



**EAT WELL  
BE HAPPY**

**OPEN EASTER • 8AM - 9PM**

**ORGANIC  
FUJI APPLES**  
Northwest Grown

**99¢/lb**



**ORGANIC  
STRAWBERRIES**

**2 for \$8**

**16 OZ  
PKG**



**WHILE  
SUPPLIES  
LAST!**



**ORGANIC RED  
D'ANJOU PEARS**  
Northwest Grown

**\$1.29/lb**



**ORGANIC  
CARA CARA  
ORANGES**

**\$1.29/lb**



**ORGANIC  
RHUBARB**

**\$4.99/lb**

**Recipe  
INSIDE**



**ORGANIC ENGLISH  
CUCUMBERS**

**\$1.79**



*Organic Produce • On Sale 3/28 - 4/3*





## STRAWBERRY RHUBARB PIE

Makes 8 Servings

### Crust

- 3 cups all purpose flour, plus more for rolling out
- 1 ½ tsp sea salt
- 1 tsp unrefined cane sugar
- 1 cup cold butter, cubed
- 2 eggs, beaten
- 3 Tbsp milk
- 1 lb fresh strawberries, stemmed and quartered (about 3 cups)
- ½ cup unrefined cane sugar
- ¼ cup brown sugar
- ¼ cup minute tapioca granules
- ½ tsp sea salt
- ½ tsp cinnamon
- ¼ tsp cardamom
- 1 egg, beaten

### Filling

- 1 lb rhubarb stalks, greens removed and cut into ½-inch slices (about 3 cups)

1. In a large bowl, whisk together flour, sea salt, and cane sugar. Add cubed butter, and blend in with a pastry cutter until mixture resembles coarse wet sand. Mix in egg, and then milk one tablespoon at a time until a shaggy dough forms.
2. Divide dough into two balls and press into thick disks. Wrap in plastic wrap and refrigerate at least an hour or up to overnight.
3. Toss together all filling ingredients until evenly coated. Allow to macerate about an hour.
4. Roll out the first disk of dough to an 11 to 12-inch circle. Line the pie dish, and brush bottom and sides with the beaten egg. Using a slotted spoon to drain off excess liquid, fill with strawberry-rhubarb mixture.
5. Roll out the second disk and either cut into strips for a lattice, or leave whole. Top pie and cut 5 slits if not creating a lattice. Trim dough hanging over the sides to 1-inch. Pinch together top and bottom crusts with your fingers or a fork. Brush top crust with remaining egg wash.
6. Place the pie in the freezer for 15 minutes. Preheat the oven to 400°F, and line a baking sheet with parchment or a silicone mat.
7. Bake pie at 400°F for 20 minutes. Turn down the oven to 350°F, and bake an additional 40-50 minutes, or until golden and bubbly. Cool completely before serving, and refrigerate any leftovers.

## ORGANIC ASPARAGUS

**\$3.99/lb**



**MAKE ASPARAGUS SALAD TONIGHT!**



## ORGANIC HALO MANDARINS

**\$4.99**

**2 LB BAG**



## ORGANIC GRAPE TOMATOES

**\$3.49**

12 oz



*Organic Produce* · On Sale 3/28 - 4/3





## SHIRAZI SALAD

Makes 2-3 Servings

- 1 large English cucumber, 1/2-inch dice
- 1 pint cherry tomatoes, quartered
- 1/2 cup red onion, chopped
- 2 Tbsp picked dill, chopped (you can swap for your favorite fresh herbs, try cilantro, parsley, mint, or basil)
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar (optional)
- 1 lemon, zest and juice
- 2 large cloves garlic, smashed and minced
- Salt and pepper, to taste

Toss together all ingredients in a large bowl. Taste, and adjust seasonings if desired. Cover and refrigerate for an hour or two to let the flavors get to know each other.



