

À LA CARTE

 Signature Item GF | Gluten-Free



CHEESE FONDUE

SMALL | \$19.90 serves up to 2 **EACH ADDITIONAL PERSON \$9.95**

Served with artisan breads and seasonal fruit and veggies (293 cal). Gluten-free dippers available upon request. Choose one cheese fondue per cooktop.

WISCONSIN CHEDDAR

(347 cal per serving)
Aged Cheddar, Emmenthaler, Sam Adams Boston Lager®, Garlic, Spices
GF with Redbridge beer

CLASSIC ALPINE

(368 cal per serving)
Gruyère, Raclette, Fontina, White Wine, Garlic, Nutmeg GF

SPINACH ARTICHOKE

(302 cal per serving)
Butterkäse, Fontina, Parmesan, Spinach, Artichoke Hearts, Garlic GF

QUATTRO FORMAGGIO

(374 cal per serving)
Butterkäse, Fontina, Fresh Mozzarella, Parmesan, White Wine, Roasted Garlic, Basil & Sun-Dried Tomato Pestos GF

BACON & BRIE

(427 cal per serving)
Baby Brie, Gruyère, Raclette, Fontina, White Wine, Bacon, Lemon, Scallions GF

BOURBON BACON CHEDDAR

(374 cal per serving)
Aged Cheddar, Emmenthaler, Lager Beer, Bacon, Dry Mustard, Garlic, Worcestershire, Bourbon

CHARCUTERIE BOARD (449 cal) | **\$12.95** GF without artisan crackers
Our selection of premium cured meats, artisan crackers and accompaniments.

Ask your server about vegan cheese fondue options.



SALAD

\$5.95 each

MELTING POT HOUSE

(248-255 cal)
Romaine, Iceberg, Cheddar, Tomatoes, Croutons, Scallions, Egg, Choice of Housemade Dressing GF without croutons

CAESAR

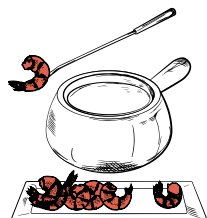
(172 cal)
Romaine, Parmesan, Croutons, Caesar Dressing, Parmesan-Dusted Pine Nuts GF without croutons

CALIFORNIA

(125 cal)
Mixed Greens, Candied Pecans, Gorgonzola, Tomatoes, Housemade Raspberry Walnut Vinaigrette GF

APPLE BACON SPINACH

(203 cal)
Fresh Spinach, Crimini Mushrooms, Egg, Spicy Pecans, Granny Smith Apples, Housemade Apple Bacon Vinaigrette GF



ENTRÉE FONDUE

PRICED per person

Premium proteins and vegetarian items served with seasonal veggies (117-132 cal). Prepare your entrée in a fondue cooking style of your choice, one per cooktop.

THE CLASSIC | \$26.95

(396-454 cal)
Garlic Pepper Sirloin*, Shrimp*, Memphis-Style Dry Rub Pork*, Teriyaki-Marinated Sirloin*, Herb-Crusted Chicken Breast* GF with substitutes for Teriyaki Sirloin and Herb Chicken

STEAK LOVERS | \$26.95

(548-621 cal)
Premium Filet Mignon*, Teriyaki-Marinated Sirloin*, Garlic Pepper Sirloin* GF with substitute for Teriyaki Sirloin

LAND AND SEA | \$23.95

(393 - 446 cal)
Garlic Pepper Sirloin*, Shrimp*, Herb-Crusted Chicken Breast*, Atlantic Salmon* GF with substitute for Herb Chicken

PACIFIC RIM | \$23.95

(281-324 cal)
Shrimp*, Teriyaki-Marinated Sirloin*, Sesame-Crusted Ahi Tuna*, Honey Orange Duck Breast* GF with substitute for Teriyaki Sirloin

THE GARDEN POT | \$18.95

(385-456 cal)
Veggie Potstickers*, Vegan Polpettes, Red Onion, Asparagus, Zucchini, Mini Sweet Peppers, Wild Mushroom Sacchetti*, Artichoke Hearts

ADD A LOBSTER TAIL* TO ANY ENTRÉE FOR \$12
(110-152 cal) GF

CREATE YOUR OWN | \$23.95

Your choice of three of the following:

