

Sam's Poolside										Summer 2021
Location/Food	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
<b>Nachos and Hot Dogs</b>										
Frito Pie (Corn Chips, Chili, Cheese)	1 Frito Pie	830	58	53	4	24			✓	Milk, Soy, Oats
Chili Cheese Dog (Bun, Frank, Chili, Cheese)	1 Chili Cheese Dog	633	45	30	2	27				Wheat, Milk, Soy, Oats
Beef Hot Dog (Bun and Hot Dog Frank)	1 Hot Dog	289	17	25	1	9				
Nachos (Chips and Cheese)	1 Order	555.0	27.0	56.0	3.0	22.0				
Chili Cheese Nachos (Chips, Chili, and Cheese)	1 Order	675.0	37.0	59.0	4.0	26.0				Milk, Soy, (Oats)
Loaded Nachos (Chips, Cheese, Chili, Brisket, Lettuce, Tomatoes, Jalapenos)	1 Order	945	55.0	64.5	5.0	48.0				Milk, Soy, Oats
Nachos (Chips and Cheese)	Base	555.0	27.0	56.0	3.0	22.0				Milk, Soy,
<b>Toppings</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Gucamole	2oz	114	10	4	2	2	✓	✓	✓	
Jalapenos	2oz	8	0	2	0	0	✓	✓	✓	
Lettuce	2oz	8	0	1.5	0.5	0.5	✓	✓	✓	
Sour cream	2oz	114	10	4	0	2		✓	✓	Milk
Tomatoes	2oz	10	0	2	0.5	0.5	✓	✓	✓	Milk
<b>Granita</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Fiber</b>	<b>Protein (g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Mango Lemonade Granita	16oz	198	0	49	0	0				
<b>Smoothies</b>										
Berry Icecream Smoothie	16oz	377	0	90	1	4				Milk, Whey
Cappuccino Smoothie	16oz	200	6	32	0	5				
Pina Colada Smoothie	16oz	249	2	56	1	0				
<b>Grab 'n' Go</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
<i>Location may not carry all Grab and Go options, These items are based on availability.</i>										
<b>Salads</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Caesar Salad	1 salad	333.5	27	31.5	3	9		✓		Wheat, Milk, Soy, Egg
Chef Salad	1 salad	437	25.5	12	4	39.5			✓	Milk, Egg, Pork, Sesame Oil
Garden Salad	1 salad	40	0	8	4	2	✓	✓	✓	
Spinach Salad	1 salad	597	29	47	5	25				Egg, Pork
Roasted Chicken Salad w/ Berries, Pecans, Feta	1 salad	555	34.5	28.5	7	32.5			✓	Milk, Soy, Tree nuts
Santa Barbara Salad	1 salad	1269	90.5	54	13.5	62			P	Milk, Soy, Tree nuts
<b>Sandwiches, Subs, Wraps</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Roastbeef and Provolone	1 sandwich	411	14	38	3	33				Wheat, Milk, (May contain Soy, Egg)
Chicken Caesar Wrap	1 wrap	640.5	34.5	54	7	28				Wheat, Milk, Soy, Egg
Club Sub Hero	1 sandwich	678.5	32.5	43.5	2	53				Wheat, Milk, Soy, Pork
Club Wrap	1 wrap	989	59.5	58	3	55.5				Wheat, Milk, Egg, Soy, Pork, Sesame
Ham & Cheese Sub	1 sandwich	525	19	59	3	34				Wheat, Milk, Soy, Pork
Italian Sub Hero	1 sandwich	1084.5	76.5	51.5	2	47.5				Wheat, Milk, Soy, Pork
PB & J (Wheat Bread)	1 sandwich	688	31	83	8	24		✓		Wheat, Soy, Peanut
PB & J Wedge (White Bread)	1 sandwich	680	28	89	3	18		✓		Wheat, Soy, Peanut
Chicken Salad Wedge	1 sandwich	319	10.5	31.5	2	25				Wheat, Soy, Egg, Fish
Tuna Salad Wedge	1 sandwich	313	14	38	3	9		✓		Wheat, Soy, Egg, Fish
Egg Salad Wedge	1 sandwich	353	21	31.5	0	10		✓		Wheat, Milk, Egg, Soy
Ham and Cheese Wedge	1 sandwich	379	13	35	1.5	30.5				Wheat, Milk, Soy, Pork
Turkey and Cheese Wedge	1 sandwich	377	9	34	1.5	40				Wheat, Milk, Soy
Turkey & Cheese Sub	1 sandwich	480	15	56.5	3	34				Wheat, Milk, Soy
Southwest Chicken Wrap	1 wrap	762.5	43	61.5	4	33				Wheat, Milk, Soy, Egg
Buffalo Chicken and Monterey Sandwich	1 sandwich	389	17	29	2.5	30				Wheat, Soy, Egg
Chicken Salad on Wheatberry	1 sandwich	507	14	56	6.5	39.5				Wheat, Soy, Egg, Fish, Treenuts

