

# EAT WELL AT WESTIN

## WITH OUR HEALTHY KIDS MENU

**WESTIN**  
HOTELS & RESORTS



### BREAKFAST

BREAKFAST CEREAL  
served with seasonal fruit & milk 5

PEANUT BUTTER & BANANA SANDWICH  
served on whole wheat bread with seasonal fruit 8

HAM, EGG & CHEESE QUESADILLA gf  
Two eggs, corn tortilla, low sodium ham, cheese,  
pico de gallo 8

BABY SPINACH & CHEESE OMELET  gf  
served with fruit salad 8

OATMEAL WITH APPLES & WALNUTS 6  gf

### LUNCH & DINNER

PITA CHIPS & CRISP VEGETABLES  
served with hummus & low fat yogurt dip 8

TUNA SALAD SANDWICH  
served on whole wheat bread with lettuce & tomato 7.50

CHICKEN COBB SALAD gf  
mixed greens, chicken, egg, cheddar, avocado, cherry tomatoes &  
low-fat dressing 8.50

CHICKEN VEGGIE WRAP  
grilled chicken, greens, carrots, cucumber, bell peppers & avocado 9

GRILLED CHICKEN & WHOLE WHEAT PASTA  
served with tomato sauce, broccoli, & parmesan cheese 9


HUMMUS WRAP  gf  
whole wheat wrap served with lettuce, red bell peppers &  
cucumbers 8

### DRINKS

STRAWBERRY YOGURT MILK SHAKE  
fresh strawberries, greek yogurt, 1% milk 6.50

### DESSERTS

FRUIT KABOBS  
fresh fruit served with low-fat greek yogurt and a  
cornbread cookie 6

ROASTED PINEAPPLE  gf  
served with low-fat yogurt & pistachios 6

 These dishes pair whole foods to boost their nutritional benefits and flavors.



AT WESTIN, WE BELIEVE THAT EATING WELL ISN'T JUST FOR ADULTS. That's why we've teamed up with SuperChefs™, a group of doctors, dentists and dietitians dedicated to educating kids on the importance – and the fun – of eating smart. From cooking and enjoying nutritious foods to staying active, SuperChefs helps kids discover the upside of healthy living. Each of these special SuperChefs offerings is as delicious as it's nutritious, making kids and parents happy.

"We like being SuperChefs and making lots and lots of raviolis!"



"We didn't know how great salad could taste."



"We have a super fun time making crêpes!"



Join Westin and the SuperChefs of the Universe™ for superfood fun.

Get the Digimarc® Discover App for iPhone or Android (below), or flip the menu over to get started. →



1. Download the Digimarc Discover App.
2. Hold your phone parallel to the page, with your viewing screen facing you. The Digimarc Discover App will automatically detect and launch the video.

# WESTIN AND SUPERCHEFS

## ARE IN THE KITCHEN TURNING UP THE FUN!

Meet six cosmic chefs and their two robot helpers from the Galaxy of Munch. Learn more online about their special skills and powers in the kitchen by going to [www.superchefs.tv](http://www.superchefs.tv)



Wrapper    Potpan    Fridge    Coco    Mixer    Mirapoix    Spicer

What makes some foods "super"?

SuperFoodsRx™ offerings have lots of nutrients, like vitamins and minerals that help your body grow strong and fight disease.

Spicer's favorite superfood is cinnamon.

Can you get her through the maze to find it? It tastes great and helps your heart stay healthy!



"Did you know that one ounce / 25 grams of 70% dark chocolate is a smart treat that helps keep you healthy...and don't rush your brush!"



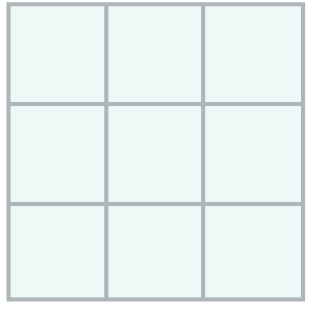
Chopper

SuperChefs kids love superfoods!

Circle the three foods that are NOT superfoods.



Tic-Tac-Toe



ANSWER KEY : cupcake, lollipop, ice cream

