



**RESTAURANT**  
**BREWHOUSE**

**NUTRITIONAL GUIDE**  
**JULY 2018**

## 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
Best Beginnings® Appetizer Combo with Cherry Chipotle	2280	1080	120	38	0	302	5442	218	19	56	84
Best Beginnings® Appetizer Combo with EXXXtra Hot 5 Pepper Buffalo Sauce	2190	1078	120	38	0	302	6753	195	20	35	85
Best Beginnings® Appetizer Combo with Garlic Parmesan Sauce	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 Nashville Hot Sauce	2420	1266	141	45	0	302	6170	200	21	38	85
Best Beginnings® Appetizer Combo with Peppered BBQ Sauce	2290	1076	120	38	0	302	5948	222	19	61	84
Best Beginnings® Appetizer Combo with Root Beer BBQ Sauce	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
Best Beginnings® Appetizer Combo with Lemon Pepper Sesame Dry Rub	2170	1076	120	38	0	302	5833	192	19	34	84
Chicken Lettuce Wraps	500	188	21	3	0	49	2661	43	5	27	31
Chicken Pot Stickers	420	98	11	2	0	40	2337	63	3	17	19
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 Flatbread Nachos	900	376	42	19	0	98	2771	96	11	7	34
Crispy Fried Artichokes	390	145	16	3	0	6	2202	52	4	4	9
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	1215	112	22	22	23
Mozzarella Sticks	810	348	39	17	0	107	1931	76	0	12	33
Root Beer Glazed Ribs	450	142	16	6	0	53	1200	63	2	56	14
Sliders	880	291	32	10	0	121	1497	97	2	18	49
Sliders with French 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 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)
Golden Beet and Arugula Salad	120	38	4	1	0	4	269	18	4	13	3
Roasted Portobello Mushroom and Asparagus Salad	290	160	18	4	0	10	512	25	3	17	7
Twisted BLT Salad	220	137	15	5	0	96	567	10	1	6	9

## 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 Lb	870	367	41	7	0	192	3522	59	1	1	65
Cherry Chipotle Wing Sauce	220	8	1	0	0	0	338	53	0	44	1
EXXXtra Hot 5 Pepper Buffalo Wing Sauce	30	6	0	0	0	0	2959	6	2	1	1
Garlic Parmesan Wing Sauce	420	383	42	9	0	0	815	8	0	0	0
Hot and Spicy Buffalo Wing Sauce	20	4	0	0	0	0	3022	4	1	2	1
Nashville Hot Wing Sauce	490	381	42	14	0	0	1793	16	3	7	2
BJ's Peppered BBQ Wing Sauce	240	0	0	0	0	0	1350	60	0	54	0
BJ's 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
Lemon Pepper Sesame Dry Rub	0	0	0	0	0	0	1120	0	0	0	0
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)
Blistered Shishitos and Crispy Pepperoni	520	387	43	16	0	90	1944	13	0	6	18
Brewhouse Meatballs	570	377	42	17	0	133	1126	23	2	5	25
Creamy Couscous Mac and Cheese	590	343	38	21	0	101	1036	36	2	5	26
Fried Wisconsin Cheese Curds	1100	823	91	42	2	194	1849	20	0	2	48
Parmesan Garlic 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
Roasted Golden Beets	160	75	8	2	0	3	626	19	5	13	3
Sweet Potato Fries	330	112	12	1	0	0	230	52	6	14	2
Turmeric Roasted Cauliflower	280	162	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	93	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	73	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
California Supreme Deep Dish Pizza, Mini	150	56	6	2	0	10	409	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	817	33	2	3	11
California Supreme Deep Dish Pizza, Large	310	109	12	4	0	21	873	39	2	3	12
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
Great White® Deep Dish Pizza, Large	370	133	15	6	0	49	974	38	2	3	20



