

EAT WELL AT WESTIN

WITH OUR HEALTHY KIDS MENU

WESTIN
HOTELS & RESORTS



BREAKFAST

BUILD YOUR OWN GRANOLA PARFAIT 
low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries 5.50

BREAKFAST CEREAL
served with seasonal fruit and milk 4.50

OATMEAL WITH APPLES AND WALNUTS
served with apples, walnuts, honey and milk 4.50

BLUEBERRY & BANANA PANCAKE LOLLIPOPS
banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup 5.50

WHOLE WHEAT APPLE-RAISIN FRENCH TOAST
served with apple slices, maple syrup and raisins garnish 5.50


BABY SPINACH & CHEESE OMELETTE 
served with fruit salad 6

HAM, EGG & CHEESE QUESADILLA
two eggs, corn tortilla, low sodium ham, cheese and pico de gallo 6.50

LUNCH & DINNER

PITA CHIPS & CRISP VEGETABLES
served with hummus and low-fat yogurt dip 5

CHICKEN COBB SALAD
mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing 6.50

DR. GREG'S DECONSTRUCTED CAESAR SALAD 
grilled chicken, greens, Parmesan crisp, croutons, bacon bits and caesar dressing 5.50

CHICKEN QUESADILLA
served with black beans, rice and pico de gallo 6

BUILD YOUR OWN PIZZA
whole wheat crust ready to top with sauce, mozzarella cheese, cherry tomatoes, baby spinach, pineapple and low-sodium ham 6

FAMILY VEGETABLE PLATTER 
assortment of fresh, raw vegetables served with low-fat ranch sauce 5.50

FISH TACOS
lean white fish in soft-shell tacos with tomato, lettuce, grilled corn, jalapeños, mango and pico de gallo 6.50

TURKEY LETTUCE WRAPS 
fresh lettuce wraps with ground lean turkey, ginger, onions, carrots and crunchy noodles 6

DRINKS

STRAWBERRY YOGURT MILK SHAKE
strawberries with low-fat vanilla Greek yogurt 4



FRUIT SMOOTHIE 
strawberries, blueberries and bananas blended with orange juice and honey 4

DESSERTS

APPLE FRUIT SALAD 
cored apple filled with fresh fruit 5

LEMON CORNMEAL COOKIE WITH SORBET
served with fresh fruit and 3 scoops of sorbet 6

FRUIT KEBABS
fresh fruit served with low-fat Greek yogurt and a cornbread cookie 5

 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.



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



Wrapper

Potpan

Fridge

Coco

Mixer

Mirapoix

Spicer

What makes some foods "super"?

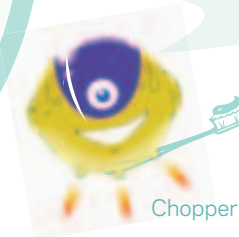
SuperFoodsRx™ offerings have lots of nutrients, like vitamins and minerals that help your body grow strong and fight disease.

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!



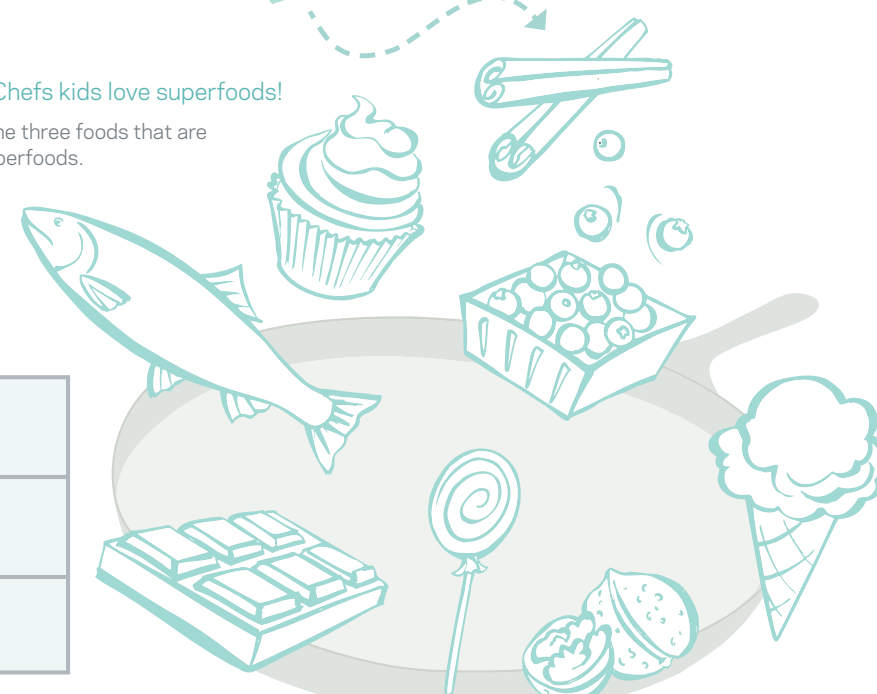
"Did you know that one ounce / 25 grams of 70% dark chocolate is a smart treat that helps keep you healthy...and don't rush your brush!"



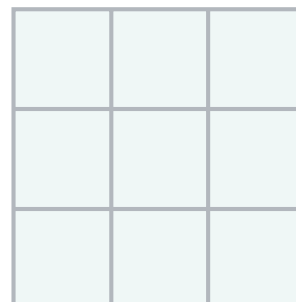
Chopper

SuperChefs kids love superfoods!

Circle the three foods that are NOT superfoods.



Tic-Tac-Toe



ANSWER KEY : cupcake, lollipop, ice cream

