</b>											
BJ's Peppered BBQ	1030	367	41	7	0	192	4470	100	1	40	65
EXXXtra Hot Buffalo	890	371	41	7	0	192	5510	63	2	2	66
Garlic Parmesan	1030	507	56	9	0	197	4160	64	1	2	66
Hot & Spicy Buffalo	890	369	41	7	0	192	5540	62	2	2	66
Lemon Pepper Sesame Dry Rub	870	367	41	7	0	192	5020	59	1	1	65
Root Beer Glaze	1040	367	41	7	0	192	4280	103	1	42	65
Sriracha Dry Rub	910	373	41	7	0	192	4020	66	2	3	66
Brewhouse Blonde® Asparagus	500	166	18	6	0	29	2100	73	5	5	9
California Club Flatbread Appetizer (1 slice)	110	50	6	2	0	14	230	10	1	0	5
Chicken Lettuce Wraps	540	212	24	3	0	49	2230	44	5	26	33
Chicken Pot Stickers	420	98	11	2	0	40	2340	63	3	17	19
<b>Chicken Wings tossed in:</b>											
BJ's Peppered BBQ	870	512	57	14	0	172	2120	36	1	30	51
EXXXtra Hot Buffalo	760	515	57	14	0	172	2890	8	2	2	51
Garlic Parmesan	870	617	69	16	0	176	1880	9	1	2	51
Hot & Spicy Buffalo	820	564	63	15	0	177	3040	8	2	2	51
Lemon Pepper Sesame Dry Rub	750	512	57	14	0	172	2530	6	1	1	50
Root Beer Glaze	920	512	57	14	0	172	2160	49	1	42	51
Sriracha Dry Rub	780	516	57	14	0	172	1780	11	2	3	51
Chips and Fire-Roasted Salsa	600	93	10	1	0	0	1560	106	15	24	21
Crisp Potato Skins Platter	1190	534	59	26	0	134	1800	116	18	5	38
Crispy Calamari	590	173	19	4	0	534	1640	58	3	6	46
Crispy Flatbread Nachos	890	376	42	19	0	98	2340	95	11	7	34
Crispy Fried Artichokes	390	145	16	3	0	6	2200	52	4	4	9
Crispy Portobello Strips	460	102	11	2	0	3	2060	79	6	6	11
Golden Beet and Arugula Starter Salad	120	38	4	1	0	4	270	18	4	13	3
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1350	31	9	15	11
Housemade Guacamole and Chips	780	269	30	3	0	0	1240	112	23	22	23
Margherita Fresca Flatbread Appetizer (1 slice)	100	42	5	2	0	12	190	10	0	1	5
Mozzarella Sticks	810	347	39	17	0	107	1910	76	0	12	33
Pepperoni Extreme Flatbread Appetizer (1 slice)	120	62	7	3	0	17	300	10	0	0	5
Roasted Portobello and Asparagus Starter Salad	290	160	18	4	0	10	510	25	3	17	7
Root Beer Glazed Ribs	490	192	21								



## SPECIALTY ENTREES

Totals include sides.

	Calories		Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol		Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
	from Fat	(mg)				(mg)	(mg)				
BJ's Brewhouse Blonde® Fish 'n' Chips	1150	340-366	38-41	8-9	0	98	3910-3970	144-150	10-12	4	54-55
Fresh Atlantic Salmon, Blackened	1020-1040	540-541	60	19	0	217	1990-2010	61-64	5-6	9-11	59
Fresh Atlantic Salmon, Flame-Broiled	1000-1010	550-551	61	19	0	217	1390-1400	53-56	5-6	9-11	58-59
New Orleans Jambalaya	1140	449	50	10	1	245	3330	99	6	16	69
Parmesan Crusted Chicken	1140	570	63	34	0	443	1820	62	6	8	76
Spicy Peanut Chicken with Soba Noodles	1040	546	61	13	0	106	2120	75	8	23	45

