

FEED YOUR

BODY, MIND & SOUL

this January

Detox Teas from Canton...

We have their whole range of teas, from Calming Camomile to the cold curing Mint Tea - Please ask for all of our varieties

Swap Coffee for...

London Fog ... Earl Grey, honey, steamed milk & lavender

Rooibos Latte ... caffeine free, infused with cinnamon & vanilla, steamed milk & honey

Alternative Milks... Rude Health Oat, Soya & Coconut Milk

Check our specials board for some delicious, healthy options too

KICK  **START**  **GOOD**
YOUR  **year** : wholesome
WITH : **FOOD!** 