

BJ's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Shareable Appetizers						
Ahi Poke	320	2	1344	24	2	32
Honey Sriracha Brussels Sprouts	220	1	1346	31	9	11
Housemade Guacamole and Chips	780	3	1346	112	22	23
Chips and Fire-Roasted Salsa	590	1	1444	105	14	21
Chicken Pot Stickers	400	2	1752	59	3	18
Chicken Lettuce Wraps	490	3	2357	46	5	31
Starter Salads						
Fresh Mozzarella and Tomato Salad	260	7	321	11	2	14
BJ's Flatbread Appetizer Pizzas (per slice)						
Margherita Fresca	100	2	234	10	1	5
California Club	110	2	234	10	1	5
BJ's Snacks and Small Bites						
Sweet Potato Fries	330	1	230	52	6	2
Turmeric-Roasted Cauliflower	280	2	554	21	8	7
BJ's Signature Deep Dish Pizzas (perslice)						
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
Toppings (per slice - large)						
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
Tavern Crust Pizzas *calories listed (per slice)						
Old Country Tomato Basil	70	1	169	9	1	3
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
Gluten-Free Thin Crust Pizza (per slice)						
Cheese Pizza	130	2	254	14	0	4

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
BJ's Enlightened Entrees						
Vegetarian-Style Peruvian Quinoa Bowl	430	3	675	47	7	12
Peruvian Quinoa Bowl w/ Chicken	650	4	1525	47	7	51
Peruvian Quinoa Bowl w/ Salmon	790	7	1352	49	7	51
Kale and Roasted Brussels Sprouts Salad	440	4	837	54	38	11
Kale and Roasted Brussels Sprouts Salad w/ Flame Broiled Salmon	820	9	1069	54	14	51
Asian Chopped Salad	540	3	825	38	5	45
Cherry Chipotle Glazed Salmon	580	5	889	40	4	46
Mediterranean Chicken Pita Tacos	720	4	1577	80	9	42
Salads						
House Salad (no dressing)	80	1	205	8	1	5
BBQ Chicken Chopped Salad	930	10	2168	64	11	54
Sante Fe with Grilled Chicken	1020	13	1641	54	13	55
Signature Dressings						
Avocado Ranch Dressing	130	2	241	2	1	0
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
Housemade Sides						
Asparagus	30	0	248	4	2	2
Broccoli	40	0	30	6	2	3
Sauteed Green Beans	80	1	135	4	4	2
Quinoa and Brown Rice Blend	280	1	393	49	4	4
Pasta Favorites						
Italiano Vegetable Penne w/ Zucchini Noodles	400	5	813	38	7	10
Protein Add-ons						
Blackened Chicken	240	1	697	4	0	40
Blackened Shrimp	250	2	587	4	0	35
Grilled chicken	220	1	851	0	0	39
Housemade Soups						
Vegan Lentil soup w/ Ancient Grains	300	1	775	42	10	13
Chicken Tortilla Soup	280	3	1853	30	4	12

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Kids Menu						
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
Kids Brown Rice and Quinoa	180	0	139	33	3	6
Brunch Items						
Enlightened Veggie Omelet w/ Fresh Fruit	250	3	767	23	3	22
Fresh Fruit	60	0	1	13	1	1
Ham (3 Slices)	110	2	840	2	0	14
Seasoned Country Potatoes	250	1	620	45	5	4
Strawberry Topping	50	0	0	10	1	1
Wheat Toast (2 Slices)	260	3	352	42	3	6
Kids' Pancakes	390	5	618	54	1	3