

GLUTEN-FREE SELECTIONS

(Modifications for gluten-free in italics.)

The following information is provided for our guests who have an intolerance to gluten. Below is a list of our menu items that may fit your gluten-free diet. This information was obtained from published sources and suppliers of each of the items. Please inform your server if you, or guests in your dining party, have a gluten allergy.

GARDEN FRESH ENTREE, ENLIGHTENED AND STARTER SALADS

FRESH MOZZARELLA AND TOMATO SALAD

HOUSE SALAD *(no croutons)*

CAESAR SALAD *(no croutons)*

WEDGE SALAD

BARBEQUE CHICKEN CHOPPED SALAD

Crisp romaine + iceberg lettuce | sweet corn | black beans | crunchy jicama | mozzarella | tomatoes | green onions | cilantro | BBQ ranch dressing | crispy onion strings *(no onion strings)*

SANTA FE SALAD

Crisp romaine | blackened chicken | red onions | fire-roasted red peppers | shredded jack + cheddar cheese | avocado | sweet corn | diced tomatoes | crisp corn tortilla strips | Santa Fe dressing *(no tortilla strips)*

KALE AND ROASTED BRUSSELS SPROUTS SALAD

Baby kale | herb-roasted brussels sprouts | romaine | fresh blueberries | sweet red grapes | dried cranberries | goat cheese | cucumber | candied pecans | toasted pepitas | red onions | strawberry vinaigrette

DERBY-STYLE CHICKEN COBB SALAD

Herb-grilled chicken breast | hard-boiled egg | fresh avocado | Applewood smoked bacon | jack + cheddar cheese | cucumbers | tomatoes | bleu cheese crumbles | crisp romaine | housemade avocado ranch dressing

ROASTED PORTOBELLO AND ASPARAGUS SALAD

Sliced portobello mushrooms | fresh asparagus | baby field greens | balsamic vinaigrette | dried cranberries | goat cheese crumbles | toasted pepitas

HOUSEMADE SOUPS AND SIDES

TUSCAN TOMATO BISQUE *(no croutons)*

BROCCOLI CHEDDAR SOUP

BAKED POTATO

ROASTED ASPARAGUS

ROASTED BRUSSELS SPROUTS

SEASONAL VEGETABLES

STEAMED BROCCOLI

WHITE CHEDDAR MASHED POTATOES

SPECIALTY ENTREES

BJ's CLASSIC RIB-EYE*

Juicy, well-marbled, fresh 14 oz.* rib-eye

HOUSE TOP SIRLOIN*

Thick, tender house special sirloin

FRESH ATLANTIC SALMON*

Flame-broiled or blackened salmon fillet | lemon Chardonnay butter sauce | rice pilaf | fresh seasonal vegetables *(no rice pilaf, no lemon Chardonnay butter sauce)*

*Contains or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

▼Pre-cooked weight.

GLUTEN-FREE SELECTIONS

ENLIGHTENED ENTREES®

FIRE-ROASTED BARBACOA CHICKEN

Barbacoa-spiced chicken | brown rice | black beans | feta cheese crumbles | fresh cilantro | Greek yogurt crema | fire-roasted tomato salsa

ROASTED CHICKEN AND SPINACH QUINOA BOWL

Herb-roasted chicken breast | Big Poppa Smokers' Desert Gold Rub | sautéed red onions | sliced mushrooms | sautéed spinach | seasoned tomatoes | quinoa | a drizzle of extra virgin olive oil

GLUTEN-FREE THIN CRUST CHEESE PIZZA

Crisp, herb-infused 10-inch crust | zesty pizza sauce | BJ's signature five cheese blend
With the exception of our housemade meatballs, all of the Classic Toppings are gluten-free.

