

LUNCH PAIRINGS

**Monday–Friday
11AM–3PM**

\$7

Choose 1: Mozzarella Sticks (cal. 540), House Salad (cal. 310-460), Caesar Salad (cal. 450), or Soup (cal. 150-590)

And Pair It With: Cheeseburger Sliders (2) (cal. 620), Cheddar Mac and Cheese (cal.630) or Soup (cal. 150-590)

\$9

Choose 1: Mozzarella Sticks (cal. 540), House Salad (cal. 310-460), Caesar Salad (cal. 450), or Soup (cal. 150-590)

And Pair It With: Fridays™ Signature Whiskey-Glazed Sliders (2) (cal. 860), Chicken Quesadilla (cal. 1190), NEW Blackened Cajun Chicken Sandwich (cal. 660) or Any Lunch-Sized Salad with Chicken (cal. 330-530)

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.
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Additional nutrition information available upon request.

Cocktails

Fresh fruits. Fresh-made mixes. No artificial colors or flavors.

THE BFM - THE BEST FRIDAYS™ MARGARITA

cal. 200

Patrón Silver Tequila, Grand Marnier, house-made fresh agave sour

Try it with Patrón Reposado cal. 200

ULTIMATE LONG ISLAND TEA cal. 220

Tito's Handmade Vodka, Bacardi Rum, Bombay Gin, Grand Marnier, house-made fresh sour, Coke®

NEW JAMESON IRISH TEA cal. 260

Jameson Irish Whiskey, Smirnoff Vodka, Cruzan Aged Light Rum, DeKuyper Triple Sec, honey, house-made fresh sour, Coke®

STRAWBERRY HENNY cal. 220

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Hennessy V.S Cognac, Grand Marnier, fresh strawberry, house-made fresh sour

Cocktails (cont'd)

NEW MANGO HENNY LEMONADE cal. 250

Hennessy V.S Cognac, mango, house-made fresh agave sour

BARBADOS RUM PUNCH cal. 230

Mount Gay Eclipse Rum, mango, passion fruit, strawberry, house-made fresh sour, Sprite®, Hella Aromatic Bitters

FLAMING MAI TAI cal. 310

Appleton Estate Signature Rum, DeKuyper Triple Sec, Disaronno Amaretto, fresh pineapple, mango, house-made fresh sour, flaming sugar cube

ULTIMATE TROPICAL BERRY MOJITO cal. 300

Bacardi Rum, fresh mint & lime, strawberry, guava, passion fruit, pure cane sugar, house-made fresh sour

CÎROC FRENCH SMASH cal. 170

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Cîroc French Vanilla Vodka, Bordeaux cherry,
peach, house-made fresh sour
Crafted especially for French Montana

Cocktails (cont'd)

NEW BERRY SMASH cal. 160

Jim Beam Bourbon, fresh mint, blackberry,
raspberry, house-made fresh agave sour

PINK PUNK MARTINI cal. 160

Skyy Vodka, cotton candy, cranberry, pineapple,
fresh lime

PEACH SANGRIA cal. 230

Seven Daughters Moscato, Hendrick's,
St~Germain, peach, honey, house-made fresh
sour, fresh strawberry

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WINE

6 oz & 9 oz pours and bottle available.

BUBBLES

LAMARCA Prosecco cal. 130

ROSÉ cal. 140/210/590

CUPCAKE Rosé

WHITE cal. 140/220/610

SEVEN DAUGHTERS Moscato

ECCO DOMANI Pinot Grigio

DARK HORSE Chardonnay

KENDALL-JACKSON Chardonnay

RED cal. 150/220/640

14 HANDS Merlot

CANYON ROAD Cabernet Sauvignon

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JOSH CELLARS Cabernet Sauvignon

Ask your server for additional local wine listings.
Wines are listed progressively from light to full-bodied
and from sweet to dry.

