



NUTRITIONAL GUIDE
JUNE 2023

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	500	177	20	3	0	51	1773	44	4	3	34
Avocado Egg Rolls	950	485	54	12	0	67	1302	109	15	21	14
BBQ Tri-Tip Sliders	980	292	32	11	0	130	2996	117	1	54	52
Chicken Pot Stickers	400	98	11	2	0	40	1752	59	3	14	18
Chips & Housemade Guacamole & Salsa	810	268	30	3	0	0	1922	118	24	25	24
Crispy Calamari	670	235	26	5	0	537	2109	62	4	8	47
Fried Couscous Mac & Cheese Balls	910	534	59	26	1	194	2125	62	3	7	32
Deep Dish Nachos	1640	914	102	56	1	271	3382	112	18	29	74
Deep Dish Nachos with Pirahna® Pale Ale Chili	1760	963	107	58	1	283	3839	122	20	30	80
Deep Dish Nachos with Grilled Chicken	1750	942	105	57	1	320	3807	112	18	29	94
Deep Dish Nachos with Tri-Tip	2130	1060	118	62	1	394	5750	158	18	68	111
Mozzarella Sticks	810	348	39	17	0	107	1931	76	0	12	33
Sliders	840	267	30	10	0	121	1674	81	2	17	48
Sliders with Fries	1190	442	49	14	0	121	2315	121	6	17	52
Spinach and Artichoke Dip	1050	486	54	28	0	135	1771	111	16	22	34

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)
House Salad (No Dressing)	80	36	4	1	0	7	205	8	1	1	5
Caesar Salad	340	229	25	5	0	22	892	21	3	3	10
Wedge Salad	320	276	31	8	0	40	630	6	1	5	6
Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14

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	760	512	57	14	0	172	1405	6	1	1	50
Bone-In Wings, 10 Piece (1 serving) with BBQ Bacon Jam	1010	513	57	12	0	419	3570	73	2	50	55
Bone-In Wings, 10 Piece (1 serving) with Hot and Spicy Buffalo	780	444	49	9	0	406	5672	35	3	13	52
Bone-In Wings, 10 Piece (1 serving) with Nashville Hot Sauce	1250	822	91	24	0	406	4443	47	5	19	54
Bone-In Wings, 10 Piece (1 serving) with BJ's Peppered BBQ	1000	441	49	9	0	406	3999	91	2	66	52
Bone-In Wings, 10 Piece (1 serving) with BJ's Handcrafted Root Beer Glaze	1000	441	49	9	0	406	3694	93	2	69	52
Bone-In Wings, 10 Piece (1 serving) with Lemon Pepper Sesame Dry Rub	760	441	49	9	0	406	3769	31	2	12	52
Boneless Chicken Wings, 1 Lb (1 serving)	870	367	41	7	0	192	3522	59	1	1	65
Boneless Chicken Wings, 1 Lb (1 serving) with BBQ Bacon Jam	1130	439	49	10	0	205	4442	102	1	39	69
Boneless Chicken Wings, 1 Lb (1 serving) with Hot and Spicy Buffalo	890	371	41	7	0	192	6544	63	2	3	66
Boneless Chicken Wings, 1 Lb (1 serving) with Nashville Hot Sauce	1360	748	83	21	0	192	5315	75	4	8	67
Boneless Chicken Wings, 1 Lb (1 serving) with BJ's Peppered BBQ	1110	367	41	7	0	192	4872	119	1	55	65
Boneless Chicken Wings, 1 Lb (1 serving) with BJ's Handcrafted Root Beer Glaze	1120	367	41	7	0	192	4566	121	1	58	65
Boneless Chicken Wings, 1 Lb (1 serving) with Lemon Pepper Sesame Dry Rub	870	367	41	7	0	192	4642	59	1	1	65
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
Pepperoni Extreme Flatbread Pizza	110	55	6	3	0	15	267	10	0	0	4

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)
Garlic Parmesan Bread	470	156	17	4	0	0	983	66	4	6	13
Honey Sriracha Brussels Sprouts	220	51	6	1	0	0	1346	31	9	15	11
Sriracha Queso Dip with Pirahna® Pale Ale Chili	930	331	37	16	1	73	1990	113	16	22	37

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, Shareable	300	78	9	3	0	30	829	39	2	4	17
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, Shareable	330	133	15	5	0	27	856	38	2	3	12
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, Shareable	330	127	14	5	0	26	822	39	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, Shareable	300	84	9	3	0	31	1052	38	2	3	17
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, Shareable	280	88	10	4	0	20	723	37	2	3	11
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, Shareable	390	157	17	6	0	47	941	37	2	3	20
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, Shareable	360	145	16	6	0	35	909	38	2	3	15
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, Shareable	320	101	11	4	0	36	814	37	2	3	17
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, Shareable	320	124	14	5	0	25	850	37	2	2	12
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, Shareable	280	72	8	3	0	15	711	41	2	6	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, Shareable	270	76	8	3	0	12	683	38	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)
Mini Topping Anchovies	5	3	0	0	0	5	287	0	0	0	1
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 Mushrooms	0	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

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)
Mini Topping Pineapple	15	0	0	0	0	0	0	4	0	3	0
Mini Topping Fire-Roasted Red Peppers	5	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
Shareable Topping Anchovies	15	5	1	0	0	9	478	0	0	0	2
Shareable Topping Applewood Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
Shareable Topping Black Olives	35	30	3	0	0	0	167	1	0	0	0
Shareable Topping Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
Shareable Topping Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
Shareable Topping Green Bell Peppers	10	0	0	0	0	0	1	1	1	1	0
Shareable Topping Grilled Chicken	40	10	1	0	0	18	154	0	0	0	7
Shareable Topping Smoked Ham	10	5	1	0	0	4	93	0	0	0	2
Shareable Topping Jalapeños	0	0	0	0	0	0	33	0	0	0	0
Shareable Topping Housemade Meatballs	100	74	8	3	0	27	127	3	0	1	5
Shareable Topping Mushrooms	0	0	0	0	0	0	1	0	0	0	0
Shareable Topping Onions	10	0	0	0	0	0	1	3	0	1	0
Shareable Topping Pepperoni	30	24	3	1	0	6	100	0	0	0	1
Shareable Topping Pineapple	20	0	0	0	0	0	0	5	0	4	0
Shareable Topping Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
Shareable Topping Italian Sausage	100	79	9	3	0	17	230	1	0	0	3
Large Topping Anchovies	15	5	1	0	0	9	459	0	0	0	2
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	20	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 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

TAVERN-CUT 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
The Spicy Pig	90	32	4	1	0	11	250	9	0	1	4

BUILD YOUR OWN TAVERN-CUT PIZZAS

Values listed are per slice.

**Tavern-Cut Pizza topping portions are equal to Shareable 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)
Cheese Tavern-Cut Pizza	70	22	2	1	0	6	142	8	0	1	2
add Anchovies	15	25	3	1	0	11	381	8	0	1	4
add Applewood Smoked Bacon	35	35	4	2	0	9	196	9	0	1	3
add Black Olives	35	37	4	1	0	6	225	9	0	1	2
add Fresh Basil	0	22	2	1	0	6	142	8	0	1	3
add Roasted Garlic	0	22	2	1	0	6	142	9	0	1	3
add Green Bell Peppers	10	22	2	1	0	6	142	9	1	1	3
add Grilled Chicken	40	27	3	1	0	15	219	8	0	1	6
add Housemade Meatballs	100	59	7	3	0	20	205	10	1	1	5
add Smoked Ham	10	24	3	1	0	8	189	8	0	1	3

BUILD YOUR OWN TAVERN-CUT PIZZAS cont.

Values listed are per slice.

*Tavern-Cut Pizza topping portions are equal to Shareable 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)
add Jalapenos	0	22	2	1	0	6	159	8	0	1	2
add Mushrooms	0	22	2	1	0	6	142	9	0	1	3
add Onions	10	22	2	1	0	6	142	10	1	1	3
add Pepperoni	30	34	4	2	0	9	192	8	0	1	3
add Pineapple	20	22	2	1	0	6	142	11	1	3	2
add Fire-Roasted Red Peppers	15	22	2	1	0	6	229	10	1	1	3
add Italian Sausage	100	62	7	3	0	15	257	9	1	1	4

GLUTEN-FREE THIN CRUST CHEESE PIZZAS

Values listed are per slice.

