



SANDWICHES

	Calories	Sat Fat Grams	Sodium MG	Carbs Grams
Barbeque Beef Sandwich	1570-1690	14-17	3720-4130	162-164
Barbeque Pulled Pork Sandwich	1710-1840	14-17	3330-3740	172-174
California Chicken Sandwich	1230-1350	13-16	2340-2750	118-120
Classic Turkey Sandwich	1490-1610	18-21	3370-3780	132-134
Crispy Chicken Sandwich	1420-1540	8-11	2540-2950	152-154
Grilled Chicken Club Sandwich	1390-1510	16-19	2590-2990	123-125
Original Roast Beef Dip Sandwich	1330-1450	16-19	3770-4170	126-128
Roasted Turkey Cobb Sandwich	1430-1550	14-17	3760-4160	133-135
Turkey Club Sandwich	1510-1630	13-16	4210-4620	148-150

Add-ons:				
Add Applewood Smoked Bacon	120	4	400	1
Add Avocado	60	1	0	3
Add Cheese	170	8	270	0

HOUSEMADE SOUPS

Broccoli Cheddar, Bowl	450	16	1760	29
Broccoli Cheddar, in a sourdough loaf	1120	16	6330	155
Chicken Noodle, Bowl	190	1	1670	22
Chicken Tortilla, Bowl	340	5	1880	30
Clam Chowder, Bowl	510	13	2120	37
Clam Chowder, in a sourdough loaf	1290	16	7090	170
Hearty Minestrone, Bowl	170	0	1470	28
Piranha Pale Ale Chili, Bowl	640	21	1840	33
Piranha Pale Ale Chili, in a sourdough loaf	1410	24	6810	165
Tuscan Tomato Bisque, Bowl	610	35	910	15
Tuscan Tomato Bisque, in a sourdough loaf	1280	32	5740	145

PASTA FAVORITES

Angel Hair Toscana	1690	20	2070	182
Cajun Pasta	1790	19	2960	205
Chicken Fettuccini Alfredo	1840	34	2450	199
Chicken Marsala	1310	8	2830	128
Fettuccini Alfredo	1630	33	2040	192
Grilled Chicken Pasta	1770-1790	37	2680-3250	173-179
Italian Chicken Parmigiana	1740	28	3070	126
Scampi Pasta	1980	28	3560	185
Spaghetti With Marinara Sauce	1030	3	1410	157
Spaghetti With Meat Sauce	1160	8	1790	156
Spaghetti With Spicy Tomato Sauce	1190	11	1680	158
Tuscan Chicken Limone	1420	23	2650	121

Add-ons:				
Add Blackened Chicken Breast	190	1	970	5
Add Cajun Shrimp	320	2	970	6
Add Grilled Chicken Breast	170	1	400	0
Add Housemade Meatballs	370	10	750	14

USDA CHOICE ANGUS STEAKS

BJ's Classic Rib-Eye	940	31	1050	1
New York Strip	890	27	1050	1
Top Sirloin	470	12	980	1

Steak Sides:				
Crispy-Thin Fries	610	3	1340	67
Giant Baked Potato	840	18	320	133
Horseradish Mashed Potatoes	370	13	1140	35
Rice Pilaf	210	0	490	36
Seasoned, Steamed Vegetables	100	1	100	9
Steamed Green Beans	0	0	120	<1
Wedge-Cut Seasoned Fries	490	0	930	65
White Cheddar Mashed Potatoes	330	11	1100	33

Signature Steak Sauces:				
Red Wine Mushroom Sauce	35	1	360	3
Red Wine Mushroom Sauce with Bleu Cheese Garlic Butter	60	3	450	3

SPECIALTY ENTREES

Baby Back Pork Ribs (Full Rack)	1980	46	1410	170
Baby Back Pork Ribs (Half Rack)	1430	32	1000	157
Fresh Atlantic Salmon, Blackened	1030	21	1950	69
Fresh Atlantic Salmon, Flame-Broiled	990	21	810	58
Grilled Pork Chops	760	15	3050	45
Miso Salmon	1110	15	2270	131
Thai Salmon	1050	8	1850	137