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BEER

Drafts Available in 16 oz (cal. 120-230) or 23 oz (cal.
180-350)
Bottles and Cans (cal. 100-230)

Crisp & Balanced

Bud Light
Miller Lite or Coors Light
Corona Premier
Michelob Ultra
Pabst Blue Ribbon 16 oz can
Corona Extra
Budweiser
Heineken
Dos Equis Lager Especial
Stella Artois
Modelo Especial
Sam '76 Lager

Fruity & Flavorful

Blue Moon Belgian White
Angry Orchard Crisp Apple Cider
Angry Orchard Rosé Cider

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BEER (cont'd)

Rich & Malty

Sam Adams Seasonal

Sam Adams Boston Lager

New Belgium Fat Tire

Guinness Draught Stout 14.9 oz can

Hoppy & Bitter

Sam Adams New England IPA

Lagunitas IPA

Sierra Nevada Pale Ale

Ask about our additional local & craft beers.
Selections may vary.

Free Spirits

The Good Stuff Without the Hard Stuff

Handcrafted & alcohol-free beverages made with fresh fruit, premium purées, house-made mixes and natural flavors.

JUICES & SMOOTHIES

PARADISE PUNCH cal. 160

Orange juice, pineapple, guava

MANGO PASSION SMOOTHIE cal. 300

Mango, passion fruit, coconut, house-made fresh agave sour

TRIPLE BERRY SMOOTHIE cal. 200

Fresh strawberry, raspberry, blackberry, cranberry, coconut, house-made fresh agave sour

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Free Spirits(cont'd)

FRESHLY BREWED GOLD PEAK® ICED TEAS

FREE Refills

STRAWBERRY BOBA TEA cal. 170

House-made fresh sour with Strawberry Bursting Bubbles

STRAWBERRY PASSION TEA cal. 120

Fresh strawberry, passion fruit, house-made fresh agave sour

TROPICAL RASPBERRY TEA cal. 130

Raspberry, guava, house-made fresh agave sour

ARNOLD PALMER cal. 120

SIGNATURE SLUSHES

FREE Refills

STRAWBERRY LEMONADE cal. 150

BLUE RASPBERRY cal. 170

BLUE RASPBERRY BOBA cal. 210

CHERRY LIMEADE cal. 200

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Free Spirits(cont'd)

MANGO PEACH LEMONADE cal. 170

RED BULL® PASSION SLUSH cal. 120-210

Beverages

Fountain Drinks

Coke® (cal. 200), Diet Coke® (cal. 0), Sprite® (cal. 160), Minute Maid® (cal. 170), vitaminwater® (cal. 70), Dr Pepper® (cal. 150)

Red Bull® Energy Drink cal. 110

Sugarfree (cal. 10) & Yellow Edition (Tropical) (cal. 110) also available

Fruit Juices

Apple (cal. 80), Cranberry (cal. 110), Grape (cal. 140), Grapefruit (cal. 110), Orange(cal. 100), Pineapple (cal. 120), Tomato (cal. 45), or V-8® (cal. 45)

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Bottled Water

Perrier (cal. 0)

Free Spirits(cont'd)

Milk Plain (cal. 140) or Chocolate (cal. 250)

If you have a specific food allergy or a special request, please ask to speak with a manager.
Children's Menu available for kids 12 and younger.

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Wings

WING SAUCES

Frank's Redhot® Buffalo, Garlic Parmesan, Whiskey-Glaze, BBQ, **NEW** Carolina Reaper

NEW WINGS ROULETTE PLATTER cal. 1090-3000

Mix and match 3 of your favorite boneless or traditional wing flavors.

TRADITIONAL WINGS cal. 640-960

You pick the sauce. Choice of dressing: Ranch (cal. 130) or Blue Cheese (cal. 200)

BONELESS WINGS cal. 770-1090

You pick the sauce. Choice of dressing: Ranch (cal. 130) or Blue Cheese (cal. 200)

BUCKET OF BONES cal. 1570

Shareable portion of FRIDAYS™ BIG RIBS with Signature Whiskey Glaze, traditional wings tossed in BBQ sauce and seasoned fries.

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Appetizers

LOADED CHICKEN NACHOS cal. 1170

Chipotle chicken, black beans, queso, pico, jalapeños and cilantro.

CHEESEBURGER SLIDERS

Choose 2 (cal. 620), 3 (cal. 930) or 4 (cal. 1240) USDA Choice beef burgers, Fridays™ sauce, American cheese, roasted onions, lettuce, tomatoes and pickles.

PHILLY CHEESESTEAK EGGROLLS cal. 860

Filled with roast beef, peppers, onions and cheese. Served with a craft beer-cheese dipping sauce.

