

## **CHILDREN'S MENU**

ALL CHILDREN'S MEALS COME WITH YOUR CHOICE OF MILK, JUICE, FRESH FRUIT SODA OR FOUNTAIN SODA

<b>HOMEMADE FISH STICKS</b> FRESHLY BREADED POLLOCK WITH SWEET PINEAPPLE CHOICE OF TARTAR SAUCE OR KETCHUP	6
<b>PASTA YOUR WAY</b> CHOICE OF PASTA OF THE DAY OR WHOLE WHEAT SPAGHETTI BUTTER AND PARMESAN, CREAMY SPINACH OR FRESH TOMATOES	6
<b>STEAMED KING SALMON MEDALLION</b> VEGGIE STIR-FRY	10
<b>MACARONI AND CHEESE</b> ADD A CUT UP HOT DOG	6 1
<b>GRILLED HAMBURGER OR CHEESEBURGER</b> GOLDFISH GREEN SALAD	6
<b>"KRABBY PATTY" LUMP CRAB CAKE SANDWICH</b> LETTUCE, TOMATO, PICKLE, FRESH SWEET PINEAPPLE	10
<b>BUTTERMILK BATTERED FRIED CHICKEN FINGERS</b> SWEET RED GRAPES	6
<b>BANKS' HOT DOG, NEW ENGLAND-STYLE BUN</b> FRESH SLICED APPLES	5

### **KIDS LIVE WELL HEALTHY OPTIONS**

**OUR COMMITMENT TO TASTE, NUTRITION AND LOW CALORIES**

**\*SELECTIONS ARE 600 CALORIES OR LESS.\***

**\*GRILLED HERB-SEASONED CHICKEN TENDERLOIN 7**  
STEAMED SPINACH AND SLICED FRESH APPLES

**\*GRILLED SHRIMP AND PINEAPPLE 7**  
STEAMED GREEN BEANS

### **SIDES 2**

**GRANNY SMITH APPLE AND PEANUT BUTTER**  
**GOLDFISH GREEN SALAD** ICEBERG LETTUCE, GOLDFISH CRACKER  
CROUTONS, GRANNY SMITH APPLES AND CHOICE OF DRESSING

**FRESH-CUT FRENCH FRIES**

**MASHED POTATOES**

**SEASONED SPINACH**

**STEAMED ASPARAGUS**

**KENNEBEC POTATO CHIPS**

**\*PLEASE NOTE THAT WE USE PEANUT OIL FOR ALL FRIED FOOD.\***  
PLEASE ADVISE US OF ANY ALLERGIES OR DIETARY NEEDS;  
IT IS OUR PLEASURE TO ACCOMMODATE ALL REQUESTS.

**\* CHILDREN'S MENU IS FOR CHILDREN 12YRS OLD AND YOUNGER**

## **DID YOU KNOW???**

- **An apple is made of 25% air, which is why they float.**
- **Apples, onions, and potatoes all have the same taste? Try the test: Pinch your nose and take a bite out of each.**
- **Avocado has the highest protein and oil content of all fruits, but most of this is the healthier unsaturated type.**
  - **Cabbage is 91% water.**
- **Carrots were originally purple in color, changing in the 17th Century to orange with newer varieties.**
  - **Celery requires more calories to eat and digest than it contains.**
    - **Cherries are a member of the rose family.**
    - **Corn always has an even number of ears.**
  - **Corn makes up about 8% of the weight in a box of corn flakes.**
- **Eggplants are actually fruits, and classified botanically as berries.**
- **Honey is the only edible food for humans that will never go bad.**
  - **Lemons contain more sugar than strawberries.**
  - **Orange does not rhyme with any other word.**
    - **Peanuts are legumes and not a tree nut.**
  - **Peanuts are one of the ingredients in dynamite.**
  - **Pear is a fruit that ripens from the inside out.**
- **Strawberries are the only fruit which has its seeds on its outer skin.**