CULINARY CREATIONS

Balsamic Glazed Chicken	850	13	2100	64
Brewhouse Blonde Fish 'N Chips	1170-1290	5-7	2540-2950	103-105
Brewhouse Blonde Shrimp	1390	5	3550	134
Chicken Teriyaki	1470	10	3740	211
Mahi-Mahi or Shrimp Tacos	700-800	7-8	1440-1710	62-77
New Orleans Jambalaya	1260	21	3280	93
Old Fashioned Pot Roast	1120	22	3290	64
Parmesan Crusted Chicken	1510	48	2590	68
Salmon Teriyaki	1570	12	3410	210
Shrimp Teriyaki	1470	9	3850	212
Texas-Style Chicken Fried Steak	1880	47	2520	106

DESSERTS *Totals shown include ice cream and toppings.*

Apple Berry Burst Crumble	1070	23	480	174
BJ's Baked Beignet	700	14	490	92
BJ's Brownie	1430	46	470	158
BJ's Handcrafted Root Beer Float	480	12	100	78
Chocolate Chunk Pizookie®	1100	28	840	165
Cookies 'N Cream Pizookie®	1180	30	750	151
Gluten-Free Chocolate Chip Pizookie®	1130	30	670	158
Ice Cream, 1 Scoop	170	6	45	22
Ice Cream, 2 Scoops	350	12	95	44
Peanut Butter Pizookie®	1180	32	880	139
Pizookie® Party Platter	4400-4720	112-128	1920-3680	556-660
Pizookie® Trio	1620-1920	42-51	660-1380	210-249
Raspberry White Chocolate Almond Pizookie®	1130	29	880	164
Red Velvet Pizookie®	1130	31	920	166
Triple Chocolate Pizookie® Made With Ghirardelli®	1130	31	480	149
White Chocolate Macadamia Nut Pizookie®	1160	28	840	155

Items available may vary by location.

GIANT STUFFED POTATOES

<i>Totals include toppings and condiments.</i>				
Garden Vegetable Potato	1210	30	1120	150
Grilled Chicken Potato	1350	31	1520	144
Piranha Pale Ale Chili and Cheese Potato	1190	24	1510	153
The Classic Baked Potato	840	18	320	133

LUNCH SPECIALS

Values reflect lowest and highest ranges for all possible combinations. See individual items for specific values.

Chicken Quesadilla	760	20	2010	48
Chicken Tenders with Fries	1350-1470	8-11	2520-2930	111-113
Chicken Teriyaki	980	8	1980	132
ENLIGHTENED Barbacoa or Chicken Tacos	450-500	3	1480-1600	51-58
Fresh Atlantic Salmon, Blackened	990	21	1640	66
Fresh Atlantic Salmon, Flame-Broiled	950	21	790	58
Half Flatbread Pizza and Salad	440-480	8-11	880-1090	34-45
Half Sandwich and Soup or Salad				

See Housemade Soups or Garden Fresh Specialty Salads for soup or salad info.

California Chicken Sandwich	870-990	7-10	1650-2060	91-93
Classic Turkey Sandwich	1000-1120	9-12	2160-2560	102-104
Grilled Chicken Club Sandwich	940-1060	8-11	1760-2160	94-96
Roasted Turkey Cobb Sandwich	960-1080	7-10	2350-2750	99-101

Half of a Giant Stuffed Potato and Soup or Salad

See Housemade Soups or Garden Fresh Specialty Salads for soup or salad info.

Classic Baked Potato	550	18	290	67
Garden Vegetable Potato	830	27	920	77
Grilled Chicken Potato	970	31	1280	77
Piranha Pale Ale Chili and Cheese Potato	810	23	1100	80
Lunch Size Garden Fresh Specialty Salad				
Barbeque Chicken Chopped Salad	510	6	1150	37
BJ's Cobb Salad	570	12	1590	17
Honey-Crisp Chicken Salad	880	10	1120	54

Lunch Size Pasta and Soup or Salad

See Housemade Soups or Garden Fresh Specialty Salads for soup or salad info.

