



RESTAURANT
BREWHOUSE

NUTRITIONAL GUIDE
MAY 2019

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	320	89	10	2	0	51	1344	24	2	6	32
Avocado Egg Rolls	1060	589	65	15	0	74	1583	107	19	23	16
BBQ Tri-Tip Sliders	1020	279	31	7	0	130	2819	133	1	50	49
Best Beginnings® Appetizer Combo with BJ's Peppered BBQ	2290	1076	120	38	0	302	5948	222	19	61	84
Best Beginnings® Appetizer Combo with Cherry Chipotle Glaze	2280	1080	120	38	0	302	5442	218	19	56	84
Best Beginnings® Appetizer Combo with EXXXXtra Hot Buffalo	2190	1078	120	38	0	302	6753	195	20	35	85
Best Beginnings® Appetizer Combo with Garlic Parmesan	2380	1267	141	42	0	302	5681	196	19	34	84
Best Beginnings® Appetizer Combo with Hot and Spicy Buffalo Sauce	2180	1078	120	38	0	302	6784	194	20	35	85
Best Beginnings® Appetizer Combo with Lemon Pepper Sesame Dry Rub	2170	1076	120	38	0	302	5833	192	19	34	84
Best Beginnings® Appetizer Combo with Nashville Hot Sauce	2420	1266	141	45	0	302	6170	200	21	38	85
Best Beginnings® Appetizer Combo with Root Beer Glaze	2300	1076	120	38	0	302	5819	224	19	64	84
Best Beginnings® Appetizer Combo with Sriracha Dry Rub	2190	1078	120	38	0	302	5462	195	20	35	85
Chicken Lettuce Wraps	500	187	21	3	0	49	2661	43	5	27	31
Chicken Pot Stickers	400	98	11	2	0	40	1752	59	3	14	18
Chips and Fire-Roasted Salsa	590	93	10	1	0	0	1444	105	14	24	21
Crisp Potato Skins Platter	1190	534	59	26	0	134	1772	116	18	5	38
Crispy Calamari	590	174	19	4	0	534	1660	58	3	6	46
Crispy Fried Artichokes	390	145	16	3	0	6	2202	52	4	4	9
Crispy Zucchini Strings	790	304	34	15	0	80	3252	103	6	9	14
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1346	31	9	15	11
Housemade Guacamole and Chips	780	269	30	3	0	0	1173	112	22	22	23
Loaded Nachos with Chicken	2750	1435	159	87	1	516	5568	174	26	40	158
Loaded Nachos with Pirahna® Pale Ale Chili	2760	1478	164	90	1	441	5631	193	30	42	130
Mozzarella Sticks	810	348	39	17	0	107	1931	76	0	12	33
Root Beer Glazed Ribs	560	155	17	6	0	57	2942	85	2	75	15
Sliders	880	291	32	10	0	121	1497	97	2	18	49
Sliders with Fries	1230	465	52	14	0	121	2138	137	6	18	53
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
Spinach and Artichoke Dip	1050	486	54	28	0	135	1771	111	16	22	34
Spinach Stuffed Mushrooms	290	182	20	9	0	32	597	17	3	4	12

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)
Small Caesar Salad	400	287	32	6	0	27	1082	22	3	4	11
Wedge Salad	320	276	31	8	0	40	630	6	1	5	6
Fresh Mozzarella and Tomato Salad	260	164	18	7	0	32	324	11	2	8	14
House Salad (No Dressing)	80	36	4	1	0	7	205	8	1	1	5

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
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 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

WINGS AND SAUCES 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)
Root Beer Glaze	260	0	0	0	0	0	1092	64	0	59	0
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	120	62	7	3	0	17	304	10	0	0	5

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)
Brewhouse Meatballs	570	376	42	17	0	133	1126	23	2	5	25
Creamy Couscous Mac & Cheese	600	341	38	22	1	104	963	39	2	4	25
Fried Wisconsin Cheese Curds	1100	823	91	42	2	194	1849	20	0	2	48
Garlic Parmesan Knots	470	156	17	4	0	0	983	66	4	6	13
Hickory-Smoked Sausage	890	462	51	15	0	94	2571	74	4	19	33
Sweet Potato Fries	330	112	12	1	0	0	230	52	6	14	2
Turmeric-Roasted Cauliflower	280	161	18	2	0	0	554	21	8	5	7

