<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbs (g)</th>
<th>Sugars (g)</th>
<th>Fiber (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anchovies</strong></td>
<td>30</td>
<td>7</td>
<td>3</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Pineapple</strong></td>
<td>94</td>
<td>4</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td><strong>Pepperoni</strong></td>
<td>45</td>
<td>6</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Fresh Bruschetta</strong></td>
<td>64</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Tostadas</strong></td>
<td>326</td>
<td>13</td>
<td>7</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>17</td>
<td>5</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td><strong>Sausage</strong></td>
<td>242</td>
<td>12</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>17</td>
<td>1</td>
<td>12</td>
<td>1</td>
</tr>
<tr>
<td><strong>White Cheese</strong></td>
<td>49</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

**BJ's Signature Deep Dish Pizzas**

- **Anchovies**
  - Calories: 30
  - Total Fat (g): 7
  - Sat Fat (g): 3
  - Trans Fat (g): 8
- **Pineapple**
  - Calories: 94
  - Total Fat (g): 4
  - Sat Fat (g): 2
  - Trans Fat (g): 0
- **Pepperoni**
  - Calories: 45
  - Total Fat (g): 6
  - Sat Fat (g): 3
  - Trans Fat (g): 0
- **Fresh Bruschetta**
  - Calories: 64
  - Total Fat (g): 1
  - Sat Fat (g): 0
  - Trans Fat (g): 0
- **Tostadas**
  - Calories: 326
  - Total Fat (g): 13
  - Sat Fat (g): 7
  - Trans Fat (g): 2
- **Sausage**
  - Calories: 242
  - Total Fat (g): 12
  - Sat Fat (g): 3
  - Trans Fat (g): 1
- **White Cheese**
  - Calories: 49
  - Total Fat (g): 0
  - Sat Fat (g): 0
  - Trans Fat (g): 0

**Vegetarian Pizza, Large**

- Calories: 290
  - Total Fat (g): 90
  - Sat Fat (g): 10
  - Trans Fat (g): 4

**Fire-Roasted Red Peppers**

- Calories: 0
  - Total Fat (g): 0
  - Sat Fat (g): 0
  - Trans Fat (g): 0

**Vegetarian Pizza, Small**

- Calories: 200
  - Total Fat (g): 65
  - Sat Fat (g): 7
  - Trans Fat (g): 3

**Sweet Pig® Pizza, Medium**

- Calories: 270
  - Total Fat (g): 83
  - Sat Fat (g): 9
  - Trans Fat (g): 4

**Sweet Pig® Pizza, Small**

- Calories: 210
  - Total Fat (g): 60
  - Sat Fat (g): 7
  - Trans Fat (g): 3

**Cheese and Tomato Pizza, Mini**

- Calories: 140
  - Total Fat (g): 51
  - Sat Fat (g): 6
  - Trans Fat (g): 2

**Spicy Hawaiian Chicken Pizza, Large**

- Calories: 390
  - Total Fat (g): 137
  - Sat Fat (g): 15
  - Trans Fat (g): 6

**Spicy Hawaiian Chicken Pizza, Medium**

- Calories: 350
  - Total Fat (g): 132
  - Sat Fat (g): 15
  - Trans Fat (g): 6

**California Supreme Deep Dish Pizza, Small**

- Calories: 210
  - Total Fat (g): 77
  - Sat Fat (g): 9
  - Trans Fat (g): 3

**Pepperoni Extreme Pizza, Medium**

- Calories: 340
  - Total Fat (g): 154
  - Sat Fat (g): 17
  - Trans Fat (g): 7

**BJ's Favorite Pizza, Medium**

- Calories: 310
  - Total Fat (g): 132
  - Sat Fat (g): 15
  - Trans Fat (g): 6

**Mediterranean Pizza, Small**

- Calories: 290
  - Total Fat (g): 117
  - Sat Fat (g): 13
  - Trans Fat (g): 4

**Mediterranean Pizza, Mini**

- Calories: 220
  - Total Fat (g): 96
  - Sat Fat (g): 11
  - Trans Fat (g): 3

**BJ's Favorite Pizza, Mini**

- Calories: 180
  - Total Fat (g): 78
  - Sat Fat (g): 9
  - Trans Fat (g): 3

**Great White® Pizza, Small**

- Calories: 250
  - Total Fat (g): 89
  - Sat Fat (g): 10
  - Trans Fat (g): 4

**Gourmet Five Meat Pizza, Medium**

- Calories: 360
  - Total Fat (g): 160
  - Sat Fat (g): 18
  - Trans Fat (g): 7

**Gourmet Five Meat Pizza, Small**

- Calories: 320
  - Total Fat (g): 154
  - Sat Fat (g): 17
  - Trans Fat (g): 7

**Gourmet Five Meat Pizza, Mini**

- Calories: 240
  - Total Fat (g): 124
  - Sat Fat (g): 14
  - Trans Fat (g): 6

**Gluten-Free Thin Crust Cheese Pizza**

- Calories: 130
  - Total Fat (g): 56
  - Sat Fat (g): 6
  - Trans Fat (g): 2

Nutritional information in this guide is derived from testing conducted in accredited laboratories, published resources including those from the U.S. Department of Agriculture, and online nutrition databases. This information was updated as of October 2016. Some variation in the nutrient content of the products purchased in our restaurant, particularly if an order is customized. This information is subject to change, and while we strive to provide the most current and accurate information, 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 recipes and serving sizes. The nutritional information provided is for informational purposes only and may not reflect the exact nutritional content of the food served. This information was updated as of October 2016.
### SPEcialty Entrees

<table>
<thead>
<tr>
<th>Name</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Total Carbs</th>
<th>Total Fiber</th>
<th>Total Sugars</th>
<th>Total Protein</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Cholesterol (%)</th>
</tr>
</thead>
</table>

### Housemade Soups

| Name                                      | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) |
|-------------------------------------------|----------|-----------|-------------|-------------|--------------|---------------|-----------------|-----------|----------------|--------------|-----------------|-------------|-------------|--------------|---------------|----------------|-----------------|

### DeSSERTS

| Name                                      | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) |
|-------------------------------------------|----------|-----------|-------------|-------------|--------------|---------------|-----------------|-----------|----------------|--------------|-----------------|-------------|-------------|--------------|---------------|----------------|-----------------|

### Lunch Specials

| Name                                      | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) |
|-------------------------------------------|----------|-----------|-------------|-------------|--------------|---------------|-----------------|-----------|----------------|--------------|-----------------|-------------|-------------|--------------|---------------|----------------|-----------------|

### Nutritional Guide

| Name                                      | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) | Calories | Total Fat | Total Carbs | Total Fiber | Total Sugars | Total Protein | Cholesterol (mg) | Sodium (mg) |
|-------------------------------------------|----------|-----------|-------------|-------------|--------------|---------------|-----------------|-----------|----------------|--------------|-----------------|-------------|-------------|--------------|---------------|----------------|-----------------|