

## 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 your main meals during our slower food-service periods: before 11:00a.m. and between 2:00 and 5:00 pm 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.

Updated April 27, 2017



### Food & Beverage Department

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

The Food & Beverage Support Office is open from 8:00a.m. to 4:30p.m. Central Time each day the park is open. Please call (812) 937-4401, ext. 3333 for assistance.

Food & Beverage Support Office  
(812) 937-4401, ext. 3333  
Foodmanager@holidayworld.com



### Healthier Options & Alternative Menu Guide



2017

Please select a food item from the list below. Follow the row across the grid to see where the item can be purchased.

Vegetarian Items

Diabetic Options

Healthier Options

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Kringle's Kafe	Plymouth Rock	Safari Pizza	Wildebestro	Jungle Jake's	ZOOMbabwe Pizza	Alamo	Mrs. Klaus' Kitchen	Kringle's Ice Cream	Sweet Stuff & Bahari Snacks	The SmokeHouse	Goblin Burger	Dippin' Dots
Chipotle Black Bean Burger	380	13	4	0	13	1076	49	9	6	24	A												
Cheese Pizza (1 slice)	527	21	12	0	46	1264	52	2	3	30	A		A		A								
Garden Salad (w/out dressing) (Vegan)	98	5	0	0	0	225	19	3	4	4	A	A	A	A	A								
Smucker's PB&J Sandwich (Vegan)	320	17	3.5	<.5	0	320	32	3	13	10	A		A	A							A		
Hummus Snack Pack (Red Pepper Hummus, Pretzels, Carrots, Grapes) (Vegan)														A									
Dole Whip (Vegan)	134	0	0	0	0	15	31	0	30	0										A			
Burrito Bowl– (No Protein)	219	4	1	0	0	709	21	8	4	7							A						
Guacamole and Chips (Vegan)	470	28	6	0	0	586	48	5	0	8							A						
Veggie Personal Pizza	549	19	10	0	30	1181	65	3	7	25						A							
Cheese Personal Pizza	546	19	10	0	30	1157	65	2	7	25						A							
No Sugar Added Vanilla Ice Cream	90	3	2	0	10	60	13	5	4	3									A				
Sugar Free Chocolates	Detailed nutritional information is available in Mrs. Klaus' Kitchen.																	A					
Sucrose-Free Chocolate Fudge	406	12	15	0	29	203	79	3	29	3								A					
Mandarin Chicken Salad (w/o Dressing)	319	14	2	0	0	187	53	7	36	8	A	A	A	A	A								
Apple (Granny Smith)	110	0	0	0	0	2	29	5	22	1	A			A	A			A					
Banana	110	0	0	0	0	0	30	3	19	1			A	A									
Vegetable Cup (no dip)	71	1	0	0	0	129	13	3	11	3				A									
Burrito Bowl w/ Chicken	569	9	3	0	71	654	71	8	2	34							A						
Chicken Salad Sandwich	448	32	8	0	37	592	32	2	6	10	A			A									
Grilled Chicken Sandwich w/ Cheese	440	18	7	0	155	975	37	1	7	31				A								A	
Fresh Fruit Cups (totals vary by type of fruit)	116	1	0	0	0	0	30	4	20	2		A		A									
Roasted Turkey Breast (6 oz.)	182	5	3	0	99	790	2	0	2	35		A											
Turkey Burger (on Wheat Bun, no Cheese)	420	29	8	0	90	970	23	3	3	30												A	
Wheat Hamburger Bun (by request)	120	2	0	0	0	240	23	3	3	6												A	
Rainbow Ice Dippin' Dots	100	1	0	0	0	0	26	0	15	0													A
Italian Ice	70	0	0	0	0	15	17	0	13	0	A		A		A				A				
Fruit Parfait	323	6	1	0	4	177	60	4	36	8				A									

A = "Available Here"