Angel Hair Toscana	960	11	1260	105
Cajun Pasta	1020	11	1800	118
Chicken Fettuccini Alfredo	1020	18	1440	110
Fettuccini Alfredo	930	18	1240	110
Grilled Chicken Pasta	1000	20	1560	101
Scampi Pasta	1110	15	2000	106
Spaghetti With Marinara Sauce	630	3	920	92
Spaghetti With Meat Sauce	700	5	1120	92
Spaghetti With Spicy Tomato Sauce	710	6	1060	93
Mahi-Mahi or Shrimp Tacos	700-800	7-8	1440-1710	62-77
Miso Salmon	1030	14	2230	129
Parmesan Crusted Chicken Sandwich	1580-1700	18-22	2810-3210	133-135
Salmon Teriyaki	1040	9	1870	133
Shrimp Teriyaki	990	7	2070	133
Southern Fried Chicken	840	24	1950	71
Thai Salmon	970	7	1780	134

KIDS' MENU *Totals do not include sides or kids' drink.*

Kids' Applesauce	80	0	0	20
Kids' Cheese Pizza	550	9	1550	66
Kids' Chicken Tenders	600	5	1230	32
Kids' Crispy-Thin Fries	400	2	890	45
Kids' Grilled Cheese Sandwich	470	10	800	47
Kids' Grilled Chicken Breast	330	1	890	42
Kids' Grilled Chicken Pasta	970	18	1440	102
Kids' Happy Face Potatoes	210	0	260	27
Kids' Mac 'n' Cheese	490	5	1190	68
Kids' Mashed Potatoes	270	9	1010	26
Kids' Mini Burgers	340	5	650	33
Kids' Mini Corn Dogs	480	4	1200	40
Kids' Mini Pizookie®	550-590	14-16	330-440	70-82
Kids' Pasta Bread	230	2	440	28
Kids' Pepperoni Pizza	620	11	1790	66
Kids' Quarter Rack of Ribs	840-960	7-10	1140-1540	91-93
Kids' Rice Pilaf	210	0	490	36
Kids' Small Salad	240	3	490	15
Kids' Spaghetti with Marinara Sauce	400	0	490	64
Kids' Spaghetti with Meat Sauce	460	3	680	64
Kids' Steamed Veggies	25	0	35	6
Kids' Sticky Rice	260	2	230	51
Kids' Sundae	320	11	90	36
Kids' Veggies & Dip	180	3	420	8
Kids' Wedge-Cut Seasoned Fries	360	0	700	49

BEVERAGES

Kids' Apple Juice	110	0	10	28
Kids' BJ's Handcrafted Root Beer	200	0	10	51
Kids' Chocolate Milk	150	3	140	21
Kids' Cranberry Juice	140	0	5	34
Kids' Lemonade	80	0	20	21
Kids' Milk	140	3	140	13
Kids' Orange Juice	110	0	0	26
Kids' Soda	150-160	0	30-50	40-43

BEVERAGES

Aquafina (1 bottle)	0	0	0	0
Berry Sweet Limeade	220	0	30	58
BJ's Freshly Squeezed Lemonade	70	0	15	18
BJ's Handcrafted Black Cherry Soda	160	0	10	41
BJ's Handcrafted Cream Soda	170	0	15	42
BJ's Handcrafted Orange Cream Soda	160	0	5	40
BJ's Handcrafted Root Beer	200	0	10	51
BJ's Strawberry Lemonade	80	0	15	22
Diet Pepsi	0	0	40	0
Dr Pepper	150	0	60	40
Hot Tea	0	0	20	1
Iced Tea	5	0	10	2
Iced Tea Tropical	0	0	0	<1
Milk	210	5	220	20
Mountain Dew	160	0	50	43
Orange Twist	230	0	0	57
Peachberry Iced Tea	100	0	10	25
Pepsi	150	0	30	42
Raspberry Iced Tea	120	0	40	31
Sierra Mist	150	0	30	40
Sparkling Raspberry Lemonade	80	0	10	21

Items available may vary by location.

