

# EAT WELL AT WESTIN

## WITH OUR HEALTHY KIDS MENU



### BREAKFAST \$10.00

**BANANA AND BLUEBERRY PANCAKE LOLLIPOPS**  
Fresh banana and blueberries cooked into pancake and served with low-fat yoghurt, and maple syrup

**BREAKFAST CEREAL OF YOUR CHOICE**  
Served with seasonal fruit and low-fat milk

**PEANUT BUTTER AND BANANA SANDWICH**  
Served on wholemeal bread with seasonal fruit

**BUILD YOUR OWN GRANOLA PARFAIT**    
Low fat vanilla Greek yoghurt and fresh berries

### LUNCH & DINNER \$16.00

**GRILLED CHICKEN WITH WHOLE WHEAT PASTA**  
Served with tomato sauce, broccoli and Parmesan cheese

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

**PITA CHIPS AND CRISP VEGETABLES**  
Served with hummus and low-fat yoghurt

**TUNA SALAD SANDWICH**  
Served on wholemeal bread with lettuce and tomato

**FILLET MIGNON AND SMASHED POTATO**   
75 gm beef tenderloin with potatoes for smashing and served with broccoli, carrots and cherry tomatoes

**FAMILY VEGETABLE PLATTER**   
Assortment of fresh, raw vegetables served with low-fat ranch sauce

### DRINKS \$6.00

**WATERMELON SPLASH**  
Watermelon, pineapple and beetroot

**CARROT ZINGER**  
Carrot, ginger and orange

**MINERAL WATER**  
Santa Vittoria Still Mineral Water - 250ml  
Santa Vittoria Sparkling Mineral Water - 250ml

**MILK**  
Skim Milk - Hot or cold \$3.00

### DESSERTS \$10.00

**FRESH BERRY MILLE-FEUILLE**  
Filo pastry layered with fresh berries, low-fat yoghurt and whipped cream

**FRUIT KEBABS**  
Served with low fat vanilla Greek yoghurt and cornbread cookie



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.  
Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.

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. →

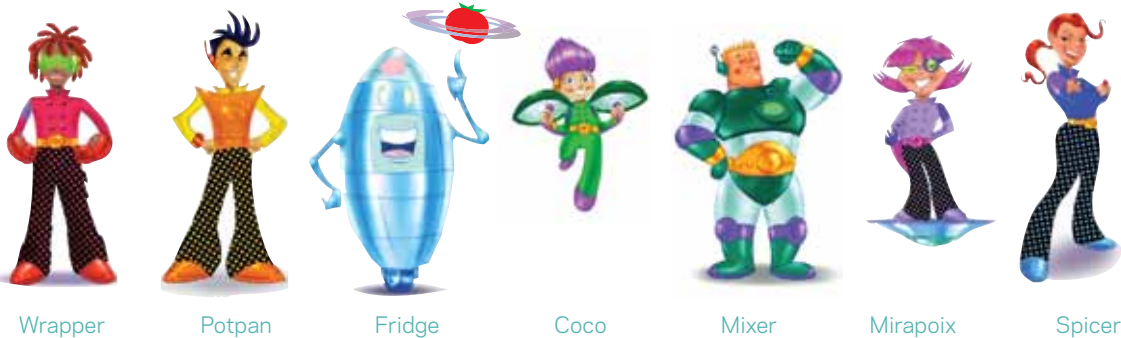


1. Download the Digimarc Discover App.
2. Hold your phone parallel to the page, with your viewing screen facing you. The Digimarc Discover App will automatically detect and launch the video.

# 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)



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!"

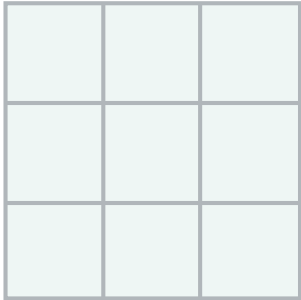


SuperChefs kids love superfoods!

Circle the three foods that are NOT superfoods.



Tic-Tac-Toe



ANSWER KEY : cupcake, lollipop, ice cream