Herb-Crusted Chicken Breast* (97-139 cal)
All-Natural Chicken Breast** (94-136 cal) GF
Honey Orange Duck Breast* (69-111 cal) GF
Memphis-Style Dry Rub Pork* (89-131 cal) GF
Teriyaki-Marinated Sirloin* (108-150 cal)
Garlic Pepper Sirloin* (76-118 cal) GF
Premium Filet Mignon** (119-161 cal) GF
Atlantic Salmon* (151-193 cal) GF
Sesame-Crusted Ahi Tuna* (114-156 cal) GF
Shrimp** (98-139 cal) GF
Veggie Potstickers* (75-117 cal)
Vegan Polpettes (160-202 cal)
Wild Mushroom Sacchetti* (175-216 cal)

*Cajun seasoning available upon request on these select items

FONDUE COOKING STYLES

Prepare your entrée with one of our signature cooking styles, one per cooktop.

COURT BOUILLON

Seasoned Vegetable Broth GF

COQ AU VIN

Burgundy Wine, Mushrooms, Scallions, Garlic GF

MOJO

Caribbean-Inspired, Garlic, Cilantro, Citrus GF

CAST IRON GRILL

Tabletop Grilling GF

BOURGUIGNONNE

European Style, Canola Oil, Panko, Sesame Tempura Batter GF without batter and panko



CHOCOLATE FONDUE

SMALL | \$19.90 serves up to 2 **EACH ADDITIONAL PERSON \$9.95**

Served with a variety of sweet treats and fresh fruits (489-504 cal). Gluten-free dippers available upon request. Choose one chocolate fondue per cooktop.

THE ORIGINAL

(289 cal per serving)
The smooth flavor of milk chocolate is melted with crunchy peanut butter. GF

FLAMING TURTLE

(333 cal per serving)
The creamy flavor of milk chocolate is melted with caramel, flambéed, and topped with candied pecans. GF

PURE CHOCOLATE FONDUE

(272 cal per serving)
Pick from the flavors of milk, dark or white chocolate. GF

YIN & YANG

(295 cal per serving)
The decadent and buttery flavors of dark and white chocolate fondue are artfully swirled together. GF

BANANAS FOSTER

(345 cal per serving)
The buttery flavor of white chocolate is melted with bananas & dulce de leche, and flambéed. GF

COOKIES 'N CREAM MARSHMALLOW DREAM

(337 cal per serving)
Decadent flavor of dark chocolate is swirled with marshmallow crème, flambéed, and topped with Oreos® cookie crumbles.

SWEET ADDITIONS \$2.50 EACH | \$6.95 FOR ALL THREE
Cream Puffs (180 cal) | Macarons (200 cal) GF | Cheesecake (327 cal)

Ask your server about vegan chocolate fondue options.

THE COMPLETE FONDUE EXPERIENCE FOR TWO

\$82 FOR TWO

A four-course experience for two including your choice of cheese fondue, salad, entrée and chocolate fondue.

BIG NIGHT OUT DINNERS FOR TWO

\$87 FOR TWO

Our most extravagant dinners are designed for two to share.

1

CHOOSE A CHEESE FONDUE

Choose any cheese from the à la carte menu, one per cooktop.

CHOOSE A CHEESE FONDUE

Choose any cheese from the à la carte menu, one per cooktop.

2

CHOOSE TWO SALADS

Choose any two salads from the à la carte menu, one per person.

CHOOSE TWO SALADS

Choose any two salads from the à la carte menu, one per person.

3

CHOOSE TWO ENTRÉES AND A COOKING STYLE

Choose any two entrées below. For entrée details, reference the à la carte menu.

PACIFIC RIM

THE GARDEN POT

LAND AND SEA

CREATE YOUR OWN + \$3 PER PERSON

STEAK LOVERS + \$3 PER PERSON

THE CLASSIC + \$3 PER PERSON

ADD A LOBSTER TAIL* TO ANY ENTRÉE FOR \$12 (110-152 cal) GF

FONDUE COOKING STYLES

Prepare your entrée with a fondue cooking style from the à la carte menu, one per cooktop.

