

Nutrition Information Sam's Menu 2025

Dish	Total Cal	Cal per 100g	Allergen
SNACKS AND SHARES			
RED PEPPER, SMOKED PAPRIKA & TOMATO SOUP, FETA CRUMB, BASIL OIL	415	86	GLUTEN, MILK, SOYA, MUSTARD, SESAME, SULPHITES
HALLOUMI FRIES THAI HONEY & LIME STICKY SAUCE	547	309	GLUTEN, SOYA, MILK,
CRISPY DUCK SRING ROLLS HOISIN DRIPPING SAUCE			GLUTEN, SOYA, SESAME
CALAMARI STRIPS GARLIC MAYONNAISE, LIME	611	245	GLUTEN, MOLLUSCS, EGGS MAY CONTAIN-CRUSTACEANS, FISH, SOYA, MILK
CRISPY CHICKEN TENDERS	579	175	GLUTEN, EGG
SWEET CHILLI		214	NO ALLERGY
GARLIC MAYONNAISE	542	218	EGGS, MUSTARD
BBQ SAUCE	40	113	NO ALLERGY
BUFFALO HOT SAUCE	103	290	MILK MAY CONTAIN SOYA, MUSTARD
JUMBO COATED CHICKEN WINGS BUFFALO & BLUE CHEESE	1210	208	GLUTEN, MILK, CELERY MAY CONTAIN-SOYA, MUSTARD
JUMBO COATED CHICKEN WINGS BBQ & CRISPY ONIONS	1073	206	GLUTEN MAY CONTAIN-SOYA
SPICY CHEESE NACHOS CHEESE SAUCE, TOMATO SALSA, JALAPENOS, GUACAMOLE, AND SOUR CREAM	1205	239	MILK MAY CONTAIN-SOYA
ADD PULLED PORK	361	174	SOYA
ADD CHILLI CON CARNE	322	205	SOYA
HUMMUS AND PITTA BREAD CRISPY CHICKPEAS, HARISSA OIL, SUMAC AND LEMON	583	238	GLUTEN, SESAME
BURGERS			
MEXICAN GUACAMOLE, SALSA, JALAPENOS, NACHOS, MONTEREY JACK	1276	221	GLUTEN, MUSTARD, MILK, SULPHITE MAY CONTAINS-

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			SOYA, EGGS CELERY.
BBQ RANCH BURGER BACON & MONTEREY JACK CHEESE, RANCH DRESSING	1385	206	GLUTEN, EGGS, MILK, MUSTARD, SULPHITE MAY CONTAIN SOYA, CELERY
AMERICAN BACON, MONTEREY JACK, BURGER RELISH	1262	221	GLUTEN, MILK, MUSTARD, SULPHITES MAY CONTAINS SOYA, EGGS, CELERY
SAM'S CLUBHOUSE BURGER BACON, MONTEREY JACK, ROASTED ONION, MUSHROOMS AND ONION RINGS	1547	216	GLUTEN, MILK, MUSTARD, SULPHITES MAY CONTAIN- SOYA, EGGS, CELERY
SAM'S CLUBHOUSE VEGETARIAN BURGER MOVING MOUNTAINS BURGER, CHESTNUT MUSHROOMS, ROASTED ONIONS, CHEESE AND ONION RINGS	1518	201	GLUTEN, SOYA, MILK, MUSTARD, SULPHITES MAY CONTAINS- PEANUT, TREE NUTS, EGGS
JAMACAN JERK CHICKEN BURGER CABBAGE SLAW, SPICY MAYONNAISE, LIME & THYME CORN ON THE COB	1405	219	GLUTEN, SOYA, EGGS, MILK, CELERY, MUSTARD
EXTRA BURGER PATTIE	451	265	MUSTARD, SULPHITES MAY CONTAINS- SOYA, EGGS, MILK, CELERY
DOGS & SUBS WITH FRIES			
CHILLI DOG CHILLI CON CARNE, HOT CHEESE SAUCE, CRISPY SHALLOTS 16.5	1221	197	GLUTEN, SOYA, EGGS, MILK, MUSTARD, SULPHITE MAY CONTAIN CELERY
PHILLY CHEESESTEAK, PULLED BEEF BRISKET, ONION, PEPPERS, HOT CHEESE SAUCE, AMERICAN MUSTARD, PICKLES 17.5	849	176	GLUTEN, SOYA, EGGS, MILK, MUSTARD
PULLED PORK SUB BBQ PULLED PORK, COLESLAW & CHIPOTLE SAUCE 16.5	1050	205	GLUTEN, SOYA, EGGS, MILK, MUSTARD

