

Sam's West									Updated	Fall 2020
Location/Food	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<b>Breakfast</b>										
Breakfast Burrito (10" Flour Tortilla,Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Burrito No Meat	595	28	71	8.5	11.5				Wheat, Milk, Egg, Soy
Breakfast Wrap (12" Flour Tortilla,Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Wrap No Meat	695	31	90	12.5	11.5				Wheat, Milk, Egg, Soy
Breakfast Bowl (Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Bowl No Meat	385	23	38	7.5	2.5			✓	Milk, Egg, Soy
<b>Breakfast Meat Options</b>										
Bacon	2 slices	76	6	0	0	5.5			✓	Pork
Chorizo	2oz	149	13	3	0	5				Wheat
Sausage	2oz	246	22	0.5	0	11.5			✓	Soy,Pork
Refried Beans	3oz	119	3	18	5	6	✓	✓	✓	
<b>Breakfast Platters</b>										
Breakfast Platter (Egg, Cheese, Bacon, Biscuit, Gravy)	1 platter	602	38	40	2	25				Wheat,Milk,Soy,Egg,Pork
Breakfast Platter (Egg, Cheese, Sausage, Biscuit, Gravy)	1 platter	657	45	40	2	23				Wheat,Milk,Soy,Egg,Pork
Bacon (2 slices)	1/2 oz	83	7	0	0	5			✓	Pork
Biscuits w/ Gravy (1)	1 biscuit	302	14	40	1	4		✓		Wheat,Milk,Soy,Egg
Biscuits w/ Gravy (2)	2 biscuits	595	27	80	2	8		✓		Wheat,Milk,Soy,Egg
<b>Bread Options</b>										
Biscuit	1 biscuit	184	8	24	1	4		✓		Wheat, Milk(Whey), Soy
Corn Tortilla	1 tortilla	125.5	1.5	25	2	3	✓	✓	✓	
Sourdough (Flowers)	2 Slices	161	1	32	1	6	✓	✓		Wheat, Barley, Soy
Texas Toast (Flowers)	2 slices	194	2	38	1	6	✓	✓		Wheat, Barley, Soy
Flour Wrap	12"	316	8	52	5	9	✓	✓		Wheat,Soy
Wheat Wrap	12"	299	7	50	6	9	✓	✓		Wheat,Soy
Chicken Biscuit	1 biscuit	301	13	30	1	16				Wheat,Milk,Soy
Bacon	2 slices	76	6	0	0	5.5			✓	Pork
Chorizo	2oz	149	13	3	0	5				Wheat
Sausage	2oz	246	22	0.5	0	11.5			✓	Soy,Pork
Scrambled Eggs with Bacon	~4oz	195.5	13.5	2.5	0	16			✓	Milk,Egg,Pork
Scrambled Eggs with Sausage	~4oz	365.5	29.5	3	0	22			✓	Milk,Egg,Pork
Scrambled Eggs with Chorizo	~4oz	268.5	20.5	5.5	0	15.5			✓	Milk,Egg,Pork,Soy
<b>Breakfast Grill</b>										
French Toast with Powdered sugar (made with Texas Toast)	1 slice	189	3	30.5	1	10		✓		Wheat,Soy,Milk,Egg
with Bacon	2 slices	83	7	0	0	5			✓	Pork
with Sausage	1 patty	138	14	0	0	3			✓	Pork
Fried Eggs	2 eggs	178	14	0.5	0	12.5		✓	✓	Egg
Fried Egg Sandwich (2 Eggs and American Cheese)	2 egg, cheese	285	23	1	0	18.5		✓	✓	Milk, Egg, Soy
Hashbrowns	1 patty	232.5	14.5	23	2.5	2.5	✓	✓		Wheat, Soy
Shredded Hash Browns	3.5oz	152.5	6.5	21	0	2.5		✓	✓	Milk,Soy
Sausage Patty	2 patties	276	28	0	0	6			✓	Pork
Scrambled Eggs	3.5 oz.	119.5	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Shredded Cheese	1oz	113	9	1	0	7		✓	✓	Milk
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame										