

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREENUTS	WHEAT
<i>Kids Menu Sides listed separately.</i>										
Kids Applesauce										
Kids Mini Burgers	•							•		•
Kids Chicken Tenders	•		•	•						•
Kids Mini Corn Dogs	•		•					•		•
Kids Crispy-Thin Seasoned Fries										•
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 Pasta Bread				•				•		•
Kids Rice Pilaf								•		•
Kids Sticky Rice								•		•
Kids Small Salad (no dressing)				•						•
Kids Spaghetti with Meat Sauce				•				•		•
Kids Spaghetti with Marinara Sauce										•
Kids Steamed Veggies								•		
Kids Sundae				•				•		
Kids Veggies & Dip (Ranch included)	•			•	•					
Kids Wedge-Cut Seasoned Fries										•
Brunch										
Baked Italian Omelette	•		•					•		•
BJ's Breakfast Pizza	•		•					•		•
BJ's California Scramble	•		•					•		•
Classic Breakfast Sandwich	•		•					•		•
French Toast	•		•					•		•
French Toast Combo	•		•					•		•
Granola with Yogurt and Fresh Fruit				•					•	•
Kids Cap'N Crunch® French Toast	•		•					•		•
Scrambled Egg Breakfast	•							•		•
Applewood Smoked Bacon										
Country Sausage Links										
Grilled Ham										
Toast (Whole Wheat or Sourdough)										•

This list is compiled based on independent analysis, published sources and information provided to BJ's from food manufacturers as of August 2011. 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)*

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.

ITALIAN MARKET SALAD

A new twist to the original Italian chopped salad. Fresh mozzarella, chunks of Fontina cheese and salami, artichokes, Kalamata olives, roasted red peppers, peperoncino, garbanzo beans, red onions, cucumbers, tomatoes, romaine and iceberg lettuce all topped with fresh Parmesan and basil then tossed with Italian herb vinaigrette.

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)*



GLUTEN-FREE THIN CRUST PIZZA

A flavorful, herb-infused, 10-inch crust baked to a golden brown and topped with your favorite gluten-free toppings. With the exception of our meatballs, all of BJ's Classic Ingredients are gluten-free.

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)*

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)*

DESSERT

GLUTEN-FREE CHOCOLATE CHIP PIZOOKIE®

Hot out of the oven, rich and delicious, gluten-free chocolate chip cookie topped with two scoops of vanilla bean ice cream and served in its own deep dish.

*Availability of items subject to change. *Contains or may contain raw or undercooked ingredients. BJ's is an active participant in the GFRAP (Gluten-Free Restaurant Awareness Program) sponsored by GIG.*

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
- 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

ALCOHOLIC BEVERAGES

- BERRY BURST CIDER
- WYDER'S PEAR CIDER
- REDBRIDGE BEER

WEEKEND BRUNCH

BJ'S CALIFORNIA SCRAMBLE

Three eggs scrambled with sautéed green chilies, red onion, tomatoes and pepper jack cheese, topped with crumbled Applewood smoked bacon and fresh avocado. Served over seasoned country potatoes and your choice of whole wheat or sourdough toast. *(no toast and country potatoes)*

BREAKFAST SIDES

- COUNTRY SAUSAGE LINKS
- GRILLED HAM
- APPLEWOOD SMOKED BACON

Availability of items subject to change. © 2011 BJ's Restaurants, Inc. Brunch 08.11

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	TREE NUTS	WHEAT
Shareable Appetizers										
Ahi Poke		•						•	•	•
Angus Beef Sliders								•		•
Angus Beef Sliders with Fries								•		•
Avocado Egg Rolls	•	•	•					•	•	•
Best Beginnings™ Appetizer Combo	•	•	•	•				•	•	•
California Club Flatbread Appetizer Pizza	•		•	•						•
Chicken Lettuce Wraps	•						•	•		•
Chicken Pot Stickers								•		•
Chicken Wings	•		•	•						•
Chips & Salsa										•
Crisp Potato Skins Platter	•		•	•						•
Crispy Calamari	•		•							•
Crispy Fried Artichokes	•		•							•
Fresh Basil with Italian Sausage Flatbread Appetizer Pizza				•				•		•
Fresh Mozzarella and Tomato Salad				•					•	
Gourmet Mac & Cheese				•				•		•
Grilled Chicken Pesto Flatbread Appetizer Pizza				•						•
Margherita Fresca Flatbread Appetizer Pizza				•						•
Mini-Bruschetta				•					•	•
Mozzarella Sticks	•		•							•
Mini Beef Tacos	•	•	•	•				•	•	•
Mini Chicken Tacos	•	•	•	•				•		•
Piranha Pale Ale Nachos				•				•		•
Santa Fe Spring Rolls	•		•	•				•		•
Seared Ahi			•	•				•	•	•
Side of Crispy-Thin Seasoned Fries										•
Side of Wedge-Cut Seasoned Fries										•
Spinach & Artichoke Dip				•						•
Spinach Stuffed Mushrooms			•	•				•	•	•
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				•				•		•
Gluten-Free Pizza				•						
Gourmet Five Meat Pizza	•		•					•		•
Great White® Pizza				•				•		•
Mediterranean Pizza				•				•	•	•
Portobello Mushroom Pizza				•				•	•	•

