



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 6:00AM to 11:00AM

OMELETTE 10.00

baby spinach and cheese omelette served with fruit salad sevents

BUILD YOUR OWN GRANOLA PARFAIT 8.00

low-fat vanilla Greek yogurt, organic granola, strawberries, blueberries and raspberries **Se** PANCAKE LOLLIPOPS 10.00

banana and blueberries cooked into pancake and served with low-fat yogurt, fruit salad and syrup

BREAKFAST BURRITO 10.00

egg white burrito with turkey bacon, cheddar cheese and fresh fruit salad

LUNCH OR DINNER 11:00AM to 10:30PM

HUMMUS WRAP 8.00

whole wheat wrap served with lettuce, red bell pepper and cucumber

CHICKEN WRAP 10.00

with carrots, cucumber, bell pepper and avocado

CHICKEN QUESADILLA 10.00

served with black beans, rice and pico de gallo

SPAGHETTI BOLOGNESE 10.00

whole wheat spaghetti with tomato sauce

CHICKEN TOSTADAS 10.00 corn tortillas served with black beans, tomato and avocado

PITA CHIPS & VEGETABLES 8.00 served with hummus and low-fat yogurt dip

DRINKS PINEAPPLE STRAWBERRY SMOOTHIE 6.00

made with almond coconut milk

FRUIT SMOOTHIE 6.00 strawberries, blueberries and bananas blended with orange juice and honey

100% JUICE 4.00 apple, pineapple or orange juice

MILK 4.00 fat-free milk, almond or soy

DESSERTS

STRAWBERRIES & CREAM 8.00 strawberries, non-fat cream

cheese, honey, vanilla in a chocolate bowl

FRUIT SALAD 8.00 cored apple filled with fresh fruit Supression

Indicates a SuperFoodsRx™ dish. SuperFoodsRx powerfully pairs together whole foods to boost nutritional composition and flavors.
This recipe has been created and tested in the SuperChefs kitchens by the SuperChefs kids.

6

©2017 Marriott International, Inc. All Rights Reserved. Westin and its logos are the trademarks of Marriott International, Inc., or its affiliates. SuperChefs of the Universe logo is a trademark of SuperChefs Entertainment Inc. SuperFoodsRx is a trademark of SuperFoods Partners, LLC