

# Quick Guide: Dietary Needs Spring 2020 Social Distancing

**Gluten-Free bread and corn tortillas are available for alternatives to gluten containing items on Mexican food lines, breakfasts and more. Franchises also carry additional items.**  
**Vegan and Vegetarian options have been added to increase protein options and the opportunity to order burgers, stir fry and more without meat is a customizable option.**  
**Build Your Own (BYO) food options are a resource for special dietary needs.**  
*All menus & items availability subject to change.*

**Build Your Own (BYO)** Is a great way to customize a healthier option with added vegan protein from pea and rice.

- **West –end Burgers** **Sam's Places (West): Vegetarian options:** order a burger with a veggie patty (may contain wheat) or skip the meat with the no meat option: Try these veggie loaded options under the specialty burgers: Hawaiian, Inferno, Reggie and Zeus.
- **Tios Mexican Food** **Sam's Places (West):** Bowls, Wraps, and Tacos with lean protein (Vegan Pea Protein or diced Chicken) refried beans (which are also Vegan), Spanish rice, pico, salsa, and guacamole. **Vegetarian options:** Burritos, Bowls and Nachos with newly added plant protein.
- **Tuscan Kitchen Italian/Pasta** **Sam's Places (West):** Select pastas with marinara and vegetables. Choose your own protein: Grilled Chicken or **Vegetarian options:** Vegan Protein (Pea and Rice blend)
- **Fresh Salads** **Sam's Places (West):** customizable salads with lean protein and boiled eggs
- **Fire Bowl-Wok/Stir Fry** **Sam's Places (West):** 8-12 different vegetables, sautéed in your preference of sauce with your choice of lean protein from beef, fish, shrimp, or chicken. **Vegetarian options:** order a super Wok without meat. This is an opportunity to load up on veggies!
- **Smoothies** **Sam's Places (West):** Choose from 6 different fruit flavors or two latte options. Your choice of juice or yogurt base, supplements with protein, vitamins and energy and even Spinach. Blending spinach in your smoothie is a great idea for added nutrients and vitamins without the taste.
- **Retail items:** Coffee, Candy, Snacks, Yogurts, Lunchables, Hummus and more
  - **Whole Fruit and Snacks:** Apples, oranges, bananas, nuts/seeds, and popcorn, baked chips are available for healthy snacking.
  - **Frozen Items:** Power Bowls for Vegan and Vegetarians are available

## **Franchise**

- **Quiznos:** **Sam's Places (West): Vegetarian options:** Fresh salads with broccoli and cheddar soup.

## **Other Options**

- **Bread:** Sliced bread, Tortilla Wraps (whole wheat, spinach herb, and jalapeno contain soy and wheat) are vegan/vegetarian. Corn tortillas are available at select locations, which contain corn and soy). Alternatives to breads and tortillas for a gluten free option are available upon request.