*Gluten-Free Pizza topping portions are equal to Shareable 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
Gluten Free BJ's Classic Combo Pizza	210	124	14	5	0	27	429	14	0	1	4
Gluten Free Barbeque Chicken Pizza	180	69	8	3	0	30	444	16	0	3	6
Gluten Free Buffalo Chicken Pizza	180	75	8	3	0	31	611	15	0	2	11
Gluten Free Chicken Bacon Ranch Pizza	270	148	16	6	0	47	556	15	0	1	11
Gluten Free Great White Pizza	200	92	10	4	0	36	429	14	0	1	15
Gluten Free Pepperoni Extreme Pizza	210	121	13	5	0	29	500	14	0	1	12
Gluten Free Sweet Pig Pizza	150	63	7	3	0	15	283	17	0	4	7
Gluten Free Vegetarian Pizza	140	67	7	3	0	12	255	15	0	1	5
add Anchovies	15	5	1	0	0	9	478	0	0	0	4
add Applewood Smoked Bacon	35	25	3	1	0	6	108	0	0	0	2
add Black Olives	35	30	3	0	0	0	167	1	0	0	2
add Fresh Basil	0	0	0	0	0	0	0	0	0	0	0
add Roasted Garlic	0	0	0	0	0	0	0	1	0	0	0
add Green Bell Peppers	10	0	0	0	0	0	1	1	1	1	0
add Grilled Chicken	40	10	1	0	0	18	154	0	0	0	0
add Smoked Ham	10	0	0	0	0	0	33	0	0	0	2
add Jalapenos	0	30	3	2	0	12	123	1	0	0	0
add Mushrooms	0	0	0	0	0	0	1	0	0	0	3
add Onions	10	0	0	0	0	0	1	3	0	1	0
add Pepperoni	30	24	3	1	0	6	100	0	0	0	0
add Pineapple	20	0	0	0	0	0	0	5	0	4	1
add Fire-Roasted Red Peppers	15	0	0	0	0	0	173	3	1	2	0
add Italian Sausage	100	79	9	3	0	17	230	1	0	0	0

CHEF-CRAFTED 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)
Asian Chopped Salad	540	182	20	3	0	114	825	38	5	22	45
Chicken Caesar Salad	1030	626	70	14	0	153	2462	44	6	8	62
Chicken Caesar Salad sub Blackened Chicken	1050	628	70	14	0	153	2869	48	6	8	62
Chicken Caesar Salad sub Blackened Salmon	1220	801	89	18	0	171	2913	50	6	7	62
Chicken Caesar Salad sub Blackened Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Chicken Caesar Salad sub Grilled Shrimp	1060	665	74	15	0	313	2758	49	6	7	57
Chicken Caesar Salad sub Oven-Roasted Salmon	1200	804	89	18	0	171	2404	44	6	7	62
Honey-Crisp Chicken Salad	1360	924	103	16	0	358	2332	75	6	36	42
Santa Fe Salad with Blackened Chicken	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 Blackened Shrimp	1050	590	66	14	0	319	1937	58	13	9	50
Santa Fe Salad with Grilled 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

CHEF-CRAFTED SALADS 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)
Santa Fe Salad with Grilled Chicken	1020	552	61	13	0	159	1641	54	13	9	55
Seared Ahi Salad	560	270	30	4	0	45	1316	42	8	25	30
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)
BBQ Ranch Dressing	140	111	12	2	0	11	413	6	0	4	0
Balsamic Vinaigrette	160	139	15	2	0	0	231	5	0	5	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 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
Thousand Island Dressing	200	176	20	3	0	23	390	6	0	5	0
Santa Fe Dressing	170	150	17	2	0	15	381	2	0	0	0

LOADED 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 Fries	1350	717	80	28	0	187	3563	98	8	15	59
Bacon-Guacamole Deluxe Burger with Fries	1420	765	85	28	0	181	3330	102	11	13	60
Classic Cheeseburger with Fries	1260	651	72	25	0	168	3825	97	8	14	53
Crispy Jalapeno Burger with Fries	1430	783	87	27	0	183	3185	105	8	12	55
Hickory Brisket and Bacon Burger with Fries	1620	813	90	35	0	235	4363	124	7	37	76
BJ's Smokehouse Burger with Fries	1370	662	74	27	0	178	3698	114	7	25	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)
American Cheese (1 slice)	80	58	6	4	0	18	388	0	0	0	4
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
Cheddar Cheese	80	61	7	5	0	23	135	0	0	0	5
BJ's Pirahna® Pale Ale Chili	60	24	3	1	0	6	228	5	1	1	3
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
Veggie Patty	140	53	6	2	0	5	490	16	4	0	5

