

EAT WELL MENU FOR KIDS

At Westin, we believe that eating well isn't just for grownups. That's why we've teamed up with SuperChefs™, a group of doctors, dentists and dietitians dedicated to helping kids eat smart. These special kid-friendly meals are as delicious as they are nutritious, making the whole family happy.

BREAKFAST 6:30AM to 11:00AM

FRENCH TOAST 10.00
Whole wheat apple raisin French toast with apple slices and maple syrup

PANCAKE LOLLIPOPS 10.00
Blueberry and banana pancake lollipops served with low-fat yogurt, fruit salad and syrup

OMELET 13.00
Baby spinach and cheese omelet served with fruit salad

HAM, EGG & CHEESE QUESADILLA 9.00
Two eggs, corn tortilla, low-sodium ham, cheese and pico de gallo

BUILD-YOUR-OWN CREPES 13.00
Served with banana slices, berries and low-fat Greek yogurt

OATMEAL WITH APPLES AND WALNUTS 8.00
Served with apples, walnuts, honey and milk

LUNCH OR DINNER 11:00AM to CLOSE

PRAWN RICE ROLL 13.00
Prawns, rice vermicelli, onions, carrots and lettuce rolled in rice crepes

SALMON & NOODLES 14.00
Asian-style baked salmon with fresh ginger, carrots, red peppers, onions and sesame seeds served with soba noodles

TUNA MELT 12.00
Tuna salad on whole wheat slider with melted low-fat cheddar cheese served with carrots and celery sticks

TURKEY SLIDERS 8.00
Grilled turkey burger served with carrots, celery and low-fat cranberry mayonnaise

FISH & CHIPS 14.00
Sweet-potato-crust fish and chips with carrots, celery sticks, low-fat tartar sauce and baked potato chips

CHICKEN COBB SALAD 10.00
Mixed greens, chicken, egg, cheese, avocado and cherry tomatoes with low-fat dressing

WHOLE WHEAT SPAGHETTI 11.00
House tomato sauce, mushrooms and spinach

CHICKEN & VEGETABLE KEBABS 13.00
Served with zucchini, mushrooms, cherry tomatoes and sides of cornbread, tzatziki sauce and tropical salsa

DRINKS

STRAWBERRY YOGURT MILKSHAKE 7.00
Strawberries with low-fat vanilla Greek yogurt

FRUIT SMOOTHIE 7.00
Strawberries, blueberries and bananas blended with orange juice and honey

RASPBERRY MINT SMOOTHIE 7.00
Raspberries, almond milk, mint and rose water

DESSERTS

COOKIE WITH SORBET 6.00
Lemon cornmeal cookie served with fresh fruit and 3 scoops of sorbet

ROASTED PINEAPPLE 6.00
With crème fraîche and pistachios

CHOCOLATE BANANA MOUSSE 8.00
With whipped cream

FIND THE HEALTHY FOODS HIDDEN IN THE PICTURE, OR COLOR IN YOUR FAVORITE PLANTS AND ANIMALS.



APPLE



ONION



AVOCADO



CHERRIES



LEMON



GRAPES



BROCCOLI



CABBAGE