

IN SEASON: TOMATO

M A Y

MAY

TOMATO

IN SEASON

LOOK OUT FOR THE SPECIAL MENU

THE BIGGEST TOMATO FIGHT HAPPENS EVERY YEAR IN A SMALL SPANISH TOWN CALLED BUNOL.

TOMATOES ARE HIGH IN VITAMINS, INCLUDING VITAMINS A, B, C, E AND K.

DID YOU KNOW TOMATO SEEDLINGS HAVE BEEN GROWN IN SPACE?

TOMATOES CONTAIN A GROUP OF PHYTOCHEMICALS CALLED CAROTENOIDS, INCLUDING LYCOPENE, LUTEIN AND BETA-CAROTENE. THESE COMPOUNDS ARE IMPORTANT TO MAINTAIN EYE HEALTH.

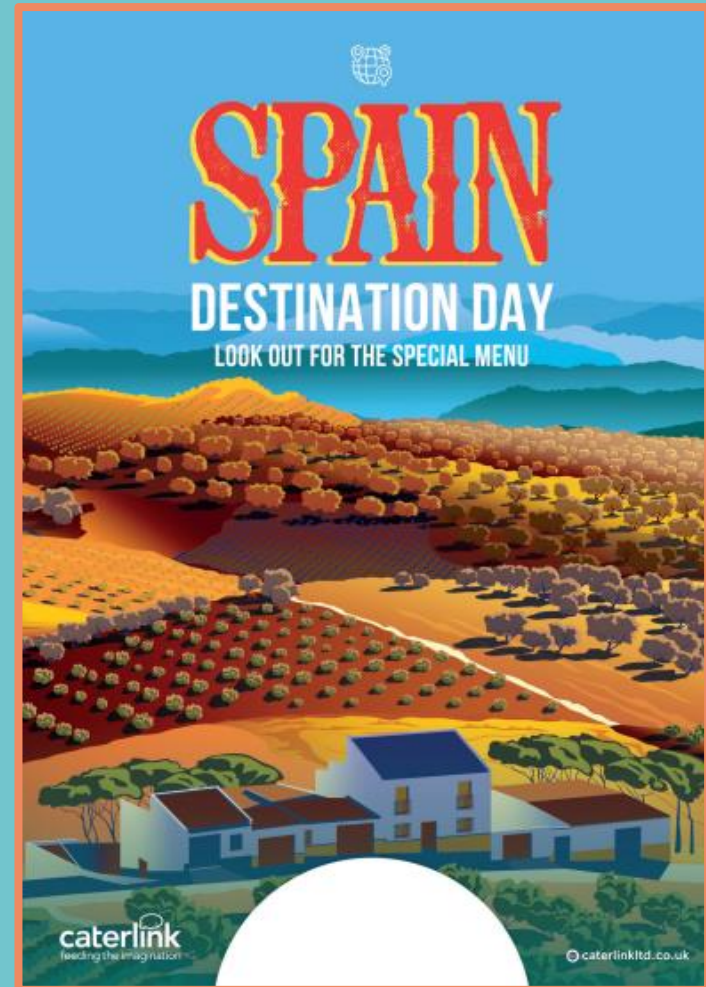
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DESTINATION: SPAIN

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EXAM BRAIN FOOD

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IT'S EXAM TIME!

Boost your brain!

An overall healthy diet is best for keeping your body and brain nourished. Some foods are especially important for brain health and promoting mental performance: Berries, Citrus fruits, Cocoa products, Eggs and Fish. Include slow release energy carbohydrates such as oats in flapjacks or porridge, switch to wholemeal and **STAY HYDRATED**



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INTERNATIONAL HAMBURGER DAY


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MONDAY 30 MAY

Hamburger

INTERNATIONAL DAY

LOOK OUT FOR THE SPECIAL MENU



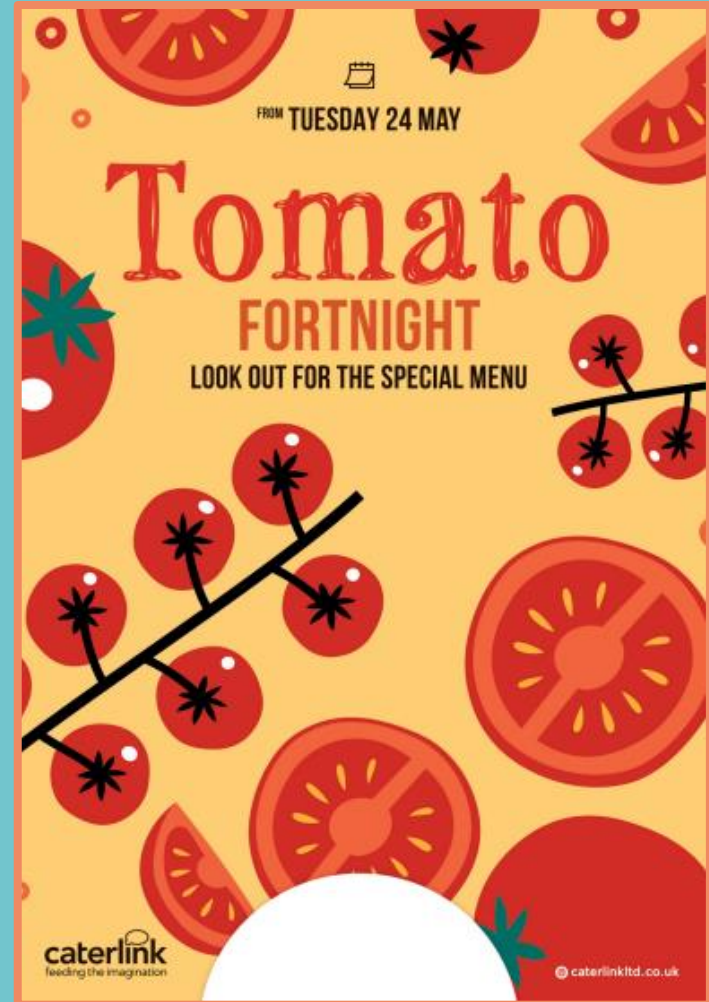
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TOMATO WEEK

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GRAB YOUR LOYALTY CARD

GET 9 STAMPS AND
YOUR 10TH HOT
DRINK ON US

MEAL DEAL
**HOT DRINK
LOYALTY**



GET 9 STAMPS AND GET YOUR 10TH HOT DRINK ON US

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SOUP AND SANDWICH FOR JUST £2!

AVAILABLE NOW

MEAL DEAL **SOUP AND SANDWICH**

SOUP AND A SANDWICH FOR ONLY £2*



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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

HIGH IN FIBRE

EASY TO DIGEST

HIGH IN IRON AND HELP TO REDUCE ANEMIA

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MEAL DEAL

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



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