

**BJ's**

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Shareable Appetizers</b>						
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	400	2	1752	59	3	18
<b>Starter Salads</b>						
Fresh Mozzarella and Tomato Salad	260	7	322	11	2	14
House Salad (No Dressing)	80	1	205	8	1	5
<b>BJ's Flatbread Appetizer Pizzas (per slice)</b>						
California Club	110	2	234	10	1	5
Margherita Fresca	100	2	220	10	1	5
<b>BJ's Signature Deep Dish Pizzas (per slice)</b>						
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
<b>Toppings (per slice - large)</b>						
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
<b>Tavern Crust Pizzas *calories listed (per slice)</b>						
The Spicy Pig	90	1	250	9	0	4
BJ's Brewhouse Classic	110	2	250	9	1	4
<b>Gluten-Free Thin Crust Pizza (per slice)</b>						
Cheese Pizza	130	2	254	14	0	4
Sweet Pig Pizza	150	3	283	17	0	5
Vegetarian Pizza	140	3	255	15	0	4
<b>Sandwiches</b>						
Original Roast Beef	730	11	2662	53	3	60
<b>Steaks &amp; Slow Roasted</b>						
Filet Mignon	320	6	2193	5	1	47

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Specialty Entrees</b>						
Cherry Chipotle Glazed Salmon	580	5	889	40	4	46
BJ's Brewhouse Bowl	530	4	2127	66	14	16
BJ Brewhouse Bowl – Grilled Ckn	750	5	2418	67	14	56
Mediterranean Chicken Pita Tacos	690	4	1503	81	5	42
<b>Small Salads</b>						
House Salad (no dressing)	80	1	205	8	1	5
<b>Chef-Crafted Salads</b>						
Asian Chopped Salad	540	3	825	38	5	45
Seared Ahi Salad	560	4	1316	42	8	30
Sante Fe with Grilled Chicken	1020	13	1641	54	13	55
<b>Signature Dressings</b>						
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
<b>Signature &amp; Premium Sides</b>						
Asparagus	20	0	2	3	2	2
Broccoli	40	0	30	6	2	3
Sauteed Green Beans	80	1	135	4	4	2
<b>Signature Pastas &amp; More</b>						
Italian Chicken Parmigiana	1020	14	1898	99	7	59
Spicy Peanut Chicken	940	12	2107	74	8	40
<b>Protein Add-ons</b>						
Blackened Chicken	240	1	697	4	0	40
Blackened Shrimp	250	2	587	4	0	35
Grilled chicken	220	1	851	0	0	39
<b>Signature Soup &amp; Chili</b>						
Chicken Tortilla Soup-cup	200	2	1470	21	3	9
Chicken Tortilla Soup -bowl	280	3	1853	30	4	12



**RESTAURANT  
BREWHOUSE**

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Kids Menu</b> *sides not included*						
Fresh Fruit	60	0	1	13	1	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	1760	66	3	26
Kids Steamed Broccoli	40	0	235	6	2	3

Winter 2024

