

REFRESH

MIND, BODY & SOUL

HAPPINESS
IS
homemade

Nourish your soul with
MOOD BOOSTING INGREDIENTS

SEPT-DEC



AUTUMN



FOOD
for
THOUGHT

Nourish your mind with
BRAIN BOOSTING INGREDIENTS

JAN-MAR



APR-JUL

POWER UP
your summer

Nourish your body with
ENERGY BOOSTING INGREDIENTS

LOOK OUT FOR LIMITED EDITION
POP UP BARS & THEME DAYS!

SPRING

SUMMER

ACCENT FOODIES

NEWSLETTER SPRING 26

NEW RECIPES
TO TRY EVERY
MONTH!
★★★



So fresh!

We support local
suppliers and
source the very
best seasonal
ingredients.

