A Healthy Kids Menu must have all of these features:

1. Healthy drinks are offered to children
   - Water is available at no cost and is easily accessible.
   - Healthy drinks that may be listed on a kids menu are:
     - water (still or sparkling, no added sugar)
     - 250ml (max. serving) 100% fruit and/or vegetable juice
     - 375ml (max. serving) of reduced fat milk – plain or sweetened
     - combinations of the above options, such as a mix of sparkling water plus up to 250mL 100% fruit juice or a 250mL fruit and milk smoothie.

2. At least half of the meals on the kids menu are healthy
   - Healthy meals:
     - include at least half a cup of vegetables or one cup of salad; and
     - are prepared using small quantities of healthy fats and oils; and
     - do not include any shallow or deep fried foods, high-fat processed meats or savoury pastries.

3. If desserts are offered on the kids menu, at least one option is healthy
   - Healthy desserts are based around fruit (fresh, dried, tinned, grilled, baked or poached) and/or reduced fat dairy (yoghurt, frozen yoghurt, custard, ricotta).
   - Healthy desserts prepared in-house can include:
     - additions such as nuts, seeds, coconut, cocoa powder, egg, vanilla and spices
     - up to two teaspoons (10g) of added sugar per serve.

4. If kids meal combinations are available
   - All meal combinations offer healthy drinks, if a drink is included.
   - At least half of kids meal combinations offer healthy meals and a healthy dessert, if dessert is included.