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Specialty Calzone				•					•	•
Spinach & Artichoke Pizza				•					•	•
Sweet Pig® Pizza				•					•	•
Traditional Calzone				•						•
Vegetarian Pizza				•					•	•
Substitute: Whole Wheat Pizza Crust				•					•	•
Garden Fresh Specialty Salads										
Seared Ahi Salad	•	•	•					•	•	•
BBQ Chicken Chopped Salad	•		•	•						•
BJ's Cobb Salad	•	•	•	•				•		•
Caesar Salad	•	•	•					•		•
Garden Medley Salad				•					•	
Grilled Steak Salad	•	•	•					•	•	•
Honey-Crisp Chicken Salad	•		•						•	•
House Caesar Salad	•	•	•					•		•
House Salad (no dressing)				•				•		•
House Wedge Salad	•		•						•	
Italian Market Salad				•					•	
Santa Fe Salad	•		•	•				•		•
Sesame Chicken Salad	•			•		•	•	•	•	•
Add-Ons: Blackened Chicken										
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 Dressing	•	•	•	•						
Honey Mustard Dressing	•									
Italian Dressing										
Lo-Cal Italian Dressing										
Sweet Sesame Dressing							•	•		•
Ranch Dressing	•		•	•						
Santa Fe Dressing	•		•	•						
Giant Stuffed Potatoes										
Garden Vegetable Potato				•				•		
Grilled Chicken Potato				•				•		•
Piranha Pale Ale Chili and Cheese Potato				•				•		•
The "Classic" Baked Potato				•				•		

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Enlightened Entrees										
Chicken A La Fresca				•				•	•	•
Creole Tilapia			•	•				•	•	•
Maui Glazed Pork Chop				•				•	•	•
Mediterranean Vegetable Pasta				•				•	•	•
Soups										
Broccoli Cheddar				•				•		
Clam Chowder			•	•			•	•	•	•
Hearty Minestrone				•				•		•
Piranha Pale Ale Chili				•				•		•
Tuscan Tomato Bisque				•				•		•
Add-On: Carved-out Sourdough Loaf				•						•
Gourmet Burgers & Sandwiches										
BJ's Burger				•						•
California Burger			•	•	•					•
Classic Burger			•	•				•		•
Grilled Burger Melt			•	•	•			•	•	•
Grilled Turkey Burger			•	•	•			•		•
Veggie Burger				•				•		•
BBQ Beef 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			•	•				•		•
Knife & Fork Sandwiches										
Angus Pot Roast Sandwich			•	•				•	•	•
Piranha Pale Ale Chili Cheeseburger				•				•		•
Pasta Favorites <i>Garlic Bread not included</i>										
Angel Hair Toscana				•					•	•
Cajun 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				•				•		•
Meatballs			•	•				•		•
Garlic Bread				•				•		•

	EGG	FISH	MILK	MSG	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
Specialty Entrees										
Baby Back Pork Ribs				•					•	•
Flame-Broiled New York Strip				•					•	
Flame-Broiled Blackened New York Strip				•					•	
Fresh Atlantic Salmon			•	•				•	•	•
Grilled Pork Chops			•	•				•	•	•
Miso Salmon			•	•				•	•	•
Thai Salmon			•	•				•	•	•
Culinary Creations										
Fish Tacos		•	•	•	•					•
Shrimp Tacos		•	•	•	•			•	•	•
Balsamic Glazed Chicken				•				•	•	•
BJ's Brewhouse Blonde Fish 'N Chips		•	•	•						•
Brewhouse Blonde Shrimp								•		•
Chicken Marsala				•				•	•	•
Chicken Teriyaki								•	•	•
Handbreaded Chicken Parmigiana			•	•				•		•
Old Fashioned Pot Roast			•	•				•	•	•
Parmesan Crusted Chicken			•	•	•			•	•	•
Salmon Teriyaki			•					•	•	•
Shrimp Teriyaki								•	•	•
Texas-Style Chicken Fried Steak			•	•				•		•
Tuscan Chicken Limone			•	•				•	•	•
Desserts *Pizookies are manufactured on shared equipment with peanuts and tree nuts.										
Apple Berry Burst Crumble				•				•	•	•
BJ's Baked Beignet				•					•	•
BJ's Brownie			•	•				•	•	•
BJ's Handcrafted Root Beer Float				•				•		•
Chocolate Chunk Pizookie®			•	•				•		•
Cookies 'N Cream Pizookie®			•	•				•		•
Gluten-Free Chocolate Chip Pizookie®			•	•				•		•
Oatmeal Raisin Pizookie®			•	•				•	•	•
Peanut Butter Pizookie®			•	•				•		•
Red Velvet Pizookie®			•	•				•		•
Triple Chocolate Pizookie® Made With Ghirardelli®			•	•				•		•
Ice Cream				•				•		•
White Chocolate Macadamia Nut Pizookie®			•	•				•	•	•
Lunch Specials										
Chicken Teriyaki								•	•	•
Half Flatbread Pizza & Salad									•	
Grilled Chicken Pesto				•					•	•
Fresh Basil w/ Italian Sausage				•					•	•
California Club			•	•	•			•		•
Margherita Fresca				•				•		•
Handbreaded Chicken Pamigiana			•	•				•		•
Salmon Teriyaki			•					•	•	•
Shrimp Teriyaki								•	•	•
Tuscan Tomato Bisque w/ Grilled Ham & Cheese			•	•				•		•