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, Small	240	67	7	3	0	30	712	27	1	4	15
Barbeque Chicken Deep Dish Pizza, Medium	310	91	10	4	0	38	934	35	2	5	18
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, Small	260	121	13	5	0	27	697	25	2	2	10
BJ's Classic Combo Deep Dish Pizza, Medium	330	152	17	7	0	35	888	32	2	2	13
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, Small	250	108	12	4	0	24	650	26	2	2	10
BJ's Favorite Deep Dish Pizza, Medium	310	132	15	6	0	30	820	33	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, Small	240	72	8	3	0	31	879	26	2	3	15
Buffalo Chicken Deep Dish Pizza, Medium	310	96	11	4	0	39	1176	34	2	4	18
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, Small	210	77	9	4	0	20	563	24	1	2	9
Cheese and Tomato Deep Dish Pizza, Medium	270	95	11	5	0	24	707	31	2	2	12
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, Small	330	146	16	6	0	47	825	25	2	2	18
Chicken Bacon Ranch Deep Dish Pizza, Medium	410	185	21	7	0	56	1025	32	2	3	22
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, Small	320	154	17	7	0	43	875	26	2	2	15
Gourmet Five Meat Deep Dish Pizza, Medium	360	160	18	7	0	42	952	33	2	3	16
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, Small	250	89	10	4	0	36	697	25	2	2	15
Great White® Deep Dish Pizza, Medium	330	124	14	6	0	47	909	32	2	3	19

BJ'S SIGNATURE 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)
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, Small	260	122	14	5	0	29	775	25	1	2	11
Pepperoni Extreme Deep Dish Pizza, Medium	340	154	17	7	0	36	972	32	2	2	14
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, Small	210	60	7	3	0	15	551	28	2	5	9
Sweet Pig® Deep Dish Pizza, Medium	270	83	9	4	0	21	716	35	2	5	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, Small	200	65	7	3	0	12	523	25	2	2	8
Vegetarian Deep Dish Pizza, Medium	260	87	10	4	0	18	687	32	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)
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
Medium Topping Anchovies	15	5	1	0	0	8	430	0	0	0	2
Medium Topping Artichoke Hearts	15	0	0	0	0	0	158	2	2	0	1
Medium Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
Medium Topping Applewood Smoked Bacon	40	28	3	1	0	7	122	1	0	1	2
Medium Topping Black Olives	40	34	4	0	0	0	188	2	0	0	0
Medium Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Medium Topping Roasted Garlic	5	0	0	0	0	0	0	1	0	0	0
Medium Topping Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
Medium Topping Grilled Chicken	45	11	1	0	0	20	173	0	0	0	8
Medium Topping Smoked Ham	15	5	1	0	0	5	105	0	0	0	2
Medium Topping Jalapeños	0	0	0	0	0	0	38	0	0	0	0
Medium Topping Housemade Meatballs	120	83	9	4	0	31	143	3	0	1	5
Medium Topping Extra BJ's Signature Five Cheese Blend	60	45	5	3	0	18	184	1	0	0	4
Medium Topping Mushrooms	5	0	0	0	0	0	1	0	0	0	0
Medium Topping Onions	15	0	0	0	0	0	1	3	0	1	0
Medium Topping Pepperoni	35	27	3	1	0	7	113	0	0	0	1
Medium Topping Pineapple	25	0	0	0	0	0	0	6	0	5	0
Medium Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	195	3	1	2	0
Medium Topping Italian Sausage	110	89	10	4	0	19	259	1	0	0	4
Small Topping Anchovies	15	5	1	0	0	9	478	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)
Small Topping Artichoke Hearts	10	0	0	0	0	0	140	2	1	0	1
Small Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	0	0
Small Topping Applewood Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
Small Topping Black Olives	35	30	3	0	0	0	167	1	0	0	0
Small Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Small Topping Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Small Topping Green Bell Peppers	5	0	0	0	0	0	1	1	1	1	0
Small Topping Grilled Chicken	40	10	1	0	0	18	154	0	0	0	7
Small Topping Smoked Ham	10	5	1	0	0	4	93	0	0	0	2
Small Topping Jalapeños	0	0	0	0	0	0	33	0	0	0	0
Small Topping Housemade Meatballs	100	74	8	3	0	27	127	3	0	1	5
Small Topping Extra BJ's Signature Five Cheese Blend	40	30	3	2	0	12	123	1	0	0	3
Small Topping Mushrooms	5	0	0	0	0	0	1	0	0	0	0
Small Topping Onions	10	0	0	0	0	0	1	3	0	1	0
Small Topping Pepperoni	30	24	3	1	0	6	100	0	0	0	1
Small Topping Pineapple	20	0	0	0	0	0	0	5	0	4	0
Small Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
Small Topping Italian Sausage	100	79	9	3	0	17	230	1	0	0	3
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
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

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	46	5	2	0	13	274	9	1	1	5
Old Country Tomato Basil	70	25	3	1	0	7	169	9	1	1	3
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

GLUTEN-FREE THIN CRUST CHEESE PIZZAS

Values listed are per slice.