STUFFED POTATOES

GARDEN VEGETABLE

Garden fresh vegetables | creamy alfredo sauce | jack and cheddar cheese *(no alfredo sauce)*

GRILLED CHICKEN

Steamed broccoli | alfredo sauce | jack and cheddar cheese *(no alfredo sauce)*

THE CLASSIC

Butter | sour cream | green onions

DESSERTS

GLUTEN-FREE CHOCOLATE CHIP PIZOOKIE®

Fresh-baked chocolate chip cookie | rich vanilla bean ice cream

VANILLA BEAN ICE CREAM

GHIRARDELLI® DOUBLE CHOCOLATE CHIP ICE CREAM

BEVERAGES

ALL OF OUR NONALCOHOLIC BEVERAGES ARE GLUTEN-FREE.

ALCOHOLIC BEVERAGES

BJ's BERRY BURST CIDER® | WYDER'S PEAR CIDER | GLUTEN-FREE BEER

WEEKEND BRUNCH

BJ's CALIFORNIA SCRAMBLE

Three scrambled eggs | sautéed green chilies | red onions | tomatoes | pepper jack cheese | Applewood smoked bacon | fresh avocado | served with country potatoes + sourdough toast *(no country potatoes, no toast)*

ENLIGHTENED VEGGIE OMELETTE

Egg white omelette | feta cheese | Portobello mushrooms | spinach | diced tomatoes | fire-roasted red peppers | sun-dried tomatoes | red onions | basil | Parmesan cheese | served with seasonal fresh fruit

BRUNCH SIDES

COUNTRY SAUSAGE LINKS

GRILLED HAM

APPLEWOOD SMOKED BACON

FRESH FRUIT

Availability of items subject to change. © 2016 BJ's Restaurants, Inc.

| Use this chart to find menu items containing the most common allergens. | EGG | FISH | MILK | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|---------|-----------|-----|----------|-----------|-------|
| Kids' Menu | | | | | | | | | |
| Kids' Applesauce | | | | | | | | | |
| Kids' Burger | | | | | | • | | | • |
| Kids' Cheese Pizza | | | • | | | • | | | • |
| Kids' Chicken Tenders | • | | • | | | • | | | • |
| Kids' Crispy-Thin Fries | | | | | | | | | • |
| Kids' Pasta Bread | | | | | | • | | | • |
| Kids' Grilled Cheese Sandwich | | | • | | | • | | | • |
| Kids' Grilled Chicken Breast Meal | | | | | | • | | | • |
| Kids' Grilled Chicken Pasta Meal | | | • | | | • | | | • |
| Kids' Happy Face Potatoes | | | | | | | | | • |
| Kids' Mac 'n' Cheese | | | • | | | | | | • |
| Kids' Mashed Potatoes | | | • | | | • | | | |
| Kids' Mini Corn Dogs | • | | • | | | • | | | • |
| Kids' Pepperoni Pizza | | | • | | | • | | | • |
| Kids' Rice Pilaf | | | | | | • | | | • |
| Kids' Small Salad <i>(no dressing)</i> | | | | | | | | | • |
| Kids' Small Salad <i>(ranch included)</i> | • | | • | | | | | | • |
| Kids' Spaghetti Marinara | | | | | | | | | • |
| Kids' Steamed Veggies | | | | | | • | | | |
| Kids' Sundae | • | | • | | | • | | | |
| Kids' Veggies and Dip <i>(ranch included)</i> | • | | • | | | | | | |
| Kids' Wedge-Cut Seasoned Fries | | | | | | | | | • |
| Brunch | | | | | | | | | |
| Avocado Toast | • | | | | | • | | | • |
| BJ's Breakfast Flatbread Pizza | • | | • | | | • | | | • |
| BJ's California Scramble | • | | • | | | • | | | • |
| BJ's Classic Buttermilk Pancakes | • | | • | | | • | | | • |
| BJ's Classic Buttermilk Pancakes, for Kids | • | | • | | | • | | | • |
| BJ's Classic Buttermilk Pancakes Combo | • | | • | | | • | | | • |
| BJ's Classic Buttermilk Pancakes Combo, for Kids | • | | • | | | • | | | • |
| Breakfast Monkey Bread Pizookie® | • | • | | | | • | • | • | • |
| Breakfast Tacos | • | • | | | | • | • | | • |
| Classic Breakfast Sandwich | • | | • | | | • | | | • |
| EnLIGHTened Veggie Omelette | • | | • | | | • | • | | |
| The Late Night Burger | • | | • | | | • | | | • |
| Two Eggs, Any Style | • | | • | | | • | | | • |
| <i>Brunch Sides:</i> | | | | | | | | | |
| Applewood Smoked Bacon | | | | | | | | | |
| Blueberry Topping | | | | | | | | | |
| Country Sausage Links | | | | | | | | | |
| Fresh Fruit | | | | | | | | | |
| Grilled Ham | | | | | | | | | |
| Seasoned Country Potatoes | | | | | | • | | | • |
| Strawberry Topping | | | | | | | | | |
| Toast <i>(sourdough and whole wheat)</i> | | | • | | | • | | | • |

