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BJ's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Shareable appetizers					
Ahi poke	320	2	1344	24	32
Honey sriacha brussels sprouts	220	1	1346	31	11
Homemade guacamole and chips	780	3	1346	112	23
Chips and fire-roasted salsa	590	1	1444	106	21
Chicken pot stickers	400	2	1752	59	18
Chicken lettuce wraps	490	3	2357	46	31
Starter Salads					
Fresh mozzarella and tomato salad	260	7	324	11	14
BJ's flatbread appetizer pizzas (per slice)					
margherita fresca	100	2	223	10	5
california club	110	2	234	10	5
BJ's snacks and small bites					
sweet potato fries	330	1	230	52	2
Tumeric Roasted Cauliflower	280	3	554	21	7
BJ's signature deep dish pizzas (per slice)					
BBQ chicken deep dish pizza, mini	170	2	491	19	10
California supreme deep dish pizza, mini	150	2	409	17	6
Cheese and tomato deep dish pizza, mini	140	2	360	16	6
Vegetarian deep dish pizza, mini	140	2	349	17	5
BJ's favorite deep dish pizza, mini	180	3	442	18	7
Great white deep dish pizza, mini	180	3	480	17	11
Sweet Pig	150	2	388	20	6
Toppings (per slice - large)					
Fresh basil	0	0	0	0	0
Roasted garlic	5	0	0	1	0
Green bell pepper	10	0	1	1	0
Mushrooms	5	0	1	1	1
White onions	15	0	1	3	0
Pineapple	25	0	0	6	0
Tavrn crust pizzas *calories listed are per slice					
Old country tomato basil	70	1	169	9	3
The spicy pig	90	1	297	10	4
BJ's brewhouse classic	110	2	250	9	4
Garlic chicken pesto	100	2	273	9	5
Gluten-free Thin Crust Cheese Pizzas					
Gluten free thin crust cheese pizza (1 slice)	130	2	254	14	4



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BJ's Enlightened Entrees					
Vegetarian-style peruvian quinoa bowl	430	3	633	48	12
Peruvian quino bowl with chicken	650	4	1482	49	51
Peruvian quino bowl with salmon	790	7	1352	49	51
Kale and roasted brussels sprouts salad	440	4	836	54	11
Kale and roasted brussels sprouts salad with flame broiled salmon	820	9	1069	54	51
Asian Chopped Salad	540	3	1399	38	45
Asian Chopped Salad with grilled chicken	660	5	1128	54	50
Asian Chopped Salad with cajun shrimp	680	6	1424	59	46
Cherry chipotle glazed salmon	580	5	889	40	46
Mediterranean chicken pita tacos	720	4	1577	80	42
Small Salads					
House salad (no dressing)	80	1	205	8	5
Specialty Salads					
BBQ Chicken Chopped Salad	930	10	2168	64	54
Sante Fe with Grilled Chicken	1020	13	1641	54	55
Signature Dressings					
Avocado ranch dressing	130	2	241	2	0
Oil and vinegar	210	3	0	5	0
Italian dressing	170	2	270	2	0
Strawberry vinaigrette	70	0	392	10	10
Housemade Sides					
Asparagus	30	0	248	4	2
Broccoli	40	0	30	6	3
Garlic green beans	70	1	30	7	2
Quinoa and brown rice blend	280	1	389	49	4
Pasta Favorites					
Italiano Vegetable Penne with Zucchini Noodles	400	5	813	38	10
Protein Add-ons					
Blackened chicken	240	1	695	4	40
Blackened shrimp	250	2	587	4	35
Grilled chicken	320	1	848	0	39
Housemade Soups					
Lentil soup with ancient grains	300	1	775	42	13
Chicken Tortilla Soup	280	3	1853	30	12

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Kids menu					
Fresh fruit	60	0	1	12	1
Kids applesauce	70	0	4	17	0
Kids grilled chicken	220	1	85	0	31
Kids happy face potatoes	180	1	230	24	2
Kids pepperoni pizza (1 slice)	170	3	440	17	7
Kids side salad	250	2	431	16	2
Kids spaghetti with marinara	300	1	494	57	10
Kids spaghetti with marinara w/ grilled chicken	410	2	619	57	30
Kids steamed veggies	170	2	414	13	3
Kids sweet potato fries	220	1	288	35	1
Kids veggies and dip	200	2	44	9	1
Kids brown rice and quinoa	180	0	139	33	6
Brunch Items					
Enlightened veggie omelette with fresh fruit	250	3	767	23	22
Fresh fruit	60	0	1	13	1
Ham (3 slices)	110	2	840	2	14
Seasoned country potatoes	250	1	617	45	4
Strawberry topping	50	0	0	10	1
Wheat toast (2 slices)	260	3	352	41	6
Kid's pancakes	390	5	618	54	3