

CHILDRENS' MENU
(for children 12 and under)

New School Favorites

Whole Wheat Cheese Ravioli	6.95
Natural cow's milk ricotta cheese filling Choice of fresh tomato stew or steamed baby spinach	
Grilled Shrimp and Pineapple	7.95
Steamed short grain rice and sugar snap peas	
Pita Pizza "Garbanzo"	6.95
Fresh tomato, organic chick peas, hand-pulled mozzarella	
Turkey Breast and Spinach "Roll-up", Soft Flour Tortilla	5.95
Ranch-style spread, fresh Yukon gold potato chips	
Asian-Style Chicken Whole Wheat Noodle Salad	5.95
Crispy wonton wrappers, sugar snap peas, organic pea shoots	

Old School Favorites

Harry's Famous Prime Rib	14.50
Fresh-cut French fries or mashed potatoes	
Filet Mignon	16.95
Fresh-cut French fries or mashed potatoes	
Grilled Hamburger or Cheeseburger	6.95
Fresh-cut French fries	
"Krabby Patty" Fried Lump Crab Cake Sandwich	13.95
Lettuce, tomato, pickle, fresh-cut French fries	
Buttermilk Battered Fried Chicken Fingers	6.95
Fresh-cut French fries	
Harry's Hot Dog, New England-Style Bun	5.95
Fresh-cut French fries	
Grilled Cheese and Tomato Soup	5.95

Sides

Fresh Seasonal Fruit Cocktail	3.00
Granny Smith Apple and Peanut Butter	1.25
"Veggie Disguise"	2.50
Batter-fried zucchini chips, ranch-style dip	
"Beginner Green Salad"	2.50
Iceberg lettuce, sliced strawberries, goldfish cracker croutons, choice of dressing	
Kraft Macaroni and Cheese	2.50
with hot dog	5.00
Applesauce	1.00

Desserts

Ice Cream Sundae	2.50
Fresh Strawberries, Chocolate Dipping Sauce	2.50
Sponge Bob Square Pants Popsicle	1.50
Push-Up Ice Cream Pop	1.50

FUN FOOD FACTS

Honey has antiseptic, antioxidant and cleansing properties that prevent the growth of certain bacteria. This is useful for the cure of many diseases and disorders.

- There is evidence that honey is the only food that cannot spoil. Archaeologists have tasted honey discovered in ancient Egyptian tombs, reporting that it's edible.
- The word "Salary" comes from "Salt"!
- Popcorn has been around for 6,000 years.
- The closer a food is to its natural state, the healthier it is for you: An apple is better than apple sauce which is better than bottled apple juice which is better than apple pie.
- There are 1,200 varieties of watermelon.
- The world record for eating cheesecake is 11 pounds eaten in nine minutes - by Sonya Thomas, who weighs 105 pounds.
- The color of a chile is no indication of its spiciness, but size usually is - the smaller the pepper, the hotter it is.
- The dye used to stamp the grade on meat is edible. It's made from grape skins.
- The first soup was made of hippopotamus. The earliest archeological evidence for the consumption of soup dates back to 6000 BC and it was hippopotamus soup!
- Banana trees are not actually trees - they are giant herbs.

Have a Tomato with your Burger!

When a source of Vitamin C (orange, lemon, grapefruit, strawberry, tomato, potato, etc.) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food.