**Gluten-Free Pizza topping portions are equal to Small 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

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	186	21	3	0	114	1399	38	5	22	45
Barbacoa Cauliflower Pita Tacos	690	249	28	6	0	15	1597	89	7	15	21
Barbeque Bison Burger	680	295	33	13	0	89	1291	67	5	21	31
Blackened Chicken Zucchini Noodles	710	364	40	15	1	154	1893	32	5	13	51
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
Grilled Chicken Antipasto Salad	790	457	51	13	0	159	2602	21	4	11	61
Kale and Roasted Brussels Sprouts Salad	440	180	20	4	0	10	837	54	8	34	11
Kale and Roasted Brussels Sprouts Salad with Blackened Chicken	680	233	26	5	0	109	1534	58	8	34	51
Kale and Roasted Brussels Sprouts Salad with Blackened Salmon	850	406	45	9	0	127	1579	60	8	34	51
Kale and Roasted Brussels Sprouts Salad with Cajun Shrimp	680	270	30	6	0	269	1424	59	8	34	46
Kale and Roasted Brussels Sprouts Salad with Flame Broiled Salmon	820	409	45	9	0	127	1069	54	8	34	51
Kale and Roasted Brussels Sprouts Salad with Grilled Chicken	660	231	26	5	0	109	1128	54	8	34	50
Lemon Herb Chicken & Asparagus Zucchini Noodles	640	324	36	9	0	122	2498	27	8	11	50
Lemon Thyme Chicken	630	170	19	3	0	133	2242	52	5	5	60
Mediterranean Chicken Pita Tacos	720	218	24	4	0	62	1577	80	5	13	42
Moroccan Chicken	750	450	50	14	0	145	1768	21	9	7	49
Pacific Poke Soba Noodles	610	150	17	2	0	51	2203	73	8	16	41
Peruvian Quinoa Bowl with Chicken	650	249	28	4	0	99	1525	47	7	6	51
Peruvian Quinoa Bowl with Salmon	790	392	44	7	0	117	1352	47	7	5	51
Peruvian Quinoa Bowl with Shrimp	550	214	24	3	0	184	1694	48	7	5	36
Peruvian Quinoa Bowl, Vegetarian-Style	430	194	22	3	0	0	675	47	7	5	12
Seared Ahi Salad	570	280	31	5	0	45	1364	42	8	25	30
Shrimp and Arugula Pita Tacos	830	342	38	6	0	197	1917	80	5	11	42
Spicy Peanut Chicken with Soba Noodles	1040	546	61	13	0	106	2125	75	8	23	45
Turkey Burger	850	409	45	11	0	99	1783	72	5	23	38

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 Cajun Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Caesar Salad with Flame Broiled 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
Derby-Style Cobb Salad	940	622	69	22	0	280	2783	20	8	8	52
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 Cajun 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)
Avocado Ranch Dressing	130	110	12	2	0	10	241	2	1	0	0
BBQ Ranch Dressing	140	111	12	2	0	11	413	6	0	4	0
Balsamic Vinaigrette	160	138	15	2	0	0	230	6	0	6	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

SIGNATURE DRESSINGS 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)
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	170	134	15	2	0	0	636	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

HANDCRAFTED 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 French Fries	1350	717	80	28	0	187	3563	98	8	15	59
Bacon-Guacamole Deluxe Burger with French Fries	1420	765	85	28	0	181	3330	102	11	13	60
Classic Burger with French Fries	1180	593	66	21	0	150	3158	97	8	14	49
Crispy Jalapeno Burger with French Fries	1430	783	87	27	0	183	3185	105	8	12	55
Hickory Brisket and Bacon Burger with French Fries	1700	889	99	36	0	245	4283	123	7	37	76

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	100	75	8	1	0	0	4	5	4	0	1
Bacon Jam	210	115	13	4	0	22	408	17	0	15	6
Brewhouse Burger Patty	290	171	19	7	0	87	877	1	0	0	26
Loaded Burger Patty	380	230	26	10	0	121	926	0	0	0	35
Cheddar Cheese	80	61	7	5	0	23	135	0	0	0	6
BJ's Pirahna® Pale Ale Chili	60	24	3	1	0	6	228	5	1	1	3
Fried Egg	90	62	7	2	0	212	177	0	0	0	6
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

BREWHOUSE 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)
Black and Bleuhouse Burger with French Fries	1150	574	64	23	0	129	2673	94	7	12	50
Brewhouse Bacon Cheeseburger with French Fries	1180	583	65	26	0	145	2817	94	8	12	54
Brewhouse Burger with French Fries	1000	459	51	19	0	107	2412	93	8	11	43

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 French Fries	1490	811	90	24	0	173	3209	108	10	20	63
California Chicken Club Sandwich with French Fries	1280	597	66	20	0	162	2705	90	9	5	73
Classic Prime Rib Dip with French Fries	1640	1064	118	33	0	151	3045	101	8	16	45
Hand-Pulled Turkey Dip with French Fries	1590	907	101	27	0	169	4302	108	8	21	62
Italian Meatball Sub with French Fries	1380	756	84	29	0	183	2798	108	9	13	48
Slow Roasted Turkey Club with French Fries	1560	898	99	18	0	163	3701	104	8	8	55

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 French Fries	1120	503	56	17	0	108	2381	118	8	17	37
Nashville Hot Crispy Chicken Sandwich with French Fries	1410	700	78	26	0	117	3544	122	9	15	43
Southern Comfort Fried Chicken Sandwich with French Fries	1510	784	87	33	0	199	2968	116	7	13	62