CHICKEN QUESADILLA cal. 1190

Chipotle chicken, Monterey Jack, cheddar, peppers and onions, topped with Ranch sour cream and pico. Served with salsa.

LOADED FRIES cal. 1100

Poblano queso, Monterey Jack, cheddar, bacon and green onions with a side of BBQ Ranch.

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Appetizers (cont'd)

NEW BUFFALO CHICKEN & BACON FLATBREAD

cal. 620

Shredded chipotle chicken, Parmesan, Romano, blue cheese crumbles, bacon and Buffalo sauce.

GIANT ONION RINGS cal. 1190

Served with BBQ Ranch.

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Fridays™ Classics

SPINACH & ARTICHOKE DIP cal. 720

Fresh spinach, artichokes, Romano, sautéed onions & red bell peppers. Topped with Parmesan bread crumbs and served with tortilla chips & salsa.

MOZZARELLA STICKS cal. 840

Mozzarella and Asiago cheeses. Sprinkled with Parmesan and Romano. Served with marinara sauce.

GREEN BEAN FRIES cal. 900

Served with Cucumber-Wasabi Ranch.

NEW GIANT SOFT PRETZELS cal. 1370

Salt-crusted and served with a craft beer-cheese dipping sauce. Topped with green onions.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SESAME CHICKEN STRIPS cal. 1080

Panko-crusted chicken breast strips tossed in our Signature Whiskey Glaze and topped with sesame seeds.

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Fridays™ Classics (cont'd)

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SAMPLER cal. 1740

Sampler to share with crispy shrimp, Whiskey-Glazed Sesame Chicken Strips and FRIDAYS™ BIG RIBS basted with our Signature Whiskey Glaze.

PAN-SEARED POT STICKERS cal. 590

Steamed pork dumplings with Szechwan dipping sauce.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED SLIDERS

Choose 2 (cal. 630), 3 (cal. 940) or 4 (cal. 1250) USDA Choice beef burgers, Signature Whiskey Glaze, roasted onions, white cheddar and spicy mayo made with TABASCO® Chipotle Pepper Sauce.

NEW LOADED POTATO SKINS cal. 1510

Introduced nearly 50 years ago, this classic keeps getting better with age. Now made with crispy Maine-grown white potatoes topped with a

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layer of melted mozzarella, cheddar and crispy bacon.

Fridays™ Classics (cont'd)

CLASSIC FRIDAYS™ COMBO

Traditional or Boneless Wings (cal. 520 - 1140),
Loaded Potato Skins (cal. 920), Mozzarella
Sticks (cal. 570)

ADD Pan-Seared Pot Stickers (cal. 390) for an
additional charge.

ADD Giant oft Pretzel (cal. 630) for an additional
charge.

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Burgers

Custom blend patty of 100% fresh, All-Natural USDA Choice chuck and brisket. Served on a soft challah bun, Udi's® gluten-free bun or green-style. All burgers are served with seasoned fries (cal. 320) or a side salad (cal. 100 - 500). Substitute sweet potato fries (cal. 390) or giant onion rings (cal. 510) for an additional charge. Substitute a Beyond Meat Patty (cal. Add 70) on any burger for an additional charge. Go green-style (cal. 260 less) for no additional charge.

PHILLY CHEESESTEAK BURGER* cal. 1000

Beef patty topped with roast beef, peppers, onions and melted cheeses. Skewered with a Philly cheesesteak eggroll.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED BURGER* cal. 1110

Signature Whiskey Glaze, white cheddar, lettuce, red onions, tomato, pickles and hickory-smoked bacon.

NEW GLUTEN-SENSITIVE CHEESEBURGER* cal. 820

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American cheese, lettuce, tomato, red onions and pickles.

Burgers (cont'd)

GLUTEN-SENSITIVE THE BEYOND MEAT CHEESEBURGER

cal. 890

Made from plant-based ingredients, this juicy, mouthwatering burger satisfies like beef. Our patty is seasoned and grilled with white cheddar, lettuce, tomato, red onions, pickles and Fridays™ sauce.

GLUTEN-SENSITIVE BACON CHEESEBURGER* cal. 840

White cheddar, all-natural cheddar spread, lettuce, tomato, red onions, pickles, hickory-smoked bacon and Fridays™ sauce.

