

Sam's West Breakfast

Updated Spring 2023

Breakfast	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Breakfast Burrito (8" Flour Tortilla, Egg,Cheese,eans, Potatoes, Choice of Meat)	1 Burrito No Meat	402.5	15	41	4.75	5.25				
Breakfast Wrap (12" Flour Tortilla,Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Burrito No Meat	851.5	28.5	102	3.5	28.5				Wheat, Milk, Egg, Soy
Bowl Filling	1Burrito No Meat	385	23	38	7.5	2.5				Wheat, Milk, Egg, Soy
Flour Tortilla (Burrito Tortilla)	8" 1 Ct	210	3.5	22	1	4	✓	✓		Wheat, Milk, Egg, Soy
add Bacon	2 slices	80	7	0	0	5				Pork
add Chorizo	2oz	160	15	3	1	8				Pork
add Sausage	1 patty	150	14	0	0	3				Pork
Corn Tortilla (based on request only)	2 tortilla	130	1.5	25	2	3	✓	✓	✓	
Breakfast Bowl (Egg, Cheese, Beans, Potatoes, Choice of Meat)	1 Bowl No Meat	568.5	31	52	2.5	20.5			✓	Milk, Egg, Soy
Breakfast Platters										
Breakfast Platter (Egg, Bacon, Hashbrown, Biscuit, Gravy)	1 platter	612	37	47	3	31				Wheat,Milk,Soy,Egg,Pork
Breakfast Platter (Egg, Sausage,Hashbrown, Biscuit, Gravy)	1 platter	607	40.5	31.5	1	33.5				Wheat,Milk,Soy,Egg,Pork
Other Breakfast Items:										
Biscuits w/ Gravy (1)	1 biscuit	302	14	40	1	4		✓		Wheat,Milk,Soy,Egg
Biscuits w/ Gravy (2)	2 biscuits	450	20	56	2	26		✓		Wheat,Milk,Soy,Egg
Bacon Biscuit	1 biscuit	260	15	22	1	9				
Sausage Biscuit	1 biscuit	330	22	22	1	7				Wheat, Milk (Whey), Pork
Bacon Biscuit Sandwich	1 biscuit	452	29	26	1	24				Wheat, Milk (Whey), Pork
Sausage Biscuit Sandwich	1 biscuit	522	36	26	1	22				Wheat, Milk, Egg, Soy, Pork
Biscuit	1 biscuit	180	8	22	1	4		✓		Wheat, Milk(Whey), Soy
French Toast with Powdered sugar (made with Texas Toast)	1 slice	189	3	30.5	1	10		✓		Wheat,Soy,Milk,Egg
Syrup	1 serving	116	0	29	0	0	✓	✓	✓	
Sugar Free Syrup	1 serving	16	0	4	0	0	✓	✓	✓	
Fried Egg Sandwich (2 Eggs, American Cheese, Texas Toast)	1 sandwich	448	22	39.5	1	22.5		✓		Milk, Egg, Soy
add Bacon	2 slices	80	7	0	0	5			✓	Pork
add Sausage	1 patty	150	14	0	0	3			✓	Pork
French Toast Stick	4 ct	302	14	39	1	5	✓	✓		Wheat, Soy
Maple Syrup	2 oz	224	0	56	0	0	✓	✓	✓	
Cinnamon Roll w/ cream cheese icing	1 cct	501	21	70	3	8		✓		Wheat, Milk, Soy, Eggs
Bread Options										
	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Biscuits	1 biscuit	180	8	22	1	4		✓		Wheat, Milk(Whey), Soy
Corn Tortilla (based on request only)	2 tortilla	130	1.5	25	2	3	✓	✓	✓	
Texas Toast	2 slices	200	2	38	1	6	✓	✓		Wheat, Barley, Soy
Flour Tortilla	12"	283	7	47	1	8	✓	✓		Wheat,Soy
Wheat Tortilla	12"	270	8	45	6	8	✓	✓		Wheat,Soy
Hashbrown Patty	1 patty	184.5	12.5	16	2	2	✓	✓		Soy
Shredded Hash Browns	3.5oz	152.5	6.5	21	0	2.5		✓	✓	Milk,Soy
Breakfast Potatoes	3oz	110	3	19	2	2	✓	✓	✓	Soy
Sausage Patty	1 patty	150	14	0	0	3			✓	Pork
Bacon	2 slices	80	7	0	0	5			✓	Pork
Chorizo	2oz	160	15	3	1	8				Wheat
Scrambled Eggs (Liquid egg)	3.5 oz.	122	7.5	2.5	0	10.5		✓	✓	Milk, Egg
Fried Eggs	2 eggs	178	14	0.5	0	12.5		✓	✓	Egg
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
American Cheese	1 slice	70	6	1	0	4		✓	✓	Milk
Refried Beans	2oz	152	2	32.5	0.5	1	✓	✓	✓	
Gravy	2oz	90	4	12	0	18				
Yes = ✓										
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										