## HOUSEMADE SOUPS

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheddar, Bowl	380	234	26	14	0	51	1480	24	1	5	14
Broccoli Cheddar, in a Sourdough Loaf	1420	381	42	17	0	51	4570	210	10	9	44
Chicken Tortilla, Bowl	280	111	12	3	0	25	1850	30	5	4	12
Chicken Tortilla, in a Sourdough Loaf	1310	258	29	6	0	25	4940	216	13	8	42
Clam Chowder, Bowl	430	235	26	11	0	85	1600	33	1	1	15
Clam Chowder, in a Sourdough Loaf	1470	382	42	14	0	85	4680	219	10	5	45
Lentil with Ancient Grains, Bowl	300	78	9	1	0	0	770	42	10	4	13
Lentil with Ancient Grains, in a Sourdough Loaf	1280	212	24	4	0	0	3730	221	17	7	41
Piranha® Pale Ale Chili, Bowl	560	335	37	20	1	108	1520	26	6	5	29
Piranha® Pale Ale Chili, in a Sourdough Loaf	1600	482	54	23	1	108	4600	213	14	9	59
Tuscan Tomato Bisque, Bowl	560	490	54	30	0	156	820	15	3	8	3
Tuscan Tomato Bisque, in a Sourdough Loaf	1590	637	71	33	0	156	3900	201	11	12	33

## DESSERTS

Totals include ice cream and toppings.

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BJ's Baked Beignet	630	226	25	9	0	35	490	91	3	56	9
BJ's Handcrafted Black Cherry Soda Float	500	168	19	12	0	70	120	78	0	72	5
BJ's Handcrafted Cream Soda Float	510	168	19	12	0	70	130	79	0	74	5
BJ's Handcrafted Orange Cream Soda Float	500	168	19	12	0	70	120	78	0	72	5
BJ's Handcrafted Root Beer Float	530	168	19	12	0	70	120	85	0	79	5
BJ's Peanut Butter S'mores Pizookie®	1580	631	70	31	0	125	700	216	7	150	20
Chocolate Chunk Pizookie®	1150	405	45	28	0	119	870	172	3	122	14
Cookies 'n' Cream Pizookie®	1230	540	60	31	0	69	1040	159	3	101	14
Gluten-Free Chocolate Chip Pizookie®	1180	466	52	30	0	143	700	165	4	125	13
Ice Cream, 1 Scoop	190-200	84-86	9-10	6	0	30-35	50-60	24-26	0-1	20-23	2-4
Ice Cream, 2 Scoops	380-400	168-172	19	12	0	60-70	110-120	48-51	0-2	41-47	5-7
Monkey Bread Pizookie®	1260	502	56	20	0	112	1080	177	4	105	17
Peanut Butter Pizookie®	1220	596	66	30	0	111	830	136	5	97	20
Pizookie® Trio	1740-2160	611-897	68-100	30-51	0	129-189	750-2220	204-325	2-12	146-254	21-30
Salted Caramel Pizookie®	1360	496	55	29	0	124	1420	200	1	154	14
Triple Chocolate Pizookie® Made With Ghirardelli®	1180	519	58	30	0	115	500	151	8	99	16
White Chocolate Macadamia Nut Pizookie®	1220	523	58	28	0	119	870	162	3	112	14

## LUNCH SPECIALS

Ranges reflect lowest and highest values for all possible combinations.

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon, Avocado and Tomato Grilled Cheese	1070	582-608	65-68	21-22	0	68	2560-2620	89-95	10-11	4	25-26
Buffalo Chicken Grilled Cheese	1220	608-634	68-70	21	0	114	5420-5480	105-111	7-9	4	45-47
Caprese Piadina	930	411-437	46-49	16-17	0	54	1560-1620	96-102	8-9	6	30-31
Chicken Bacon Ranch Piadina	1150	564-590	63-66	18-19	0	106	2430-2490	94-100	7-8	4	43-45
Chicken Tenders with Fries	1070	542-567	60-63	11-12	0	110	2920-2980	87-93	5-6	5	40-42
The Classic Grilled Cheese	1000	529-555	59-62	26	0	96	1790-1850	80-86	6-7	2	29-31
Grilled Chicken Alfredo	650	294	33	17	1	105	1000	58	3	8	29
Hot Ham and Cheese Grilled Cheese	1070	552-578	61-64	24-25	0	98	3490-3550	86-92	8-9	4	35-37
Jumbo Spaghetti and Meatballs	780	313	35	12	0	79	1460	89	7	15	29
Lemon Thyme Chicken	510	160	18	3	0	100	1990	40	5	5	46
Meat Lover's Piadina	1160	614-640	68-71	23-24	0	105	2280-2340	99-105	8-9	5	31-33
Roasted Chicken and Spinach Quinoa Bowl	680	309	34	5	0	66	1260	52	7	4	39
Roasted Salmon Quinoa Bowl	730	371	41	6	0	59	1110	55	8	7	33
Southern Fried Chicken	960	487	54	31	0	237	1860	70	5	8	38
Half Flatbread and Soup or Salad (See Housemade Soups or Garden Fresh Entree Salads for soup or salad info.)											
California Club	440	201	22	9	0	55	930	39	3	2	20
Margherita Fresca	400	166	19	9	0	50	750	39	2	3	18
Pepperoni Extreme	480	250	28	12	0	67	1220	39	2	1	19
Half Sandwich and Soup or Salad (Values do not include fries. See Housemade Soups or Garden Fresh Entree Salads for soup or salad info.)											
California Chicken Club	460	211	23	8	0	81	1030	25	3	3	35
The Triple Decker	460	208	23	9	0	89	1670	29	2	7	33
Soba Noodle Bowl with Shrimp	450	78	9	1	0	123	2610	64	7	15	29
Stuffed Potato and Soup or Salad (See Housemade Soups or Garden Fresh Entree Salads for soup or salad info.)											
Garden Vegetable Potato	860	398	44	27	1	128	980	83	8	9	32
Grilled Chicken Potato	1050	447	50	28	1	226	1270	77	6	6	70
Piranha® Pale Ale Chili and Cheese Potato	840	342	38	22	0	114	1280	87	9	6	36
The Classic Potato	590	252	28	11	0	19	210	70	5	4	9

