



SNACK BAR PRICES

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	\$7.00
Cheeseburger 1/4 lb	400 Calories / 206 Fat Calories	\$7.00
Hot Dog	169 Calories / 138 Fat Calories	\$5.00
Chilli-Cheese Nachos	346 Calories / 161 Fat calories	\$7.00
Cheese Quesadila	325 Calories / 105 Fat Calories	\$6.00
Chicken Quesadila	340 Calories / 75 Fat Calories	\$7.00
Beers	Calories	Prices
Domestic Beers	145 – LITE 90	\$4.00
Imported Beers	160	\$5.00
Drinks and Water	Calories	Price
20oz Blue Cup	195 – Diet 0	\$3.00
20oz Refill	195	\$1.00
Bottle Water 16.9	0	\$3.00
Fruit Juice 10oz	70-150	\$2.00
Coffee	0	\$2.00
Refillable Water Bottle	0	\$3.00
Bag of Ice	0	\$4.00
Ice Cream, Candy, Chips	Calories	Price
Ice cream cone	260	\$3:00
Frozen Pop	25	\$1.00
Candy	250 -320	\$2.00
Chips and cookies	160-280	\$2:00
Muffins and Honey Buns	220-340	\$2.00
Beef jerky and Pickle	0	\$2.00
Popcorn	125-175	\$3.00

Healthy Menu Options at Ship Island Snack Bar

Menu Item	Size	Calories / Fat Calories	Price
Fruit Bowl	3.75oz	80	\$2.00
Grill Chicken Wrap	1 serving	340 / 63	\$8.00
Chicken Noodle Soup	2.5oz	120	\$3.00
Protein Shake	11oz	90 / 2	\$4.00

Island Beach Merchandise



<u>2 Chairs & 1 Umbrella</u>	<u>\$30.00</u>	<u>Inner Tube</u>	<u>\$7.00</u>
<u>Air Mattress</u>	<u>\$7.00</u>		
<u>Arm Floats</u>	<u>\$4.00</u>		
<u>Bag of Ice</u>	<u>\$4.00</u>	<u>Lighter</u>	<u>\$2.00</u>
		<u>Lip Balm</u>	<u>\$3.00</u>
		<u>Motrin (2 tablets)</u>	<u>\$2.00</u>
<u>Beach Bucket (Mini-Sm-LG)</u>	<u>\$3-\$5-\$7</u>	<u>Net</u>	<u>\$7.00</u>
<u>Beach Ball</u>	<u>\$2.00</u>	<u>Post card</u>	<u>\$1.00</u>
<u>Blue Cup 20 oz.</u>	<u>\$3.00</u>	<u>Rain Poncho</u>	<u>\$3.00</u>
		<u>Scuba Mask</u>	<u>\$10.00 - \$12.00</u>
<u>Bucket Hats</u>	<u>\$18-\$24</u>		
<u>Bug Repellent</u>	<u>\$8 - \$13.</u>	<u>Shovel</u>	<u>\$7.00</u>
		<u>Snorkel</u>	<u>\$10..00</u>
<u>Baseball Cap</u>	<u>\$16 -\$18.</u>	<u>Snorkel/Mask</u>	<u>\$20.00</u>
<u>Child's Hat</u>	<u>\$13.00</u>	<u>Soap - small bar</u>	<u>\$1.00</u>
<u>Kids T Shirt</u>	<u>\$12-\$24</u>	<u>Souvenir Water Bottle</u>	<u>\$3.00</u>
<u>Dramamine (2 tablets)</u>	<u>\$2.00</u>	<u>Straw Hat</u>	<u>\$16.00 - \$20.00</u>
<u>Drink Huggers</u>	<u>\$4.00</u>	<u>Sun Block Lotion</u>	<u>\$10.00</u>
	<u>\$6.00 -</u>		
<u>Flip Flops</u>	<u>\$12.00</u>	<u>Sun Block Spray</u>	<u>\$15.00</u>
<u>Football</u>	<u>\$7.00</u>	<u>Sunglasses</u>	<u>\$24.00</u>
	<u>\$7.00 -</u>		
<u>Frisbee</u>	<u>\$10.00</u>	<u>Swimsuit - Lady's</u>	<u>\$35.00</u>
<u>Goggles</u>	<u>\$7.00</u>	<u>Swimsuit - Men's</u>	<u>\$30.00</u>
<u>Hair Band</u>	<u>\$1:00</u>	<u>Adult T-Shirt</u>	<u>\$15 - \$30</u>
<u>Swimsuits Child</u>	<u>\$20.00</u>	<u>27x50 Towel</u>	<u>\$12.00 - \$15.00</u>
<u>Tote Bag</u>	<u>\$15.00</u>	<u>Tylenol/Advil (2 tablets)</u>	<u>\$2.00</u>
<u>Ladies Hat</u>	<u>\$18 - \$20</u>	<u>Visor</u>	<u>\$15.00</u>
<u>Kids Hats</u>	<u>\$12 - \$15</u>	<u>Stickers</u>	<u>\$5.00</u>