None of our menu items contain MSG.

BJ's uses a diverse and wide variety of menu items that contain one or more of the eight major food allergens: eggs, fish, milk, peanuts, crustacean shellfish, soybeans, tree nuts and wheat. BJ's menu items may also contain gluten. BJ's utilizes a variety of food manufacturers and suppliers who provide information to BJ's as to the use of food allergens in their products. Ingredients and preparation methods implemented by BJ's suppliers may change without notice.

While BJ's emphasizes food safety, we cannot guarantee that a menu item will be completely allergen free. Our kitchen operations are dynamic and involve shared preparation areas, utensils, and cooking equipment, including common fryer oil and cooking surfaces, and menu items, including items from our Allergen Menu, may come into contact with food allergens.

Please notify your server if you have a food allergy or sensitivity.

GA_BR_1016



Use this chart to find menu items containing the most common allergens.

| | EGG | FISH | MILK | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|---------|-----------|-----|----------|-----------|-------|
| Shareable Appetizers | | | | | | | | | |
| Ahi Poke | ● | ● | | | | ● | ● | | ● |
| Avocado Egg Rolls | ● | | ● | | | ● | ● | | ● |
| Best Beginnings® Appetizer Combo | ● | | ● | | | ● | ● | | ● |
| Chicken Lettuce Wraps | ● | | | | | ● | ● | | ● |
| Chicken Pot Stickers | ● | | | | | ● | | | ● |
| <i>Chicken Wings (Bone-In and Boneless) with:</i> | | | | | | | | | |
| BJ's Peppered BBQ | ● | | ● | | | | ● | | ● |
| EXXXtra Hot Buffalo | ● | | ● | | | | | | ● |
| Garlic Parmesan | ● | | ● | | | | | | ● |
| Hot and Spicy Buffalo | ● | | ● | | | | | | ● |
| Lemon Pepper Sesame Dry Rub | ● | | ● | | | | | | ● |
| Root Beer Glaze | ● | | ● | | | | ● | | ● |
| Sriracha Dry Rub | ● | | ● | | | | | | ● |
| Crisp Potato Skins Platter | ● | | ● | | | | | | ● |
| Crispy Calamari | ● | | ● | | ● | | | | ● |
| Crispy Flatbread Nachos | | | ● | | | ● | | | ● |
| Mozzarella Sticks | ● | | ● | | | | | | ● |
| Root Beer Glazed Ribs | ● | | | | | ● | ● | | ● |
| Sliders | | | | | | ● | | | ● |
| Spinach and Artichoke Dip | | | ● | | | | | | ● |
| Snacks, Small Bites and Dips | | | | | | | | | |
| Brewhouse Blonde® Asparagus | ● | | ● | | | ● | | | ● |
| Chips and Fire-Roasted Salsa | | | | | | | | | ● |
| Crispy Fried Artichokes | ● | | ● | | | ● | | | ● |
| Crispy Portobello Strips | ● | | ● | | | ● | | | ● |
| Honey Sriracha Brussels Sprouts | | | ● | | | | ● | | ● |
| Housemade Guacamole and Chips | | | | | | | | | ● |
| Spinach Stuffed Mushrooms | ● | | ● | | | ● | | | ● |
| Sriracha Queso Dip with Piranha® Pale Ale Chili | | | ● | | | ● | ● | | ● |
| Sriracha Queso Dip with Pork Chile Verde | | | ● | | | ● | | | ● |
| Flatbread Appetizers | | | | | | | | | |
| California Club | ● | | ● | | | ● | | | ● |
| Margherita Fresca | | | ● | | | | | | ● |
| Pepperoni Extreme | | | ● | | | | | | ● |
| Starter Salads | | | | | | | | | |
| Golden Beet and Arugula | | | ● | | | | ● | ● | |
| Roasted Portobello and Asparagus | | | ● | | | | ● | | |
| Twisted BLT | ● | | ● | | | ● | ● | | ● |
| Signature Deep Dish Pizzas | | | | | | | | | |
| Barbeque Chicken Pizza | | | ● | | | ● | | | ● |
| BJ's Classic Combo Pizza | | | ● | | | ● | | | ● |
| BJ's Favorite Pizza | ● | | ● | | | ● | | | ● |
| Buffalo Chicken Pizza | ● | | ● | | | ● | | | ● |
| California Supreme Pizza | | | ● | | | ● | | | ● |
| Cheese and Tomato Pizza | | | ● | | | ● | | | ● |
| Chicken Bacon Ranch Pizza | ● | | ● | | | ● | | | ● |
| Chicken Philly Pizza | | | ● | | | ● | ● | | ● |
| Gluten-Free Thin Crust Cheese Pizza | | | ● | | | | | | |
| Gourmet Five Meat Pizza | ● | | ● | | | ● | | | ● |