## MANDARIN MIMOSAS

Makes 4 Servings

- 12 mandarins, chilled
- 750 ml Champagne, sparkling wine, or orange flavored sparkling water, chilled
- 2 Tbsp Grand Marnier orange-liqueur (optional), or pineapple juice (optional)

1. Juice mandarins just before you are ready to serve. Add to a shaker with ice, pineapple juice or liqueur (if using)
2. Holding a champagne flute at a 45° angle, fill halfway with sparkling wine or sparkling water.
3. Slowly top with mandarin juice.

# DELI HOURS

## 8 AM - 5 PM

.....

### BREAKFAST & LUNCH

# SERVED UP

# FRESH

# EVERY DAY!

*Fresh  
FROM  
SCRATCH*





LONELY LANE FARMS

**UNCURED SLICED  
DELI MEATS**

Pastrami · Roast Beef

**\$6.99**

6 oz | Save \$2

Close to  
Home!



LONELY LANE FARMS

**TOP SIRLOIN STEAK**

Pasture Raised in Mt. Angel

**\$19.99/lb**

Save \$2/lb

Close to  
Home!



**HILARY'S  
VEGGIE BURGERS**

Mix & Match

**2 for \$7**

10 oz | Save \$1.99/ea



**ANNIE'S  
SELECT NATURAL  
MAC & CHEESE**

Mix & Match

**4 for \$5**

5.25-6 oz  
Save \$2.24/ea



**CASCADIAN FARMS  
ORGANIC  
FROZEN VEGGIES**

Corn · Green Beans  
Broccoli Cuts

**\$2.99**

16 oz | Save \$2.50



**C2O  
COCONUT  
WATER**

Your Choice

**\$1.79**

17.5 oz | Save \$1.20

PACIFIC FOODS

**ORGANIC  
PURÉED SOUPS**

Tomato · Carrot · Butternut

**\$3.49**

32 oz | Save \$2.30



LifeSourceNaturalFoods.com





ELMHURST  
**PLANT-BASED MILK**  
Almond · Oat · Cashew

**\$4.49**

32 oz | Save \$3.50

## VEGAN MAC & CHEEZE

Makes 6 Servings

- 2 cups raw cashews
  - 1 wheel Miyoko's Mozzarella, shredded
  - 1 cup almond milk
  - 1 tbsp nutritional yeast
  - ½ tsp sea salt
  - ½ tsp garlic powder
  - 1 (16 oz) pkg pasta (we used Montebello Conchiglie), cook as directed on the package
  - 1 cup broccoli florets, chopped
  - 1 cup cauliflower florets, chopped
1. Soak cashews in water for at least 1 hour. If you forget to soak, boil in 2 cups of water for 12 minutes. Drain.
  2. Preheat the oven to 425°F. Grease a 13x9-inch baking dish with vegan butter.
  3. Place the cashews, mozzarella, almond milk, yeast, salt, and garlic powder into a food processor. Blend until smooth and creamy.
  4. Mix cashew sauce with cooked pasta and vegetables. Transfer to the prepared baking dish. Bake in the preheated oven for 15-20 minutes, until browned. Remove from the oven and let it cool 5 minutes before serving.



