

**BJ's**

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Shareable Appetizers</b>						
Ahi Poke	500	3	1773	44	4	34
Ahi Poke Tacos	450	3	1255	34	5	32
Honey Sriracha Brussels Sprouts	220	1	1346	31	9	11
Housemade Guacamole and Chips and Salsa	810	3	1922	118	24	24
Chicken Pot Stickers	400	2	1752	59	3	18
<b>Starter Salads</b>						
Fresh Mozzarella and Tomato Salad	260	7	322	11	2	14
House Salad (No Dressing)	80	1	205	8	1	5
<b>BJ's Flatbread Appetizer Pizzas (per slice)</b>						
Margherita Fresca	100	2	223	10	1	5
California Club	110	2	234	10	1	5
<b>BJ's Signature Deep Dish Pizzas (per slice)</b>						
BBQ Chicken, Mini	170	2	491	19	1	10
Cheese and Tomato, Mini	140	2	360	16	1	6
Vegetarian, Mini	140	2	349	17	1	5
BJ's Favorite, Mini	180	3	442	18	1	7
Great White, Mini	180	3	480	17	1	11
Sweet Pig	150	2	388	20	1	6
<b>Toppings (per slice - large)</b>						
Fresh Basil	0	0	0	0	0	0
Roasted Garlic	5	0	0	1	0	0
Green Bell Pepper	5	0	1	1	1	0
Mushrooms	5	0	1	1	0	0
Onions	15	0	1	3	1	0
Pineapple	25	0	0	6	0	0

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<b>Tavern Crust Pizzas *calories listed (per slice)</b>						
The Spicy Pig	90	1	250	9	0	4
BJ's Brewhouse Classic	110	2	250	9	1	4
Garlic Chicken Pesto	100	2	274	9	1	5
<b>Gluten-Free Thin Crust Pizza (per slice)</b>						
Cheese Pizza	130	2	254	14	0	4
Sweet Pig Pizza	150	3	283	17	0	5
Vegetarian Pizza	140	3	255	15	0	4
<b>BJ's Enlightened Entrees</b>						
Kale and Roasted Brussels Sprouts Salad	420	4	836	54	8	10
Asian Chopped Salad	540	3	825	38	5	45
Cherry Chipotle Glazed Salmon	580	5	889	40	4	46
Mediterranean Chicken Pita Tacos	700	4	1503	81	5	42
Seared Ahi Salad	560	4	1316	42	8	30
Cauliflower and Quinoa Power Bowl	530	4	2127	66	14	16
Cauliflower and Quinoa Power Bowl with Grilled Chicken	750	5	2418	67	14	56
Kale Roasted Brussels Sprouts salad with Grilled Chicken	640	5	1127	54	8	49
Pacific Poke Soba Noodles	610	2	2161	72	8	41
<b>Small Salads</b>						
House Salad (no dressing)	80	1	205	8	1	5
<b>Specialty Salads</b>						
BBQ Chicken Chopped Salad	930	10	2168	64	11	54
Sante Fe with Grilled Chicken	1020	13	1641	54	13	55
<b>Signature Dressings</b>						
Oil and Vinegar	210	3	0	5	0	0
Italian Dressing	170	2	270	2	0	0
Strawberry Vinaigrette	70	0	392	10	0	10
Balsamic Vinaigrette	160	2	231	5	0	0
<b>Housemade Sides</b>						
Asparagus	30	0	248	4	2	2

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Broccoli	40	0	30	6	2	3
Sauteed Green Beans	80	1	135	4	4	2
<b>Pasta Favorites</b>						
Italian Vegetable Penne with 1 Garlic Knot	780	6	1302	94	10	21
Italian Vegetable Penne with Grilled Chicken	1000	7	1593	95	10	60
<b>Protein Add-ons</b>						
Blackened Chicken	240	1	697	4	0	40
Blackened Shrimp	250	2	587	4	0	35
Grilled chicken	220	1	851	0	0	39
<b>Housemade Soups</b>						
Cup of Vegan Lentil soup w/ Ancient Grains	200	0	516	28	6	8
Cup of Chicken Tortilla Soup	200	2	1470	21	3	9
<b>Kids Menu</b>						
Fresh Fruit	60	0	1	13	1	1
Kids Applesauce	70	0	4	17	1	0
Kids Grilled Chicken	220	1	851	0	0	39
Kids Happy Face Potatoes	180	1	230	24	2	2
Kids Pepperoni Pizza	680	13	1760	66	3	26
Kids Steamed Broccoli	40	0	235	6	2	3
Kids Sweet Potato Fries	220	1	288	35	4	1
Kids Veggies and Dip	200	2	523	6	2	2

Fall 2022