



Gluten/Dairy Free Menu Items (Health Conscious)

Grilled Chicken
Blackened in Lemon Juice Chicken
Broiled in Lemon Juice All Seafood
Blackened in Lemon Juice All Seafood
Salmon broiled or grilled in Lemon Juice
Fish broiled or grilled in Lemon Juice
Sirloin (No Butter)
Strip (No Butter)
Any Salad with No Cheese
Steamed Broccoli
Baked Potato (Plain or with Salsa)
Vegetable Medley in Olive Oil
Oysters on the Half Shell (In season)
Grilled Pork Tenderloin
Grilled Mahi Mahi (no butter)
French Onion Soup with no cheese or bread

Dressings:

Italian, Balsamic Vinaigrette, Vinegar & Oil,
Blueberry Pomegranate

All Wines, Non-Flavored Vodka, Gin, White
Rum, Maker's Mark, Southern Comfort
Coffee (No Cream), Tea (Hot or Iced), Pepsi,
Ginger Ale, Tonic, Soda Water



We at Sam's Food & Spirits want to provide you with a pleasant and healthy dining experience. For those with needs for a gluten-free or dairy-free diet, we have provided a list of menu items in line with these needs.

We thank you for choosing Sam's and appreciate your feedback.

We  our
customers