CHOOSE AN ENTRÉE AND A COOKING STYLE

BIG NIGHT OUT

(402-452 cal per serving)

Premium Filet Mignon*, Teriyaki-Marinated Sirloin*, Herb-Crusted Chicken Breast*, Shrimp*, Atlantic Salmon*, Wild Mushroom Sacchetti* *GF with substitutes for Teriyaki Sirloin, Herb Chicken and Sacchetti*

BIGGER NIGHT OUT

+ \$12 FOR TWO

(457-518 cal per serving)

Lobster Tail*, Premium Filet Mignon*, Teriyaki-Marinated Sirloin*, Herb Crusted Chicken Breast*, Shrimp*, Atlantic Salmon*, Wild Mushroom Sacchetti* *GF with substitutes for Teriyaki Sirloin, Herb Chicken and Sacchetti*

FONDUE COOKING STYLES

Prepare your entrée with a fondue cooking style from the à la carte menu, one per cooktop.

4

CHOOSE A CHOCOLATE FONDUE

Choose any chocolate fondue from the à la carte menu, one per cooktop.

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Choose any chocolate fondue from the à la carte menu, one per cooktop.

*OUR FONDUE-STYLE SERVICE MAY RESULT IN THE UNDERCOOKING OF CERTAIN INGREDIENTS. THESE RAW ITEMS ARE PROVIDED FOR YOU (CUSTOMER) TO COOK. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. Before placing your order, please inform your server if a person in your party has a food allergy. Our canola oil is cholesterol free and contains 0g of trans fat. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Please inform your server if you are gluten-free when ordering. This menu and the information on it is provided by The Melting Pot, in cooperation with the Gluten Intolerance Group (GIG), as a service to our guests. The Melting Pot and GIG assume no responsibility for its use and the information which has not been verified by The Melting Pot. Guests are encouraged, to their own satisfaction, to consider this information in light of their individual requirements and needs. Updated 1/2020.

WINE FLIGHTS

CLASSIC FLIGHT

(284 cal) *GF*
 Mezzacorona, Pinot Grigio
 Ste. Michelle, Rosé, WA
 Meiomi, Pinot Noir
 Decoy by Duckhorn, Merlot

\$17
 Cheese
 Salad
 Entrée
 Chocolate
 Fondue

LOCAL FLIGHT

(292 cal) *GF*
 Schmitt Söhne, Riesling, Spätlese
 Ferrari-Carano, Chardonnay
 Bôen, Pinot Noir
 Caymus, Red, "Schooner"

\$27
 Cheese
 Salad
 Entrée
 Chocolate
 Fondue

SANGRIA

SUNSHINE SANGRIA

(212 cal)
 Malibu Coconut Rum, Chambord Raspberry
 Liqueur, Luccio Sparkling Moscato, Muddled
 Strawberries, Orange and Lemon Juice *GF*

\$8.99

TMP'S GRAND SANGRIA

(209 cal)
 14 Hands Cabernet, Skyy Blood Orange Vodka,
 Cointreau, Fresh Juices, Cinnamon *GF*

\$10.99

SPIRIT-FREE

THE BEE'S TEA

(204 cal)
 Orange Juice, Honey, Lemon, Lavender Syrup, Iced
 Tea *GF*

\$4.95

BLACKBERRY SAGE LEMONADE

(275 cal)
 Lemonade, Blackberry, Sage *GF*

\$4.95

MOJITO

(110 cal)
 Muddled Mint, Lime Juice, Simple Syrup, Club
 Soda *GF*

\$4.95

WATERMELON COOLER

(91 cal)
 Cucumber, Watermelon, White Cranberry Juice,
 Lime, Sprite *GF*

\$4.95



BEER CRAFT AND MORE

Amstel, Light (Holland) (95 cal)	\$4.95
Blue Moon (USA) (168 cal)	\$4.95
Bud, Light (USA) (110 cal)	\$4.50
Budweiser (USA) (145 cal)	\$4.50
Cigar City, Jai Alai, IPA (Tampa, FL) (245 cal)	\$6.25
Coors, Light (USA) (102 cal)	\$4.50
Corona, Light (Mexico) (99 cal)	\$4.95
Dogfish Head, 60 Minute, IPA (Milton, DE) (316 cal)	\$5.95
Founders, Porter (Grand Rapids, MI) 750ml (435 cal)	\$6.95
Heineken (Holland) (166 cal)	\$4.95
Heineken, O.O, N/A, Lager (Holland) 330ml (69 cal)	\$4.95
Inlet, Monk in the Trunk, Amber (Greenville, SC) (181 cal) <i>Organic</i>	\$5.95
Left Hand, Nitro, Milk Stout (Longmont, CO) (206 cal)	\$6.50
Magic Hat, #9, Pale Ale (S. Burlington, VT) (167 cal)	\$5.95
Michelob Ultra (USA) (95 cal)	\$4.50
Orval, Ale (Belgium) 11.2oz (222 cal) <i>Trappist</i>	\$9.95
Sam Adams (USA) (175 cal)	\$4.95
Samuel Smith, Cider (Tadcaster, England) (153 cal) <i>Organic</i>	\$7.95
Stella Artois (Belgium) (154 cal)	\$4.95
Yuengling, Lager (Pottsville, PA) (140 cal)	\$4.50

