



2023 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 ¹	Bahari Snacks ²	Candy Cane Confectionary ³	Dippin' Dots ⁴	Goblin Burgers ²	Jungle Jake's ⁵	Plymouth Rock Cafe ⁶	Safari Pizza ⁶	Sam's BBQ ⁶	Santa's Merry Marketplace ⁶	Sugarplum Scoop Shoppe ⁶	Sweet Stuff ⁶	The SnackHouse ⁶	Wildbeestro ⁶	
Vegetarian Options	Burrito Bowl (Impossible Meat)	246	11	6	0	0	749	18	4	1	19	✓														
	Burrito Bowl (No Meat/Protein)	91	1	0	0	0	470	16	6	2	6	✓														
	Cauliflower Bites	225	12	2	0	0	519	26	2	2	3					✓										
	Cheese Pizza (1 slice)	524	23	14	0	46	1345	49	2	4	31					✓		✓								
	Chipotle Black Bean Burger	380	13	4	0	13	1076	49	9	6	24												✓			
	Dole Whip: Vegan	134	0	0	0	0	15	31	0	30	0		✓										✓			
	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															✓
	Smucker's PB&J Sandwich: Vegan	320	17	3.5	<.5	0	320	32	3	13	10		✓				✓		✓					Grab & Go		✓
	Vegetarian Combo Meal	Your choice of three sides. Nutritional values will vary by item.																								
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.												✓												
Healthier Options	Apple (Granny Smith)	110	0	0	0	0	2	29	5	22	1							✓				Grab & Go				
	Burrito Bowl w/ Chicken	203	3	1	0	61	677	16	5	1	28	✓														
	Brown Rice (side)	130	1	0	0	0	6	26	2	0	3	✓														
	Chef Salad	638	29	14	0	157	1159	57	4	19	39					✓	✓	✓	✓	✓	✓				✓	
	Chicken Casesar Salad	198	11	2	0	51	698	13	3	2	22					✓	✓	✓	✓	✓	✓				✓	
	Fresh Fruit Cups (totals vary by type of fruit)	116	1	0	0	0	0	30	4	20	2						✓								✓	
	Yogurt Parfait	323	6	1	0	4	177	60	4	36	8														✓	
	Fruit Salad	80	0	0	0	0	15	22	1	19	1															✓
	Grilled Chicken Sandwich (Plain)	290	7	2	0	50	870	30	1	3	25															✓
	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						✓									
	Side Salad	330	2	0	0	0	40	89	2	30	1					✓	✓	✓	✓	✓	✓				✓	

Restaurant Locator:

1: Christmas **2: Halloween** **3: 4th of July** **4: Thanksgiving** **5: Splashin' Safari** **6: Various Locations**