CASCADIAN FARM  
**ORGANIC GRANOLA**  
Your Choice

**\$3.29**

11 oz | Save \$6.50



BELLWETHER FARMS  
**SHEEP MILK YOGURT**

Plain · Strawberry  
Blackberry · Vanilla

**\$1.99**

6 oz | Save \$1.50



LAIRD  
**SUPERFOOD CREAMER**

Original · Unsweetened

**\$3.49**

16 oz | Save \$2



NOKA  
**SUPERFOOD SMOOTHIE POUCH**

**\$1.79**

4.22 oz | Save \$1.20



SAMBAZON  
**ACAI BERRY ENERGY DRINKS**

Original · Lo-Cal  
Jungle Love

**\$1.79**

12 oz | Save \$1.20

Over 1000 items on Sale! · 3/28 - 4/9

SMART CHICKEN  
ORGANIC  
WHOLE CHICKENS

**\$3.79/lb**

Save \$1/lb



## ROAST CHICKEN

Makes 4 Servings

- 1 whole chicken, 3 ½ to 4 pounds
  - 2 pieces of fruit (apple, pear)
  - 1 or 2 citrus fruit (oranges, mandarins)
  - 2 sprigs sage or rosemary
  - 2 Tbs olive oil
  - ½ tsp sea salt
  - ½ tsp black pepper
1. Preheat oven to 400° F.
  2. Cut the apple and pear in quarters removing core.
  3. Using paper towels, dry chicken thoroughly.
  4. Place the citrus fruit inside the cavity of the chicken.
  5. Brush chicken with olive oil and season outside well with salt and black pepper.
  6. Place the chicken on a cast iron skillet surrounded by rosemary, apple and pear quarters.
  7. Place chicken in oven and bake until it begins to lightly brown (about 15 to 20 minutes.) Reduce heat to 350° F, and continue to cook until juices run clear when a skewer is inserted into the thickest part of the thigh, or until meat thermometer registers 180° F, about one hour to one hour and twenty minutes more (depending on size of bird).
  8. Remove from oven and let rest 10 minutes before serving.



# ROSÉ ALL DAY



Anne Amie Vineyards  
Rosé of Pinot Noir  
Sale \$15.99



Del Rio Vineyard  
Grenache Rosé  
Sale \$15.99



McBeth Vineyards  
Tulipan Rosé  
Sale \$17.99



Requena  
Vega Medien Brut Rosé  
Sale \$9.99



Romilly  
Rosé Hard Cider  
Sale \$17.99



Leitz Eins Zwei  
Sparkling Rosé  
Sale \$19.99

Over 1000 items on Sale! · 3/28 - 4/9





EARTH BALANCE  
**BUTTERY SPREAD**  
Original · Soy Free

**\$3.99**  
15 oz | Save \$3.50

## VEGAN CHOCOLATE CUPCAKES

Makes 12 Cupcakes

### Cupcakes

- 1 ½ cups unbleached white flour
- ½ cup unsweetened baking cocoa
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup vegan butter, softened to room temperature
- ½ cup granulated cane sugar
- ½ cup brown sugar
- 1 cup almond milk mixed with 1 Tbsp apple

- cider vinegar (to make vegan buttermilk)
- 2 Tbsp ground chia seeds, mixed with 6 Tbsp water (to make vegan eggs)
- 2 tsp vanilla extract

### Frosting

- 1 cup powdered sugar
- 1 pkg Violife Just Like Cream Cheese, softened to room temperature
- ¼ cup vegan butter, softened to room temperature
- ¼ cup unsweetened baking cocoa

1. Preheat the oven to 350°F. Line a muffin pan with baking cups.
2. In a medium bowl, sift together flour, cocoa, baking powder, and salt.
3. In a larger bowl, cream together vegan butter and sugars until fluffy. Mix in vegan buttermilk, chia eggs, and vanilla extract until well blended. Stir in flour mixture until just combined, do not over-mix. Batter will be thick.
4. Fill each baking cup about ¾ of the way full. Bake for about 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool completely before frosting.
5. Beat together powdered sugar, cream cheese, butter, and cocoa powder until fluffy. Frost cupcakes. If the frosting becomes too soft, chill for 10 minutes in the refrigerator.

Cupcakes may be frozen for up to 3 months.