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LOADED FRIES			
CHILLI CON CARNE CHEESE SAUCE & JALAPENOS 10.50	820	129	GLUTEN, MILK, MUSTARD, SULPHITES
PULLED PORK BBQ SAUCE & CRISPY ONIONS 10.50	572	171	GLUTEN, SOYA
CRISPY JERK CHICKEN SPICY MAYONNAISE, SPRING ONION 10.50	1128	240	SOYA, EGGS, CELERY, MUSTARD, SULPHITES MAY CONTAIN PEANUTS, TREE NUTS, MILK, SESAME
CLUBS, SANDWICHES & WRAPS			
SAM'S CLUB SANDWICH GRILLED CHICKEN, EGG, CRISPY BACON, TOMATO, LETTUCE AND MAYONNAISE 14.00	899	189	GLUTEN, SOYA, EGGS, MUSTARD, SULPHITES
VEGETARIAN CLUB AVOCADO, SLICED TOMATO, BUFFALO MOZZARELLA, LETTUCE AND MAYONNAISE 13.5	840	212	GLUTEN, SOYA, EGGS, MILK, MUSTARD, SULPHITES
HAM AND CHEESE TOASTIE ROAST HAM AND MATURE CHEDDAR CHEESE SANDWICH, MIXED SALAD LEAVES 14.00	662	255	GLUTEN, SOYA, MILK, MUSTARD, SULPHITES
BUFFALO CHICKEN WRAP SOUTHERN SPICED BREADED CHICKEN, BUFFALO SAUCE, ROCKET, BLUE CHEESE, MAYONNAISE 13.00	1137	276	GLUTEN, EGGS, MILK, MUSTARD MAY CONTAIN SOYA
VEGGIE WRAP SWEET POTATO, CRUMBLIED STILTON, OVEN BAKED RED ONION & PEPPERS, ROQUETTE 12.50	476	112	GLUTEN, MILK
WARM CHILLI BEEF BURRITO WRAP GUACOMOLE AND SOUR CREAM 14.00	1093	82	GLUTEN, MILK, MUSTARD, SULPHITES
HEALTHIER OPTIONS			
SAM'S CLUBHOUSE CAESER SALAD ROMAINE LETTUCE, PARMESAN, CROUTONS, BACON BITS, SOFT BOILED EGG, ANCHOVIES 13.50	1052	390	GLUTEN, FISH, EGG, MILK, MUSTARD MAY CONTAIN SOYA SESEAME
PUY LENTIL & SUMAC SALAD CHERRY TOMATO, RED ONION, CUCUMBER, RED PEPPER, MINT LEMON DRESSING 13.00	502	126	SULPHITES MAY CONTAIN GLUTEN
BUDDHA BOWL	970	225	SOYA, SESAME