Use this chart to find menu items containing the most common allergens.

| | EGG | FISH | MILK | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|---------|-----------|-----|----------|-----------|-------|
| Great White® Pizza | | | ● | | | ● | | | ● |
| Mediterranean Pizza | | | ● | | | ● | ● | | ● |
| Pepperoni Extreme Pizza | | | ● | | | ● | | | ● |
| Spicy Hawaiian Chicken Pizza | | | ● | | | ● | | | ● |
| Sweet Pig® Pizza | | | ● | | | ● | | | ● |
| Vegetarian Pizza | | | ● | | | ● | | | ● |
| Tavern-Cut Pizzas | | | | | | | | | |
| BJ's Brewhouse Classic | | | ● | | | | | | ● |
| Garlic Chicken Pesto | | | ● | | | ● | | | ● |
| The Italian Market | ● | | ● | | | | ● | | ● |
| Old Country Tomato Basil | | | ● | | | | | | ● |
| The Spicy Pig | | | ● | | | | | | ● |
| Garden Fresh Entree Salads | | | | | | | | | |
| Barbeque Chicken Chopped Salad | ● | | ● | | | ● | | | ● |
| Caesar Salad | ● | ● | ● | | | ● | | | ● |
| Derby-Style Chicken Cobb Salad | ● | | ● | | | ● | | | ● |
| Fresh Mozzarella and Tomato Salad | | | ● | | | | ● | | ● |
| Honey-Crisp Chicken Salad | ● | | | | | | | ● | ● |
| House Salad (<i>no dressing</i>) | | | ● | | | ● | | | ● |
| Santa Fe Salad | ● | | ● | | | ● | | | ● |
| Wedge Salad | ● | | ● | | | ● | | | ● |
| <i>Add-Ons:</i> | | | | | | | | | |
| Blackened Chicken | | | | | | ● | | | |
| Blackened Salmon | | ● | | | | ● | | | |
| Cajun Shrimp | | | | | ● | ● | | | |
| Flame-Broiled Salmon | | ● | | | | ● | | | |
| Grilled Chicken | | | | | | ● | | | |
| Salad Dressings | | | | | | | | | |
| Avocado Ranch Dressing | ● | | ● | | | | | | |
| Balsamic Vinaigrette Dressing | | | | | | | ● | | |
| BBQ Ranch Dressing | ● | | ● | | | | | | |
| Bleu Cheese Dressing | ● | | ● | | | ● | | | |
| Caesar Dressing | ● | ● | ● | | | | | | |
| Honey Ginger Dressing | ● | | | | | ● | | | ● |
| Honey Mustard Dressing | ● | | | | | | | | |
| Honey Sriracha Vinaigrette Dressing | ● | | | | | ● | ● | | ● |
| Italian Dressing | | | | | | | | | |
| Oil & Vinegar | | | | | | | ● | | |
| Ranch Dressing | ● | | ● | | | | | | |
| Santa Fe Dressing | ● | | ● | | | | | | |
| Thousand Island Dressing | ● | | | | | | | | |
| EnLIGHTened Entrees* | | | | | | | | | |
| Asian Chopped Salad | ● | | | | | ● | | | ● |
| Barbeque Bison Burger | ● | ● | ● | | | ● | ● | | ● |
| Cherry Chipotle Glazed Salmon | | ● | | | | ● | | | ● |
| Fire-Roasted Barbacoa Chicken | | | ● | | | ● | ● | | ● |
| Kale and Roasted Brussels Sprouts Salad | | | ● | | | ● | ● | ● | |
| Lemon Thyme Chicken | | | | | | ● | ● | | ● |
| Mediterranean Chicken Pita Tacos | | | ● | | | ● | ● | | ● |
| North Beach Mahi-Mahi and Shrimp | ● | ● | | ● | ● | ● | | | ● |