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Salads & Soups

GLUTEN-SENSITIVE CAESAR SALAD WITH GRILLED CHICKEN cal. 650

Grilled all-natural chicken breast, romaine, kale, Parmesan, Romano, Caesar dressing. Asiago croutons and Parmesan crisps.

Available with Grilled Salmon (cal. 750) OR 6 oz Center-cut Sirloin* (cal. 640)

NEW GLUTEN-SENSITIVE GRILLED CHICKEN PECAN & BLUE CHEESE SALAD cal. 950

Grilled all-natural chicken breast, romaine, kale, cucumber, tomatoes, red grapes, dried cranberries, blue cheese and glazed pecans. Tossed in Balsamic Vinaigrette.

GLUTEN-SENSITIVE MILLION DOLLAR COBB cal. 850

Grilled all-natural chicken, romaine, kale, avocado, tomatoes, chopped cage-free egg,

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bacon, blue cheese, red onions, cucumber, Monterey Jack and cheddar. Ranch dressing on the side.

Available with Grilled Salmon (cal. 940) OR 6 oz Center-cut Sirloin* (cal. 840)

Salads & Soups (cont'd)

BBQ CHICKEN SALAD cal. 920

Grilled BBQ all-natural chicken, romaine, kale, green onions, tomatoes, black beans, corn, cucumber, red onions, cilantro, Monterey Jack, cheddar, avocado, bacon, tortilla chips and BBQ Ranch dressing. Topped with Cajun-spiced onion strings.

SIDE SALADS

GLUTEN-SENSITIVE SIDE HOUSE SALAD cal. 260

Romaine, kale, tomatoes, cucumber, mixed cheese and Asiago croutons with choice of dressing and a warm garlic breadstick.

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GLUTEN-SENSITIVE SIDE CAESAR SALAD cal. 450

Romaine, kale, Parmesan and Romano, Caesar dressing, Asiago croutons and Parmesan crisps. Served with a warm garlic breadstick.

Salads & Soups (cont'd)

SOUPS

FRENCH ONION SOUP cal. 590

Caramelized onions simmered in au jus topped with a crouton and melted Swiss.

WHITE CHEDDAR BROCCOLI CHEESE SOUP
cal. 280

SEASONAL SOUP cal. 150-500

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CONTAIN NO ARTIFICIAL INGREDIENTS AND ARE
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* THIS ITEM IS COOKED TO ORDER. WHETHER DINING OUT OR PREPARING FOOD AT HOME CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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Sandwiches

Sandwiches are served with seasoned fries (cal. 320) or a side salad (cal. 100 - 250). Substitute sweet potato fries (cal. 390) or giant onion rings (cal. 510) for an additional charge.

FRENCH DIP cal. 950

Premium roast beef, horseradish sauce, Swiss, roasted onions, toasted baguette and au jus on the side.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED CHICKEN SANDWICH cal. 1110

Grilled all-natural chicken, Signature Whiskey Glaze, hickory-smoked bacon, white cheddar, Cajun-spiced crispy onion strings, lettuce, tomato, pickles and Whiskey glaze mayo on a soft bun.

NEW BACON RANCH CHICKEN SANDWICH cal. 690

Grilled all-natural chicken breast, white cheddar, bacon, avocado, Ranch dressing, lettuce, tomatoes, pickles and red onions on a toasted baguette.

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Sandwiches (cont'd)

SOUTHERN FRIED CHICKEN SANDWICH cal. 970

Battered chicken breast, lettuce, tomato, pickles, avocado, white cheddar, spicy mayo made with TABASCO® Chipotle Pepper Sauce on a soft bun.

Substitute Buffalo Fried Chicken for even more spice cal. 970

NEW BLACKENED CAJUN CHICKEN SANDWICH

cal. 660

Grilled all-natural chicken breast, Cajun seasoning, white cheddar, spicy mayo made with TABASCO® Chipotle Pepper Sauce, jalapeños, red & green bell peppers and onions on a toasted baguette.

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Freshly Crafted Pasta

CAJUN SHRIMP & CHICKEN PASTA cal. 1510

Sautéed all-natural chicken, shrimp, red bell peppers and fettuccine in a spicy Cajun Alfredo sauce. Served with a warm garlic breadstick.