## BEVERAGES

BJ's Handcrafted Black Cherry Soda	160	0	0	0	0	0	10	41	0	38	0
BJ's Handcrafted Vanilla Cream Soda	170	0	0	0	0	0	10	42	0	41	0
BJ's Handcrafted Orange Cream Soda	160	0	0	0	0	0	10	40	0	38	0
BJ's Handcrafted Root Beer	200	0	0	0	0	0	10	51	0	49	0
Brisk Raspberry Iced Tea	140	0	0	0	0	0	80	36	0	35	0
Chocolate Milk	450	79	9	5	0	44	290	73	0	61	18
Cucumber Mint Sparkling Water	20	0	0	0	0	0	20	4	0	0	0
Diet Pepsi	0	0	0	0	0	0	50	0	0	0	0
Dr Pepper	170	0	0	0	0	0	50	41	0	41	0
Diet Dr Pepper	0	0	0	0	0	0	50	0	0	0	0
Green Tea	0	0	0	0	0	0	0	0	0	0	0

Trans fat in these items occurs naturally. Items available may vary by location.

## BEVERAGES

	Calories	Calories from Fat		Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
		(mg)	(mg)									
Hot Chocolate	160	54	6	4	0	0	0	170	25	1	19	1
Hot Tea	0	0	0	0	0	0	0	10	0	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0	0
Lemonade	210	0	0	0	0	0	0	20	53	0	48	0
Milk	280	90	10	6	0	50	300	28	0	26	20	0
Mountain Dew	170	0	0	0	0	0	0	80	47	0	47	0
Peachberry Iced Tea	100	0	0	0	0	0	0	0	25	0	24	0
Pepsi	150	0	0	0	0	0	0	40	41	0	41	0
Raspberry Sparkling Water	20	0	0	0	0	0	0	0	5	0	0	0
Sierra Mist	150	0	0	0	0	0	0	40	39	0	39	0
Sparkling Raspberry Lemonade	170	0	0	0	0	0	0	10	42	0	40	0
Strawberry Lemonade	230	1	0	0	0	0	0	20	56	1	51	0
Sunset Peach Botanical Infusion	0	0	0	0	0	0	0	10	0	0	0	0
Sweet Tea	190	0	0	0	0	0	0	0	48	0	48	0
Tropical Iced Tea	10	0	0	0	0	0	0	10	3	1	2	0

## KIDS' MENU

Kids' Applesauce	70	3	0	0	0	0	0	0	17	1	15	0
Kids' Burger	420	146	16	5	0	61	690	45	1	6	25	
Kids' Cheese Pizza (1 slice)	140	51	6	2	0	12	360	16	1	1	6	
Kids' Chicken Tenders	470	234	26	4	0	82	1710	31	1	0	27	
Kids' Crispy-Thin Fries	260	140	16	4	0	0	520	28	3	0	3	
Kids' Fresh Fruit	60	0	0	0	0	0	0	13	1	10	1	
Kids' Garlic Bread (1 knot)	110	36	4	1	0	0	210	16	1	1	3	
Kids' Grilled Cheese Sandwich	430	199	22	10	0	45	750	38	2	2	17	
Kids' Grilled Chicken Breast	320	51	6	1	0	66	640	34	3	7	31	
Kids' Grilled Chicken Pasta	780	331	37	18	1	120	1050	74	4	9	38	
Kids' Happy Face Potatoes	180	69	8									