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 Fries	1460	777	86	24	0	157	3860	110	10	20	63
California Chicken Club Sandwich with Fries	1310	620	69	21	0	162	2706	91	10	5	73
Classic Prime Rib Dip with Fries	1590	1074	119	37	0	182	3622	105	8	18	56
Original Roast Beef Sandwich	730	272	30	11	0	152	2662	53	3	8	60

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 Fries	1190	540	60	16	0	136	2903	116	9	25	47
Kickin' Chicken Sandwich with Fries	1350	654	73	18	0	146	4016	125	10	27	48

STEAKS AND SLOW ROASTED FAVORITES

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
Filet Mignon	320	110	12	6	0	132	2193	5	1	1	47
Double Bone-In Pork Chop	610	340	38	16	0	141	2210	13	1	11	55
Mandarin Orange-Glazed Pork Chop	760	396	44	19	0	157	2271	32	1	28	58
Prime Rib Dinner	1290	931	103	41	0	305	2188	6	1	3	79
Slow-Roasted Tri-Tip	590	195	22	8	0	163	2972	48	1	41	49
Tri-Tip Combo with Chicken Breast	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 Scampi	910	427	47	19	1	354	3191	52	1	40	62

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
Garlic Butter	50	50	6	3	0	12	110	0	0	0	0
Mushrooms + Onions	380	340	38	16	0	60	622	7	1	4	3

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)
Asparagus	20	3	0	0	0	0	2	3	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
Garlic-Roasted Vegetables	250	193	21	3	0	0	531	11	4	4	4
Rice Pilaf	230	54	6	1	0	0	621	39	1	5	5
White Cheddar Mashed Potatoes	330	165	18	11	0	55	1097	33	4	4	7

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)
Creamy Couscous Mac & Cheese	600	341	38	22	1	104	963	39	2	4	25
Honey Sriracha Brussels Sprouts	160	36	4	1	0	0	940	23	7	11	9
Loaded Baked Potato	990	540	60	28	0	109	1107	72	5	6	33
Loaded Mashed Potatoes	930	633	70	36	0	165	2122	37	4	8	32
Sweet Potato Fries	330	112	12	1	0	0	230	52	6	14	2

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
Oven-Roasted 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)
BJ's Brewhouse Bowl	530	203	23	4	0	4	2127	66	14	13	16
BJ's Brewhouse Bowl with Blackened Chicken	770	256	28	5	0	102	2824	71	14	13	56
BJ's Brewhouse Bowl with Blackened Salmon	940	429	48	9	0	121	2869	72	14	13	56
BJ's Brewhouse Bowl with Shrimp	700	231	26	4	0	262	2939	68	14	13	51
BJ's Brewhouse Bowl with Oven-Roasted Salmon	920	432	48	9	0	121	2359	67	14	13	56
BJ's Brewhouse Bowl with Grilled Chicken	750	254	28	5	0	102	2418	67	14	13	56

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)
BJ's Brewhouse Bowl with Tri-Tip	1020	349	39	10	0	126	4495	113	14	52	53
Cherry Chipotle Glazed Salmon	580	237	26	5	0	117	889	40	4	8	46
Sal's Brewhouse Chicken	1000	602	67	32	0	274	3014	45	7	8	54
Fresh Atlantic Salmon (Oven-Roasted) with Broccoli	860	465	52	18	0	187	1331	49	4	7	48
Fresh Atlantic Salmon (Blackened) with Broccoli	880	451	50	18	0	187	1698	50	1	7	48
BJ's Brewhouse Blonde® Fish 'N' Chips	1070	294	33	7	0	98	3628	141	10	4	54
Oven-Roasted Mahi-Mahi Tacos	860	352	39	7	0	104	2592	86	16	12	39
Fried Mahi-Mahi Tacos	980	354	39	7	0	63	3345	121	18	13	33
Cajun Shrimp Tacos	900	365	41	7	0	216	2732	88	16	12	44
Mediterranean Chicken Pita Tacos with Seasonal Bistro Grains	690	201	22	4	0	62	1503	81	5	15	42
New Orleans Jambalaya	1330	634	70	24	1	301	3529	100	6	17	69
Parmesan-Crusted Chicken	1330	685	76	41	0	504	2216	70	7	8	89

