



The Waterline Restaurant

Rosslyn Bay, Yeppoon

Winners of the Queensland Healthy Kids Menu Award 2020 talk tips for creating a winning menu

The Waterline Restaurant in Rosslyn Bay puts health on the menu for Queensland kids by offering delicious meals that are cooked from fresh, local produce.

With kid's menu items like hand-rolled sushi, market fish of the day, and hand crumbed chicken, this restaurant is a hit for the whole family.

Owned and operated by husband and wife team, Kylie and Matt, the restaurant is a great example of how hospitality venues can support nutrition for kids, whilst continuing to thrive as a business.

Situated at Keppel Bay Marina in Yeppoon, on the Capricorn Coast of Central Queensland, Kylie and Matt are passionate about offering a 'paddock to plate' menu for all patrons. This includes the kid's menu, which strikes the balance between providing wholesome nutritious meals—and providing kids with delicious food they love to eat.

The Waterline Restaurant were crowned the winners of the 2020 Restaurant and Catering Association Hostplus Excellence Queensland - Healthy Kids Menu Award and were one of the first participants of the Queensland Healthy Kids Menu Initiative.

Increasing community demand for healthier options

In their 25 years of running **The Waterline Restaurant**, Kylie and Matt noticed an increasing

community demand for healthier options for kids, and while this is something they've always included on their menu, they haven't always promoted it.

As parents of a tween, they understand the need for good childhood nutrition and the challenges of getting kids to eat more vegetables. Which is why they strive to always have healthy and nutritious options for kids on the menu: options they would want their own daughter to eat.

Making from scratch: a winning strategy

Due to Kylie and Matt's passion for wholesome food, their kids menu already complied with the criteria of the Queensland Healthy Kids Menu Award and Healthy Kids Menu Code of Practice.

One of the main stand-out features is they make a lot of foods from scratch. For example, their cheeseburger patties are made from top quality Banana Station Grass-fed beef; the reef fish is a fresh local catch of the day; and the chicken breast is crumbed to order.

All kid's meals come with a side of garden salad (not just chips) and the venue promotes the consumption of vegetables by including them in sushi.

And the proof is in happy patrons, both big and small.

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HEALTHY KIDS MENU



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Kylie and Matt's top tips for venues when creating a Healthy Kids Menu

1. **Start with fresh produce:** we're lucky to have access to a range of delicious produce in Queensland which can be easily integrated into children's meals. Try and include local meat, fish, and poultry on the menu, rather than relying on processed or frozen food items like chicken nuggets.
2. **Use what you have:** you don't always need a separate menu for adults and kids. You can modify the adult's menu to be appropriate for children by offering smaller serving sizes or changing some ingredients to better suit their pallet.
3. **Don't underestimate kids:** they're growing up watching cooking shows and some are eating meals like rice paper rolls and sushi regularly. It's important that kids continue to explore new and interesting dishes with spice and flavour and eating out is a great opportunity to do this.

To learn more about Kylie and Matt's restaurant, visit [The Waterline Restaurant website](#).

For more information about the Queensland Healthy Kids Menu Initiative, visit [Health and Wellbeing Queensland](#).

www.hw.qld.gov.au/healthy-kids-menu



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