

healthnut@sympatico.ca • [905] 965.3246



**healthnut**

**education not medication**

**NOW SERVING**

AT THE HEALTHENUT CAFÉ AND JUICE BAR

OPEN AT 7AM MON-FRI

OPEN SAT 8am

**HOT ORGANIC FAIR TRADE COFFEE  
HERBAL TEAS**

**RAW ORGANIC BAGELS  
MORNING MOVER CEREALS  
GRAWNOLA  
POWER BREAKFAST BARS**

**ALSO NOW CARRYING  
ESSENE BREADS  
KAMUT, SPELT AND RYE**



[www.healthnut.ca](http://www.healthnut.ca)