SIGNATURE PASTAS & MORE

	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 Chicken Parmigiana Pasta	1020	390	43	14	0	196	1898	99	7	15	59
Deep Dish Ziti with Garlic Bread	1400	817	91	35	1	175	2816	99	7	16	44
Grilled Chicken Alfredo with Garlic Bread	1610	766	85	44	3	279	2814	133	6	17	75
Jumbo Spaghetti and Meatballs with Garlic Bread	1590	735	82	25	0	158	2874	161	13	28	55
Shrimp Scampi Pasta with Garlic Bread	1650	892	99	41	2	389	2365	130	8	6	57
Spicy Peanut Chicken with Soba Noodles	940	472	52	12	0	97	2107	74	8	22	40

SIGNATURE SOUPS & CHILI

	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)
Sourdough Bread Bowl	1040	147	16	3	0	0	3084	186	9	4	30
Broccoli Cheddar Soup in a Sourdough Loaf	1420	381	42	17	0	51	4567	210	10	9	44
Broccoli Cheddar Soup, Bowl	480	297	33	18	0	68	1815	29	2	6	19
Broccoli Cheddar Soup, Cup	310	191	21	12	0	43	1195	19	1	4	12
Chicken Tortilla Soup in a Sourdough Loaf	1320	258	29	6	0	25	4937	216	13	8	42
Chicken Tortilla Soup, Bowl	280	111	12	3	0	25	1853	30	4	4	12
Chicken Tortilla Soup, Cup	200	81	9	2	0	19	1470	21	3	3	9
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, Bowl	510	278	31	13	0	102	1906	37	1	1	17
Clam Chowder, Cup	360	192	21	9	0	68	1291	28	1	1	12
Pirahna® Pale Ale Chili in a Sourdough Loaf	1490	401	45	17	1	78	4421	213	14	9	52
Pirahna® Pale Ale Chili, Bowl	510	279	31	15	1	84	1566	31	7	5	25
Pirahna® Pale Ale Chili, Cup	400	230	26	13	0	72	1109	22	5	4	19

SOUP AND SALAD COMBO

1 serving

	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)
with Bowl of Broccoli Cheddar Soup	480	297	33	18	0	68	1815	29	2	6	19
with Bowl of Chicken Tortilla Soup	280	111	12	3	0	25	1853	30	4	4	12
with Bowl of Clam Chowder	440	260	29	13	0	102	1846	26	1	1	16
with Bowl of Piranha Pale Ale Chili	510	279	31	15	1	84	1566	31	7	5	25
with Salad Choice Caesar Salad	340	229	25	5	0	22	892	21	3	3	10
with Salad Choice Fresh Mozzarella and Tomato Salad	260	165	18	7	0	32	322	11	2	8	14
with Salad Choice House Salad	80	36	4	1	0	7	205	8	1	1	5
with Salad Choice Wedge Salad	320	276	31	8	0	40	630	6	1	5	6

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 Pizookie®	1170	409	45	29	0	119	839	177	3	129	17
Cookies 'n' Cream Pizookie®	1250	543	60	31	0	69	1018	162	3	107	16
Ghirardelli® Double Chocolate Chip Ice Cream (1 scoop)	220	105	12	6	0	31	58	29	0	23	3
Ghirardelli® Double Chocolate Chip Ice Cream (2 scoops)	430	209	23	13	0	63	116	59	0	46	5
Gluten-Free Chocolate Chip Pizookie®	1210	471	52	31	0	142	668	170	4	133	15
Hot Fudge Brownie Pizookie®	1140	579	64	27	0	178	337	129	7	102	15
Salted Caramel Pizookie®	1380	500	56	29	0	123	1386	204	1	161	16
Triple Chocolate Pizookie® Made With Ghirardelli	1220	556	62	30	0	118	506	162	5	105	15
Strawberry Shortcake Pizookie®	1140	453	50	32	0	162	845	160	3	107	12
Sugar Cookie Pizookie®	1160	462	51	32	0	180	867	162	2	110	13
White Chocolate Macadamia Nut Pizookie®	1240	527	59	29	0	119	839	167	3	119	17
Mini Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Mini Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Mini Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Mini Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Mini Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Mini Sugar Cookie Pizookie®	580	230	26	16	0	90	433	81	1	55	6
Mini Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Mini White Chocolate Pizookie®	620	265	29	14	0	59	420	83	2	60	8
Mini Strawberry Shortcake Pizookie®	620	247	27	17	0	90	434	87	2	60	7
Vanilla Bean Ice Cream (1 scoop)	210	86	10	6	0	35	43	28	0	27	3
Vanilla Bean Ice Cream (2 scoops)	420	172	19	12	0	70	87	56	0	54	7

