

Nutrition Information Sam's Menu 2025

Dish	Total Cal	Cal per100g
SNACKS AND SHARES		
RED PEPPER, SMOKED PAPRIKA & TOMATO SOUP, FETA CRUMB, BASIL OIL	415	86
HALLOUMI FRIES THAI HONEY & LIME STICKY SAUCE	547	309
CRISPY DUCK SRING ROLLS HOISIN DRIPPING SAUCE		
CALAMARI STRIPS GARLIC MAYONNAISE, LIME	611	245
CRISPY CHICKEN TENDERS	579	175
SWEET CHILLI		214
GARLIC MAYONNAISE	542	218
BBQ SAUCE	40	113
BUFFALO HOT SAUCE	103	290
JUMBO COATED CHICKEN WINGS BUFFALO & BLUE CHEESE	1210	208
JUMBO COATED CHICKEN WINGS BBQ & CRISPY ONIONS	1073	206
SPICY CHEESE NACHOS CHEESE SAUCE, TOMATO SALSA, JALAPENOS, GUACAMOLE, AND SOUR CREAM	1205	239
ADD PULLED PORK	361	174
ADD CHILLI CON CARNE	322	205
HUMMUS AND PITTA BREAD CRISPY CHICKPEAS, HARISSA OIL, SUMAC AND LEMON	583	238
BURGERS		
MEXICAN GUACAMOLE, SALSA, JALAPENOS, NACHOS, MONTEREY JACK	1276	221
BBQ RANCH BURGER BACON & MONTEREY JACK CHEESE, RANCH DRESSING	1385	206
AMERICAN BACON, MONTEREY JACK, BURGER RELISH	1262	221
SAM'S CLUBHOUSE BURGER BACON, MONTEREY JACK, ROASTED ONION, MUSHROOMS AND ONION RINGS	1547	216
SAM'S CLUBHOUSE VEGETARIAN BURGER MOVING MOUNTAINS BURGER, CHESTNUT MUSHROOMS, ROASTED ONIONS, CHEESE AND ONION RINGS	1518	201

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JAMACAN JERK CHICKEN BURGER CABBAGE SLAW, SPICY MAYONNAISE, LIME & THYME CORN ON THE COB	1405	219
EXTRA BURGER PATTIE	451	265
DOGS & SUBS WITH FRIES		
CHILLI DOG CHILLI CON CARNE, HOT CHEESE SAUCE, CRISPY SHALLOTS 16.5	1221	197
PHILLY CHEESESTEAK, PULLED BEEF BRISKET, ONION, PEPPERS, HOT CHEESE SAUCE, AMERICAN MUSTARD, PICKLES 17.5	849	176
PULLED PORK SUB BBQ PULLED PORK, COLESLAW & CHIPOTLE SAUCE 16.5	1050	205
LOADED FRIES		
CHILLI CON CARNE CHEESE SAUCE & JALAPENOS 10.50	820	129
PULLED PORK BBQ SAUCE & CRISPY ONIONS 10.50	572	171
CRISPY JERK CHICKEN SPICY MAYONNAISE, SPRING ONION 10.50	1128	240
CLUBS, SANDWICHES & WRAPS		
SAM'S CLUB SANDWICH GRILLED CHICKEN, EGG, CRISPY BACON, TOMATO, LETTUCE AND MAYONNAISE 14.00	899	189
VEGETARIAN CLUB AVOCADO, SLICED TOMATO, BUFFALO MOZZARELLA, LETTUCE AND MAYONNAISE 13.5	840	212
HAM AND CHEESE TOASTIE ROAST HAM AND MATURE CHEDDAR CHEESE SANDWICH, MIXED SALAD LEAVES 14.00	662	255
BUFFALO CHICKEN WRAP SOUTHERN SPICED BREADED CHICKEN, BUFFALO SAUCE, ROCKET, BLUE CHEESE, MAYONNAISE 13.00	1137	276
VEGGIE WRAP SWEET POTATO, CRUMBLed STILTON, OVEN BAKED RED ONION & PEPPERS, ROQUETTE 12.50	476	112
WARM CHILLI BEEF BURRITO WRAP GUACOMOLE AND SOUR CREAM 14.00	1093	82
HEALTHIER OPTIONS		
SAM'S CLUBHOUSE CAESER SALAD	1052	390

