

In season fruit and veg and on our menu



Sweetcorn

Contains fibre for our digestive system and is good for our eyes to!



Swede

Contains iron and zinc essentials for our bodies



Parsnips

Packed with vitamins and great for your heart and blood pressure



Butternut squash

Rich in vitamins, calcium and fibre to keep us healthy



Blackberries

Low in calories and Great for your brain
A real super food



New Potatoes

Great for keeping your bones
Strong & high in fibre