<b>Combo Boxes</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Chicken Salad Sandwich, Chips, Nutrigrain**	1 Box	803	38	88.5	8	26				Wheat, Milk, Soy, Egg
Chicken Caesar Wrap, Baked Chips, Nutrigrain**	1 Box	1015	51	105	12	33				Wheat, Milk, Soy, Egg
Club Sub Sandwich, Lays Original Chips, Cookie**	1 Box	1087	55	90	5	58				Wheat, Milk, Soy, Egg, Pork
Ham & Cheese Sandwich, Lays Original Chips, Cookie**	1 Box	933.5	41.5	105.5	6	39				Wheat, Milk, Soy, Egg, Pork
Tuna Salad Croissant, Lays Original Chips, Cookie**	1 Box	714	35.5	84.5	8	14				Wheat, Milk, Soy, Egg, Fish
Turkey & Cheese Sandwich, Baked Chips, Nutrigrain**	1 Box	824.5	27.5	109.5	8	39				Wheat, Milk, Soy
M&M cookie	1 cookie	167	7	24	1	2		✓		Wheat, Milk, Soy, Egg
Chocolate Chip cookie	1 cookie	172	8	23	1	2		✓		Wheat, Milk, Soy, Egg
Baked Chips	1 bag (1.5oz)	205	9	28	4	3		✓		Wheat, Milk
Lays Original Chips	1 bag (1.5oz)	239	15	23	2	3		✓		Wheat, Milk
Nutrigrain Bar	1 bar	140	3.5	25	1	2		✓		Wheat, Milk (Whey), Soy
<b>Boar's Head Prepared Grabs</b>										
Buffalo Chicken Sandwich* (Chicken, Colby Jack, Lettuce, Tomato, Flat Round Multigrain)	1 sandwich	544	22	49	4	37				Wheat, Barley, Rye, Milk, Soy
Chicken Caesar Wrap	1 wrap	735	37	59	2	45				Wheat, Milk, Soy, Egg
Ham Sandwich	1 sandwich	440	14	51	2	28				Wheat, Milk, Soy, Pork
Roast Beef Sandwich	1 sandwich	470	15.5	48.5	1	36.5				Wheat, Milk, Soy
Southwest Roasted Chicken Wrap	1 wrap	785	44	58	3	42				Wheat, Milk, Soy, Egg
Turkey Sandwich	1 sandwich	390	10.5	48	2	26				Wheat, Milk, Soy
Cobb Salad (without dressing)	1 salad	438	28.5	7	0	40				Milk, Egg, Pork
Caesar Salad	1 salad	568	35	27	2	40		✓		Wheat, Milk, Soy, Egg
<b>Side Items</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Macaroni Salad	6oz	396	31	33.5	2	6		✓		Wheat, Soy, Egg
Pasta Salad	6oz	260	11.5	33	3	3.5		✓		Wheat, Milk, Soy
Potato Salad	6oz	216	8.5	30	3.5	3.5		✓	✓	Soy, Egg
Banana Parfait	14oz	578	19	100	2	2		✓		Wheat, Milk, Soy
Berries and Cream Parfait	9oz	164	7	24	3	1.5		✓	✓	Milk
Fruit Medley Cup	8oz	102	0	24	2	2	✓	✓	✓	
Yogurt & Granola Parfait	7oz	195	4.5	32.5	1.5	5.5		✓		Possible Wheat, Milk, Soy
Pineapple Fruit Cup	10oz	140	0	32.5	2.5	2.5	✓	✓	✓	
Strawberry Fruit Cup	10oz	91	0	21	3.5	2	✓	✓	✓	
Grape Cup	8oz	112	0	29	2	1	✓	✓	✓	
Strawberry Short Cake	7oz	493	25.5	62	1	4		✓	✓	Wheat, Milk, Egg, Soy
<b>Snack Packs</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Chicken Salad Snack Pack	1 Package	608	35.5	34.5	1	37.5				Wheat, Milk, Egg, Soy, Fish
Cucumber Veggie Cup	1 Package	60	0	13	2	2	✓	✓	✓	
Tuna Salad Snack Pack	1 Package	558	28	42	2.5	27				Fish, Egg, Soy
Hummus Snap Pack	1 Package	165	7	23	8	8	✓	✓	✓	Sesame
Ranch Snack Pack	1 Package	264	21	14	4.5	4		✓	✓	Milk, Egg, Soy (Ranch)
Salami & Cheese Snack Pack	1 Package	415.5	27	23	0	20				Wheat, Milk, Soy, Pork
Tuna Salad	1oz	42	3	2.5	0	1.5		✓	✓	Fish, Egg, Soy
Chicken Salad	1oz	43.5	2.2	0.5	0	5.5			✓	Fish, Soy, Egg
Egg Salad Snack Pack	1 Package	357	24	26.5	2	9		✓		Wheat, Milk, Egg, Soy
Ranch Dressing	2oz	207	21	2.5	0	1.5		✓	✓	Milk, Egg, Soy
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										
**nutritional facts for products containing multiple items are based on availability. Information is calculated off an average cookie, chips, and nutrigrain bar. Individual items are listed above for convenience.										