NUTRITIONAL GUIDE



BJ's RESTAURANT & BREWHOUSE



BJ's NUTRITIONAL INFORMATION

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

The nutritional information in this guide is derived from testing conducted in accredited laboratories, published resources including those from the U.S. Department of Agriculture, analyses using standard industry software, and from information provided by our suppliers. All nutritional information is based on average values for ingredients from our suppliers throughout the U.S., and is rounded to the nearest whole number to meet current U.S. F.D.A. N.L.E.A. guidelines. The information given is based on standard recipes and serving sizes and BJ's Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences in ingredients, may affect the nutritional values for each menu item. In addition, product formulations change periodically and sometimes substitution of ingredients is required. You should expect some variation in the nutrient content of the products purchased in our restaurant, particularly if an order is customized. This information was updated as of February 2013.

BRUNCH

	Calories	Sat Fat Grams	Sodium MG	Carbs Grams
Baked Italian Omelette	1060-1080	23-24	2160-2220	67-72
BJ's Breakfast Pizza (1 slice)	380	8	800	22
BJ's California Scramble	1270-1310	24-26	1930-2050	93-103
Classic Breakfast Sandwich	950-1260	14-25	1880-2600	83-84
French Toast Combo	1220-1530	18-29	1510-2090	122-124
French Toast, 4 Pieces	1110	29	1020	125
French Toast, 6 Pieces	1640	36	1410	207
Granola with Yogurt and Fresh Fruit	540	2	350	112
Scrambled Egg Breakfast	930-970	11-13	1210-1330	84-94
Scrambled Egg Breakfast, with Meat Choice	1040-1390	13-26	1750-2450	84-96
Steel-Cut Oatmeal with Mixed Fruit	420	2	270	88
Kids' Cap'n Crunch® French Toast	810	12	600	141

SIDES

Applewood Smoked Bacon	160	5	540	2
Country Sausage Links	420	13	1120	0
Grilled Ham	110	2	850	2
Sourdough Toast (2 slices)	240	0	540	46
Wheat Toast (2 slices)	280	2	420	56

BEVERAGES

Apple Juice	130	0	10	32
Coffee	0	0	0	0
Cranberry Juice	140	0	5	38
Grapefruit Juice	90	0	0	21
Orange Juice	130	0	0	29

BJ's HAND-TOSSED PIZZAS

Values shown per slice. Individual = 6 slices Shareable = 10 slices

Barbeque Chicken Pizza, Individual	170	3	460	18
Barbeque Chicken Pizza, Shareable	180	4	520	20
BJ's Classic Combo, Individual	200	5	560	16
BJ's Classic Combo, Shareable	220	5	590	20
BJ's Favorite Pizza, Individual	190	5	540	17
BJ's Favorite Pizza, Shareable	210	5	560	21
Buffalo Chicken Pizza, Individual	180	4	900	17
Buffalo Chicken Pizza, Shareable	190	4	970	19
Chicken Bacon Ranch Pizza, Individual	270	6	690	17
Chicken Bacon Ranch Pizza, Shareable	290	6	710	21
Gourmet Five Meat Pizza, Individual	210	5	650	17
Gourmet Five Meat Pizza, Shareable	230	6	650	20
Signature Five Cheese Blend Pizza, Individual	160	4	460	16
Signature Five Cheese Blend Pizza, Shareable	170	4	470	20
Spicy Meatball Pizza, Individual	220	5	590	18
Spicy Meatball Pizza, Shareable	220	5	600	20
Sweet Pig® Pizza, Individual	150	3	450	19
Sweet Pig® Pizza, Shareable	180	4	480	22
Vegetarian Pizza, Individual	150	3	430	17
Vegetarian Pizza, Shareable	170	4	460	20
Additional toppings:				
Anchovies	15	0	290	0
Artichokes	5	0	95	1
Applewood Smoked Bacon	20	1	65	0
Black Olives	30	1	150	1
Blackened Chicken	25	0	120	<1
Cilantro	0	0	0	0
Fresh Basil	0	0	0	0
Green Bell Peppers	0	0	0	<1
Grilled Chicken	25	0	60	0
Ham	10	0	70	0
Italian Sausage	60	2	150	<1
Jalapeños	0	0	110	0
Meatballs	40	1	70	1
Mozzarella Cheese	25	1	75	0
Mushrooms	0	0	0	0
Pepperoni	20	1	60	0
Pineapple	15	0	0	4
Roasted Garlic	0	0	0	<1
Roasted Red Bell Peppers	5	0	60	1
Salami	25	1	70	<1
Sweet Corn	15	0	60	4
White Onions	30	0	0	7

Items available may vary by location.