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ROMAINE LETTUCE, PARMESAN, CROUTONS, BACON BITS, SOFT BOILED EGG, ANCHOVIES 13.50		
PUY LENTIL & SUMAC SALAD CHERRY TOMATO, RED ONION, CUCUMBER, RED PEPPER, MINT LEMON DRESSING 13.00	502	126
BUDDHA BOWL QUINOA, CARROT, RED CABBAGE, SWEETCORN, RADISH, CHICKPEAS, AVOCADO, TAHINI DRESSING AND CHIA SEEDS 13.5	970	225
BLT SALAD- CRISPY BACON, LETTUCE, TOMATO, AVOCADO, CROUTONS, HOUSE DRESSING 13.00	544	113
TERIYAKI CHICKEN RICE BOWL CRUSTED CUCUMBER SALAD, EDAMAME, CARROT, SESAME SOY DRESSING 18.5	1328	174
MAINS		
BEER BATTERED FISH AND CHIPS MUSHY PEAS, TARTAR SAUCE AND LEMON 19.5	845	138
WILTED SPINACH, LEMON & RICOTTA RAVIOLI OR LOOK AT A VEGAN OPTION SAGE BUTTER, LEMON ZEST, PARMESAN & BLACK PEPPER 17.5	710	286
CHICKEN TIKKA MASALA BASMATI RICE, MANGO CHUTNEY, POPPADUM AND NAAN BREAD 19.50	821	175
CHICKEN GYROS MEZZALUNA TZATZIKI, RED ONION, CHERRY TOMATOES, FRIES 18.00	128	897
SMOKED TOFU, RED PEPPER & CAULIFLOWER CURRY POPADOM, MANGO CHUTNEY, MINI NAAN 18.00	793	67
SMOKY BBQ BABY BACK RIBS CREAMY COLESLAW, FRENCH FRIES & ONION RINGS 25.00	2151	197
GRILLED CHICKEN BREAST 6.00	110	165
BAKED SALMON FILLET 6.50	139	209
GRILLED TOFU 4	164	146
FLATBREADS		

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MARGHERITA, TOMATO AND MOZZARELLA 14.5	610	239
PROSCIUTTO PROSCIUTTO, MOZZARELLA, ROCKET, PARMESAN 16.00	771	241
SPICY PEPPERONI PEPPERONI, JALAPENO AND MOZZARELLA 16.00	801	226
TEXAS BBQ GRILLED CHICKEN, RED ONION, BBQ SAUCE, MOZZARELLA 15.5	876	222
CAJUN CHICKEN RED ONION, ROASTED PEPPERS, HOT HONEY 15.5	759	207
GREEK STYLE GREEN PEPPER, RED ONION, FETA, OLIVE, OREGANO 15.00	777	211
SIDES		
FRIES 5.50	6	164
CAJUN FRIES 6.00	30	217
ONION RINGS 6.00	510	255
COLESLAW 4.00	377	481
GARLIC BREAD 4.50	478	398
CHEESY GARLIC BREAD 5.50	567	378
HOUSE SALAD 4.00	58	111
CORN ON THE COB 4.00	168	139
DESSERTS		
WARM CHOCOLATE BROWNIE, VANILLA ICE CREAM, CHOCOLATE SAUCE 8.00	824	356
PASSION FRUIT CHEESECAKE, RASPBERRIES 8.00	355	239
WARM BANOFFEE WAFLE, BANANA AND BUTTERSCOTCH 8.00	790	302