BJ'S HANDCRAFTED SODAS & FLOATS

	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	530	172	19	12	0	70	105	82	0	80	7
Orange Cream Soda	210	0	0	0	0	0	34	51	0	50	0
Orange Cream Soda Float	540	172	19	12	0	70	106	85	0	82	7
Root Beer	240	0	0	0	0	0	14	60	0	57	0
Root Beer Float	550	172	19	12	0	70	95	90	0	86	7
Vanilla Cream Soda	190	0	0	0	0	0	32	47	0	47	0
Vanilla Cream Float	530	172	19	12	0	70	105	83	0	81	7
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 (10oz)	110	0	0	0	0	0	50	18	0	18	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
Decaf Coffee	0	0	0	0	0	0	5	0	0	0	0
Diet Dr Pepper (10oz)	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi (10oz)	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper (10oz)	140	0	0	0	0	0	55	40	0	39	0
Frozen Berry Colada	500	89	10	8	0	0	76	103	5	92	1
Frozen Strawberry Limeade	340	1	0	0	0	0	9	83	2	76	1
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
Milk	280	90	10	6	0	50	300	28	0	26	20
Mountain Dew (10oz)	140	0	0	0	0	0	50	44	0	44	0
Pepsi (10oz)	130	0	0	0	0	0	30	41	0	41	0
Iced Tea	0	0	0	0	0	0	8	0	0	0	0

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)
Roy Rogers	210	0	0	0	0	0	38	54	0	54	0
Shirley Temple	210	0	0	0	0	0	36	53	0	53	0
Starry (10oz)	120	0	0	0	0	0	30	32	0	32	0
Strawberry Lemonade	190	0	0	0	0	0	15	47	1	42	0
Sweet Tea	190	0	0	0	0	0	7	48	0	48	0

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 Enchantress Golden Pilsner®	250	0	0	0	0	0	10	24	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
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
Alabama Sunset, Take Out	1150	2	0	0	0	0	20	166	3	131	2
Aperol Spritz	160	0	0	0	0	0	1	18	0	17	0
BJ's Brewhouse Margarita	180	0	0	0	0	0	22	18	0	15	0
BJ's Classic Mojito	290	0	0	0	0	0	24	41	0	38	0
Bulleit Old Fashioned	170	0	0	0	0	0	0	6	0	5	0
Casamigos Blackberry Margarita	230	0	0	0	0	0	34	33	1	28	0
Classic Bloody Mary	250	9	1	0	0	0	1509	25	1	18	2
Cosmopolitan	150	1	0	0	0	0	5	15	1	12	0
Fresh Strawberry Margarita	260	1	0	0	0	0	23	32	1	23	0
Fresh Strawberry Margarita, Take Out	980	4	0	0	0	0	93	112	5	82	1
Frose	360	0	0	0	0	0	5	52	1	46	0
Frosty Peach	340	0	0	0	0	0	21	60	0	51	0
Handcrafted Margarita	220	0	0	0	0	0	22	21	1	13	0
Handcrafted Margarita, Take Out	1240	0	0	0	0	0	137	107	0	71	0
Irish Coffee	140	44	5	3	0	0	14	6	0	5	0
Lemon Drop	180	1	0	0	0	0	3	13	1	10	0
Margarita Flight	330	1	0	0	0	0	26	40	1	32	0
Pina Colada	360	44	5	4	0	0	52	47	2	41	0
Pink Cadillac	200	0	0	0	0	0	2	23	0	14	0
Sparkling Sangria	340	1	0	0	0	0	3	34	1	24	1
Sparkling Sangria, Take Out	1410	4	0	0	0	0	21	190	8	135	4
Spicy Bloody Mary	210	9	1	0	0	0	1270	16	2	8	2
Strawberry Mojito	250	1	0	0	0	0	23	32	1	29	0
Strawberry Splash	410	30	3	3	0	0	26	57	2	37	0
Tito's American Mule	150	1	0	0	0	0	8	14	1	10	0
Tito's Lavender Lemonade	200	0	0	0	0	0	4	27	1	19	0
Tito's Lavender Lemonade, Take Out	1160	0	0	0	0	0	24	155	0	115	0
Tito's Strawberry Lemonade	170	1	0	0	0	0	6	20	1	17	0
Tito's Strawberry Lemonade, Take Out	860	3	0	0	0	0	33	100	5	87	1
Tito's Strawberry Mule	180	1	0	0	0	0	7	20	2	16	1

