

Nutrition Information Sam's Menu 2025

Dish	Total Cal	Cal per100g
SNACKS AND SHARES		
ROASTED SWEET POTATO SOUP SPICED COCONUT SAMBAL, NAAN BREAD	271	60
HAM & MATURE CHEDDAR CROQUETTES TOMATO CHUTNEY	652	190
CRISPY DUCK SPRING ROLLS YAKINIKU DIPPING SAUCE	271	175
DEVILLED WHITEBAIT GARLIC & PAPRIKA MAYONNAISE	449	209
CRISPY CHICKEN TENDERS	579	175
SWEET CHILLI	80	230
GARLIC MAYONNAISE	218	542
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	888	234
ADD PULLED PORK	453	218
ADD CHILLI CON CARNE	382	205
RED PEPPER HUMMUS & PITTA BREAD CRISPY CHICKPEAS, ROASTED PEPPERS, LEMON	645	107
BURGERS		
MEXICAN GUACAMOLE, SALSA, JALAPENOS, NACHOS, MONTEREY JACK	1076	215
BRISKET BURGER, BBQ BEEF BRISKET, CHOPPED BACON,	1320	189
AMERICAN BACON, MONTEREY JACK, BURGER RELISH	1217	216
SAM'S CLUBHOUSE BURGER BACON, MONTEREY JACK, ROASTED ONION, MUSHROOMS AND ONION RINGS	1094	186
SAM'S CLUBHOUSE VEGETARIAN BURGER MOVING MOUNTAINS BURGER, CHESTNUT MUSHROOMS, ROASTED ONIONS, CHEESE AND ONION RINGS	1495	199

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BUTTERMILK CHICKEN BURGER HOT HONEY, PICKLES, HOUSE SLAW	965	182
EXTRA BURGER PATTIE	451	265
DOGS & SUBS WITH FRIES		
CHILLI DOG CHILLI CON CARNE, HOT CHEESE SAUCE, CRISPY SHALLOTS	1248	201
PHILLY CHEESESTEAK, PULLED BEEF BRISKET, ONION, PEPPERS, HOT CHEESE SAUCE, AMERICAN MUSTARD, PICKLES	1323	216
THE LOADED ONE CARAMELISED ONIONS, CHOPPED BACON, CRISPY SHALLOTS, MELTED CHEESE, AMERICAN MUSTARD	961	215
LOADED FRIES		
CHILLI CON CARNE CHEESE SAUCE & JALAPENOS	861	132
PULLED PORK BBQ SAUCE & CRISPY ONIONS	572	171
CHOPPED BUTTERMILK CHICKEN HOT HONEY, CHIPOTLE MAYONNAISE	1724	282
CLUBS, SANDWICHES & WRAPS		
SAM'S CLUB SANDWICH GRILLED CHICKEN, EGG, CRISPY BACON, TOMATO, LETTUCE AND MAYONNAISE	742	176
VEGETARIAN CLUB AVOCADO, SLICED TOMATO, BUFFALO MOZZARELLA, LETTUCE AND MAYONNAISE	793	219
HAM AND CHEESE TOASTIE ROAST HAM AND MATURE CHEDDAR CHEESE SANDWICH, MIXED SALAD LEAVES	789	217
BUFFALO CHICKEN WRAP SOUTHERN SPICED BREADED CHICKEN, BUFFALO SAUCE, ROCKET, BLUE CHEESE, MAYONNAISE	1173	239
VEGGIE WRAP SWEET POTATO, CRUMBLLED STILTON, OVEN BAKED RED ONION & PEPPERS, ROQUETTE	671	148
HEALTHIER OPTIONS		
SAM'S CLUBHOUSE CAESER SALAD ROMAINE LETTUCE, PARMESAN, CROUTONS, BACON BITS, SOFT BOILED EGG, ANCHOVIES	1074	390
SUPERFOOD SALAD	351	86

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LEAVES, CHERRY TOMATOES, RED ONION, ROASTED PEPPERS, CUCUMBER, CARROT, CRUMBLED FETA, TOASTED SEEDS, CHIA DRESSING		
BUDDHA BOWL QUINOA, CARROT, RED CABBAGE, SWEETCORN, RADISH, CHICKPEAS, AVOCADO, TAHINI DRESSING	1009	234
BLT SALAD- CRISPY BACON, LETTUCE, TOMATO, AVOCADO, CROUTONS, HOUSE DRESSING	558	115
TERIYAKI CHICKEN RICE BOWL CRUSTED CUCUMBER SALAD, EDAMAME, CARROT, SESAME SOY DRESSING	845	109
MAINS		
BEER BATTERED FISH AND CHIPS MUSHY PEAS, TARTAR SAUCE AND LEMON	1003	172
WILD MUSHROOM & CARAMELISED ONION RAVIOLI SAUTEED WILD MUSHROOMS & SPINACH, VEGAN PESTO, & HERB OIL	462	135
CHEF SINGH'S TIKKA MASALA BASMATI RICE, MANGO CHUTNEY, POPPADUM, NAAN BREAD	881	105
CHICKEN GYROS MEZZALUNA TZATZIKI, RED ONION, CHERRY TOMATOES, FRIES	1053	147
SRI LANKAN SWEET POTATO, SPINACH & CHICKPEA CURRY BASMATI RICE, POPADOM, MANGO CHUTNEY, CHAPATI	720	72
CHICKEN SCHNITZEL SHAVED PARMESAN, GARLIC, LEMON	970	164
STICKY BRAISED BEEF JASMINE RICE, GRILLED PAK CHOI, ASIAN PICKLED SLAW	573	101

FLATBREADS		
MARGHERITA, TOMATO AND MOZZARELLA	673	177
PROSCIUTTO	816	190

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PROSCIUTTO, MOZZARELLA, ROCKET, PARMESAN		
SPICY PEPPERONI PEPPERONI, JALAPENO AND MOZZARELLA	865	180
TEXAS BBQ GRILLED CHICKEN, RED ONION, BBQ SAUCE, MOZZARELLA	921	182
CAJUN CHICKEN RED ONION, ROASTED PEPPERS, HOT HONEY	803	169
PIZZA BIANCA CREME FRAICHE, CARAMELISED ONIONS, SPINACH GORGONZOLA, MOZZARELLA	1590	276
SIDES		
FRIES	333	164
CAJUN FRIES 6.00	350	170
ONION RINGS 6.00	510	255
COLESLAW 4.00	375	478
GARLIC BREAD 4.50	479	393
CHEESY GARLIC BREAD 5.50	567	378
HOUSE SALAD 4.00	111	58

DESSERTS		
CHOCOLATE & CITRUS TORTE RASPBERRY COULIS	369	325
WARM LEMON DRIZZLE CAKE BLUEBERRY COMPOTE & VANILLA ICE CREAM	340	223
BANANA WAFFLE CHOCOLATE & STICKY TOFFEE ICE CREAM	645	248