NANCY'S  
**ORGANIC CREAM CHEESE**  
Plain · Garlic & Herb

**\$2.99**  
8 oz | Save \$1.80-2



SO DELICIOUS  
**PLANT-BASED FROZEN DESSERT**  
Your Choice

**\$4.49**  
16 oz | Save \$3



ALTER ECO  
**FAIR TRADE CHOCOLATE BARS**  
Mix & Match

**2 for \$5**  
2.65 oz | Save \$1.99/ea



SEVENTH GENERATION  
**DISHWASHING LIQUID**  
Citrus · Lavender · Free & Clear

**\$3.49**  
19 oz | Save \$2



BIOBAG  
**PET WASTE BAGS**

**\$2.99**  
50 ct | Save \$3

**CAFÉ MAM**  
**ORGANIC FAIR TRADE**  
**BULK COFFEE**

**\$10.39/lb**

*Save \$2.60/lb*

**DECAF BULK COFFEE**

**\$11.59/lb**

*Save \$2.90/lb*



**THE CLIMATE CHANGE MITIGATION FUND:  
A RESOURCE FOR CAFÉ MAM FARMING PARTNERS**

Few people are more aware of the immediate impact of global climate change than those whose livelihoods depend on farming small parcels of land. On steep hillsides in the biodiverse forests of the Sierra Madres in Chiapas, Mexico, the farmers who grow green coffee beans for Café Mam face enormous challenges. Increasing temperatures and changing precipitation patterns affect yields and leave coffee plants vulnerable to pests and disease. Unpredictable rainfall brings longer dry seasons and stronger deluges that erode the fertile soil. Threats to the health of this unique forest climate equally threaten the security of the income for farmers. As an acknowledgement of this reality, for every pound of coffee we purchase, we contribute an additional 10¢ to be used for projects the farmers decide may help mitigate the effects of climate change. These are examples of how our farmer cooperative partners have utilized these funds:

- The planting of over 3000 trees: Large-scale shade and fruit tree planting efforts help maintain farming microclimates, prevent erosion, sequester carbon, and help diversify income for farmers.
- Composting facilities: The cooperatives are building composting facilities, *bio-fabricas*, to supply coop member farmers with rich vermiculture and compost tea utilizing the local microbiome.
- Solar power: Retrofitting cooperative processing and administration buildings to clean solar energy.
- Erosion control: Planting ground cover for improved soil health and erosion control.
- Education: Educational programs for rural farming communities focused on instilling a culture of protection and conservation of the incredibly biodiverse rainforest buffer zone they inhabit and in which the coffee is grown.

Since its inception in 2019, Café Mam's Climate Change Mitigation Fund has granted \$232,000 and counting, as we intend to continue the fund for all our coffee purchases going forward. Time and again our farmer partners have taught us that those with the closest relationship to the land have the most effective and remarkable solutions. We hope to continue to encourage the implementation of practical solutions for farming communities in Chiapas in a rapidly changing climate. None of these worthy projects would be funded without our customers. From the farmers and from us, thank you for making this possible!

To find out more about Café Mam's work with small producer organizations in Chiapas and Small Producer Certified (SPP) visit: <https://cafemam.com/pages/about-spp>



# NATURAL EGG DYES

- 1 Tbsp blue butterfly flower powder
- 1 Tbsp beet powder
- 1 Tbsp hibiscus flowers
- 1 Tbsp annatto powder
- ¾ cup distilled white vinegar
- 1 dozen white eggs (or brown for more muted colors)
- Ice
- Mugs to dye eggs in

1. Combine ¼ cup vinegar and 8 cups water in a large pot, bring to a boil. Gently add eggs to the boiling water, taking care not to crack them. (Allowing eggs to come to room temperature first may reduce cracking.) Boil gently for about 10-12 minutes, depending on how hard cooked you prefer your eggs. After cooking, place eggs in an ice bath or very cold water to cool, about 15 minutes. Refrigerate until ready to dye.
2. Add a single dye colorant to each mug.
3. Boil water in a kettle, and add about a cup to 1 ½ cups boiling water to each mug with the dye powder. Stir well and add 1 Tbsp vinegar to each mug. Allow to cool to room temperature before dyeing eggs.
4. Place eggs in the dye and let sit at least 1 hour. Refrigerate if soaking for long periods. Alternatively, you can dip the eggs, let them sit 5 minutes, allow to air dry, and then dip again.

Red: beet dye

Orange: Dip in beet dye, and then turmeric

Yellow: Turmeric

Green: Blue butterfly and then turmeric

Blue: Blue butterfly

## BULK DEPARTMENT DEALS

### HUMMINGBIRD LOCAL RAW HONEY

Spring Nectar · Blackberry  
Clover · Meadowfoam

**\$9.49/lb**

Save \$1.50/lb



### GRIND YOUR OWN ALMOND BUTTER

**\$12.99/lb**

Save \$2/lb



BRING YOUR  
CONTAINER!