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)
Ultimate Long Island	210	0	0	0	0	0	21	19	1	13	0
Ultimate Patrón Margarita	260	0	0	0	0	0	22	24	1	13	0
Ultimate Patron Margarita, Take Out	1740	5	1	0	0	0	129	167	7	83	3
White Peach Boba-rita	300	1	0	0	0	0	31	41	1	31	0
White Peach Boba-rita, Take Out	1410	5	1	0	0	0	132	187	6	138	2

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)
Chicken Bacon Ranch Piadina with Fries	1240	668	74	20	0	118	2872	92	7	4	46
Chicken Tenders with Fries	1030	532	59	10	0	110	2844	85	5	5	40
Mediterranean Chicken Bowl	680	239	27	5	0	106	1579	55	5	4	53
Italian Chicken Parmigiana Pasta (L)	900	337	37	11	0	184	1811	87	7	17	54
Southern Fried Chicken	940	477	53	31	0	237	2086	69	5	8	38
Strawberry Fields Salad with Chicken	500	231	26	5	0	109	1244	19	4	13	45

KIDS MENU ITEMS

Kids' entrée values do not include choice of side.

	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	180	0	0	0	0	0	38	44	0	39	0
Kids BJ's Handcrafted Root Beer	210	0	0	0	0	0	12	51	0	49	0
Kids Boneless Wings with Root Beer Glaze	570	233	26	4	0	101	2209	50	0	19	33
Kids Boneless Wings with BJ's Peppered BBQ Sauce	570	233	26	4	0	101	2311	50	0	18	33
Kids Cheese Pizza (4 slices)	560	206	23	10	0	49	1440	66	3	4	23
Kids Chicken Tenders with Ranch Dressing	470	234	26	4	0	82	1714	31	1	0	27
Kids Chocolate Chunk Pizookie®	590	206	23	14	0	59	420	88	2	65	8
Kids Chocolate Milk	330	59	7	4	0	33	219	54	0	46	13
Kids Cookies 'n' Cream Pizookie®	680	294	33	17	0	43	520	88	2	60	9
Kids Cranberry Juice	210	0	0	0	0	0	53	53	0	53	0
Kids Diet Dr Pepper	0	0	0	0	0	0	26	0	0	0	0
Kids Diet Pepsi	0	0	0	0	0	0	23	0	0	0	0
Kids Dr Pepper	80	0	0	0	0	0	26	20	0	20	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 Gluten-Free Chocolate Chip Pizookie®	610	237	26	15	0	71	334	85	2	66	8
Kids Grilled Chicken	220	55	6	1	0	99	851	0	0	0	39
Kids Happy Face Potatoes	180	69	8	1	0	0	230	24	2	0	2
Kids' Hot Fudge Brownie Pizookie®	630	312	35	15	0	98	179	72	3	59	8
Kids Lemonade	110	0	0	0	0	0	10	26	0	24	0
Kids Mac and Cheese	340	101	11	3	0	25	833	48	2	11	12
Kids Mashed Potatoes	250	123	14	8	0	41	823	25	3	3	5
Kids Milk	210	68	8	5	0	38	225	21	0	20	15
Kids Mini Burgers	400	152	17	7	0	61	683	36	1	7	26
Kids Mini Corn Dogs	470	261	29	8	0	40	1059	36	0	8	14
Kids Mountain Dew	80	0	0	0	0	0	38	23	0	23	0
Kids Orange Juice	170	0	0	0	0	0	23	39	3	32	3
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 with Marinara	70	29	3	1	0	0	489	9	2	6	2
Kids Pasta with Alfredo	310	261	29	17	1	73	695	7	0	4	6
Kids Pasta with Butter & Parmesan	210	202	22	14	0	60	200	0	0	0	1
Kids Pasta with Grilled Chicken	110	27	3	1	0	49	425	0	0	0	20
Kids Pasta with Meatball	150	109	12	5	0	40	185	4	0	1	7
Kids Pepperoni Pizza (4 slices)	680	309	34	13	0	65	1760	66	3	4	26
Kids Pepsi	80	0	0	0	0	0	19	20	0	20	0
Kids Starry	70	0	0	0	0	0	15	19	0	19	0

KIDS MENU ITEMS cont.

Kids' entrée values do not include choice of side.

