

National Winner for Healthful Innovations

- Menu Masters

SILVER DINER

KID'S MENU

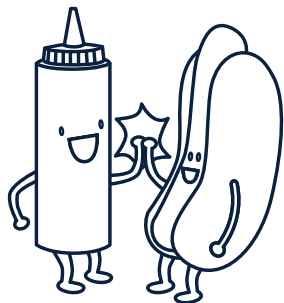
Our KID APPROVED menu based on taste tests with kids and comments from parents.



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

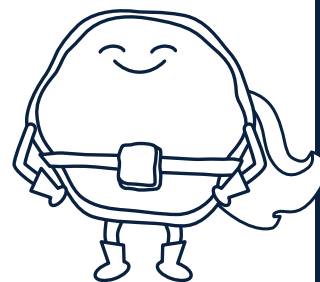
Join the All-New

Kids Club



- 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 KIW meal and includes entrée, side and beverage. Prices subject to change without notice. We are not a Gluten-Free Environment. 10/20

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

BREAKFAST

- 🍓 **Champion Breakfast 4.99**
One egg, fresh strawberries and fruit, multigrain toast.
- Cal. 400, Fat 10g, Sat. Fat 2.5g, Chol. 195mg, Fiber 4g
- GF 🍓 **Gluten-Free Quinoa Coconut Pancakes 5.99**
Blueberry pancakes, with one egg, fresh strawberries and fruit.
- 🍓 **Silver Dollar Pancakes 4.99**
One egg, fresh strawberries and fruit.
- Cal 520, Fat 13g, Sat. Fat 2.5g, Chol. 185mg, Fiber 3g
- GF 🍓 **Gluten-Free French Toast 5.99**
One egg, fresh strawberries and fruit.
- Challah French Toast or Belgian Waffle 4.99**
With maple sugar, one egg, fresh strawberries and fruit.

SLIDERS & SANDWICHES

- Slider with American Cheese 4.99 (Bison Slider 5.99)**
On brioche bun, with mixed veggies.
- For a heartier appetite add an extra slider - 1.49 / bison 1.99
- 🍓 **Beef - Grass Fed, Antibiotic-Free**
- Cal 460, Fat 18g, Sat. Fat 5g, Chol. 55mg, Fiber 4g
- Grilled Nitrate-Free All Beef Hot Dog 4.99**
With fresh strawberries and fruit.
- Grilled Cheese 4.99**
Select white or multigrain bread with fresh strawberries and fruit.
GF Substitute Gluten-Free bread - add .99 Add Ham - .49

KID'S CLASSICS

- Bell & Evans Roasted Chicken Pot Pie 7.99**
Inspired by Kid Chef Noelle of Fairfax, VA
Mushroom, roasted squash, peas, scallions, tarragon, topped with a flaky buttery crust.
- GF **Koch's Farms Free-Range Turkey Platter 7.99**
Sustainable turkey, rosemary-sage gravy, mashed potatoes, fresh veggies, cranberry orange ginger sauce.
- GF **Salmon Quinoa Bowl 7.99**
Inspired by Kid Chef Noah of Washington, DC
Teriyaki glazed, pineapple, edamame, carrots, quinoa, black sesame seeds.
- GF **Gluten-Free Spaghetti 4.99**
Organic gluten-free quinoa pasta, tomato sauce, served with mixed veggies.
- With 2 Beyond Meat Meatballs - 7.99
- With Grilled Chicken Parmesan - 6.99
- Chicken Tenders 5.49**
Antibiotic and hormone-free, veggie.
- Macaroni & Cheese 4.99**
With a side salad. Add hotdog - .99

AWESOME SIDES

Substitute any of these as a side for no charge or add as an extra for \$1.29

Fruits

- 🍓 Fresh Strawberries & Fruit
- 🍓 Organic Apple Sauce

Veggies

- 🍓 Mixed Veggies
- 🍓 Steamed Edamame
- 🍓 Garden Salad

Other Sides

- ♥ Brown Rice
- Mashed Potatoes
- Nitrate-Free Bacon
- Turkey Bacon
- Chicken Maple Sausage
- GF Gluten-Free Local Pork Sausage

DYNAMITE DRINKS

Milk, Oat Milk or Juice is included with kids entrées. Refills - .99

- 🍓 **Skim or Whole, Chocolate Milk**
- 🍓 **Oat Milk**
- 🍓 **100% Juice**
All Natural Simply Orange Juice, Apple Juice, or Grape Juice

SHAKES & DESSERTS

- Classic Shakes 2.99**
Vanilla, chocolate, or strawberry.
- ♥ **Healthier Shake 3.99**
Fat-free vanilla, bananas, strawberries, skim milk, honey, wheat germ.
- GF **Gluten Free Brownie Sundae 2.99**
Chewy brownie topped with all natural fat-free vanilla ice cream, chocolate sauce, whipped cream.
- ♥ **Single Scoop of Ice Cream 1.49**
Choose vanilla, chocolate, or strawberry Breyer's ice cream or fat-free vanilla ice cream.

HEALTHIER OPTIONS 🍓 Kids LiveWell Approved ♥ Lower in Fat & Cholesterol GF Gluten Free