

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 06:00AM to 11:00AM

SEASONAL SLICED FRUIT 55.00
SuperFoodsRx

CEREAL 55.00
Corn flakes, coco pops or homemade granola with your choice of full-cream, low fat or soy milk. Alternatively Cape fruit, strawberry or Bulgarian yoghurt

CREAMED STYLE OATS 55.00
With apple, cinnamon and honey
SuperFoodsRx

BUZZ LIGHTYEAR 65.00
Waffle or buttermilk flap jacks with Nutella yogurt cheese, strawberries, banana and black cherries, dark chocolate shavings and toasted almonds
SuperFoodsRx

HUMPTY DUMPTY (EGG + SOLDIERS) 65.00
Soft boiled egg served with turkey bacon and mushroom whole-wheat pancake dippers, broccoli and cauliflower
SuperFoodsRx

1 EGG TO ORDER 50.00
On whole-wheat toast

SPINACH + CHEDDAR CHEESE OMELETTE 65.00
Served with fruit salad

TOASTED SANDWICHES 65.00
On white or brown bread
Chicken mayonnaise
Gypsy ham and cheddar cheese

DRINKS

FRESH FRUIT JUICE 30.00
Orange, mango and apple
SuperFoodsRx

FRESH BY THE JUICERY 45.00
Spinach, banana and pineapple
Carrot, orange, ginger, cinnamon and pineapple

BREAKFAST YOGURT SHAKES 35.00
Banana and chocolate
Mixed berry
SuperFoodsRx

DESSERTS

COOKIE MONSTER 50.00
Almond macaroon with frozen blueberry yogurt, oat and chocolate chip cookies and coconut "fur"
SuperFoodsRx

FRUIT SALAD AND ICE CREAM 50.00

POTTED MILK CHOCOLATE MOUSSE WITH OREO COOKIE CRUMBLE 50.00

LUNCH OR DINNER 12:00PM to 11:00PM

CORN TACO SALAD 60.00
Cos lettuce, cheese, guacamole and tomato salsa
Add biltong SuperFoodsRx 30.00

MINI WAFFLE SLIDERS 65.00
With grilled chicken, cabbage and pineapple slaw
SuperFoodsRx

TOMATO AND VEGGIE SOUP 50.00
With cheese toast
SuperFoodsRx

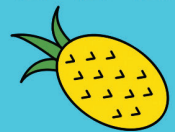
FINDING NEMO 80.00
Grilled hake fillet, with savoury cous-cous, grilled vegetables and tartar sauce
SuperFoodsRx

SPEEDY GONZALES 65.00
Whole wheat quesadilla with smoked mozzarella and spinach, side salad, served with homemade tomato ketchup
SuperFoodsRx
Add chicken 20.00

LADY AND THE TRAMP 70.00
Boerewors and lentil meat balls with homemade tomato sauce, stringy cheese and courgette tagliatelle
SuperFoodsRx

ROAD RUNNER 75.00
Crispy fried chicken fingers, crushed potato, steamed vegetables and honey mustard sauce
SuperFoodsRx

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



PINEAPPLE



SUGAR SNAP PEAS



KIWI



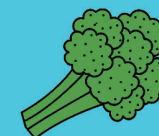
WHEAT



WATERMELON



ASPARAGUS



BROCCOLI



FISH

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 06:00AM to 11:00AM

SEASONAL SLICED FRUIT 55.00
SuperFoodsRx

CEREAL 55.00
Corn flakes, coco pops or homemade granola with your choice of full-cream, low fat or soy milk. Alternatively Cape fruit, strawberry or Bulgarian yoghurt

CREAMED STYLE OATS 55.00
With apple, cinnamon and honey
SuperFoodsRx

BUZZ LIGHTYEAR 65.00
Waffle or buttermilk flap jacks with Nutella yogurt cheese, strawberries, banana and black cherries, dark chocolate shavings and toasted almonds
SuperFoodsRx

HUMPTY DUMPTY (EGG + SOLDIERS) 65.00
Soft boiled egg served with turkey bacon and mushroom whole-wheat pancake dippers, broccoli and cauliflower
SuperFoodsRx

1 EGG TO ORDER 50.00
On whole wheat toast

SPINACH + CHEDDAR CHEESE OMELETTE 65.00
Served with fruit salad

TOASTED SANDWICHES 65.00
On white or brown bread
Chicken mayonnaise
Gypsy ham and cheddar cheese

DRINKS

FRESH FRUIT JUICE 30.00
Orange, mango and apple
SuperFoodsRx

FRESH BY THE JUICERY 45.00
Spinach, banana and pineapple
Carrot, orange, ginger, cinnamon and pineapple

