

EAT WELL AT WESTIN

WITH OUR HEALTHY KIDS MENU

WESTIN
HOTELS & RESORTS



BREAKFAST

BREAKFAST CEREAL

Served with seasonal fruit and milk 5

PEANUT BUTTER AND BANANA SANDWICH

Served on whole wheat bread with seasonal fruit 8

HAM, EGG AND CHEESE QUESADILLA gf

Two eggs, corn tortilla, low sodium ham, cheese and pico de gallo 8

BABY SPINACH AND CHESSE OMELETTE

Served with fruit salad 8

LUNCH & DINNER

TUNA SALAD SANDWICH

Served on whole wheat bread with lettuce and tomato 7.50

PITA CHIPS, CRISP VEGETABLES

Served with hummus and low-fat yogurt dip 8

GRILLED CHICKEN AND WHOLE WHEAT PASTA

Served with tomato sauce, broccoli, and parmesan cheese 8.50

CHICKEN COBB SALAD

Mixed greens, chicken, egg, cheese, avocado, cherry tomatoes and low fat dressing 8.50

DR. GREG'S DECONSTRUCTED CAESAR SALAD

Grilled chicken, greens, parmesan chips, croutons, bacon bits and caesar dressing 8

FAMILY VEGETABLE PLATTER

Assortment of fresh, raw vegetables and low-fat ranch sauce 8

DRINKS

STRAWBERRY YOGURT MILK SHAKE

Fresh strawberries, greek yogurt, 1% milk 6.50

DESSERTS

FRUIT KEBABS

Fresh fruit served with low-fat Greek yogurt and a cornbread cookie 5.50

LEMON CORNMEAL COOKIE SORBET

Served with fresh fruit and 3 scoops of sorbet 5.50



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!"



 This recipe has been created and tested in our SuperChefs kitchens by our SuperChefs kids.
 These dishes pair whole foods to boost their nutritional benefits and flavors.

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



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.

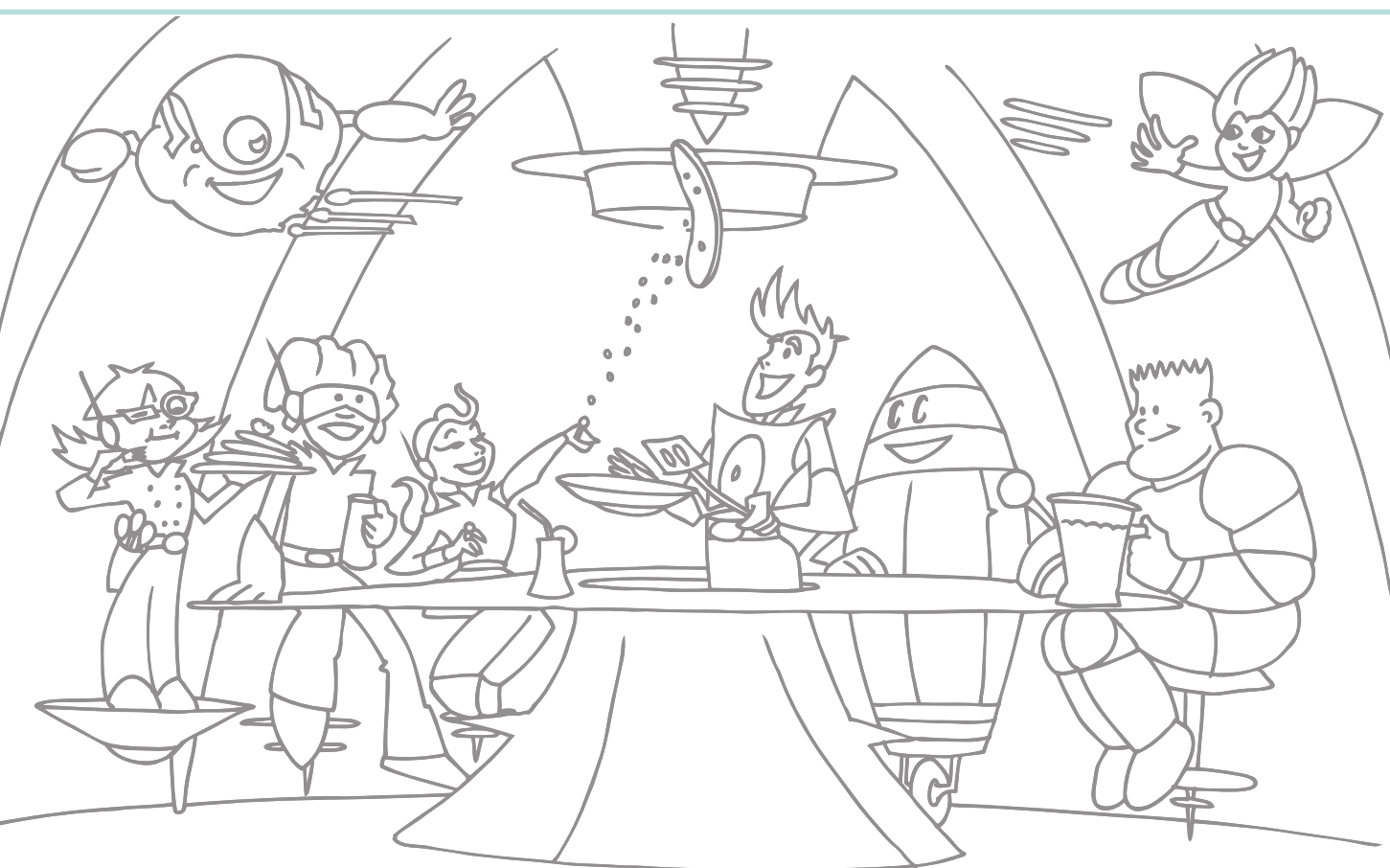
Can you get her through the maze to find it? It tastes great and helps your heart stay healthy!



"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

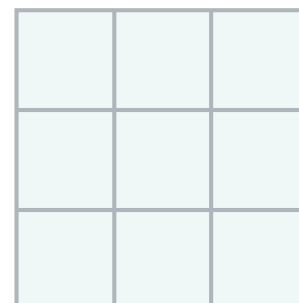


SuperChefs kids love superfoods!

Circle the three foods that are NOT superfoods.



Tic-Tac-Toe



ANSWER KEY : cupcake, lollipop, ice cream