DRINK LOCAL

Funky Buddha, Floridian, Hefeweizen (Oakland Park, FL) (167 cal)	\$6.25
Funky Buddha, Hop Gun, IPA (Oakland Park, FL) (209 cal)	\$6.25



BEVERAGES

WINE ALL WINE IS GF

sparkling

5oz (109-123 cal) | 8oz (166-199 cal) | bottle (131-622 cal)

white

5oz (109-133 cal) | 8oz (175-213 cal) | bottle (555-675 cal)

red

5oz (120-133 cal) | 8oz (192-213 cal) | bottle (600-890 cal)



SPARKLING

Banfi, Brachetto d'Acqui, "Rosa Regale", ITA, 187ml		\$12	\$45
Luccio, Moscato d'Asti, ITA	\$7	\$10	\$29
Martini & Rossi, Asti Spumante, ITA, 187ml		\$9	\$32
LaMarca, Prosecco, ITA, 187ml			\$12
Zonin, Brut, Prosecco, ITA	\$7	\$11	\$33
Michelle, Brut, WA			\$39
Coppola, Brut Rosé, "Sofia", Monterey, CA, 187ml			\$35
Roederer, Brut, Anderson, CA			\$47
Perrier-Jouët, Brut, "Grand Brut", Champagne, FRA	\$19	\$29	\$87

SWEET WHITE + BLUSH

Beringer, White Zinfandel, CA	\$5	\$8	\$22
Schmitt Söhne, Spätlese, "P. M.", Mosel, DEU	\$9	\$14	\$39
Fetzer, Gewürztraminer, Monterey, CA	\$7	\$11	\$33
Kung Fu Girl, Riesling, Dry, WA	\$7	\$11	\$33

CHARDONNAY

KJ, Chardonnay, "Vintner's Reserve", CA	\$9	\$14	\$39
Souverain, Chardonnay, CA	\$7	\$10	\$29
Ferrari-Carano, Chardonnay, Sonoma, CA	\$10	\$15	\$45

OTHER WHITES + ROSÉ

Maso Canali, Pinot Grigio, Trentino, ITA	\$9	\$14	\$39
Brancott, Sauvignon Blanc, Marlborough, NZL	\$10	\$15	\$42
Mezzacorona, Pinot Grigio, Trentino, ITA	\$7	\$11	\$33
Rodney Strong, Sauvignon Blanc, "Charlotte's Home", N. Sonoma, CA			\$39
Starborough, Sauvignon Blanc, Marlborough, NZL	\$8	\$12	\$35
Ferrari-Carano, Fumé Blanc, Sonoma, CA			\$29
Ste. Michelle, Rosé, WA	\$8	\$12	\$35
JNSQ, Rosé, "Cru", CA			\$38



CABERNET SAUVIGNON

Tribute, Cabernet, CA	\$8	\$12	\$35
Josh, Cabernet, "Reserve", North Coast, CA			\$39
14 Hands, Cabernet, WA	\$7	\$11	\$33
B.R. Cohn, Cabernet, "Silver Label", North Coast, CA			\$42
Bonanza, Cabernet, "Lot 1", CA	\$10	\$15	\$43
J. Lohr, Cabernet, "Seven Oaks", Paso Robles, CA			\$35
Caymus, Cabernet, Napa, CA, 1L		\$29	\$112

PINOT NOIR + MERLOT

Argyle, Pinot Noir, Willamette, OR			\$52
Meiomi, Pinot Noir, CA	\$10	\$15	\$43
Böen, Pinot Noir, Russian River, CA			\$45
The Monterey, Pinot Noir, Monterey, CA	\$7	\$11	\$33
Greystone, Merlot, CA	\$7	\$11	\$33
Decoy by Duckhorn, Merlot, Sonoma, CA	\$10	\$15	\$45

