



WAVECREST
CAFE



Harvest
of the
MonthTM

are proud to feature:
Snap Peas

1 SERVING OF PEAS:

2.6G OF FIBER

22% VITAMIN A

100% VITAMIN C

31% VITAMIN K

10% FOLATE

**THESE NUTRIENTS ARE
KEY TO KEEPING OUR
BODIES HEALTHY!**



DID YOU KNOW???

**ARCHEOLOGISTS HAVE FOUND
EVIDENCE SUGGESTING THAT PEAS
WERE FIRST CULTIVATED IN EAST
AND CENTRAL ASIA AROUND
10,000 BC**