



BJ's



**RESTAURANT
BREWHOUSE**

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Shareable Appetizers						
Ahi Poke	500	3	1773	44	4	34
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 (Pan Seared)	420	2	2337	63	3	19
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
Sweet Pig	150	2	384	20	1	6
Toppings (per slice - large)						
Fresh Basil	0	0	0	0	0	0
Roasted Garlic	0	0	1	1	0	0
Green Bell Pepper	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 *calories 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 Tacos	850	5	2567	90	16	38
Enlightened Mediterranean Chicken Pita Taco w/ Bistro Grains	660	4	1427	77	5	38
Steaks & Slow Roasted						
Filet Mignon	400	10	1637	5/3	1	47
Slow-Roasted Tri-Tip with Grilled Chicken Breast	710	7	3219	46	0	76

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Specialty Entrees						
Cherry Chipotle Glazed Salmon	580	5	889	40	4	46
BJ's Brewhouse Bowl	480	3	2051	59	13	14
BJ Brewhouse Bowl – Grilled Ckn	710	4	2901	59	13	54
Mediterranean Chicken Pita Tacos	660	4	1427	77	5	38
Chef-Crafted Salads						
Asian Chopped Salad	540	3	1325	38	5	45
Seared Ahi Salad	560	4	1316	42	8	30
Sante Fe with Grilled Chicken	1020	13	2201	54	13	55
Signature Dressings						
Oil and Vinegar	210	3	0	5	0	0
Santa Fe Dressing	170	2	381	2	0	0
Italian Dressing	170	2	270	2	0	0
Balsamic Vinaigrette	160	2	231	5	0	0
Signature & Premium Sides						
Roasted Asparagus	20	0	2	3	2	2
Steamed Broccoli	150	4	236	6	2	3
Garlic-Roasted Vegetables	250	3	531	11	4	4
Signature Pastas & More						
Italian Chicken Parmigiana	830	12	1553	75	5	60
Spicy Peanut Chicken (with Garlic Bread)	940	12	2107	74	8	40
Protein Add-ons						
Blackened Chicken	230	1	1010	3	0/1	40
Blackened Shrimp	250/240	2	822	3	0/1	35
Grilled 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



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Kids Menu <i>*sides not included*</i>						
Fresh Fruit	80	0	1	17	2	1
Kids Grilled Chicken	220	1	851	0	0	39
Kids Happy Face Potatoes	180	1	230	24	2	2
Kids Pepperoni Pizza	680	13	1743	66	3	26
Kids Steamed Broccoli	40	0	235	6	2	3

Fall 2024