BJ's SIGNATURE DEEP DISH PIZZAS

Values shown per slice.

Mini Pizza = 4 slices Small Pizza = 6 slices

Medium Pizza = 8 slices Large Pizza = 10 slices

	Calories	Sat Fat Grams	Sodium MG	Carbs Grams
Barbeque Chicken Pizza, Mini, Regular Dough	160	2	460	19
Barbeque Chicken Pizza, Mini, Wheat Dough	150	2	400	19
Barbeque Chicken Pizza, Small	220	3	680	27
Barbeque Chicken Pizza, Medium	290	4	880	35
Barbeque Chicken Pizza, Deep Dish, Large	320	4	940	42
BJ's Bacon Cheeseburger Pizza, Mini, Regular Dough	200	4	470	17
BJ's Bacon Cheeseburger Pizza, Mini, Wheat Dough	190	4	420	17
BJ's Bacon Cheeseburger Pizza, Small	270	5	690	25
BJ's Bacon Cheeseburger Pizza, Medium	390	8	960	33
BJ's Bacon Cheeseburger Pizza, Large	480	10	1160	39
BJ's Classic Combo, Mini, Regular Dough	170	3	470	17
BJ's Classic Combo, Mini, Wheat Dough	170	3	420	17
BJ's Classic Combo Small	250	5	710	25
BJ's Classic Combo Medium	320	6	890	32
BJ's Classic Combo Large	350	6	940	38
BJ's Favorite Pizza, Mini, Regular Dough	170	3	470	18
BJ's Favorite Pizza, Mini, Wheat Dough	170	3	420	18
BJ's Favorite Pizza, Small	240	4	690	26
BJ's Favorite Pizza, Medium	300	5	860	33
BJ's Favorite Pizza, Large	340	6	930	39
Buffalo Chicken Pizza, Mini, Regular Dough	160	2	700	17
Buffalo Chicken Pizza, Mini, Wheat Dough	150	2	650	18
Buffalo Chicken Pizza Small	220	3	1000	25
Buffalo Chicken Pizza Medium	290	4	1320	33
Buffalo Chicken Pizza Large	320	4	1450	39
Cheese and Tomato Pizza, Mini, Regular Dough	140	2	390	16
Cheese and Tomato Pizza, Mini, Wheat Dough	130	2	330	17
Cheese and Tomato Pizza Small	210	4	620	24
Cheese and Tomato Pizza Medium	260	5	750	31
Cheese and Tomato Pizza Large	290	5	800	37
Chicken Bacon Ranch Pizza, Mini, Regular Dough	230	4	520	17
Chicken Bacon Ranch Pizza, Mini, Wheat Dough	230	4	470	17
Chicken Bacon Ranch Pizza, Small	320	6	760	25
Chicken Bacon Ranch Pizza Medium	400	7	960	32
Chicken Bacon Ranch Pizza Large	460	8	1070	38
Gluten-Free Thin Crust Cheese Pizza	130	2	270	16
Gourmet Five Meat Pizza, Mini, Regular Dough	210	5	620	17
Gourmet Five Meat Pizza, Mini, Wheat Dough	210	5	570	18
Gourmet Five Meat Pizza Small	280	6	820	25
Gourmet Five Meat Pizza Medium	310	6	890	32
Gourmet Five Meat Pizza Large	350	6	950	38
