

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. These special kid-friendly meals are as delicious as they are nutritious, making the whole family happy.

BREAKFAST 6:00 AM- 11:00 AM

OATMEAL \$9

Brown Sugar, Strawberries, Blueberries and Raisins

YOGURT PARFAIT \$9

Vanilla Yogurt topped with strawberries, blueberries and granola.

CEREAL \$9

Choice of Raisin Brand, Cheerios, Frosted Flakes, or Granola.

BUTTERMILK PANCAKES \$9

Two (2) Pancakes, Sweet Cream Butter & Pure Maple Syrup

FRENCH TOAST \$9

Peach or Blueberry Cobbler

OMELET \$9

Two (2) Egg (or egg whites) Omelet, with your choice of: Pork Sausage or Turkey sausage, Cheddar or Monterey Jack cheese, tomato or spinach.

LUNCH & DINNER 11:00 AM-9:00PM

All Entree's are served with a choice of Garden Salad, French Fries, or Fresh Fruit Medley.

GRIZZLEY'S GRILLED CHEESE \$10

Double American cheese grilled between Texas Toast slices and encrusted with a three cheese blend.

RED BIRD'S CHICKEN TENDERS \$10

House made Chicken Tenders.

BEALE ST. KID'S BURGER \$12

Grilled Burger topped with American cheese, Lettuce, Tomato, & Pickle.

SHOW BOAT'S TURKEY BURGER \$12

Grilled Turkey Burger topped with Lettuce, Tomato, & Pickles.

FLATBREAD PIZZA \$9

Choice of Pepperoni, Sausage, or Vegetable.

CATFISH DUNKS \$9

Bite sized Southern Fried Catfish.

DRINKS \$7

Strawberry & Pineapple Yogurt Shake

A blend of strawberries, pineapple and vanilla yogurt.

Grizz Smoothie

With a vanilla yogurt base, make this smoothie your own by adding strawberries, bananas, blueberries or pineapples. Then add your choice of toppings of raisin bran, frosted flakes, cheerios or granola.

Fruit Smoothie

A blend of strawberries, blueberries, bananas, OJ and honey.

DESSERTS

Seasonal & Tropical Sorbet \$8

Strawberries & Cream \$10

Chocolate Covered Banana with Ice Cream \$10



OUR SOURCING PROMISE

We actively seek out suppliers we trust, to source ethical, sustainable and organic ingredients wherever possible.