

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.