# 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)
Mediterranean Deep Dish Pizza, Mini	220	96	11	3	0	28	651	18	1	2	12
Mediterranean Deep Dish Pizza, Small	290	117	13	4	0	34	887	27	2	3	16
Mediterranean Deep Dish Pizza, Medium	380	156	17	5	0	43	1140	35	2	4	20
Mediterranean Deep Dish Pizza, Large	430	169	19	5	0	44	1282	42	3	6	22
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
Spicy Hawaiian Chicken Deep Dish Pizza, Mini	200	76	8	3	0	22	595	19	1	4	10
Spicy Hawaiian Chicken Deep Dish Pizza, Small	280	104	12	4	0	31	869	28	2	5	14
Spicy Hawaiian Chicken Deep Dish Pizza, Medium	350	132	15	6	0	40	1115	36	2	6	18
Spicy Hawaiian Chicken Deep Dish Pizza, Large	390	137	15	6	0	40	1201	42	2	6	19
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

## CLASSIC TOPPING

Values listed are per slice for topping only.

	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	458	0	0	0	2
Large Topping Artichoke Hearts	15	0	0	0	0	0	168	2	2	1	1
Large Topping Roasted Asparagus	5	0	0	0	0	0	0	1	0	1	1
Large Topping Applewood Smoked Bacon	45	30	3	1	0	8	129	1	0	1	3
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	0	0	0	0	0	0	0	<1	0	0	0
Large Topping Green Bell Peppers	10	0	0	0	0	0	1	1	1	1	0
Large Topping Grilled Chicken	50	11	1	0	0	22	184	0	0	0	9
Large Topping Oven-Roasted Ham	15	5	1	0	0	5	112	0	0	1	2
Large Topping Jalapeños	0	0	0	0	0	0	212	<1	0	0	0
Large Topping Housemade Meatballs	125	88	10	4	0	33	152	3	0	1	6
Large Topping Extra BJ's Signature Five Cheese Blend	65	42	5	3	0	18	172	1	0	1	4
Large Topping Mushrooms	0	0	0	0	0	0	1	<1	0	<1	<1
Large Topping White Onions	15	0	0	0	0	0	1	3	0	2	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	6	0
Large Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	208	3	1	2	1
Large Topping Italian Sausage	120	95	11	3	0	21	276	1	1	0	4
Medium Topping Anchovies	10	4	0	0	0	8	430	0	0	0	2
Medium Topping Artichoke Hearts	10	0	0	0	0	0	158	2	1	0	0
Medium Topping Roasted Asparagus	0	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	30	33	3	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	0	0	0	0	0	0	0	<1	0	0	0
Medium Topping Green Bell Peppers	10	0	0	0	0	0	1	1	0	1	0
Medium Topping Grilled Chicken	40	10	1	0	0	21	173	0	0	0	8
Medium Topping Oven-Roasted Ham	10	5	0	0	0	5	105	0	0	0	1
Medium Topping Jalapeños	0	0	0	0	0	0	199	<1	0	0	0
Medium Topping Housemade Meatballs	110	83	9	3	0	31	143	3	0	1	5

## CLASSIC TOPPINGS cont.

Values listed are per slice for topping only.