STEAKS AND SLOW ROASTED MENU

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
House Top Sirloin	500	292	32	13	0	118	975	2	0	0	46
Mandarin Orange-Glazed Pork Chop	760	396	44	19	0	157	2271	32	1	28	58
Prime Rib Dinner	1310	956	106	42	0	308	2162	6	1	3	79
Slow-Roasted Tri-Tip	590	195	22	8	0	163	2972	48	1	41	49
Tri-Tip Combo with Chicken	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	910	427	47	19	1	354	3191	52	1	40	62

HOUSEMADE 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
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
Rice Pilaf	230	54	6	1	0	0	621	39	1	5	5
Sauteed Green Beans	80	33	4	1	0	0	135	9	4	2	2
White Cheddar Mashed Potatoes	330	165	18	11	0	55	1097	33	4	4	7

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
Chimichurri Sauce	210	203	23	3	0	0	176	2	1	0	1
Garlic Butter	50	50	6	3	0	12	110	0	0	0	0
BJ's PM Porter® Mushroom Gravy	30	11	1	0	0	1	298	4	1	1	2
Sautéed Mushrooms	170	146	16	3	0	4	410	4	1	2	3
Mushrooms + Onions	200	155	17	3	0	4	453	7	1	4	3

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
Flame Broiled 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 (Flame-Broiled)	840	454	50	17	0	183	1321	49	4	7	48
Fresh Atlantic Salmon (Blackened)	870	440	49	17	0	183	1688	50	1	7	48
BJ's Brewhouse Blonde® Fish 'n' Chips	1190	417	46	9	0	114	3500	139	10	4	54
Chimichurri Chicken	840	402	45	6	0	99	1391	63	10	16	44
Flame-Broiled Mahi-Mahi Tacos	680	317	35	6	0	108	1234	56	8	7	31
Fried Mahi-Mahi Tacos	800	319	35	6	0	66	1987	91	9	8	25

SPECIALTY 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)
New Orleans Jambalaya	1140	449	50	10	1	245	3360	100	6	17	69
Parmesan-Crusted Chicken	1310	668	74	40	0	499	2201	70	7	8	89
Cajun Shrimp Tacos	710	328	36	6	0	219	1374	58	8	7	36

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	1400	820	91	35	1	175	2817	99	7	16	44
Garlic Bread Knots (2 pieces)	220	72	8	2	0	0	420	32	2	2	6
Grilled Chicken Alfredo	1380	622	69	35	2	211	2201	129	6	15	60
Grilled Chicken Alfredo with Zucchini Noodles	730	367	41	19	1	174	1832	35	5	10	54
Italiano Vegetable Penne	800	346	38	7	0	0	1081	92	8	14	18
Italiano Vegetable Penne with Zucchini Noodles	400	206	23	5	0	0	813	38	7	12	10
Italiano Vegetable Penne with Blackened Chicken	1040	398	44	8	0	99	1778	96	8	14	58
Italiano Vegetable Penne with Cajun Shrimp	1050	436	48	8	0	259	1668	97	8	14	53
Italiano Vegetable Penne with Grilled Chicken	1020	397	44	8	0	99	1372	93	8	14	57
Jumbo Spaghetti and Meatballs	1600	739	82	25	0	158	2876	161	13	28	55
Jumbo Spaghetti and Meatballs with Zucchini Noodles	990	605	67	23	0	158	1973	56	8	20	40
Shrimp Scampi Pasta	1660	897	100	41	2	389	2367	130	8	6	57
Shrimp Scampi Pasta with Zucchini Noodles	940	581	65	24	1	317	1725	40	6	9	43

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	380	234	26	14	0	51	1483	24	1	5	14
Chicken Tortilla Soup in a Sourdough Loaf	1320	258	29	6	0	25	4937	216	13	8	42
Chicken Tortilla Soup	280	111	12	3	0	25	1853	30	4	4	12
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	440	235	26	11	0	85	1599	33	1	1	15
Pirahna® Pale Ale Chili in a Sourdough Loaf	1600	482	54	23	1	108	4601	213	14	9	59
Pirahna® Pale Ale Chili	560	335	37	20	1	108	1517	26	6	5	29
Tuscan Tomato Bisque in a Sourdough Loaf	1590	637	71	33	0	156	3900	201	11	12	33
Tuscan Tomato Bisque	560	490	54	30	0	156	816	15	3	8	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	300	78	9	1	0	0	775	42	10	4	13