Perfect Wine Pairing: Seven Daughters Moscato

CHICKEN PARMESAN PASTA cal. 1800

Crispy chicken breast with marinara and cheese on fettuccine Alfredo. Topped with Parmesan crisps. Served with a warm garlic breadstick.

Perfect Wine Pairing: Josh Cellars Cabernet Sauvignon

LEMON & GARLIC SHRIMP PASTA cal. 1390

Shrimp, broccoli, tomatoes, red bell peppers and spinach tossed in a lemon-butter sauce with fettuccine. Topped with Parmesan and Romano. Served with a warm garlic breadstick.

Perfect Wine Pairing: Kendall-Jackson Chardonnay

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Sizzling

GLUTEN-SENSITIVE

SIZZLING CHICKEN & SHRIMP cal. 1270

Garlic-marinated all-natural chicken breasts with shrimp tossed in marinara. Served over melted cheese with onions, red & green bell peppers and mashed potatoes.

GLUTEN-SENSITIVE

SIZZLING CHICKEN & CHEESE cal. 1160

Garlic-marinated all-natural chicken breasts served over melted cheese with onions, red & green bell peppers and mashed potatoes.

Mains

All-natural chicken, USDA Choice steaks, tender big back pork ribs, fire-grilled seafood and crispy chicken and shrimp.

STEAKS & RIBS

FRIDAYS™ BIG RIBS

Slow-cooked, fall-off-the-bone tender big back pork ribs fire-grilled and served with seasoned fries & coleslaw.

Whiskey-Glazed Ribs Half (cal. 1100)/Full (cal. 1630)

BBQ Ribs Half (cal. 910)/Full (cal.1290)

NEW YORK STRIP*

14 ounces of the quintessential bone-in American cut. Lightly marbled and exceptionally tender. Served with mashed potatoes and lemon-butter broccoli.

Topped with Whiskey Glaze (cal. 1100) or

Gluten-Sensitive Topped with Parmesan Butter (cal. 980)

- Add Half-Rack Jack Daniel's® Ribs (cal.620)
- Add Half-Rack BBQ Ribs (cal. 420)
- Add Fried Shrimp (cal. 200)

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Mains (cont'd)

CENTER-CUT SIRLOIN* & SHRIMP

6 ounces of flavorful center-cut sirloin and crispy fried shrimp with cocktail sauce. Served with mashed potatoes and lemon-butter broccoli.

Topped with Whiskey Glaze (cal. 740) or

Topped with Parmesan Butter (cal. 740)

- Add Half-Rack Jack Daniel's® Ribs (cal.620)
- Add Half-Rack BBQ Ribs (cal. 420)
- Add Fried Shrimp (cal. 200)

NEW CENTER-CUT SIRLOIN*

6 ounces of flavorful center-cut sirloin. Served with mashed potatoes and lemon-butter broccoli.

Topped with Whiskey Glaze (cal. 710) or

Gluten-Sensitive Topped with Parmesan Butter (cal. 640)

- Add Half-Rack Jack Daniel's® Ribs (cal.620)
- Add Half-Rack BBQ Ribs (cal. 420)
- Add Fried Shrimp (cal. 200)

Mains (cont'd)

CHICKEN & SEAFOOD

DRAGON-GLAZE SALMON cal. 810

Sweet and spicy glazed salmon topped with a fresh mango pico. Served with steamed broccoli, red bell peppers & spinach on a bed of jasmine rice.

FRIED SHRIMP cal. 880

Crispy shrimp with cocktail sauce. Served with coleslaw and seasoned fries.

PARMESAN-CRUSTED CHICKEN cal. 700

Grilled all-natural chicken, creamy white cheddar and Parmesan bread crumbs. Served with mashed potatoes and lemon-butter broccoli.

CRISPY CHICKEN TENDERS cal. 1040

Served with coleslaw, seasoned fries and Honey Mustard dressing.

FRIDAYS™ SIGNATURE WHISKEY-GLAZED CHICKEN cal. 960

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Signature Whiskey Glaze over two all-natural chicken breasts. Served with mashed potatoes and lemon-butter broccoli.