	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)
Medium Topping Extra BJ's Signature Five Cheese Blend	60	45	4	3	0	19	184	1	0	0	4
Medium Topping Mushrooms	0	0	0	0	0	0	1	<1	0	0	0
Medium Topping White Onions	10	0	0	0	0	0	1	3	0	1	0
Medium Topping Pepperoni	30	27	3	1	0	8	113	0	0	0	1
Medium Topping Pineapple	20	0	0	0	0	0	0	6	0	5	0
Medium Topping Fire-Roasted Red Peppers	10	0	0	0	0	0	195	3	1	2	0
Medium Topping Italian Sausage	100	89	9	3	0	20	259	1	0	0	3
Small Topping Anchovies	10	5	0	0	0	9	478	0	0	0	2
Small Topping Artichoke Hearts	10	0	0	0	0	0	140	2	2	0	1
Small Topping Roasted Asparagus	0	0	0	0	0	0	0	<1	<1	0	0
Small Topping Applewood Smoked Bacon	40	25	2	1	0	6	108	1	0	0	2
Small Topping Black Olives	30	30	3	0	0	0	167	2	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	10	0	0	0	0	0	1	1	1	0	0
Small Topping Grilled Chicken	40	10	1	0	0	18	154	0	0	0	7
Small Topping Oven-Roasted Ham	10	4	0	0	0	5	93	0	0	0	2
Small Topping Jalapeños	0	0	0	0	0	0	177	<1	0	0	0
Small Topping Housemade Meatballs	100	74	8	3	0	28	127	3	1	0	5
Small Topping Extra BJ's Signature Five Cheese Blend	40	30	3	2	0	13	123	1	0	0	3
Small Topping Mushrooms	0	0	0	0	0	0	1	<1	<1	0	<1
Small Topping White Onions	10	0	0	0	0	0	1	3	1	1	0
Small Topping Pepperoni	30	24	2	1	0	7	100	0	0	0	1
Small Topping Pineapple	20	0	0	0	0	0	0	5	1	4	0
Small Topping Fire-Roasted Red Peppers	10	0	0	0	0	0	173	3	1	1	0
Small Topping Italian Sausage	100	79	8	3	0	18	230	1	1	0	3
Mini Topping Anchovies	10	3	0	0	0	6	287	0	0	0	1
Mini Topping Artichoke Hearts	10	0	0	0	0	0	105	2	1	0	0
Mini Topping Roasted Asparagus	0	0	0	0	0	0	0	<1	0	0	0
Mini Topping Applewood Smoked Bacon	20	16	1	1	0	4	67	1	0	0	1
Mini Topping Black Olives	25	23	2	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	<1	0	0	0
Mini Topping Green Bell Peppers	0	0	0	0	0	0	0	<1	0	<1	0
Mini Topping Grilled Chicken	30	8	1	1	0	14	115	0	0	0	5
Mini Topping Oven-Roasted Ham	10	4	0	1	0	3	70	1	0	0	1
Mini Topping Jalapeños	0	0	0	0	0	0	133	<1	0	0	0
Mini Topping Housemade Meatballs	80	56	6	3	0	21	95	2	0	1	3
Mini Topping Extra BJ's Signature Five Cheese Blend	30	20	2	2	0	8	81	1	0	0	2
Mini Topping Mushrooms	0	0	0	0	0	0	0	<1	0	0	0
Mini Topping White Onions	10	0	0	0	0	0	1	2	0	1	0
Mini Topping Pepperoni	20	19	2	1	0	5	75	1	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	0	1	0
Mini Topping Italian Sausage	75	60	6	3	0	13	172	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	110	57	6	3	0	18	351	9	1	1	5
The Spicy Pig	90	32	4	1	0	11	297	10	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	187	21	3	0	114	1399	38	5	22	45
Barbacoa Cauliflower Pita Tacos	690	250	28	6	0	15	1597	89	7	15	21
Barbeque Bison Burger	730	316	35	14	0	98	1433	73	5	26	31
Cherry Chipotle Glazed Salmon	580	238	26	5	0	117	633	39	4	8	46
Enlightened Turkey Burger with Baby Lettuce Salad	920	455	51	12	0	99	1889	78	6	26	39
Fire Roasted Barbacoa Chicken	520	131	15	3	0	106	2223	44	8	3	51
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 Salmon	850	406	45	9	0	127	1579	60	8	34	51
Kale and Roasted Brussels Sprouts Salad with Blackened 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	232	26	5	0	109	1128	54	8	34	50
Lemon Thyme Chicken	630	170	19	3	0	133	2242	52	5	5	60
Mediterranean Chicken Pita Tacos	720	250	28	6	0	15	1597	89	7	15	21
Peruvian Quinoa Bowl with Roasted Chicken	650	250	28	4	0	99	1525	47	7	6	51
Peruvian Quinoa Bowl with Fresh Atlantic Salmon	790	392	44	7	0	117	1352	47	7	5	51
Peruvian Quinoa Bowl with Grilled Shrimp	550	214	24	3	0	184	1694	48	7	5	36
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
Peruvian Quinoa Bown, Vegetarian-Style	430	194	22	3	0	0	675	47	7	5	12
Vegetarian Pita Tacos	590	188	21	4	0	5	1581	83	7	13	18
Vegetarian Pita Tacos with Blackened Salmon	1000	414	46	8	0	122	2323	89	7	13	58
Vegetarian Pita Tacos with Blackened Shrimp	840	278	31	5	0	263	2168	87	7	13	52
Vegetarian Pita Tacos with Flame Broiled Salmon	980	417	46	9	0	122	1814	83	7	13	57
Vegetarian Pita Tacos with Grilled Chicken	810	239	27	5	0	103	1872	83	7	13	57