OTHER REDS

Banfi, Chianti Classico, ITA	\$7	\$11	\$33
Masi, Veronese, "Campofiorin", ITA			\$39
Mazzei, Toscana, "Poggio Badiola", ITA			\$35
Greysac, Médoc, FRA			\$49
Marqués de Cáceres, Rioja, Reserva, ESP			\$45
Conundrum, Red, CA	\$9	\$14	\$42
Zen of Zin, Zinfandel, CA			\$35
Portillo, Malbec, Uco, ARG	\$7	\$11	\$33
Michael David, "Petite Petit", Lodi, CA	\$8	\$12	\$35
Michael David, Cabernet Franc, "Inkblot", Lodi, CA			\$63
19 Crimes, Red, SE AUS	\$8	\$12	\$35
Caymus, Red, "Schooner"	\$12	\$19	\$57
The Prisoner, Napa, CA			\$69



BEST IN GLASS

ICONIC COCKTAILS

CRAFTED IN THE HIGHEST FORM,
MADE FROM CAREFULLY
SELECTED, FRESH AND
EXCEPTIONAL INGREDIENTS

TMP'S G&T | \$9.99
(209 cal)
The Botanist Gin, Liber & Co Premium Tonic, Club Soda, Lime GF

AUTHENTIC MAI TAI | \$12.99
(254 cal)
Appleton Estate Reserve Rum, Cointreau, Lime, Orgeat Syrup GF

FRESHLY-PICKED MARGARITA | \$10.99
(326 cal)
Avion Silver Tequila, Solerno Blood Orange, Cointreau, Agave Nectar, Lime, Lemon, Orange and Grapefruit Juices GF

OLD FASHIONED

CLASSIC OLD FASHIONED | \$9.99
(175 cal)
Jim Beam, Brown Sugar Cube, Bitters, Orange Peel, Filthy Cherry GF

MODERN OLD FASHIONED | \$10.99
(195 cal)
Knob Creek Rye Whiskey, Brown Sugar Cube, 18.21 Earl Grey Bitters, Orange Peel, Filthy Cherry GF

THE MELTING POT MULE | \$9.99
(235 cal)
Absolut Vodka, Domaine De Canton Ginger Liqueur, Fresh Mint, Lime, Ginger Beer GF

MELTING POT MULE MUG | \$12

COCKTAILS

CLASSIC TMP COCKTAILS

LOVE MARTINI | \$9.99
(188 cal)
Malibu Rum, Peach Schnapps, Cranberry Juice, Fresh Strawberries GF

YIN & YANG MARTINI | \$11.99
(361 cal)
Godiva White Chocolate Liqueur, Vanilla Vodka, Ice Cream, Chocolate Fondue Shavings GF

LEMON BERRY MOJITO | \$9.99
(157 cal)
Bacardi Limon, Wildberry Purée, Mint Leaves, Lime, Club Soda GF

NEW! WHISKEY BUSINESS | \$12.99
(184 cal)
Maker's Mark Bourbon, Jameson Irish Whiskey, Jim Beam Bourbon, Jack Daniel's Whiskey, Lemonade, Filthy Black Cherry Syrup, Coca-Cola, Lemon Wedge, Filthy Black Cherry GF



LOCAL FAVORITES

BLACKBERRY MARGARITA | \$9.99
(313 cal)
1800 Reposado Tequila, Blackberries, Fresh Lime GF

BLUEBERRY LEMON DROP MARTINI | \$10.99
(170 cal)
Van Gogh Acai Blueberry Vodka, Limoncello Italian Lemon Liqueur, Sugar Rim GF

CUCUMBER MARTINI | \$9.99
(146 cal)
Effen Cucumber Vodka, Lemon Juice, Simple Syrup, Fresh Mint, Fresh Cucumber Garnish GF

DEEP SOUTH TEA | \$9.99
(224 cal)
Absolut Citron Vodka, Malibu Coconut Rum, Sweet & Sour, Fresh Lemon Juice, Sprite, Deep Eddy Cranberry Vodka Floater GF

DIRTY DEED MARTINI | \$10.99
(190 cal)
Ketel One Vodka, Olive Juice, Gorgonzola-Stuffed Olives GF

LYCHEE MARTINI | \$11.99
(241 cal)
Grey Goose, Soho Lychee Liqueur GF

RASPBERRY MARTINI | \$9.99
(218 cal)
Stoli Razberi Vodka, Chambord Black Raspberry Liqueur GF

