

FOOD AND ALLERGEN SENSITIVITIES MENU AND GLUTEN-FREE SELECTIONS



The following information is provided for our guests who have food and allergen sensitivities or an intolerance to gluten. This information was obtained from published sources and suppliers of each of the items. Please inform your server if you, or any of the guests in your dining party, have any food allergies.

BJ'S RESTAURANT & BREWHOUSE

Use this chart to find suggested menu items for the most common allergies.

EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREENUTS	WHEAT
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Shareable Appetizers									
Angus Beef Sliders							•		•
Angus Beef Sliders with Fries							•		•
Avocado Egg Rolls	•	•	•				•	•	•
BBQ Pulled Pork Sliders	•		•	•			•		•
Best Beginnings™ Appetizer Combo	•	•	•	•			•	•	•
California Club Flatbread Appetizer Pizza	•		•	•					•
Chicken Fajita Quesadilla	•	•	•	•			•		•
Chicken Lettuce Wraps	•					•	•		•
Chicken Pot Stickers							•		•
Chicken Tenders	•		•						•
Chicken Wings	•		•	•					•
Chips & Salsa									•
Crisp Potato Skins Platter	•		•	•					•
Crispy Calamari	•		•			•			•
Fresh Basil with Italian Sausage Flatbread Appetizer Pizza			•	•			•		•
Fresh Mozzarella and Tomato Salad			•	•				•	
Garlic Parmesan Kettle-Style Chips	•		•	•			•	•	•
Gourmet Mac & Cheese			•				•		•
Grilled BBQ Chicken Sliders	•		•	•			•		•
Grilled Chicken Pesto Flatbread Appetizer Pizza			•	•					•
Hawaiian Shrimp Skewers						•	•		•
Margherita Fresca Flatbread Appetizer Pizza			•						•
Mini-Bruschetta			•	•				•	•
Mozzarella Sticks	•		•						•
Piranha® Pale Ale Nachos			•				•		•
Santa Fe Spring Rolls	•		•	•			•		•
Side of Crispy-Thin Seasoned Fries									•
Side of Wedge-Cut Seasoned Fries									•
Spinach & Artichoke Dip			•						•
Thai Shrimp Lettuce Wraps		•	•			•	•	•	•
Signature Deep Dish Pizza									
Barbeque Chicken Pizza			•				•		•
BJ's Bacon Cheeseburger Pizza	•	•	•				•		•
BJ's Classic Combo Pizza			•	•			•		•
BJ's Favorite Pizza	•		•	•			•		•
Buffalo Chicken Pizza	•		•	•			•		•
Cheese and Tomato Pizza			•				•		•

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREENUTS	WHEAT
Great White® Pizza			•	•				•		•
Mediterranean Pizza			•	•				•	•	•
Southwestern Pizza			•	•				•		•
Specialty Calzone			•					•		•
Spinach & Artichoke Pizza			•					•		•
Sweet Pig® Pizza			•					•		•
Traditional Calzone			•					•		•
Vegeterian Pizza			•					•		•
Garden Fresh Specialty Salads										
BBQ Chicken Chopped Salad	•		•	•						•
BJ's Cobb Salad	•	•	•	•				•		•
Caesar Salad	•	•	•					•		•
Field of Greens Salad			•						•	•
Garden Medley Salad			•	•				•		
Honey-Crisp Chicken Salad	•		•						•	•
House Caesar Salad	•	•	•					•		•
House Salad (<i>no dressing</i>)			•					•		•
House Wedge Salad	•		•						•	
Italian Market Salad			•	•						
Santa Fe Salad (<i>no tortilla strips</i>)	•		•	•				•		•
Sesame Chicken Salad	•			•		•	•		•	•
Blackened Salmon		•								
Cajun Shrimp						•	•			
Flame-Broiled Salmon		•						•		
Grilled Chicken				•				•		
Salad Dressings										
1000 Island Dressing	•									
Balsamic Vinaigrette Dressing				•				•		
BBQ Ranch Dressing	•		•	•						
Bleu Cheese Dressing	•		•					•		
Caesar Dressing	•	•	•							
Creamy Garlic Ranch Dressing	•	•	•	•						
Honey Mustard Dressing	•									
Italian Dressing				•						
Lo-Cal Italian Dressing								•		
Mandarin Dressing						•	•			•
Raspberry Walnut Vinaigrette Dressing								•	•	
Santa Fe Dressing	•		•	•						

EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
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Soups

Broccoli Cheddar			•				•		
Clam Chowder		•	•			•	•	•	•
Hearty Minestrone			•				•		•
Piranha® Pale Ale Chili			•				•		•
Tuscan Tomato Bisque			•				•		•
Carved-out Sourdough Loaf			•				•		•