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)
BJ's Baked Beignet	630	226	25	9	0	35	494	91	3	56	9
Chocolate Chunk Pizookie®	1150	405	45	28	0	119	869	172	3	122	14
Cookies 'n' Cream Pizookie®	1230	539	60	31	0	69	1040	159	3	101	14
Ghirardelli® Double Chocolate Chip Ice Cream (1 scoop)	190	86	10	6	0	30	54	24	1	20	4
Ghirardelli® Double Chocolate Chip Ice Cream (2 scoops)	380	172	19	12	0	60	108	48	2	41	7
Gluten-Free Chocolate Chip Pizookie®	1180	466	52	30	0	143	697	165	4	125	13
Hot Fudge Brownie Pizookie®	1130	540	60	29	0	172	348	129	5	102	16
Mini Chocolate Chunk Pizookie®	580	203	23	14	0	59	434	86	2	61	7
Mini Cookies 'n' Cream Pizookie®	670	291	32	17	0	43	534	86	2	56	8
Mini Gluten-Free Chocolate Chip Pizookie®	590	235	26	15	0	71	349	83	2	63	6
Mini Hot Fudge Brownie Pizookie®	620	292	32	16	0	95	188	72	3	58	8
Mini Monkey Bread Pizookie®	630	251	28	10	0	56	541	89	2	52	8
Mini Peanut Butter Pizookie®	610	299	33	15	0	56	415	68	2	49	10
Mini Salted Caramel Pizookie®	720	250	28	14	0	63	736	108	1	85	7
Mini Triple Chocolate Pizookie®	590	261	29	15	0	58	249	75	4	49	8
Mini White Chocolate Pizookie®	610	262	29	14	0	59	434	81	2	56	7
Monkey Bread Pizookie®	1260	502	56	20	0	112	1082	177	4	105	17
Peanut Butter Pizookie®	1220	596	66	30	0	111	830	136	5	97	20

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)
Salted Caramel Pizookie®	1360	495	55	29	0	124	1415	200	1	154	14
Triple Chocolate Pizookie® Made With Ghirardelli	1180	519	58	30	0	115	498	151	8	99	16
Vanilla Bean Ice Cream (1 scoop)	200	84	9	6	0	35	58	26	0	23	2
Vanilla Bean Ice Cream (2 scoops)	400	168	19	12	0	70	117	51	0	47	5
White Chocolate Macadamia Nut Pizookie®	1220	523	58	28	0	119	869	162	3	112	14

BJ'S HANDCRAFTED DRAFT 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)
Black Cherry Soda	190	0	0	0	0	0	32	47	0	47	0
Black Cherry Soda Float	500	168	19	12	0	70	135	78	0	73	5
Orange Cream Soda	210	0	0	0	0	0	34	51	0	50	0
Orange Cream Soda Float	520	168	19	12	0	70	136	81	0	75	5
Root Beer	230	0	0	0	0	0	28	58	0	56	0
Root Beer Float	530	168	19	12	0	70	132	85	0	79	5
Vanilla Cream Soda	190	0	0	0	0	0	32	47	0	47	0
Vanilla Cream Float	510	168	19	12	0	70	135	78	0	73	5
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
Cappuccino	100	0	0	0	0	0	100	10	0	10	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
Cucumber Mint Sparkling Water	40	0	0	0	0	0	31	8	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
Green Iced Tea	0	0	0	0	0	0	0	0	0	0	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
Latte	100	0	0	0	0	0	100	10	0	10	0
Milk	280	90	10	6	0	50	300	28	0	26	20
Mist Twst	130	0	0	0	0	0	29	33	0	33	0
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	0	38	0	37	0
Pepsi	130	0	0	0	0	0	31	34	0	34	0
Raspberry Sparkling Water	30	0	0	0	0	0	0	7	1	1	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Roy Rogers	210	0	0	0	0	0	38	54	0	54	0
Salted Caramel Cold Brew Iced Coffee	330	162	18	12	0	75	214	36	0	36	0
Shirley Temple	210	0	0	0	0	0	36	53	0	53	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
Sweet Tea	190	0	0	0	0	0	1	48	0	48	0
Tropical Iced Tea	10	0	0	0	0	0	8	3	1	2	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)
Bacon and Cheese Potato	1100	621	69	34	0	139	1287	72	5	6	40
Buffalo Chicken Grilled Cheese Sandwich with French Fries	1180	598	66	20	0	114	5336	104	7	4	45
Caprese Piadina with French Fries	890	402	45	15	0	54	1514	94	8	6	30
Chicken Bacon Ranch Piadina with French Fries	1110	553	61	17	0	106	2353	92	7	4	43
Chicken Tenders with French Fries	1030	532	59	10	0	110	2844	85	5	5	40
Classic Grilled Cheese Sandwich with French Fries	960	519	58	25	0	96	1714	78	6	2	29
Creamy Broccoli Potato	870	400	44	27	1	128	1010	82	8	8	34
Lunch Grilled Chicken Alfredo	650	294	33	17	1	105	1003	58	3	8	29
Lunch Grilled Chicken Alfredo with Zucchini Noodles	610	330	37	18	1	122	1371	35	5	10	33
Grilled Chicken Potato	1050	451	50	28	1	226	1830	77	6	6	70
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	480	248	28	12	0	68	1216	40	0	0	20
Half California Chicken Club Sandwich	810	386	43	12	0	81	1672	65	7	3	39
Hot Ham and Grilled Cheese with French Fries	1030	545	61	23	0	98	3329	84	8	4	35
Lunch Jumbo Spaghetti and Meatballs	850	388	43	13	0	79	1543	89	7	15	29
Lunch Jumbo Spaghetti and Meatballs with Zucchini Noodles	680	381	42	13	0	79	1564	49	7	18	24
Lunch Lemon Thyme Chicken	490	143	16	2	0	100	2009	39	5	5	45
Meat Lover's Piadina with French Fries	1120	605	67	22	0	105	2231	97	8	5	31
Pirahna® Pale Ale Chili and Cheese Potato	800	323	36	21	0	110	1112	84	8	6	34
Southern Fried Chicken	940	477	53	31	0	237	2086	69	5	8	38