### ORGANIC STEEL CUT OATS

**\$1.99/lb**

Save 50¢/lb



### ORGANIC GREEN SPLIT PEAS

**\$1.99/lb**

Save 50¢/lb



### ORGANIC UNBLEACHED ALL PURPOSE FLOUR

**\$2.49/lb**

Save 50¢/lb



### ORGANIC EVAPORATED CANE SUGAR

**\$2.49/lb**

Save 50¢/lb



### SUNRIDGE FARMS ORGANIC JOLLY BEANS

**\$14.49/lb**

Save \$2.50/lb



### ORGANIC RAW CASHEWS

**\$16.99/lb**

Save \$2/lb



Over 1000 items on Sale! · 3/28 - 4/9





**Your well-being is our highest priority.**

In everything we do, our guiding principle is to provide safe, superior quality products that enhance your health and well-being.

**Nature and Science: Our Formulation Philosophy**

We respect nature's intelligence. We study science. Our formulations are based on a deep understanding of the underlying mechanisms our bodies use to maintain balance. We choose scientifically optimal nutrient forms and potencies that work at the cellular level to bring the body's interdependent systems into balance. We call this unique formulation strategy Bio-Alignment™.

**We honor the trust you place in us with an unwavering commitment to the highest standards of quality.**

Our commitment to quality begins with sourcing botanical powders and extracts and

other raw materials, including organic and non-GMO verified ingredients when available. Unlike many other brands, we do our own manufacturing and have complete control over all aspects of raw material procurement, formulation, and quality testing. Multiple tests are performed on every ingredient to ensure identity, purity, and potency.

**We are advocates for a wellness revolution.**

We call for a radical change in the way our communities think and act about health. We stand for a new health care model focused less on disease care and more on early intervention to address metabolic structure and function imbalances that can impact wellness. This new model called SystemiCare® embraces the health enhancing value of nutritional compounds the body already recognizes. New scientific studies continue to validate the benefits of nutrition, a healthy lifestyle and diet.



