

Dr. _____
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M.D.
Weight Loss, Lifestyle & Fitness Solutions

Beer Garden Snacks
for
Any Calorie Budget

Independence Beer Garden, Old City

2 Al Pastor Roast Pork Tacos with Pineapple Salsa and
1 Serving of Watermelon Salad

400 calories, 16 grams of protein

Spruce Street Harbor Park, Delaware River Waterfront

Chicago-Style Hot Dog

390 calories, 12 grams of protein

The Beer Garden at Fergie's Pub, Midtown Village

3 pieces of Pete's Chicken Wings with
5 sticks of carrot and/or celery and 2 Tsp. Blue Cheese Dressing

390 calories, 15 grams of protein

Martha, Kensington

1 oz. Valley Shepherd Chevre (about 2 Tablespoons) and
1 oz. Conebella Jalapeño Cheddar with 2 Toast Rounds and
½ Cup Pickled Boat Mixed Vegetables and 5 Marinated Olives

400 calories, 12 grams of protein



200 Calories at...

Uptown Beer Garden, Center City

1 Seared Tuna Slider with Grilled Tomato, Wasabi Aioli and Thai Basil

200 calories, 16 grams of protein

Morgan's Pier, Delaware River Waterfront

1 Wedge of Grilled Melon with 2 slices of Prosciutto and
4 Jumbo Shrimp with 2 Tablespoons Cocktail Sauce

200 calories, 18 grams of protein

City Tap House, University City

10 Verona Mussels with White Wine and Roasted Tomato Broth

200 calories, 17 grams of protein

Silk City, Northern Liberties

1.5 cups (about 50 pods) Edamame with 1 Tablespoon Sweet Chili Sauce

200 calories, 13 grams of protein

300 Calories at...

PHS Pop-Up Garden on South Street, Graduate Hospital

1 Wedge of BBQ Chicken Quesadilla and

1 Whole Foods Strawberry Ice Pop

290 calories, 11 grams of protein

American Sardine Bar, Point Breeze

1 Sardine a la Plancha with

5 spears of Grilled Asparagus

300 calories, 14 grams of protein

Frankford Hall, Fishtown

1 Potato pancake with

4 Slices Smoked Salmon with 1 Tablespoon of Pickled Onions

290 calories, 17 grams of protein

Opa's Drury Beer Garden, Midtown Village

2 Vegetable Kabobs and

2 Cups of Chili-Lime Popcorn

300 calories, 6 grams of protein