KIDS MENU ITEMS

	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	120	0	0	0	0	0	25	29	0	26	0
Kids Apple Sauce	70	3	0	0	0	0	4	17	1	15	0
Kids BJ's Handcrafted Root Beer	230	0	0	0	0	0	28	58	0	56	0
Kids Boneless Wings with Root Beer Glaze	570	233	26	4	0	101	2225	51	0	20	33
Kids Broiled Shrimp	380	256	28	5	0	210	462	4	1	0	26
Kids Brown Rice & Quinoa	180	30	3	0	0	0	139	33	3	0	6
Kids Burger	590	246	27	12	0	102	948	49	3	10	35
Kids Cheese Pizza (1 slice)	140	51	6	2	0	12	360	16	1	1	6
Kids Chicken Tenders with Ranch Dressing	470	234	26	4	0	82	1714	31	1	0	27
Kids Chocolate Chunk Pizookie®	580	203	23	14	0	59	434	86	2	61	7
Kids Chocolate Milk	220	39	4	3	0	22	146	36	0	30	9
Kids Cookies 'n' Cream Pizookie®	670	291	32	17	0	43	534	86	2	56	8
Kids Cranberry Juice	140	0	0	0	0	0	35	35	0	35	0
Kids Crispy Chicken Tender Taco	400	236	26	7	0	47	891	27	1	5	15
Kids Crispy Mahi-Mahi Taco	440	246	27	7	0	52	945	34	2	1	13
Kids Diet Dr Pepper	0	0	0	0	0	0	53	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	0	38	0	0	0	0
Kids Dr Pepper	140	0	0	0	0	0	44	34	0	34	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®	590	235	26	15	0	71	349	83	2	63	6
Kids Grilled Chicken	220	55	6	1	0	99	851	0	0	0	39
Kids Grilled Mahi-Mahi Taco	360	242	27	7	0	72	497	13	1	0	16
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
Kids' Hot Fudge Brownie Pizookie®	620	292	32	16	0	95	188	72	3	58	8
Kids House Salad	80	36	4	1	0	7	205	8	1	1	5
Kids Lemonade	180	0	0	0	0	0	17	44	0	40	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	140	45	5	3	0	25	150	14	0	13	10

KIDS MENU ITEMS 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)
Kids Mini Corn Dogs	470	261	29	8	0	40	1059	36	0	8	14
Kids Monkey Bread Pizookie®	630	251	28	10	0	56	541	89	2	52	8
Kids Mountain Dew	140	0	0	0	0	0	63	39	0	39	0
Kids Orange Juice	110	0	0	0	0	0	15	26	2	21	2
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 - Marinara	70	29	3	1	0	0	489	9	2	6	2
Kids Pasta - Alfredo	310	261	29	17	1	73	695	7	0	4	6
Kids Pasta - Butter & Parmesan	20	17	2	1	0	4	31	0	0	0	1
Kids Pasta - Grilled Chicken	110	27	3	1	0	49	425	0	0	0	20
Kids Pasta - Meatball	150	109	12	5	0	40	185	4	0	1	7
Kids Peanut Butter Pizookie®	610	299	33	15	0	56	415	68	2	49	10
Kids Pepperoni Pizza (1 slice)	170	77	9	3	0	16	440	17	1	1	7
Kids Pepsi	130	0	0	0	0	0	31	34	0	34	0
Kids Mist Twst	130	0	0	0	0	0	29	33	0	33	0
Kids Salted Caramel Pizookie®	720	250	28	14	0	63	736	108	1	85	7
Kids Steamed Broccoli	40	4	0	0	0	0	235	6	2	2	3
Kids Sundae	380	148	16	11	0	35	73	56	0	49	2
Kids Sweet Potato Fries	220	74	8	1	0	0	288	35	4	9	1
Kids Triple Chocolate Pizookie®	590	261	29	15	0	58	249	75	4	49	8
Kids Veggies and Dip	200	151	17	2	0	15	523	6	2	2	2
Kids White Chocolate Macadamia Nut Pizookie®	610	262	29	14	0	59	434	81	2	56	7

