Note: Please refer to item package for additional nutrition information

Meal Menu Item	Calories / Fat Calories	Price
Hamburger 1/4 lb.	**209 Calories / 137 Fat Calories**	**$4.25**
Cheeseburger 1/4 lb	**400 Calories / 206 Fat Calories**	**$4.75**
Hot Dog	**169 Calories / 138 Fat Calories**	**$2.75**
Add cheese	**290 Calories / 196 Fat Calories**	**.25**
Add chili	**370 Calories / 220 Fat Calories**	**.25**
Cheese Nachos	**346 Calories / 161 Fat calories**	**$4.25**
Add chili	**408 Calories / 200 Fat Calories**	**.50**
Beers	**Calories**	**Prices**
Domestic Beers	145 – LITE 90	$2.75
Imported Beers	160	$3.50
Cayman Jack	193	$3.50
Drinks and Water	**Calories**	**Price**
20oz Blue Cup	195 – Diet 0	$2.00
32oz Yellow Cup	272 – Diet 0	$3.00
20oz Refill	195	$1.00
32oz Refill	272	$1.50
Bottle Water 16.9	0	$2.00
Fruit Juice 10oz	70-150	$1.50
Coffee	0	$1.75
Refillable Water Bottle	0	$3.00
Bag of Ice	0	$3.50
Ice Cream, Candy, Chips	**Calories**	**Price**
Ice cream cone	260	$2.00
Frozen Pop	25	$.75
Candy	250 -320	$1.50
Chips and cookies	160-280	$1.00
Muffins and Honey Buns	220-340	$1.50
Beef jerky and Pickle	0	$1.00

Healthy Menu Options at Ship Island Snack Bar

Menu Item	Size	Calories / Fat Calories	Price
Fruit Bowl	3.75oz	80	$1.75
Grill Chicken Wrap	1 serving	340 / 63	$6.25
Chicken Noodle Soup	2.5oz	120	$2.25
Veggie Bean Burrito	1 serving	460 / 120	$5.25
Red Beans and Rice	1 serving / 12oz	225 / 12	$4.00
Protein Shake	11oz	90 / 2	$4.00
Fresh Banana	1	105	$1.00

Island Beach Merchandise

2 Chairs & 1 Umbrella	$25.00	Inner Tube	$5.00
Air Mattress	$7.00	Juice 10 oz..	$1.50
Arm Floats	$2.00	Lady's Bucket Hat	$15.00
Bag of Ice	$3.25	Large Bucket	$4.00
Batteries AA/AAA	$3.00	Lighter	$1.00
Batteries C	$4.00	Lip Balm	$2.25
Batteries D	$4.00	Motrin (2 tablets)	$2.00
Beach Ball	$2.00	Muffin	$1.50
Beef jerky	$1.00	Nachos (cheese)	$4.25
Blue Cup 20 oz.	$2.00	Nachos (chili/cheese)	$4.75
Boogie Board	$10.00	Net	$5.00
Bucket Hat	$15.00	Pickle	$1.00
Bug Repellent	$8.00	Protein Shake 11oz	$4.00
Camera	$8.00	Post Card	$0.50
Candy	$1.50	Rain Poncho	$3.00
Baseball Cap	$12.00	Refill 20 oz.	$1.00
Cheese Slice	$0.50	Refill 32 oz.	$1.50
Cheeseburger 1/4 lb.	$4.75	Scuba Mask	$10.00
Child's Hat	$10.00	Small Bucket	$2.00
Chips	$1.00	Small Cooler	$7.00
Coffee 12 oz.	$1.75	Snorkel	$5.00
Comb	$1.50	Snorkel/Mask	$14.00
Crackers	$1.00	Soap - small bar	$1.00
Domestic Beer	$2.75	Souvenir Water Bottle	$3.00
Dramamine (2 tablets)	$2.00	Straw Hat	$15.00
Drink Huggers	$2.00	Sun Block	$8.00
Flip Flops	$5.00	Sun Block Spray	$13.00
Football	$5.00	Sunglasses	$10-$15
Frisbee	$6.00	Swimsuit - Lady's	$20.00
Frozen Flavored Pop	$0.75	Swimsuit - Men's	$15.00
Fruit Bowl 3.75oz	$1.75	T-Shirt	$10-$18
Fruit	$1.00	27x50 Towel	$9.00

Grill Chicken Wrap	$6.25	Trail Mix	$1.00
Goggles	$7:00	Tylenol/Advil (2 tablets)	$2.00
Hair Band	$0.50	Veggie Bean Buritto	$5.25
Hamburger 1/4 lb.	$4.25	Visor	$10.00
Healthy Chicken Soup	$2.25	Water 16.9 oz.	$2.00
Honey Bun	$1.50	Yellow Cup 32 oz.	$3.50
Hot Chocolate	$1.75	Hot Dog	$2.75
Ice Cream Cone	$2.00	--add Cheese	$0.25
Imported Beer	$3.50	--add Chili	$0.25
Insect Wrist band	$2.00	-	-