## 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	428	48	10	0	154	2728	64	11	29	54
Caesar Salad	810	575	64	13	0	54	2172	44	6	7	23
Caesar Salad with Blackened Salmon	1220	801	89	18	0	171	2914	50	6	7	62
Caesar Salad with Blackened Shrimp	1060	665	74	15	0	313	2759	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	2463	44	6	8	62
Derby-Style Cobb Salad	940	622	69	22	0	280	2783	20	8	8	52
Honey-Crisp Chicken Salad	1370	924	103	16	0	358	2333	77	6	36	42
Santa Fe Salad	980	511	57	13	0	159	2046	55	11	9	54
Santa Fe Salad with Blackened Salmon	1150	685	76	16	0	177	2091	57	11	8	55
Santa Fe Salad with Blackened Shrimp	990	548	61	13	0	319	1935	55	11	8	50
Santa Fe Salad with Flame Broiled Salmon	1130	688	76	17	0	177	1581	51	11	8	54
Santa Fe Salad with Grilled Chicken	970	510	57	13	0	159	1639	51	11	9	54

## SMALL 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

## 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
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	3744	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	1440	783	87	27	0	183	3412	106	8	12	55
Hickory Brisket and Bacon Burger with French Fries	1670	869	97	35	0	238	3887	123	7	38	74
Portobello Swiss Burger with French Fries	1340	672	75	26	0	160	3357	104	9	16	60

## 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	90	67	7	1	0	0	4	4	3	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	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
Fried Egg	90	62	7	2	0	212	177	0	0	0	6
Gluten-Free Bun	230	54	6	1	0	0	360	39	4	5	6
Housemade Guacamole	90	70	8	1	0	0	197	5	4	0	1
Portobello Mushroom Patty	50	23	3	0	0	0	285	4	1	2	2

## 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	1240	657	73	25	0	129	2712	94	7	12	50
Brewhouse Bacon Cheeseburger with French Fries	1260	666	74	27	0	145	2857	94	8	12	54
Brewhouse Burger with French Fries	1000	459	51	19	0	107	2412	93	8	11	43
Brewhouse Cheese Burger with French Fries	1170	581	65	28	0	152	2682	93	8	11	54
Chicken Fried Steak Burger with French Fries	1910	1131	126	50	0	760	2927	120	12	12	63

## 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)
BBQ Pulled Pork Sandwich with French Fries	1600	741	82	22	0	152	3465	172	8	79	45
California Chicken Club Sandwich with French Fries	1280	598	66	20	0	162	2705	90	9	5	73
Classic Prime Rib Dip with French Fries	1610	1002	111	34	0	166	2865	106	8	23	46
Hand Pulled Turkey Dip with French Fries	1560	845	94	28	0	184	4122	113	8	28	63
Italian Meatball Sub with French Fries	1470	820	91	34	0	198	2677	113	9	20	49
Slow Roasted Turkey Club with French Fries	1560	898	99	18	0	163	3700	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	341	38	16	0	141	2210	13	1	11	55
Mandarin Orange Glazed Pork Chop with Bacon Jam	740	397	44	19	0	157	1520	27	0	24	58
Prime Rib Dinner	1310	956	106	42	0	308	2162	6	1	3	79
Top Sirloin	500	292	32	13	0	118	975	2	0	0	46