Great White® Pizza, Mini, Regular Dough	170	3	450	17
Great White® Pizza, Mini, Wheat Dough	170	3	400	18
Great White® Pizza Small	250	4	670	25
Great White® Pizza Medium	320	6	870	33
Great White® Pizza Large	360	6	920	39
Mediterranean Pizza, Mini, Regular Dough	210	4	600	18
Mediterranean Pizza, Mini, Wheat Dough	210	3	540	19
Mediterranean Pizza Small	280	4	810	27
Mediterranean Pizza Medium	360	5	1060	35
Mediterranean Pizza Large	410	5	1190	42
Specialty Calzone (for one)	630	13	1850	75
Specialty Calzone (for two), per person	670	12	1870	79
Spicy Meatball Pizza, Mini, Regular Dough	200	4	560	19
Spicy Meatball Pizza, Mini, Wheat Dough	190	4	510	20
Spicy Meatball Pizza Small	270	5	790	28
Spicy Meatball Pizza Medium	330	6	960	36
Spicy Meatball Pizza Large	370	6	1050	42
Spinach and Artichoke Pizza, Mini, Regular Dough	170	4	490	18
Spinach and Artichoke Pizza, Mini, Wheat Dough	170	4	440	18
Spinach and Artichoke Pizza Small	240	5	730	26
Spinach and Artichoke Pizza Medium	310	7	920	34
Spinach and Artichoke Pizza Large	350	7	1010	40
Sweet Pig® Pizza, Mini, Regular Dough	150	2	420	20
Sweet Pig® Pizza, Mini, Wheat Dough	150	2	370	20
Sweet Pig® Pizza, Small	210	3	600	28
Sweet Pig® Pizza, Medium	260	4	760	35
Sweet Pig® Pizza, Large	290	4	790	42
Traditional Calzone (for one)	520	6	1220	70
Traditional Calzone (for two), per person	560	6	1220	73
Vegetarian Pizza, Mini, Regular Pizza, Dough	130	2	380	17
Vegetarian Pizza, Mini, Wheat Pizza, Dough	130	2	330	18
Vegetarian Pizza, Small	200	3	580	25
Vegetarian Pizza, Medium	250	4	660	32
Vegetarian Pizza, Large	280	4	780	38
Additional toppings:				
Anchovies	15	0	290	0
Artichokes	5	0	95	1
Applewood Smoked Bacon	20	1	65	0
Black Olives	30	1	150	1
Blackened Chicken	25	0	120	<1
Cilantro	0	0	0	0
Fresh Basil	0	0	0	0
Green Bell Peppers	0	0	0	<1
Grilled Chicken	25	0	60	0
Ham	10	0	70	0
Green Bell Peppers	0	0	0	<1
Grilled Chicken	25	0	60	0
Ham	10	0	70	0
Italian Sausage	60	2	150	<1
Jalapeños	0	0	110	0
Meatballs	40	1	70	1
Mozzarella Cheese	25	1	75	0
Mushrooms	0	0	0	0
Pepperoni	20	1	60	0
Pineapple	15	0	0	4
Roasted Garlic	0	0	0	<1
Roasted Red Bell Peppers	5	0	60	1
Salami	25	1	70	<1
Sweet Corn	15	0	60	4
White Onions	30	0	0	7

