

<b>Location/Food</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>
<b>Sam's Poolside</b>					
<b>Breakfast</b>					
Bacon Bagel	513	24g	46g	1g	30g
Spanish Egg Muffin	221	5g	32g	3g	11g
Southern Style Biscuit	180	8g	23g	1g	4g
Stacked Biscuit	455	30g	24g	1g	20g
<b>Pitas/Paninis</b>					
Bacon Jack Pita	532	30g	41g	2g	26g
Chipotle Chicken Panini	380	15g	42g	2g	21g
Smoked Turkey Pesto Panini	644	17g	57g	3g	46g
Turkey Club Panini	420	15g	48g	2g	23g
<b>Pizzas</b>					
Sausage Ciabatta Breakfast Pizza	428	23g	37g	1g	20g
<b>Salads</b>					
Chicken Caesar Salad*	341	13g	24g	4g	32g
Chopped Salad*	277	17g	9g	3g	24g
Well Power Salad**	221	9g	12g	4g	25g
<b>Sandwiches</b>					
Chicken Melt	854	44g	54g	0g	42g
Crusted PB & Banana	461	30g	40g	10g	19g
Ham and Apple Hero	604	25g	66g	5g	35g
Pepper Jacked Beef & Tomato Melt	527	27g	46g	4g	27g
Swimmer Sandwich	634	33g	55g	3g	32g
Toasted Cheese Sandwich	303	19g	20g	2g	16g
Tuna Melt	857	42g	53g	2g	44g
Waffled Ham and Cheese	429	20g	35g	2g	26g
<b>Sides</b>					
Café Chips	347	24g	29g	1g	3g
Fruit Cup Medley	31	0g	8g	3g	0g
Nachos	548	24g	77g	1g	10g
Mini Hot Dog (2)	600	30g	60g	1g	24g
Chips, Tortilla	554	27g	74g	1g	8g
<b>Wraps</b>					

Chicken Caesar Wrap	573	29g	45g	4g	37g
Chicken Pinwheel Wrap	741	33g	77g	3g	35g
Club Wrap	524	22g	48g	3g	37g
Spicy Chipotle Turkey Wrap	703	32g	68g	3g	39g
Tempting Apple Turkey & Bacon Wrap	658	30g	61g	5g	36g
*Sandwich condiments not included					
Indicates Smart Choice item					