Sandwiches

BBQ Beef Sandwich			•						•
BBQ Chicken Sandwich	•		•	•					•
BBQ Pulled Pork Sandwich	•		•	•			•	•	•
California Chicken Sandwich	•		•	•					•
Classic Turkey Sandwich	•		•						•
Crispy Chicken Sandwich	•		•						•
Grilled Chicken Club Sandwich	•		•	•					•
Original Roast Beef Dip Sandwich		•	•	•			•	•	•
Roasted Turkey Cobb Sandwich	•		•					•	•
Southwestern Chicken Sandwich	•		•	•			•		•
Turkey Club Sandwich	•		•					•	•

Half-Pound Angus Burgers

Bacon Cheeseburger	•		•				•		•
BJ's Burger			•						•
California Burger	•		•	•					•
Classic Burger	•		•				•		•
Cuban Burger	•		•					•	•
Grilled Burger Melt	•	•	•	•			•	•	•
Sourdough Burger	•		•						•
Turkey Patty									
Veggie Burger			•				•		•

Knife & Fork Sandwiches

Angus Pot Roast Sandwich		•	•				•	•	•
Derek's Favorite Meatloaf Sandwich	•	•	•				•	•	•
Piranha® Pale Ale Chili Cheeseburger			•				•		•

Giant Stuffed Potatoes

Blackened Chicken Potato			•	•			•		•
Garden Vegetable Potato			•				•		•
Grilled Chicken Potato			•	•					•
Piranha® Pale Ale Chili and Cheese Potato			•				•		•

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
The "Classic" Baked Potato			•					•		
Pasta Favorites <i>Garlic Bread not included</i>										
Angel Hair Toscana			•						•	•
Cajun Pasta			•	•				•		•
Chardonnay Shrimp Pasta			•			•	•	•		•
Chicken Fettuccini Alfredo			•	•				•		•
Fettuccini Alfredo			•							•
Grilled Chicken Pasta			•	•						•
New Orleans Jambalaya		•	•			•	•			•
Scampi Pasta			•			•	•			•
Spaghetti with Marinara Sauce										•
Spaghetti with Meat Sauce			•	•				•		•
Spaghetti with Spicy Tomato Sauce			•							•
Garlic Bread			•					•		•
Specialty Entrees										
Baby Back Pork Ribs			•					•		•
Chicken & Ribs Combo			•					•		•
Flame-Broiled New York Strip			•					•		•
Flame-Broiled Blackened New York Strip			•					•	•	•
Fresh Atlantic Salmon		•	•					•	•	•
Roasted Chicken			•					•		
Culinary Creations										
Balsamic Glazed Chicken			•	•				•	•	•
Parmesan Crusted Chicken	•	•	•					•	•	•
Brewhouse Favorites										
BJ's Brewhouse Blonde® Fish 'N Chips	•	•	•							•
Derek's Favorite Meatloaf	•	•	•					•	•	•
Fish or Grilled Shrimp Tacos	•	•	•	•		•	•			•
Old-Fashioned Pot Roast		•	•					•	•	•
Texas-Style Chicken Fried Steak	•		•					•		•
Desserts <i>*Pizookies are manufactured on shared equipment with peanuts and tree nuts.</i>										
BJ's Brownie	•		•					•	•	•
BJ's Handcrafted Root Beer Float			•					•		
Chocolate Chunk Pizookie®	•		•					•		•
Cookies 'N Cream Pizookie®	•		•					•		•
Oatmeal Raisin Pizookie®	•		•					•	•	•
Old-Fashioned Apple Crisp			•					•		•
Peanut Butter Pizookie®	•		•		•			•		•

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Desserts <i>(continued)</i>									
Triple Chocolate Pizookie® Made With Ghirardelli®	•		•					•	•
Vanilla Bean Ice Cream			•					•	
White Chocolate Macadamia Nut Pizookie®	•		•					•	•
Lunch Specials									
Chicken Teriyaki								•	•
Handbreaded Chicken Pamigiana	•		•					•	•
Salmon Teriyaki		•						•	•
Shrimp Teriyaki						•		•	•
Tuscan Tomato Bisque w/ Grilled Ham & Cheese			•						•
Kids Menu <i>Sides listed seperately.</i>									
Kids Applesauce									
Kids Mini Burgers	•							•	•
Kids Chicken Tenders	•		•	•					•
Kids Mini Corn Dogs	•		•					•	•
Kids Crispy-Thin Seasoned Fries									•
Kids Garlic Cheese Bread			•					•	•
Kids Grilled Cheese Sandwich			•					•	•
Kids Grilled Chicken Breast								•	•
Kids Grilled Chicken Pasta			•	•				•	•
Kids Happy Face Potatoes									•
Kids Mac 'N' Cheese			•					•	•
Kids Mashed Potatoes			•					•	•
Kids Pizza			•					•	•
Kids Quarter Rack of Ribs									•
Kids Rice Pilaf								•	•
Kids Sticky Rice								•	•
Kids Small Salad <i>(Dressing included)</i>	•		•	•					•
Kids Spaghetti with Meat Sauce			•	•				•	•
Kids Spaghetti with Marinara Sauce			•					•	•
Kids Steamed Veggies									
Kids Sundae			•					•	
Kids Veggies & Dip <i>(Ranch included)</i>	•		•	•					
Kids Wedge-Cut Seasoned Fries									•

This list is compiled based on independent analysis, published sources and information provided to BJ's from food manufacturers as of February 2010. BJ's menu is diverse and contains a wide variety of foods, many of which contain one of the eight major allergens. While we have carefully reviewed our recipes to inform our customers of foods that contain a food allergen as part of a recipe, we cannot guarantee that cross-contact with other foods will not occur during production.

