



**WAVECREST**  
CAFE



**Harvest**  
of the  
**Month**<sup>TM</sup>

**ARE PROUD TO  
FEATURE:**

**SALAD  
GREENS**



**THERE ARE OVER  
100 DIFFERENT  
TYPES OF  
LETTUCE!**

**SALAD GREENS ARE A GREAT SOURCE OF FIBER, VITAMIN A,  
VITAMIN C, CALCIUM, CAROTENE, AND PHYTONUTRIENTS.  
PHYTONUTRIENTS ARE A PROTECTIVE CHEMICAL PLANTS  
AND VEGETABLES HAVE. WHEN EATEN, THESE CHEMICALS  
ACT AS ANTIOXIDANTS AND HELP FIGHT RADICAL CELLS IN  
OUR BODIES, REDUCING THE RISK OF HEART DISEASE.**