	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 Salted Caramel Pizookie®	730	253	28	15	0	63	722	110	1	88	8
Kids Steamed Broccoli	40	4	0	0	0	0	235	6	2	2	3
Kids Sundae	390	199	22	14	0	48	74	45	1	43	4
Kids Triple Chocolate Pizookie®	610	280	31	15	0	59	253	81	3	52	7
Kids White Chocolate Macadamia Nut Pizookie®	620	265	29	14	0	59	420	83	2	60	8

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)
BBQ Tri-Tip Sliders Platter	4920	1283	143	35	0	649	18846	594	6	250	242
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	3700	2526	281	45	0	1338	23052	125	14	45	160
Chips with Guacamole and Salsa	2130	755	84	10	0	0	5464	300	64	65	61
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
Sliders	4180	1336	148	50	0	607	8373	405	9	86	238
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 (0.5 pans)	2650	1067	119	20	0	495	6541	182	20	116	178
Caesar Salad	2390	1740	193	42	0	177	6391	114	19	23	70
Fresh Mozzarella and Tomato Salad (0.5 pans)	2050	1319	147	53	0	253	2573	87	16	62	114
House Salad (no dressing) (0.5 pans)	660	285	32	11	0	57	1640	63	10	7	38
Santa Fe Salad (0.5 pans)	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	6850	3038	338	124	0	1148	41224	684	8	582	249
BJ's Brewhouse Bowl	2150	811	90	14	0	15	8551	269	55	53	70
Cherry Chipotle Glazed Salmon	2930	1170	130	25	0	586	3699	209	21	42	235
Fresh Atlantic Salmon	4060	2242	249	89	1	933	5024	212	21	32	237
New Orleans Jambalaya	5350	2537	282	94	2	1204	14829	407	28	72	277
Parmesan-Crusted Chicken	5430	2748	305	164	0	2015	8933	297	33	37	362
Sal's Brewhouse Chicken	4130	2497	277	130	0	1096	12571	186	31	33	216
Tri Tip Entree	3930	976	108	40	0	816	20262	481	3	419	243

CATERING PASTAS & MORE

	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 (1 serving)	6520	3601	400	149	3	702	12943	524	37	70	201
Grilled Chicken Alfredo, Catering (0.5 pans)	6410	2776	308	149	8	843	10483	645	32	69	263
Jumbo Spaghetti and Meatballs (0.5 pans)	6860	2857	317	102	0	634	13024	768	59	121	244
Shrimp Scampi Pasta (0.5 pans)	3760	1929	214	87	4	777	5570	324	19	17	125
Spicy Peanut Chicken with Soba Noodles	8340	4617	513	112	0	779	16858	595	65	179	317

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	650	316	35	12	0	83	2595	52	4	7	35
Mediterranean Chicken Hoagie	620	197	22	6	0	114	1822	50	4	6	55
Vegetarian Hoagie	410	160	18	3	0	3	1015	54	7	5	10

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
Creamy Couscous Mac N Cheese (1 serving)	3600	2048	228	134	3	626	5777	237	12	24	152
Parmesan Garlic Bread (12 Pieces)	1360	475	53	12	0	0	2520	192	12	12	36
White Cheddar Mashed Potatoes	3290	1646	183	110	0	549	10971	329	37	37	73

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 Cookie (One cookie)	380	118	13	8	0	25	376	61	2	38	5
Fresh Fruit (1 serving)	810	21	2	0	0	0	18	189	18	147	8
Mini Chocolate Chunk Pizookie (One Pizookie [®])	590	206	23	14	0	59	420	88	2	65	8
Pizookie Party	7040	2468	274	171	0	712	5036	1060	20	775	101

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
Black Cherry Soda	860	0	0	0	0	0	147	214	0	213	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	40	0	0	0	0
Root Beer	1090	0	0	0	0	0	65	273	0	259	0
Strawberry Lemonade	1200	3	0	0	0	0	94	298	6	271	1
Vanilla Cream Soda	870	0	0	0	0	0	145	215	0	215	0
Starry	780	0	0	0	0	0	180	208	0	208	0
Pepsi	800	0	0	0	0	0	160	224	0	224	0
Diet Pepsi	0	0	0	0	0	0	300	0	0	0	0
Dr. Pepper	800	0	0	0	0	0	288	211	0	211	0
Diet Dr. Pepper	0	0	0	0	0	0	280	0	0	0	0
Mountain Dew	880	0	0	0	0	0	280	236	0	232	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 June 2023.