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JW Kids

MENU

keri glassman
nutrition life™

LUNCH &
DINNER
\$14

To start the adventure, each of our young guests receives a JW Kids Nosh, crafted specially by the chef.

Choose one of the menu items below...

All meals include your choice of Organic 2% Milk, Chocolate Milk or Juice.



Oatmeal Berry Pancakes

French Toast

Berries and Maple Syrup

Fresh Fruit Parfait

Granola and Organic Yogurt

JW Big Breakfast

One egg any style with
2 silver dollar pancakes
and your choice of 2 slices
of bacon or 2 sausages

JW Kids Buffet (+\$2.00)

Just A Great Cheese Pizza (add Pepperoni, Bell Peppers or Mushrooms if you want)
Organic Tomatoes, Low Fat Mozzarella, Crispy Crust

Steak and Potatoes

Steamed broccoli

Roasted Turkey Sandwich on Wheat

Lettuce, Tomato, Cucumber Sticks and Ranch Dressing

Garden Chopped Salad

Organic grilled chicken and simple vinaigrette

Lemon Roasted Salmon

Local vegetables

Right Sized Plain or Cheese Burger

Sweet potato fries or French fries

Add a Chocolate Chip Cookie, Vanilla Ice Cream or Fresh Fruit for \$2

...or turn over the menu to create your mix-and-match meal!

This + That & The Other

- Peanut Butter & Jelly Sandwich
- Penne Pasta
Butter and Cheese
- Grilled Organic Chicken
- Breaded Chicken Fingers
- Classic Mac N' Cheese
- French Fries
- Sweet Potato Fries
- Simple Green Beans
- Steamed Broccoli Trees
- Edamame
- Organic Apple Sauce
- Cucumber Sticks
Organic Yogurt
- Fresh Fruit Cup
- Cherry Tomatoes
- Apple Slices



Follow Keri Glassman on
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Keri Glassman is a nationally recognized Registered Dietitian, published author and founder of the OZ Diet, as well as founder and president of Keri Glassman, Nutritious Life™, a New York City-based nutrition practice. Keri advocates the importance of a whole-person approach to health and wellness and as a member of JW Marriott's panel of experts, provides guests with her expertise to sustain a healthy, balanced life while traveling.

A mom herself, Keri believes that the commitment to a healthy diet begins early in life. Her insights for maintaining healthy eating habits for children are the basis for our kid-friendly menus. To start the adventure, each of our young guests receives a JW Kids Nosh, crafted specially by the chef.

JW, in partnership with Ms. Glassman, is committed to our Global Kids. The chef has created a kids menu designed to offer a choice of healthy, fun items that make each meal a new and kid crafted adventure that even a parent could love!

JW MARRIOTT 
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