

# CUPCAKE WEEK

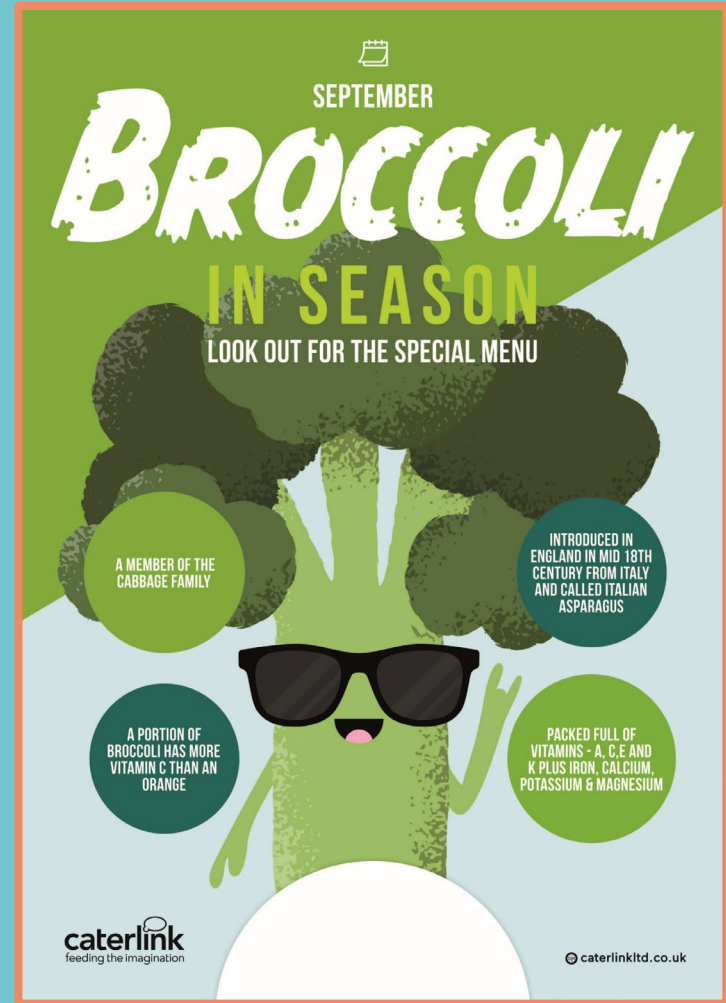
19TH – 23RD  
SEPTEMBER



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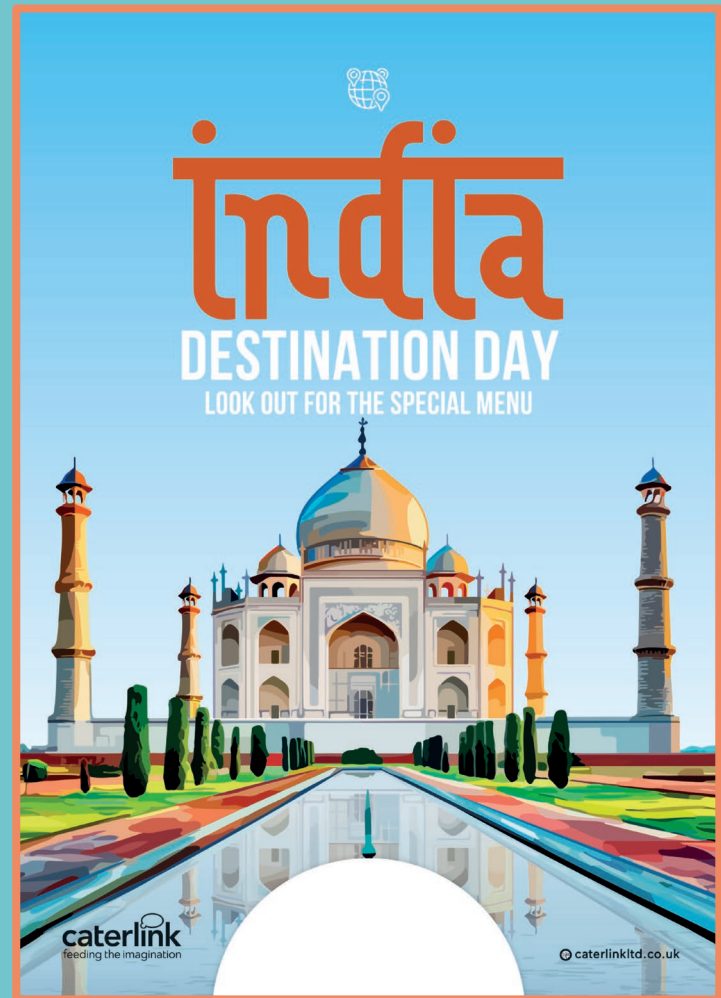
# IN SEASON: BROCCOLI

