

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



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



BUZZ LIGHTYEAR 65.00

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

HUMPTY DUMPTY (EGG + SOLDIERS) 65.00

Soft boiled egg served with turkey bacon and mushroom whole-wheat pancake dippers, broccoli and cauliflower

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*



MINI WAFFLE SLIDERS 65.00

With grilled chicken, cabbage and pineapple slaw



TOMATO AND VEGGIE SOUP 50.00

With cheese toast



FINDING NEMO 80.00

Grilled hake fillet, with savoury cous-cous, grilled vegetables and tartar sauce



SPEEDY GONZALES 65.00

Whole wheat quesadilla with smoked mozzarella and spinach, side salad, served with homemade tomato ketchup



Add chicken 20.00

LADY AND THE TRAMP 70.00

Boerewors and lentil meat balls with homemade tomato sauce, stringy cheese and courgette tagliatelle



ROAD RUNNER 75.00

Crispy fried chicken fingers, crushed potato, steamed vegetables and honey mustard sauce



DRINKS

FRESH FRUIT JUICE 30.00

Orange, mango and apple

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

DESSERTS

COOKIE MONSTER 50.00

Almond macaroon with frozen blueberry yogurt, oat and chocolate chip cookies and coconut "fur"

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.



PINEAPPLE



SUGAR SNAP PEAS



KIWI



WHEAT



WATERMELON



ASPARAGUS



BROCCOLI



FISH

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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

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Orange, mango and apple SuperFoodsRx

FRESH BY THE JUICERY 45.00
Spinach, banana and pineapple
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BREAKFAST YOGURT SHAKES 35.00
Banana and chocolate SuperFoodsRx
Mixed berry

DESSERTS

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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

SuperFoodsRx 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.

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



APPLE



ONION



AVOCADO



CHERRIES



LEMON



GRAPES



BROCCOLI



CABBAGE

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BUZZ LIGHTYEAR 65.00
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SuperFoodsRx

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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

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Add biltong SuperFoodsRx 30.00

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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

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CORN



STRAWBERRY



ORANGE



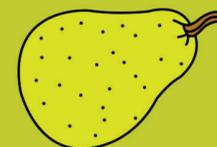
BLUEBERRIES



BLACKBERRY



TOMATO



PEAR



BELL PEPPER