Use this chart to find menu items containing the most common allergens.

| | EGG | FISH | MILK | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|---------|-----------|-----|----------|-----------|-------|
| Roasted Chicken and Spinach Quinoa Bowl | | | | | | ● | | | |
| Roasted Salmon Quinoa Bowl | | ● | | | | ● | | | ● |
| Seared Ahi Salad | ● | ● | ● | | | ● | ● | | ● |
| Shrimp and Arugula Pita Tacos | | | ● | | ● | ● | ● | | ● |
| Spicy Peanut Chicken with Soba Noodles | | | ● | ● | | ● | | ● | ● |
| The Super Salad | | ● | | | | ● | | | ● |
| Turkey Burger | ● | | ● | | | ● | ● | | ● |
| Vegetarian Pita Tacos | | | ● | | | ● | ● | | ● |
| Specialty Entrees | | | | | | | | | |
| Atlantic Salmon | | ● | ● | | | ● | ● | | ● |
| BJ's Brewhouse Blonde® Fish 'n' Chips | ● | ● | ● | | | ● | | | ● |
| New Orleans Jambalaya | | | ● | | ● | ● | ● | | ● |
| Parmesan Crusted Chicken | ● | | ● | | | ● | ● | | ● |
| Handcrafted Burgers | | | | | | | | | |
| Bacon Cheeseburger | ● | ● | ● | | | ● | | | ● |
| Bacon-Guacamole Deluxe Burger | ● | | ● | | | ● | | | ● |
| BJ's Brewhouse Burger | | | ● | | | ● | ● | | ● |
| Black and Bleu-House | ● | | ● | | | ● | ● | | ● |
| Classic Burger | ● | ● | ● | | | ● | | | ● |
| Crispy Jalapeño Burger | ● | ● | ● | | | ● | | | ● |
| Hickory Brisket and Bacon | ● | | ● | | | ● | ● | | ● |
| Portobello Swiss | ● | | ● | | | ● | ● | | ● |
| The Late Night Burger | ● | | ● | | | ● | | | ● |
| <i>Additional Toppings:</i> | | | | | | | | | |
| Applewood Smoked Bacon | | | | | | | | | |
| Cheese | | | ● | | | | | | |
| Fried Egg | ● | | | | | ● | | | |
| Gluten-Free Bun | ● | | | | | | | | |
| Housemade Guacamole | | | | | | | | | |
| Piranha® Pale Ale Chili | | | ● | | | ● | | | ● |
| Sandwiches and Tacos | | | | | | | | | |
| Barbeque Pulled Pork Sandwich | ● | | ● | | | ● | ● | | ● |
| California Chicken Club Sandwich | ● | | ● | | | ● | | | ● |
| Mahi-Mahi Tacos – Fried | ● | ● | ● | | | | ● | | ● |
| Mahi-Mahi Tacos – Grilled | ● | ● | ● | | | ● | ● | | ● |
| Roast Beef Dip Sandwich | ● | | ● | | | ● | ● | | ● |
| Shrimp Tacos | ● | | ● | | ● | ● | ● | | ● |
| The Triple Decker | ● | | ● | | | ● | | | ● |
| Pasta Favorites <i>Pastas include garlic knot.</i> | | | | | | | | | |
| Deep Dish Ziti | ● | | ● | | | ● | | | ● |
| Garlic Knot | | | | | | ● | | | ● |
| Grilled Chicken Alfredo | | | ● | | | ● | | | ● |
| Italiano Vegetable Penne | | | ● | | | ● | | | ● |
| Jumbo Spaghetti and Meatballs | ● | | ● | | | ● | | | ● |
| Shrimp and Asparagus Penne | | | ● | | ● | ● | | | ● |
| <i>Pasta Sauces:</i> | | | | | | | | | |
| Alfredo | | | ● | | | ● | | | ● |
| Marinara | | | | | | | | | ● |
| Housemade Soups | | | | | | | | | |
| Broccoli Cheddar | | | ● | | | ● | | | ● |

