



Super Food Sundays

9.30-10.30am

Turmeric - January 26th

Ginger - February 23rd

Blue Butterfly Pea - March 23rd

Matcha - April 27th

Beetroot & Cacao - May 18th

Guarana, Cacao & Maca - June 22th

Rooibos - July 27th

Liquorice - August 10th

Chai Spices - September 28th

Nootropics Mushrooms & Adaptogenic herbs - October 12th

Pumpkin Spices - October 26th