Items available may vary by location.

SHAREABLE APPETIZERS

Values shown for one full order.

	Calories	Sat Fat Grams	Sodium MG	Carbs Grams
Ahi Poke	500	4	1910	26
Angus Beef Sliders	690	10	1270	70
Avocado Egg Rolls	1000	15	640	96
Best Beginnings Appetizer Combo	2190	42	2860	189
BJ's Premium Boneless Wings and Sauces:				
Brewhouse BBQ	740	2	2600	64
EXXXtra Hot - 5 Pepper Buffalo Sauce	610	2	5110	34
Garlic Parmesan	930	8	2430	37
Hot & Spicy Buffalo	600	2	5160	32
Maui Glaze	840	2	2740	89
Black and Bleu Flatbread Appetizer Pizza (1 slice)	100	2	240	10
California Club Flatbread Appetizer Pizza (1 slice)	110	2	220	10
Chicken Lettuce Wraps	710	6	2760	51
Chicken Pot Stickers	500	4	2570	60
Chicken Wontons - Buffalo Style	440	7	2050	30
Chicken Wontons - Thai Style	320	4	830	32
Chips and Salsa	960	4	1310	134
Crisp Potato Skins Platter	1710	39	1600	106
Crispy Calamari	740	9	700	39
Crispy Fried Artichokes	410	2	1000	32
Fresh Basil with Italian Sausage Flatbread Appetizer Pizza (1 slice)	120	3	240	10
Fresh Mozzarella and Tomato Salad	240	7	480	8
Fresh Watermelon and Feta Salad	150	4	260	13
Gourmet Mac & Cheese	1020	24	1590	103
Housemade Italian Mini Meatballs	490	12	1140	27
Margherita Fresca Flatbread Appetizer Pizza (1 slice)	90	2	180	10
Mini-Bruschetta	440	7	1070	29
Mozzarella Sticks	830	15	1680	73
Piranha Pale Ale Nachos	2160	46	2620	188
Roasted Vegetable and Goat Cheese Flatbread Appetizer Pizza (1 slice)	90	2	200	10
Santa Fe Spring Rolls	950	15	1640	66
Side of Crispy-Thin Fries	610	3	1340	67
Side of Wedge-Cut Seasoned Fries	490	<1	930	65
Spinach and Artichoke Dip	1360	29	1380	134
Spinach Stuffed Mushrooms	230	10	430	10
Thai Shrimp Lettuce Wraps	430	4	920	25
Traditional Wings	800	13	4400	3

GARDEN FRESH SPECIALTY SALADS *Totals include dressings and toppings.*

Barbeque Chicken Chopped Salad	1020	11	2300	74
BJ's Cobb Salad	1140	25	3170	33
Caesar Salad	740	14	1960	27
Grilled Steak Salad	890	19	2290	33
Honey-Crisp Chicken Salad	1620	18	1940	98
Santa Fe Salad	1140	15	2240	77
Seared Ahi Salad	610	5	1050	34
Sesame Chicken Salad	930	5	1380	99
Add-ons:				
Add Blackened Chicken Breast	190	1	970	5
Add Blackened Salmon	270	3	660	5
Add Cajun Shrimp	320	2	970	6
Add Flame-Broiled Salmon	250	3	90	0
Add Grilled Chicken Breast	170	1	400	0
Small Salads:				
House Caesar Salad	370	7	980	13
House Salad (dressing not included)	100	1	125	13
House Wedge Salad	290	7	610	10
Dressings:				
Balsamic Vinaigrette	220	4	230	7
Bleu Cheese Dressing	220	5	420	6
Creamy Garlic Dressing	190	3	440	2
Honey Mustard Dressing	320	5	380	10
Italian Dressing	240	4	270	2
Lo-Cal Italian Dressing	110	2	580	4
Oil and Vinegar	270	4	10	5
Ranch Dressing	200	3	480	2
Thousand Island Dressing	280	4	520	8

BJ's ENLIGHTENED ENTREES®

Chicken a la Fresca	500	2	1830	64
Creole Tilapia	550	3	1690	56
ENLIGHTENED Garden Medley Salad	260	4	640	11
ENLIGHTENED Thai Chicken Mango Salad	530	4	850	35
Hawaiian Mahi-Mahi	450	1	830	61
Maui Glazed Pork Chop	500	9	890	38
Mediterranean Vegetable Pasta	540	2	2630	101
Vegetarian Pizza, Deep Dish, Mini, Regular Pizza, Dough (1 slice)	130	2	380	17
Vegetarian Pizza, Deep Dish, Mini, Wheat Pizza, Dough (1 slice)	130	2	330	18

fanburgers™ menu

BJ's Bacon Cheeseburger	1640-1770	25-29	3870-4280	133-135
Black and Bleu Burger	1540-1660	24-27	3140-3540	136-138
Brewhouse Double Deluxe Burger	1990-2110	35-38	3970-4380	143-145
California Burger	1440-1560	23-26	3470-3870	118-120
Classic Burger	1490-1610	19-22	3450-3850	131-133
Crispy Jalapeño Burger	1520-1640	22-25	3590-4000	137-139
Grilled Burger Melt	1510-1630	26-29	3610-4010	119-121
Grilled Turkey Burger	1610-1730	15-18	3080-3490	139-141
Veggie Burger	1100-1220	6-9	2220-2620	151-153