BRUNCH ITEMS

	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 Toast	410	181	20	4	0	212	616	47	8	20	12
BJ's California Scramble with Sourdough Toast	1210	623	69	21	0	895	2008	90	10	9	53
BJ's Breakfast Flatbread Pizza (1 slice)	190	105	12	4	0	124	336	11	1	1	9
Bacon (3 slices)	140	95	11	4	0	23	405	2	0	2	8
Blueberry Topping	60	2	0	0	0	0	1	14	2	11	1
Breakfast Monkey Bread Pizookie®	1160	442	49	9	0	42	983	171	6	100	14
Breakfast Tacos with Breakfast Potatoes	1060	585	65	25	0	653	2288	68	7	6	48
Buttermilk Pancake Combo	830	204	23	6	0	0	1822	143	3	49	12
Buttermilk Pancake Combo with Bacon	970	298	33	10	0	23	2227	144	3	51	19
Buttermilk Pancake Combo with Ham	940	244	27	7	0	38	2662	144	3	51	25
Buttermilk Pancake Combo with Sausage	1350	672	75	24	0	90	2502	145	3	49	26
Buttermilk Pancakes, Full Stack	1490	526	58	17	0	0	3144	211	5	65	19
Buttermilk Pancakes, Short Stack	910	276	31	9	0	0	1885	143	3	49	12
Classic Breakfast Sandwich with Bacon with Toasted Gourmet Bun	950	412	46	18	0	620	1806	93	7	14	42
Classic Breakfast Sandwich with Bacon with Toasted Sourdough Bread	920	409	45	15	0	605	1903	85	6	6	40
Classic Breakfast Sandwich with Bacon with Toasted Wheat Bread	930	421	47	16	0	605	1768	89	8	9	39
Classic Breakfast Sandwich with Ham with Toasted Gourmet Bun	920	358	40	16	0	635	2241	93	7	14	48
Classic Breakfast Sandwich with Ham with Toasted Sourdough Bread	890	355	39	12	0	620	2338	85	6	6	46
Classic Breakfast Sandwich with Ham with Toasted Wheat Bread	900	367	41	14	0	620	2203	89	8	9	45
Classic Breakfast Sandwich with Sausage with Toasted Gourmet Bun	1340	785	87	32	0	688	2081	94	7	12	49
Classic Breakfast Sandwich with Sausage with Toasted Sourdough Bread	1310	783	87	29	0	673	2178	86	6	5	46
Classic Breakfast Sandwich with Sausage with Toasted Wheat Bread	1320	795	88	30	0	673	2043	90	8	8	46
Enlightened Veggie Omelette with Fresh Fruit	250	68	8	3	0	13	767	23	3	13	22

BRUNCH ITEMS 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)
Fresh Fruit	60	3	0	0	0	0	1	13	1	10	1
Ham	110	41	5	2	0	38	840	2	0	2	14
Kids Pancake Combo with Bacon	500	226	25	8	0	174	813	55	1	24	11
Kids' Pancakes	390	148	16	5	0	0	618	54	1	23	3
Sausage Links	520	468	52	18	0	90	680	2	0	0	14
Seasoned Country Potatoes	250	54	6	1	0	0	620	45	5	3	4
Sourdough Toast	250	57	6	2	0	0	487	38	2	2	7
Strawberry Topping	50	2	0	0	0	0	0	10	1	8	1
Two Eggs Any Style with Sourdough Toast	610	188	21	5	0	280	1209	83	6	5	19
Two Eggs Any Style with Meat Choice Bacon, Sourdough Toast	740	283	31	9	0	303	1614	85	6	6	27
Two Eggs Any Style with Meat Choice Ham, Sourdough Toast	710	229	25	6	0	318	2049	85	6	6	33
Two Eggs Any Style with Meat Choice Sausage, Sourdough Toast	1130	656	73	23	0	370	1889	85	6	5	33
Wheat Toast	260	69	8	3	0	0	352	42	3	5	6

BRUNCH 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)
Apple Juice	140	0	0	0	0	0	28	33	0	29	0
Coffee	0	0	0	0	0	0	5	0	0	0	0
Cranberry Juice	160	0	0	0	0	0	39	39	0	39	0
Grapefruit Juice	110	0	0	0	0	0	17	26	0	19	1
Orange Juice	120	0	0	0	0	0	17	29	2	24	2