## SIGNATURE AND 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)
Asparagus	20	3	0	0	0	0	120	3	2	2	2
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 Green Beans	80	33	4	1	0	0	135	9	4	2	2
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
The Classic Baked Potato	590	252	28	11	0	19	207	70	5	4	9
White Cheddar Mashed Potatoes	330	165	18	11	0	55	1097	33	4	4	7

## 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	56	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	840	454	50	17	0	183	1321	49	4	7	48
BJ's Brewhouse Blonde® Fish 'n' Chips with French Fries	1280	504	56	11	0	122	3573	140	10	4	54
Fresh Atlantic Salmon (Blackened)	870	444	49	17	0	183	1718	56	3	7	48
Fried Mahi Mahi Tacos	800	319	35	6	0	66	1987	91	9	8	25
Grilled Mahi Mahi Tacos	680	318	35	6	0	108	1234	56	8	7	31
New Orleans Jambalaya	1140	449	50	10	1	245	3360	100	6	17	69



## 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)
Parmesan Crusted Chicken	1310	668	74	40	0	499	2201	70	7	8	89
Shrimp Tacos	710	328	36	6	0	219	1374	58	8	7	36
Spicy Peanut Chicken with Soba Noodles	1040	546	61	13	0	106	2125	75	8	23	45

## 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	818	91	35	1	175	2809	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
Italiano Vegetable Penne	800	346	38	7	0	0	1081	92	8	14	18
Italiano Vegetable Penne with Add Blackened Chicken	1040	398	44	8	0	99	1778	96	8	14	58
Italiano Vegetable Penne with Add Cajun Shrimp	1050	436	48	8	0	259	1668	97	8	14	53
Italiano Vegetable Penne with Add 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
Scampi Pasta	1660	897	100	41	2	389	2367	130	8	6	57
Shrimp and Asparagus Pasta	860	341	38	7	0	135	1775	93	8	14	35

## 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
Lentil Soup with Ancient Grains in a Sourdough Loaf	1280	212	24	4	0	0	3729	221	17	7	41
Lentil Soup with Ancient Grains	300	78	9	1	0	0	775	42	10	4	13
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

## 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
BJ's Peanut Butter S'more Pizookie®	1580	633	70	31	0	125	673	215	7	147	20
Chocolate Chunk Pizookie®	1150	405	45	28	0	119	869	172	3	122	14
Cookies 'n' Cream Pizookie®	1230	540	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
Mini Chocolate Chunk Pizookie®	580	204	23	14	0	59	434	86	2	61	7
Mini Cookies 'n' Cream Pizookie®	670	292	32	17	0	43	534	86	2	56	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	262	29	15	0	58	249	75	4	49	8
Mini White Chocolate Pizookie®	610	263	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
Salted Caramel Pizookie®	1360	496	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)	150	0	0	0	0	0	30	45	0	45	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	120	0	0	0	0	0	63	31	1	29	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	250	0	0	0	0	0	18	63	1	60	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)
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	554	62	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
Grilled Chicken Alfredo	650	294	33	17	1	105	1003	58	3	8	29
Grilled Chicken Potato	1050	452	50	28	1	226	1830	77	6	6	70

## LUNCH SPECIALS 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)
Half Flatbread and Soup or Salad with Half of a California Club Flatbread Pizza	440	202	22	9	0	55	934	39	3	2	20
Half Flatbread and Soup or Salad with Half of a Margherita Flatbread Pizza	400	165	18	9	0	50	892	41	2	4	19
Half Flatbread and Soup or Salad with Half of a Pepperoni Extreme Flatbread Pizza	480	250	28	12	0	67	1216	39	2	1	19
Half Sandwich and Soup or Salad with French Fries, Half of a California Chicken Club Sandwich	810	386	43	12	0	81	1672	65	7	3	39
Hot Ham and Grilled Cheese Sandwich with French Fries	1030	545	61	23	0	98	3329	84	8	4	35
Jumbo Spaghetti and Meatballs with Garlic Bread Knot	850	388	43	13	0	79	1543	89	7	15	29
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
The Classic Baked Potato with Bacon Bits, Jack and Cheddar Cheese Mix	1100	621	69	34	0	139	1287	72	5	6	40

