

Sam's SUB: Breakfast

Updated Fall 2022

<u>Breakfast Options</u>	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protien (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breakfast Bowl (Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Bowl No Meat	385	23	38	7.5	2.5			✓	Milk, Egg, Soy
Breakfast Burrito (12" Flour Tortilla,Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Burrito No Meat	695	31	90	12.5	11.5				Wheat, Milk, Egg, Soy
<u>Breakfast Meat Options</u>										
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	✓	✓	✓	
<u>Extra Items</u>										
Bacon	2 slices	77	6	2	0	5.5			✓	Pork
Cheese	1oz	111	8	1	0	7		✓	✓	Milk
Chorizo	2oz	150	13	3	0	5				Wheat
Liquid Egg	3.5oz	122	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Jalapenos	1oz	5	0	1	0	0	✓	✓	✓	
Onions	1/2 oz	6	0	1.5	0.5	0	✓	✓	✓	
Pico de Gallo	1oz	5	0	1	0	0	✓	✓	✓	
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓		Soy
Refried Beans	3oz	119	3	18	5	6	✓	✓	✓	
Red Salsa	2 oz	12	0	3	0	0	✓	✓	✓	
Sausage	3oz	370	33	1	0	17			✓	Soy,Pork
Wheat Tortilla	12"	290	7	50	6	9	✓	✓		Wheat,Soy
Flour Tortilla	12"	310	8	52	5	9	✓	✓		Wheat, Soy
Yes = ✓										
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										