



Have You Seen...

The perfect place to relax and feel healthy after the holiday rush?

The Holidays can be stressful and busy, we know the perfect place to come in and relax, feel rejuvenated and put your New Years resolutions into action.

Come in and visit our cozy **Café** where you can sit and enjoy fresh brewed organic coffee, tea or freshly prepared healthy food from our **Grab and Go** featuring soups, salads, sandwiches, wraps and desserts prepared daily with the freshest available ingredients. Sample and take home our freshly baked **Artisan Breads**. Explore our **Expanded Product Lines** of herbs, vitamins, supplements, body care products, organic natural foods, gluten free and other specialty foods, visit with our **Knowledgeable Providers**.

Take a Look at a Sampling of Our Grab and Go Menu

«Soups

Classic Southwestern Chili w/white beans
Clam Chowder w/extra clams
Meatless Chili

«Sandwiches

Sliced Tomato & Cucumber, Alfalfa Sprouts, Swiss & Cheddar Cheese w/basil parmesan mayo on oat bread
Roast Turkey Wrap w/applewood bacon, leaf lettuce & cranberry chutney
Basil Roasted Veggie Wrap w/orange-herb mayo

«Desserts

Blueberry Galette
Sugar-free Cheesecake

We are so excited and proud of our new store and now we need you to come in and visit, sit in the Café, sample tasty, healthy food from our Grab and Go, take time for yourself after the holiday rush and let us know what we can do to make your community health food store even better and help you fulfill your New Year's resolutions with the help of our knowledgeable providers.

Bring in this email for **10% off your purchase** and tell us what you think, we value your opinion. Offer expires January 29, 2005