BREAKFAST YOGURT SHAKES 35.00
Banana and chocolate
Mixed berry
SuperFoodsRx

DESSERTS

COOKIE MONSTER 50.00
Almond macaroon with frozen blueberry yogurt, oat and chocolate chip cookies and coconut "fur"
SuperFoodsRx

FRUIT SALAD AND ICE CREAM 50.00

POTTED MILK CHOCOLATE MOUSSE WITH OREO COOKIE CRUMBLE 50.00

LUNCH OR DINNER 12:00PM to 11:00PM

CORN TACO SALAD 60.00
Cos lettuce, cheese, guacamole and tomato salsa
Add biltong SuperFoodsRx 30.00

MINI WAFFLE SLIDERS 65.00
With grilled chicken, cabbage and pineapple slaw
SuperFoodsRx

TOMATO AND VEGGIE SOUP 50.00
With cheese toast
SuperFoodsRx

FINDING NEMO 80.00
Grilled hake fillet, with savoury cous-cous, grilled vegetables and tartar sauce
SuperFoodsRx

SPEEDY GONZALES 65.00
Whole wheat quesadilla with smoked mozzarella and spinach, side salad, served with homemade tomato ketchup
SuperFoodsRx
Add chicken 20.00

LADY AND THE TRAMP 70.00
Boerewors and lentil meat balls with homemade tomato sauce, stringy cheese and courgette tagliatelle
SuperFoodsRx

ROAD RUNNER 75.00
Crispy fried chicken fingers, crushed potato, steamed vegetables and honey mustard sauce
SuperFoodsRx

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



APPLE



ONION



AVOCADO



CHERRIES



LEMON



GRAPES



BROCCOLI



CABBAGE

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 06:00AM to 11:00AM

SEASONAL SLICED FRUIT 55.00
SuperFoodsRx

CEREAL 55.00
Corn flakes, coco pops or homemade granola with your choice of full-cream, low fat or soy milk. Alternatively Cape fruit, strawberry or Bulgarian yoghurt

CREAMED STYLE OATS 55.00
With apple, cinnamon and honey
SuperFoodsRx

BUZZ LIGHTYEAR 65.00
Waffle or buttermilk flap jacks with Nutella yogurt cheese, strawberries, banana and black cherries, dark chocolate shavings and toasted almonds
SuperFoodsRx

HUMPTY DUMPTY (EGG + SOLDIERS) 65.00
Soft boiled egg served with turkey bacon and mushroom whole-wheat pancake dippers, broccoli and cauliflower
SuperFoodsRx

1 EGG TO ORDER 50.00
On whole-wheat toast

SPINACH + CHEDDAR CHEESE OMELETTE 65.00
Served with fruit salad

TOASTED SANDWICHES 65.00
On white or brown bread
Chicken mayonnaise
Gypsy ham and cheddar cheese

LUNCH OR DINNER 12:00PM to 11:00PM

CORN TACO SALAD 60.00
Cos lettuce, cheese, guacamole and tomato salsa
Add *biltong* SuperFoodsRx 30.00

MINI WAFFLE SLIDERS 65.00
With grilled chicken, cabbage and pineapple slaw
SuperFoodsRx

TOMATO AND VEGGIE SOUP 50.00
With cheese toast
SuperFoodsRx

FINDING NEMO 80.00
Grilled hake fillet, with savoury cous-cous, grilled vegetables and tartar sauce
SuperFoodsRx

SPEEDY GONZALES 65.00
Whole wheat quesadilla with smoked mozzarella and spinach, side salad, served with homemade tomato ketchup
SuperFoodsRx
Add *chicken* 20.00

LADY AND THE TRAMP 70.00
Boerewors and lentil meat balls with homemade tomato sauce, stringy cheese and courgette tagliatelle
SuperFoodsRx

ROAD RUNNER 75.00
Crispy fried chicken fingers, crushed potato, steamed vegetables and honey mustard sauce
SuperFoodsRx

DRINKS

FRESH FRUIT JUICE 30.00
Orange, mango and apple
SuperFoodsRx

FRESH BY THE JUICERY 45.00
Spinach, banana and pineapple
Carrot, orange, ginger, cinnamon and pineapple

BREAKFAST YOGURT SHAKES 35.00
Banana and chocolate
Mixed berry
SuperFoodsRx

DESSERTS

COOKIE MONSTER 50.00
Almond macaroon with frozen blueberry yogurt, oat and chocolate chip cookies and coconut "fur"
SuperFoodsRx

FRUIT SALAD AND ICE CREAM 50.00

POTTED MILK CHOCOLATE MOUSSE WITH OREO COOKIE CRUMBLE 50.00

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



CORN



STRAWBERRY



ORANGE



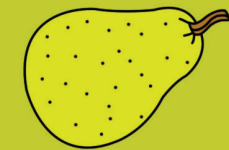
BLUEBERRIES



BLACKBERRY



TOMATO



PEAR



BELL PEPPER