## 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	184	0	0	0	0	0	22	46	0	45	0
Kids Brown Rice	130	24	3	0	0	0	271	24	1	0	3
Kids Burger	430	146	16	5	0	61	694	45	1	6	25
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 Milk	220	39	4	3	0	22	146	36	0	30	9
Kids Cranberry Juice	140	0	0	0	0	0	35	35	0	35	0
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 Cheese Sandwich	430	199	22	10	0	45	750	38	2	2	17
Kids Grilled Chicken Pasta Meal with Garlic Bread Knot	790	333	37	18	1	120	1331	74	4	9	38
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
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 Mini Corn Dogs	470	261	29	8	0	40	1059	36	0	8	14
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 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 Rice Pilaf	230	54	6	1	0	0	621	39	1	5	5
Kids Side Salad with Oyster Crackers, Ranch Dressing	250	167	19	2	0	15	431	16	1	2	2
Kids Mist Twst	130	0	0	0	0	0	29	33	0	33	0
Kids Spaghetti	300	40	4	1	0	0	494	57	4	7	10
Kids Steamed Veggies	100	66	7	1	0	0	159	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 Veggies and Dip	200	151	17	2	0	15	444	9	2	4	1
Kids White Chocolate Macadamia Nut Pizookie®	610	263	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	641	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	443	49	9	0	42	983	171	6	100	14
Breakfast Tacos with Breakfast Potatoes	1060	585	65	25	0	653	2287	68	7	6	48
Buttermilk Pancake Combo	830	204	23	6	0	0	1822	143	3	49	12
Buttermilk Pancake Combo with Bacon	1160	437	49	14	0	523	2409	144	3	51	33
Buttermilk Pancake Combo with Ham	1130	383	43	12	0	538	2844	144	3	51	39
Buttermilk Pancake Combo with Sausage	1550	810	90	28	0	590	2684	145	3	49	40
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	410	46	15	0	605	1903	85	6	6	40
Classic Breakfast Sandwich with Bacon with Toasted Wheat Bread	930	422	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	356	40	12	0	620	2338	85	6	6	46
Classic Breakfast Sandwich with Ham with Toasted Wheat Bread	900	368	41	14	0	620	2203	89	8	9	45
Classic Breakfast Sandwich with Sausage with Toasted Gourmet Bun	1340	786	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	270	82	9	3	0	13	844	24	3	13	22
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 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
Harvest Hefeweizen	210	0	0	0	0	0	12	11	0	0	4
Jeremiah Red Ale	290	0	0	0	0	0	47	21	0	0	4
LightSwitch Lager	140	0	0	0	0	0	23	9	0	0	3
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
American Mule	150	1	0	0	0	0	8	14	1	10	0
BJ's Bloody Mary	250	9	1	0	0	0	1509	25	1	18	2
BJ's Brewhouse Margarita	250	0	0	0	0	0	0	39	0	34	0
BJ's Classic Mojito	290	0	0	0	0	0	24	41	0	38	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
Handcrafted Margarita	290	0	0	0	0	0	0	42	1	32	0
Paloma	200	0	0	0	0	0	282	26	1	22	0
Paradise Mule	200	1	0	0	0	0	0	28	1	25	0
Pink Cadillac	200	0	0	0	0	0	2	23	0	14	0
Strawberry Margarita	310	1	0	0	0	0	1	49	2	44	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
Tito's Electric Lemonade	240	0	0	0	0	0	2	27	1	17	1
Top Shelf Margarita	360	0	0	0	0	0	280	47	1	32	0
Ultimate Long Island	280	0	0	0	0	0	4	36	1	28	0
Ultimate Patron Margarita	370	0	0	0	0	0	280	47	1	32	0
White Peach Margarita	420	1	0	0	0	0	0	68	0	56	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 July 2018.