



# 2020 Healthier Options & Alternative Menu

## **For a safe and enjoyable visit**

Please use this brochure as a tool to plan healthier meals and follow dietary guidelines during your visit.

For nutritional information on menu items not included in this brochure, please ask to view the Nutritional Binder for the restaurant you are visiting.

For faster service, we recommend eating main meals during our slower food-service periods:


Before 11:00am and between the hours of 2:00pm and 5:00pm Central Time.

If a member of your group has food allergies, please ask for a copy of our Allergen-Friendly Menu Guide. A member of our management team will assist you as you select your allergen-friendly meal.

Our goal is to make your visit as carefree as possible! Feel free to contact us if you have any questions.

Our Support Office is open 8:00am to 4:30pm Central Time on Park Operating Days.

Food and Beverage Support Office  
(812) 937-4401 ext. 3333  
foodmanager@holidayworld.com

		Nutritional Information										Restaurant Locations															
		Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Alamo <sup>1</sup>	Bahari Snacks <sup>5</sup>	Candy Cane Confectionary <sup>1</sup>	Dippin' Dots <sup>4</sup>	Goblin Burgers <sup>2</sup>	Jungle Jake's <sup>3</sup>	Plymouth Rock Cafe <sup>6</sup>	Safari Pizza <sup>3</sup>	Sam's BBQ <sup>3</sup>	Santa's Merry Marketplace <sup>1</sup>	Sugarplum Scoop Shoppe <sup>1</sup>	Sweet Stuff <sup>1</sup>	The SnackHouse <sup>1</sup>	Wildbeestro <sup>3</sup>		
Vegetarian Options	Burrito Bowl (No Meat/Protein)	219	4	1	0	0	709	21	8	4	7	✓															
	Cauliflower Bites	130	7	1	0	0	300	15	1	1	2					✓					Asian						
	Cheese Pizza (1 slice)	524	23	14	0	46	1345	49	2	4	31					✓		✓			Pizza						
	Chipotle Black Bean Burger	380	13	4	0	13	1076	49	9	6	24										Grill						
	Dole Whip: Vegan	134	0	0	0	0	15	31	0	30	0		✓										✓				
	Fried Avocado Bites	250	16	2.5	0	0	670	25	3	1	4															✓	
	Guacamole and Chips: Vegan	470	28	6	0	0	586	48	5	0	8	✓															
	Hummus Snack Pack (Red Pepper Hummus, Pretzels, Carrots, Grapes): Vegan	285	6	0	0	0	903	51	5	18	7																✓
	Impossible Burger	240	14	8	0	0	370	9	0	1	19					✓					Grill					✓	
	Smucker's PB&J Sandwich: Vegan	320	17	3.5	<.5	0	320	32	3	13	10		✓			✓		✓			Grab & Go				✓	✓	
Vegetable Spring Rolls	220	12	1	0	0	490	26	2	4	4										Asian							
Diabetic Options	No-Sugar-Added Vanilla Ice Cream	90	3	2	0	10	60	13	5	4	3											✓					
	Sugar-Free Chocolates	Detailed nutritional information is available at the Candy Cane Confectionary.												✓													
	Sucrose-Free Chocolate Fudge	406	12	15	0	29	203	79	3	29	3			✓													
		Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Alamo <sup>1</sup>	Bahari Snacks <sup>5</sup>	Candy Cane Confectionary <sup>1</sup>	Dippin' Dots <sup>4</sup>	Goblin Burgers <sup>2</sup>	Jungle Jake's <sup>3</sup>	Plymouth Rock Cafe <sup>6</sup>	Safari Pizza <sup>3</sup>	Sam's BBQ <sup>3</sup>	Santa's Merry Marketplace <sup>1</sup>	Sugarplum Scoop Shoppe <sup>1</sup>	Sweet Stuff <sup>1</sup>	The SnackHouse <sup>1</sup>	Wildbeestro <sup>3</sup>		
Healthier Options	Apple (Granny Smith)	110	0	0	0	0	2	29	5	22	1			✓		✓			✓		Grab & Go					✓	
	Banana	110	0	0	0	0	0	30	3	19	1															✓	
	Burrito Bowl w/ Chicken	569	9	3	0	71	654	71	8	2	34	✓															
	Fresh Fruit Cups (totals vary by type of fruit)	116	1	0	0	0	0	30	4	20	2						✓									✓	
	Fruit Parfait	323	6	1	0	4	177	60	4	36	8															✓	
	Fruit Salad	80	0	0	0	0	15	22	1	19	1											u					
	Grilled Chicken Sandwich w/ Cheese	456	18	7	0	155	1247	39	1	8	31															✓	
	Orange	45	0	0	0	0	0	11	2	9	1						✓		✓		Grab & Go					✓	
	Rainbow Ice Dippin' Dots	100	1	0	0	0	0	26	0	15	0				✓												
	Roasted Turkey Breast (6 oz.)	182	5	3	0	99	790	2	0	2	35							✓									
	Steamed Broccoli (no cheese)	30	0.5	0	0	0	25	5	3	2	3										Kids						
	Vegetable Cup (no dip)	71	1	0	0	0	129	13	3	11	3															✓	
	Wheat Hamburger Bun (by request)	120	2	0	0	0	240	23	3	3	6					✓											

Restaurant Locator:

1: Christmas    2: Halloween    3: 4<sup>th</sup> of July    4: Thanksgiving    5: Splashin' Safari    6: Various Locations