SAILOR'S PUNCH | \$8.99
(246 cal)
Sailor Jerry Spiced Rum, Orange and Pineapple Juices, Sweet & Sour, Cherries GF

TIPSY TURTLE | \$12.99
(281 cal)
151, Myers's Dark, Captain Morgan Spiced and Malibu Rums, Banana Liqueur, Orange and Pineapple Juices, Grenadine GF

AFTER DINNER CONSIDERATIONS

COFFEE COCKTAILS

BILLIONAIRE'S COFFEE | \$9.99
(143 cal)
Godiva Dark Chocolate Liqueur, Grand Marnier,
Kahlúa, Coffee, Whipped Cream *GF*

BUTTERNUT COFFEE | \$7.99
(144 cal)
Frangelico, Butterscotch, Coffee, Whipped
Cream *GF*

Café Caramel | \$4.49
(182 cal)
Coffee, Caramel, Whipped Cream *GF*

CHOCOLATE RASPBERRY KISS | \$8.99
(137 cal)
Godiva Chocolate Liqueur, Chambord Raspberry
Liqueur, Coffee, Whipped Cream, Cherry *GF*

ESPRESSO MARTINI | \$10.99
(262 cal)
Stoli Vanil Vodka, Espresso, Kahlúa *GF*

FUNKY MONKEY | \$8.99
(140 cal)
Meyer's Rum, Crème de Banana, Coffee, Whipped
Cream *GF*

**GODIVA WHITE CHOCOLATE
CAPPUCCINO** | \$8.99
(108 cal)
Espresso, Foamed Milk, Godiva White Chocolate
Liqueur *GF*

NUTTY IRISHMAN | \$8.99
(148 cal)
Frangelico Liqueur, Baileys Irish Cream, Coffee,
Whipped Cream *GF*

SPARKLING WINES

3oz BTL.

bottle (131-157 cal)
Banfi, Brachetto d'Acqui, | \$12
"Rosa Regale", Italy, 187ml
Martini & Rossi, Asti Spumante, Italy, | \$9
187ml

DESSERT WINES

3oz (116 cal) | bottle (491 cal)
Pacific Rim, Riesling, | \$8 \$29
"Vin de Glacière", Organically Grown,
Washington, 375ml

PORT

3oz (138-144 cal)
Taylor Fladgate, LBV Port, Porto, | \$9
Portugal
Fonseca, Port, Porto, "Bin 27", | \$8
Portugal



SPECIALTY SPIRITS

Four Roses Bourbon Small Batch (80 cal) | \$10.99
Glenfiddich Scotch 15 year (70 cal) | \$24.99
Glenmorangie Scotch 10 year (70 cal) | \$12.99
Beluga Vodka Noble Export (70 cal) | \$10.99
Casa Dragones Blanco Tequila (70 cal) | \$15.99
Don Pancho Rum Origenes 8 year (70 cal) | \$11.99
Magellan Blue Gin (78 cal) | \$10.99
Riazul Tequila Reposado (70 cal) | \$12.99

FONDUE UNTO OTHERS

MELTING POT COOKBOOK | \$29
A collection of recipes from our fondue
pot to yours.

**SIGNATURE DIPPED
STRAWBERRIES*** *GF* (65 cal per berry) |
3 Strawberries | \$7.99
6 Strawberries | \$14.99

*Ask the hospitality specialist or your
server to place an advanced order.

GARLIC & WINE SEASONING | \$5.99
(0 cal)
Two classic culinary ingredients - garlic
and wine - make this seasoning
delicious. *GF*

GIFT CARDS
Gift cards can be redeemed at The
Melting Pot Restaurants nationwide.

CHOCOLATE FONDUE WAFERS | \$4.99
(322 cal per 2oz)
Pick from the flavors of milk, dark or
white *GF*

Before placing your order, please inform your server if a person in your party has a food allergy. Our canola oil is cholesterol free and contains 0g of trans fat. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Please inform your server if you are gluten-free when ordering. This menu and the information on it is provided by The Melting Pot, in cooperation with the Gluten Intolerance Group (GIG), as a service to our guests. The Melting Pot and GIG assume no responsibility for its use and the information which has not been verified by The Melting Pot. Guests are encouraged, to consider this information in light of their individual requirements and needs. Updated 1/2020.