Use this chart to find menu items containing the most common allergens.

| | EGG | FISH | MILK | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|--|-----|------|------|---------|-----------|-----|----------|-----------|-------|
| Chicken Tortilla | | | ● | | | ● | | | ● |
| Clam Chowder | | | ● | | ● | ● | | | ● |
| Lentil with Ancient Grains | | | | | | | ● | | |
| Piranha® Pale Ale Chili | | | ● | | | ● | | | ● |
| Tuscan Tomato Bisque | | | ● | | | ● | | | ● |
| <i>Add-On: In a sourdough loaf</i> | | | ● | | | | | | ● |
| USDA Steaks and Ribs | | | | | | | | | |
| Baby Back Pork Ribs | | | | | | ● | ● | | ● |
| BJ's Classic Rib-Eye | | | | | | | | | |
| House Top Sirloin | | | | | | | | | |
| <i>Housemade Sides:</i> | | | | | | | | | |
| Baked Potato | | | ● | | | ● | | | |
| Crispy-Thin Fries | | | | | | | | | ● |
| Rice Pilaf | | | | | | ● | | | ● |
| Roasted Asparagus | | | | | | ● | | | |
| Roasted Brussels Sprouts | | | | | | ● | ● | | |
| Seasonal Vegetables | | | | | | ● | | | |
| Steamed Broccoli | | | | | | ● | | | |
| Wedge-Cut Seasoned Fries | | | | | | | | | ● |
| White Cheddar Mashed Potatoes | | | ● | | | ● | | | |
| Desserts <i>Pizookies® are manufactured on shared equipment with peanuts and tree nuts.</i> | | | | | | | | | |
| BJ's Baked Beignet | ● | | ● | | | ● | | | ● |
| BJ's Handcrafted Floats | ● | | ● | | | ● | | | ● |
| BJ's Peanut Butter S'mores Pizookie® | ● | | ● | ● | | ● | | | ● |
| Chocolate Chunk Pizookie® | ● | | ● | | | ● | | | ● |
| Cookies 'n' Cream Pizookie® | ● | | ● | | | ● | | | ● |
| Gluten-Free Chocolate Chip Pizookie® | ● | | ● | | | ● | | | ● |
| Ice Cream (Chocolate and Vanilla) | ● | | ● | | | ● | | | |
| Monkey Bread Pizookie® | ● | | ● | | | ● | | | ● |
| Peanut Butter Pizookie® | ● | | ● | ● | | ● | | | ● |
| Salted Caramel Pizookie® | | | | | | | | | |