GLUTEN-FREE SELECTIONS

(Modifications for Gluten-Free in Italics)

The following information is provided for our guests who have an intolerance to gluten. Below is a list of our menu items that may fit your gluten-free diet.

This information was obtained from published sources and suppliers of each of the items. Please inform your server if you, or guests in your dining party, have a gluten allergy.

GARDEN FRESH SPECIALTY SALADS

SANTA FE SALAD*

A colorful blend of crisp romaine lettuce, red onions and fire-roasted red peppers tossed with our Santa Fe dressing. Topped with jack and cheddar cheeses, sliced avocado, corn, diced tomatoes, and blackened chicken breast. Also available with blackened salmon. *(no tortilla strips)*

FIELD OF GREENS

This salad features assorted field-grown baby lettuce tossed with raspberry walnut vinaigrette dressing, feta cheese, fire-roasted red peppers, mandarin oranges, red onions and candied pecans. Also available with grilled chicken.

ITALIAN MARKET SALAD

Like an Italian market basket! Mozzarella cheese, salami, artichoke hearts, bell peppers, green onions, olives, garbanzo beans and tomatoes all tossed with iceberg lettuce and Italian dressing. Sprinkled with Parmesan cheese and fresh basil.

GARDEN MEDLEY SALAD*

Crisp romaine lettuce, artichoke hearts, fire-roasted red peppers, tomatoes, red onions, feta cheese and our balsamic vinaigrette dressing. Also available with grilled chicken or blackened salmon.

HOUSE WEDGE SALAD

HOUSE SALAD *(no croutons)*

HOUSE CAESAR SALAD *(no croutons)*

BBQ CHICKEN CHOPPED SALAD

Grilled breast of chicken with a colorful confetti of tomatoes, corn, green onions, black beans, jicama, cilantro, mozzarella cheese, BBQ sauce and iceberg lettuce, tossed with our special BBQ ranch dressing and topped with crunchy, sweet onion strings. *(no onion strings)*

SOUP

TUSCAN TOMATO BISQUE

Made with vine ripened tomatoes.
(no croutons)

BROCCOLI CHEDDAR

A rich and creamy classic!

GIANT STUFFED POTATOES

GARDEN VEGETABLE POTATO

A giant potato filled with assorted garden fresh vegetables, topped with jack and cheddar cheeses and creamy Alfredo sauce. *(no Alfredo sauce)*

BLACKENED CHICKEN POTATO

A giant potato stuffed with blackened chicken breast, fire-roasted red peppers, jack and cheddar cheeses, green onions and Alfredo sauce. *(no Alfredo sauce)*

GRILLED CHICKEN POTATO

Grilled chicken breast and steamed broccoli in a giant baked potato topped with Alfredo sauce and jack and cheddar cheeses. *(no Alfredo sauce)*

THE "CLASSIC" BAKED POTATO

Our giant hot and fluffy potato served with butter, sour cream and green onions.

SPECIALTY ENTREES

FLAME-BROILED NEW YORK STRIP*

A juicy, 12-ounce New York steak aged just right for tenderness and flavor. Served with a giant baked potato. Also available blackened.

FRESH ATLANTIC SALMON*

Flavorful fresh salmon fillet either flame-broiled or blackened. Served with lemon Chardonnay butter sauce, rice pilaf and seasoned, steamed vegetables. *(no rice pilaf, no lemon Chardonnay butter sauce)*

ROASTED CHICKEN

A tender, slow-roasted half chicken using no butter or oil, lightly charbroiled for extra flavor. Served with a giant baked potato.

GLUTEN-FREE SELECTIONS

(Modifications for Gluten-Free in Italics)

CULINARY CREATIONS

BALSAMIC GLAZED CHICKEN

Our marinated chicken breasts grilled and served over baby field greens, caramelized onions and white cheddar mashed potatoes. Topped with crispy fried onion strings and drizzled with sweet balsamic glaze. (no onion strings)

BEVERAGES

AQUAFINA

ARNOLD PALMER

BERRY BURST CIDER

CALISTOGA

CHERRY PEPSI

CHOCOLATE MILK

CLUB SODA

COFFEE: REGULAR OR DECAF

CRANBERRY JUICE

DIET PEPSI

GINGER ALE

GRAPEFRUIT JUICE

HOT CHOCOLATE

HOT TEA

ICED TEA

LEMONADE

MILK

MOUNTAIN DEW

ORANGE JUICE

PEPSI

PINEAPPLE JUICE

RASPBERRY ICED TEA

ROOT BEER

SHIRLEY TEMPLE

SIERRA MIST

STRAWBERRY LEMONADE