



**WAVECREST**  
CAFE



**Harvest**  
of the  
**Month**™

***are proud to feature:***

# Berries



**DID YOU KNOW???**  
BLUEBERRIES WERE  
ORIGINALLY CALLED  
STARFRUIT BY MANY  
INDIGENOUS PEOPLE IN  
NORTH AMERICA. THE  
STUDY OF BLUEBERRIES  
IS CALLED BATOLOGY.

**BERRIES ARE PACKED WITH**

**25% VITAMIN C**

**5% VITAMIN 6**

**IRON**

**MAGNESIUM**

**ALL OF THESE NUTRIENTS PROMOTE A HEALTHY  
GUT. PREBIOTICS FOUND IN BERRIES ARE  
ESPECIALLY GOOD AT IMPROVING DIGESTION AND  
METABOLISM.**