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QUINOA, CARROT, RED CABBAGE, SWEETCORN, RADISH, CHICKPEAS, AVOCADO, TAHINI DRESSING AND CHIA SEEDS 13.5			MAY CONTAIN GLUTEN, TREE NUTS, SULPHITES
BLT SALAD- CRISPY BACON, LETTUCE, TOMATO, AVOCADO, CROUTONS, HOUSE DRESSING 13.00	544	113	GLUTEN, MUSTARD, SULPHITES MAY CONTAIN SOYA, SESAME
TERIYAKI CHICKEN RICE BOWL CRUSTED CUCUMBER SALAD, EDAMAME, CARROT, SESAME SOY DRESSING 18.5	1328	174	GLUTEN, SOYA, SESAME MAY CONTAIN FISH, TREE NUTS, EGGS, MILK, CELERY, MUSTARD, SULPHITES
MAINS			
BEER BATTERED FISH AND CHIPS MUSHY PEAS, TARTAR SAUCE AND LEMON 19.5	845	138	GLUTEN, FISH, EGGS, MUSTARD, SULPHITES MAY CONTAIN CELERY, SESAME
WILTED SPINACH, LEMON & RICOTTA RAVIOLI OR LOOK AT A VEGAN OPTION SAGE BUTTER, LEMON ZEST, PARMESAN & BLACK PEPPER 17.5	710	286	GLUTEN, EGGS, MILK
CHICKEN TIKKA MASALA BASMATI RICE, MANGO CHUTNEY, POPPADUM AND NAAN BREAD 19.50	821	175	GLUTEN, MILK, MUSTARD MAY CONTAIN PEANUTS, FISH, TREE NUTS, SULPHITE, SOYA, EGGS, CELERY, SESAME
CHICKEN GYROS MEZZALUNA TZATZIKI, RED ONION, CHERRY TOMATOES, FRIES 18.00	128	897	GLUTEN, MILK, SOYA, SULPHITES
SMOKED TOFU, RED PEPPER & CAULIFLOWER CURRY POPADOM, MANGO CHUTNEY, MINI NAAN 18.00	793	67	GLUTEN, SOYA, MUSTARD MAY CONTAIN PEANUT, TREE NUT, SULPHITES
SMOKY BBQ BABY BACK RIBS			EGGS, MUSTARD

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CREAMY COLESLAW, FRENCH FRIES & ONION RINGS 25.00	2151	197	
GRILLED CHICKEN BREAST 6.00	110	165	NO ALLERGY
BAKED SALMON FILLET 6.50	139	209	FISH
GRILLED TOFU 4	164	146	SOYA
FLATBREADS			
MARGHERITA, TOMATO AND MOZZARELLA 14.5	610	239	GLUTEN, MILK
PROSCIUTTO PROSCIUTTO, MOZZARELLA, ROCKET, PARMESAN 16.00	771	241	GLUTEN, MILK EGG
SPICY PEPPERONI PEPPERONI, JALAPENO AND MOZZARELLA 16.00	801	226	GLUTEN, MILK
TEXAS BBQ GRILLED CHICKEN, RED ONION, BBQ SAUCE, MOZZARELLA 15.5	876	222	GLUTEN, MILK
CAJUN CHICKEN RED ONION, ROASTED PEPPERS, HOT HONEY 15.5	759	207	GLUTEN, MILK
GREEK STYLE GREEN PEPPER, RED ONION, FETA, OLIVE, OREGANO 15.00	777	211	GLUTEN, MILK
SIDES			
FRIES 5.50	6	164	NO ALLERGENS
CAJUN FRIES 6.00	30	217	MUSTARD
ONION RINGS 6.00	510	255	GLUTEN
COLESLAW 4.00	377	481	EGGS, MUSTARD
GARLIC BREAD 4.50	478	398	GLUTEN, MILK MAY CONTAIN- SOYA, SESAME, MUSTARD
CHEESY GARLIC BREAD 5.50	567	378	GLUTEN, MILK MAY CONTAIN- SOYA, SESAME, MUSTARD
HOUSE SALAD 4.00	58	111	MUSTARD, SULPHITES MAY CONTAIN- MILK
CORN ON THE COB 4.00	168	139	MILK
DESSERTS			
WARM CHOCOLATE BROWNIE, VANILLA ICE CREAM, CHOCOLATE SAUCE 8.00	824	356	GLUTEN, SOYA, EGGS, MILK
PASSION FRUIT CHEESECAKE, RASPBERRIES 8.00	355	239	GLUTEN, EGGS, MILK

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			MAY CONTAIN PEANUTS, LUPIN, TREE NUTS, SOYA
WARM BANOFFEE WAFLE, BANANA AND BUTTERSCOTCH 8.00	790	302	GLUTEN, SULPHITES, SOYA, MILK, EGGS MAYCONTAIN- PEANUTS, TREE NUTS,