

CHILDREN'S MENU

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

HOMEMADE FISH STICKS	8
FRESHLY BREADED POLLOCK WITH SWEET PINEAPPLE CHOICE OF TARTAR SAUCE OR KETCHUP	
PASTA YOUR WAY	8
CHOICE OF PASTA OF THE DAY OR WHOLE WHEAT SPAGHETTI BUTTER AND PARMESAN, CREAMY SPINACH OR FRESH TOMATOES	
STEAMED FAROE ISLAND SALMON	10
VEGGIE STIR-FRY	
MACARONI AND CHEESE	8
ADD A CUT UP HOT DOG	3
"KRABBY PATTY" LUMP CRAB CAKE SANDWICH	15
LETTUCE, TOMATO, PICKLE, FRESH SWEET PINEAPPLE	
BUTTERMILK BATTERED FRIED CHICKEN FINGERS	8
FRESH SWEET PINEAPPLE	
BANKS' HOT DOG, NEW ENGLAND-STYLE BUN	6
FRESH SLICED APPLES	
GRILLED HAMBURGER OR CHEESEBURGER	8
GOLDFISH GREEN SALAD	

KIDS LIVE WELL HEALTHY OPTIONS

OUR COMMITMENT TO TASTE, NUTRITION AND LOW CALORIES

SELECTIONS ARE 600 CALORIES OR LESS.

*GRILLED HERB-SEASONED CHICKEN TENDERLOIN	10
STEAMED SPINACH AND SLICED FRESH APPLES	
*GRILLED SHRIMP AND PINEAPPLE	12
STEAMED GREEN BEANS	

SIDES 2

GRANNY SMITH APPLE AND PEANUT BUTTER	2
GOLDFISH GREEN SALAD	5
ICEBERG LETTUCE, GOLDFISH CRACKER CROUTONS, GRANNY SMITH APPLES AND CHOICE OF DRESSING	
FRESH-CUT FRENCH FRIES	6
MASHED POTATOES	5
SEASONED SPINACH	6
STEAMED ASPARAGUS	6
KENNEBEC POTATO CHIPS	3

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.**