



BJ's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sharable Appetizers						
Ahi Poke	500	3	1773	44	4	34
Honey Sriracha Brussels Sprouts	220	1	1346	31	9	11
Chips & Housemade Guacamole + Salsa	810	3	1922	118	24	24
California Club Flatbread Pizza (per slice)	110	2	232	10	1	5
Starter Salads						
Fresh Mozzarella and Tomato Salad	260	7	322	11	2	14
House Salad (No Dressing)	80	1	205	8	1	5
BJ's Flatbread Appetizer Pizzas (per slice)						
California Club	110	2	232	10	1	5
Pepperoni Extreme	110	3	267	10	0	4
BJ's Signature Deep Dish Pizzas (per slice)						
BBQ Chicken, Mini	170	2	487	19	1	10
Cheese and Tomato, Mini	140	2	356	16	1	6
Vegetarian, Mini	140	2	344	17	1	5
BJ's Favorite, Mini	180	3	438	18	1	7
Great White, Mini	170	3	472	17	1	11
BJ's Classic Combo, Mini	190	4	476	17	1	7
Sweet Pig	150	2	384	20	1	6

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Toppings (per slice - large)						
Fresh Basil	0	0	0	0	0	0
Roasted Garlic	0	0	1	1	0	0
Green Bell Peppers	10	0	1	1	1	0
Mushrooms	5	0	1	1	0	1
Onions	15	0	1	3	0	0
Pineapple	25	0	0	6	0	0
Tavern Crust Pizzas *calorie listed (per slice)						
The Spicy Pig	90	1	250	9	0	4
BJ's Brewhouse Classic	110	2	250	9	1	4
Gluten-Free Thin Crust Pizza (per slice)						
Cheese Pizza	130	2	254	14	0	4
Sweet Pig Pizza	150	3	279	17	0	5
Vegetarian Pizza	140	3	251	15	0	4
Tacos						
Oven Roasted Mahi Mahi Tacos	850	5	2567	90	16	38
Enlightened Mediterranean Chicken Pita Tacos with Seasonal Bistro Grains	660	4	1427	77	5	38

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Specialty Entrees						
Enlightened Cherry Chipotle Glazed Salmon	580	5	889	40	4	46
BJ's Brewhouse Protein Bowl (Vegetarian)	480	3	2036	58	13	14
BJ's Brewhouse Protein Bowl with Blackened Shrimp	730	5	2858	61	13	49
BJ's Brewhouse Protein Bowl with Blackened Chicken	710	4	3047	60	14	54
Mediterranean Chicken Pita Tacos	660	4	1427	77	5	38
Chef-Crafted Salads (Includes dressing)						
Enlightened Asian Chopped Salad	540	3	1385	38	5	45
Enlightened Seared Ahi Salad	560	4	1316	42	8	30
Enlightened Strawberry Fields Salad	500	5	1244	19	4	45
Sante Fe with Oven-Roasted Chicken	1020	13	2201	54	13	55
Signature Dressings						
Oil & Vinegar	210	3	0	5	0	0
Santa Fe Dressing	170	2	381	2	0	0
Italian Dressing	170	2	270	2	0	0
Ranch Dressing	170	2	360	2	0	0
Balsamic Vinaigrette	160	2	231	5	0	0
Signature Sides						
Roasted Asparagus	25	0	2	3	2	2
Steamed Broccoli	40	0	30	6	2	3
Garlic-Roasted Vegetables	250	3	531	11	4	4



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Signature Pastas & More						
Italian Chicken Parmigiana (without Garlic Knot)	780	10	1739	68	6	54
Spaghetti with Marinara Sauce with Garlic Knot	600	1	1148	113	8	19
Spicy Peanut Chicken with Soba Noodles	940	12	2107	74	8	40
Protein Add-ons						
Blackened Chicken	230	1	1010	3	1	40
Blackened Shrimp	240	2	822	3	1	35
Grilled Shrimp	170	1	812	1	0	35
Oven-Roasted Chicken	220	1	851	0	0	39
Signature Soup & Chili						
Chicken Tortilla Soup, Cup	210	2	1470	22	3	9
Chicken Tortilla Soup, Bowl	280	3	1853	30	4	12
Kids Menu *sides not included*						
Kids Fresh Fruit	80	0	1	17	2	1
Kids Chicken Breast	220	1	851	0	0	39
Kids Happy Face Potatoes	180	1	230	24	2	2
Kids Pasta, Add Meatball	150	5	185	4	0	7
Kids Pasta, Marinara Sauce	70	0	620	11	2	2
Kids Pasta, Penne	170	0	6	31	2	5
Kids Steamed Broccoli	40	0	235	6	2	3