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Mains (cont'd)

GLUTEN-SENSITIVE SIMPLY GRILLED SALMON cal. 830

Seasoned with hickory-smoked sea salt and topped with Parmesan Butter. Served with steamed broccoli, red bell peppers & spinach and jasmine rice.

FISH & CHIPS cal. 890

Beer-battered golden cod fillets served with seasoned fries, coleslaw and tartar sauce.

Mains (cont'd)

SIDES

- Caesar Salad cal. 450
- Cheddar Mac & Cheese cal. 630
- Coleslaw cal. 130
- Giant Onion Rings cal. 510
- House Salad cal. 310-460
- Jasmine Rice cal. 420
- Lemon-Butter Broccoli cal. 150
- Loaded Fries cal. 600
- Mashed Potatoes cal. 220
- Seasoned Fries cal. 320
- Soup cal. 150-590
- Sweet Potato Fries cal. 390

ALL-NATURAL ITEMS CONTAIN NO ARTIFICIAL INGREDIENTS AND ARE MINIMALLY PROCESSED.

*THIS ITEM IS COOKED TO ORDER. WHETHER DINING OUT OR PREPARING FOOD AT HOME, CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS,

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

Desserts

RED VELVET CAKE cal. 1690

A three-tiered red velvet cake that's a Friday night celebration in itself, layered with cream cheese frosting then topped with whipped cream and candy sprinkles. Served alongside a scoop of vanilla bean ice cream.

BROWNIE OBSESSION® (cal. 1180)

A warm fudge brownie, vanilla bean ice cream, caramel sauce & glazed pecans.

Make it a Brownie 'n' Baileys. Top your Brownie Obsession® with Baileys Irish Cream (cal. 70) for an additional charge. 21 and up ONLY: contains alcohol.

NEW DONUT CHEESECAKE cal. 870

Creamy donut cheesecake with a vanilla custard sauce and strawberry purée. Topped with a skewer of warm cinnamon-sugar donuts.

TENNESSEE WHISKEY CAKE (cal. 1110)

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Toffee cake, glazed pecans, vanilla bean ice cream. Butterscotch Whiskey sauce.
Top your Tennessee Whiskey Cake with Baileys Irish Cream (cal. 70) for an additional charge. 21 and up ONLY: contains alcohol.

Desserts (cont'd)

OREO® MADNESS cal. 500

Cookies & Cream vanilla ice cream, Oreo® cookie crust, chocolate sauce.

IRISH COFFEE cal. 180

Jameson Irish Whiskey, pure cane sugar, freshly brewed hot coffee, whipped cream. 21 and up ONLY: contains alcohol.

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Kid's Menu

For Kids 12 & Under

Kid's Main Course

All entrées come with choice of one side and a Fountain Drink.

Kid's Sliders cal. 480

Crispy Chicken Tenders cal. 500

Cheddar Mac & Cheese cal. 440

Pasta Marinara cal. 300

NEW Fettuccine Alfredo cal. 360

NEW Buttered Pasta cal. 350

Kid's Sides

Seasoned Fries cal. 320

Fresh Fruit cal. 45

Salad cal. 50-250

Mozzarella Sticks cal. 550

Steamed Broccoli cal. 20

Kid's Drinks

Coke® cal. 150

Diet Coke® cal. 0

Sprite® cal. 120

Dr Pepper® cal. 110

2% Milk cal. 140

Chocolate Milk cal. 220

Lemonade cal. 80

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Kid's Menu (cont'd)

For Kids 12 & Under

Kid's Drinks (cont'd)

GLUTEN-SENSITIVE SLUSHES

Blue Raspberry Slush cal. 100

Mango Peach Lemonade Slush cal. 100

Strawberry Lemonade Slush cal. 120

Cherry Limeade Slush cal. 140

Kid's Juices

Apple cal. 90

Orange cal. 80

Paradise Punch cal. 100

Tickled Pink cal. 100

Kid's Dessert

GLUTEN-SENSITIVE Sundae cal. 690 – Two scoops of vanilla ice cream with chocolate & caramel sauces, chopped pecans, whipped cream and a cherry.

1,200 to 1,400 calories a day are used for general nutrition advice for children 4-8 years and 1,400 to 2,000 calories a day for children 9-13 years, but calorie needs vary.

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