S E P T E M B E R



# DESTINATION: INDIA

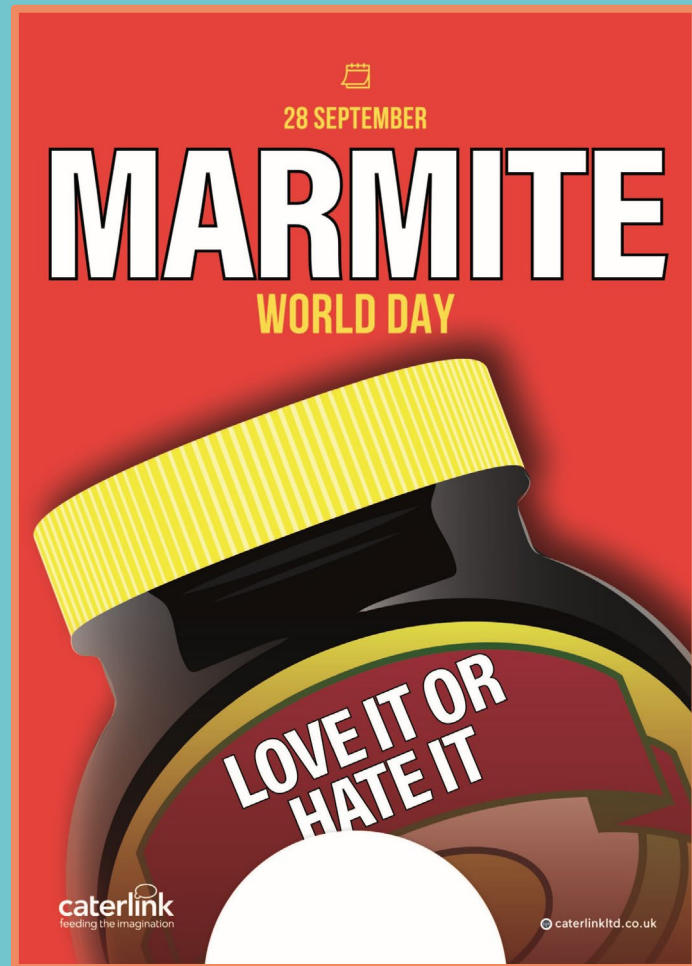
S E P T E M B E R



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# MARMITE DAY

S E P T E M B E R



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# BRITISH FOOD FORTNIGHT

FROM 18TH  
SEPTEMBER



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# OUR BANANAS ARE FAIRTRADE

AVAILABLE NOW

**OUR**  
*Bananas*  
**ARE FAIR TRADE**

BANANAS CARRYING THE FAIRTRADE MARK HAVE BEEN PRODUCED BY SMALL FARMER ORGANISATIONS OR PLANTATIONS THAT MEET FAIRTRADE SOCIAL, ECONOMIC AND ENVIRONMENTAL STANDARDS

FAIRTRADE WORKS TO SUPPORT BOTH BANANA FARMERS AND WORKERS EMPLOYED ON PLANTATIONS.

FULL OF NUTRIENTS - ESPECIALLY POTASSIUM, CALCIUM, MAGNESIUM, IRON, FOLATE, NIACIN, B6, MANGANESE

EXTREMELY HIGH IN POTASSIUM YET LOW IN SALT, MAKING IT THE PERFECT WAY TO BEAT BLOOD PRESSURE

EASY TO DIGEST

HIGH IN FIBRE

HIGH IN IRON AND HELP TO REDUCE ANEMIA

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# MEAL DEAL

CHECK OUT OUR MEAL  
DEAL!  
HOT MEAL & SIDE &  
DESSERT! £2.30



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