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 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
Tito's American Mule	150	1	0	0	0	0	8	14	1	10	0
BJ's Brewhouse Margarita	170	0	0	0	0	0	14	15	0	14	0
BJ's Classic Mojito	290	0	0	0	0	0	24	41	0	38	0
Sweet Citrus Margarita	270	0	0	0	0	0	14	33	0	28	0
Blood Orange Pom Sangria	300	0	0	0	0	0	6	48	2	39	1
Brunch Mimosa	130	0	0	0	0	0	4	12	1	7	1
Classic Bloody Mary	250	9	1	0	0	0	1509	25	1	18	2
Coco Breeze Margarita	320	32	4	3	0	0	36	42	1	37	1
Handcrafted Margarita	210	0	0	0	0	0	14	18	1	12	0
Lemon Berry Rita	220	0	0	0	0	0	25	29	1	26	0
Paradise Mule	200	1	0	0	0	0	0	28	1	25	0
Twisted Pineapple Margarita	230	0	0	0	0	0	5	24	1	21	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)
Pink Cadillac	200	0	0	0	0	0	2	23	0	14	0
Raspberry Rosé-Rita	260	0	0	0	0	0	14	27	0	21	0
Sparkling Sangria	330	0	0	0	0	0	3	33	1	24	1
Spicy Bloody Mary	210	9	1	0	0	0	1270	16	2	8	2
Strawberry Margarita	250	1	0	0	0	0	14	28	1	22	0
Strawberry Mojito	250	1	0	0	0	0	23	32	1	29	0
Strawberry Splash	420	32	4	3	0	0	36	59	2	40	1
Top Shelf Margarita	280	0	0	0	0	0	294	23	1	12	0
Ultimate Long Island	210	0	0	0	0	0	15	17	1	12	0
Ultimate Patrón Margarita	260	0	0	0	0	0	294	21	1	12	0
Tropical Long Island	220	0	0	0	0	0	5	32	0	21	0
White Peach Margarita	260	1	0	0	0	0	14	31	1	24	0

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	4560	2360	262	59	0	296	6391	512	74	173	65
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	756	84	10	0	0	5463	300	64	65	61
Crisp Potato Skins Platter	5040	2946	327	120	0	662	8087	369	51	29	119
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	3110	621	69	25	0	230	15410	553	9	496	62
Sliders	3510	1163	129	40	0	485	5990	387	7	72	195
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	1739	193	40	0	615	13946	307	43	163	214
Caesar Salad	2390	1740	193	42	0	177	6391	114	19	23	70
Derby-Style Cobb Salad	3900	2598	289	88	0	1121	11139	88	37	34	211
Fresh Mozzarella and Tomato Salad	2030	1312	146	52	0	253	2550	85	15	61	112
Grilled Chicken Antipasto Salad	5140	3161	351	84	0	952	15493	132	27	69	365
House Salad	660	285	32	11	0	57	1640	63	10	7	38
Kale and Roasted Brussels Sprout Salad	2100	857	95	19	0	40	4957	267	38	175	48
Kale and Roasted Brussels Sprout Salad with Grilled Sliced Chicken	3250	1337	149	27	0	435	8359	268	38	176	205
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	6990	3089	343	143	0	1138	38447	727	21	523	228
Cherry Chipotle Glazed Salmon	2320	949	105	20	0	469	3555	159	15	33	186
Fire Roasted Barbacoa Chicken	4180	1050	117	24	0	849	17909	353	63	24	406
Fresh Atlantic Salmon	3430	1796	200	69	1	733	4511	207	19	31	197
Lemon Thyme Chicken	2670	714	79	12	0	596	9437	206	22	21	266
Moroccan Chicken	4110	2320	258	76	1	872	9771	124	54	44	295

CATERING 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)
New Orleans Jambalaya	4600	1794	199	42	2	979	14154	407	28	72	277
Parmesan-Crusted Chicken	5360	2680	298	159	0	1994	8871	297	33	37	362
Roasted Chicken and Spinach Quinoa	4770	1873	208	30	0	592	10500	375	53	44	329
Roasted Shrimp and Spinach Quinoa	4470	1720	191	27	0	1551	10267	382	53	42	301
Spicy Peanut Soba Noodles	8480	4529	503	110	0	846	16032	595	65	179	359
Tri Tip Entree	4290	1634	182	84	0	1035	19251	373	17	217	272
Vegetable and Spinach Quinoa	3440	1554	173	24	0	0	5397	373	53	42	94

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	3566	396	149	3	702	12947	524	37	70	201
Grilled Chicken Alfredo	6410	2776	308	149	8	843	10483	645	32	69	263
Italiano Vegetable Penne	6030	2151	239	45	0	0	9177	793	65	113	155
Jumbo Spaghetti and Meatballs	6870	2866	318	102	0	634	13028	768	59	121	244
Shrimp Scampi Pasta	7500	3875	431	174	9	1554	11147	648	39	34	250

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	730	392	44	14	0	93	2515	51	4	7	35
Mediterranean Chicken Hoagie	620	197	22	6	0	114	1821	50	4	6	55
Turkey Club Hoagie	790	395	44	9	0	133	2815	49	3	8	49
Vegetarian Hoagie	450	182	20	4	0	2	1090	58	9	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
Couscous Mac N Cheese	3600	2048	228	134	3	626	5777	237	12	24	152
Garlic Green Beans	460	197	22	3	0	0	808	52	23	10	13
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
Turmeric Roasted Cauliflower	1660	968	108	14	0	0	3326	128	47	31	44
White Cheddar Mashed Potatoes	3290	1646	183	110	0	549	10971	329	37	37	73

CATERING MISCELLANEOUS ITEMS

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

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	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	580	203	23	14	0	59	434	86	2	61	7

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
Mandarin Orange Green Tea	0	0	0	0	0	0	40	5	0	0	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	0	0	0	0	0
Root Beer	1060	0	0	0	0	0	128	266	0	256	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 May 2019.