#### **National Winner for Healthful Innovations**

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Our KID APPROVED menu based on taste tests with kids and comments from parents.



Silver Diner is proud to be an inaugural leader of the Kids LiveWell program. Learn more at HealthyDiningFinder.com



• Free Kid's Entrée Every 5 Visits • Free Collectibles & Instant Prizes Free Kid's Birthday Entrée & Shake • • Exclusive Kids' Parties •

Ask your server about becoming a member today!

#### Kids LiveWell Guidelines available upon request. Kids LiveWell is a service mark of the National Restaurant Association. Nutritional information based on KLW meal and includes entrée, side and beverage. Prices subject to change without notice. 04/24

### All Entrées served with fruit or vegetable and milk or juice. For kids 12 and under.

#### BREAKFAST

- Champion Breakfast 5.99 One egg, fresh strawberries and fruit, multigrain toast. - Cal. 400, Fat 10g, Sat. Fat 2.5g, Chol. 195mg, Fiber 4g
- G Gluten-Free Quinoa Coconut Pancakes 6.99 Blueberry pancakes, with one egg, fresh strawberries and fruit.
- Silver Dollar Pancakes 5.99 One egg, fresh strawberries and fruit. - Cal 520, Fat 13g, Sat. Fat 2.5g, Chol. 185mg, Fiber 3g

French Toast 5.99 One egg, fresh strawberries and fruit. G Substitute Gluten-Free bread - add 1.29

**Belgian Waffle 5.99** With maple sugar, one egg, fresh strawberries and fruit.

## **SLIDERS & SANDWICHES**

Slider with American Cheese 5.99 (Bison Slider 6.99) On brioche bun, with mixed veggies.

- For a heartier appetite, add an extra slider - 1.79 / bison 2.29

Beef - Grass Fed, Antibiotic-Free - Cal 460, Fat 18g, Sat. Fat 5g, Chol. 55mg, Fiber 4g

Grilled Nitrate-Free All Beef Hot Dog 5.99 With fresh strawberries and fruit.

**Grilled Cheese 5.99** 

Select white or multigrain bread with fresh strawberries and fruit. G Substitute Gluten-Free bread - add 1.29 / Add Ham - .49

# **KID'S CLASSICS**

G Koch's Farms Free-Range Turkey Platter 8.99 Sustainable turkey, rosemary-sage gravy, mashed potatoes, fresh veggies, cranberry-orange ginger sauce.

Gluten-Free Spaghetti 5.99 Organic gluten-free quinoa pasta, tomato sauce, served with mixed veggies.

Chicken Tenders 6.99 Antibiotic and hormone-free, veggie.

Macaroni & Cheese 5.99 With a side salad. Add a hotdog - 1.29

#### ID'S TACO 6.99

Flour tortilla, guacamole, side of guinoa, corn, and carrots. **Choose from:** 

Allen Farms BBQ Chicken

**Impossible BBQ Meatless** Made with bbg soy protein.

- For a heartier appetite, add any extra taco for 2.29
- Extra guacamole add 1.99 / Cilantro sour cream add 1.29

#### no charge or add as an extra for \$1.29 **Fruits** Fresh Strawberries & Fruit Organic Apple Sauce Veggies 单 Mixed Veggies Organic Non-GMO Steamed Edamame 单 Garden Salad **Other Sides** Yellow Brown Rice Mashed Yukon Gold Potatoes Nitrate-Free Bacon Turkey Bacon Chicken Maple Sausage G Gluten-Free Local Pork Sausage **DYNAMITE DRINKS** Milk, Oat Milk or Juice is included with kids entrées. Refills - .99 Skim or Whole, Chocolate Milk 单 Oat Milk **i 100% Juice** All-Natural Simply Orange Juice, Apple Juice, or Grape Juice **SHAKES & DESSERTS** Jr. Classic Shakes 2.99 Vanilla, chocolate, or strawberry. **Vision Strasshopper 3.99** Dairy-free, plant-based Eclipse ice cream, peppermint syrup, Oreo cookie, almond coconut whipped cream.

# AWESOME SIDES

Substitute any of these as a side for

Gluten-Free Brownie Sundae 2.99 Chewy brownie topped with all natural fat-free vanilla ice cream, chocolate sauce, whipped cream.

**V** Single Scoop of Ice Cream 1.49 Choose vanilla, chocolate, or strawberry Breyer's ice cream or fat-free vanilla ice cream.

EALTHIER OPTIONS 🖤 Kids LiveWell Approved 🖤 Lower in Fat & Cholesterol 🚭 Gluten-Free 🔊 Plant-Based/Vegan We use common equipment for food products. We cannot guarantee that any item sold will be free from traces of allergens. Our kitchen is not a gluten-free environment.