**SOURCE  
NATURALS  
LIFEFORCE  
MULTIPLE**

Original · No Iron

**\$35.49**

120 tabs | Save \$6.50

*LifeSourceNaturalFoods.com*





**LIQUID IV  
HYDRATION  
MULTIPLIER**

Açaí Berry · Tropical  
Watermelon · Lemon Lime  
Passion Fruit

**\$15.99**

10 ct | Save \$4



**LIFESOURCE  
MILK THISTLE**

**\$12.99**

90 vcap | Save \$3

**N-ACETYL  
CYSTEINE 600mg  
\$12.49**

60 cap | Save \$3.50



**JARROW  
BONE-UP**

Skeletal Support

**\$22.99**

240 cap | Save \$5



**BLUEBONNET  
BCAA +  
GLUTAMINE**

**\$29.99**

13.23 oz | Save \$8



**NATURAL VITALITY  
NATURAL CALM**

Original · Raspberry Lemon

**\$15.99**

8 oz | Save \$4

# MegaFood



**MAGNESIUM  
SOFT CHEWS**

Grape Flavor

**\$11.49**

30 ct | Save \$7



**MULTIVITAMIN  
GUMMIES**

Men's · Women's · Kid's

**\$12.99**

60 ct | Save \$7



**MEGAFLORA  
PROBIOTICS**

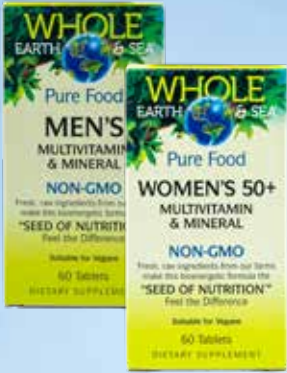
**\$17.99**

30 cap | Save \$12





# Natural Factors



## WHOLE EARTH & SEA MULTIVITAMINS

Men's & Women's  
Men's 50+ & Women's 50+  
Prenatal

# \$29.99

60 tab | Save \$5



## WHOLE EARTH & SEA MULTIVITAMINS

Men's & Women's  
Men's 50+ & Women's 50+

# \$52.99

120 tab | Save \$11



## BEETS & BERRIES ANTIOXIDANT

# \$22.49

6.6 oz | Save \$4.50



## ORGANIC INDIA LIVER KIDNEY CARE

# \$16.99

90 vcap | Save \$8



## WISHGARDEN KICK-ASS ALLERGY PUMP TOP

# \$19.99

2 oz | Save \$2.50



## SMARTY PANTS ORGANIC KIDS MULTI GUMMIES

# \$19.99

120 ct | Save \$10



## SOLGAR GENTLE IRON

# \$7.79

90 cap | Save \$3.20



## SUNWARRIOR WARRIOR BLEND

Chocolate · Vanilla

# \$19.99

13.2 oz | Save \$8



## PRIMAL KITCHEN UNFLAVORED COLLAGEN PEPTIDES

# \$25.99

19.2 oz | Save \$12



**BOIRON**



**SINUSCALM**  
Meltaway Tablets

**\$9.99**  
60 tab | Save \$3



**ALLERGYCALM**  
Meltaway Tablets

**\$9.99**  
60 tab | Save \$3



**ALLERGYCALM KIDS PELLETS**  
Meltaway Tablets

**\$10.99**  
240 tab | Save \$4

**Carlson Labs**  
**VITAMIN D**  
**2000 IU**

**\$9.99**  
120 sg | Save \$3



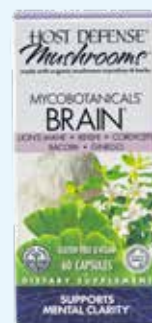
**NORDIC  
NATURALS**  
**ULTIMATE OMEGA**  
Healthy Heart Support

**\$39.99**  
120 sg | Save \$7

**Host  
Defense**  
**LION'S MANE**

Memory & Nerve Support

**\$13.49**  
30 vcap | Save \$4.50



**MYCOBOTANICALS  
BRAIN**

Supports Mental Clarity

**\$20.99**  
60 vcap | Save \$7



**ALL HOST  
DEFENSE  
ON SALE!**

**STAMETS 7  
POWDER**

Daily Immune Support

**\$21.99**  
3.5 oz | Save \$7

Wellness · On Sale 3/28 - 4/9





**GAIA HERBS  
TURMERIC  
SUPREME**

Original · Pain · Joint

**\$19.99**

60 vcap | Save \$8



**DR. BRONNER'S  
LIQUID  
CASTILE SOAP**

**\$14.99**

32 oz | Save \$3.50



**BRAGG  
TRUE ENERGY  
APPLE CIDER VINEGAR**

+6 B Vitamins

**\$16.99**

90 cap | Save \$11



**BHI / HEEL INC.  
T-RELIEF  
TABLETS**

Plant-Based Relief

**\$8.99**

100 tab | Save \$9



**SOLARAY  
MAGNESIUM  
GLYCINATE 350mg**

**\$13.99**

120 vcap | Save \$5



**SOLARAY  
D-MANNOSE  
with CranActin**

**\$19.99**

60 vcap | Save \$5



**BADGER  
SORE MUSCLE RUB**

**\$7.29**

2 oz | Save \$3.70





**ACURE  
SERIOUSLY  
SOOTHING  
DAY CREAM**

**\$12.49**

1.75 oz | Save \$5.50



**ACURE  
SHAMPOO OR  
CONDITIONER**

Balancing · Smoothing  
Hydrating · Volume  
Clarifying

**\$6.99**

8 oz | Save \$4



**BOODA ORGANICS  
ECOBALM**

Plastic Free Packaging  
Mint · Cocoa · Naked

**\$4.29**

.3 oz | Save \$1.70

**EARTH SCIENCE  
NATURAL  
DEODORANT**

Rosemary Mint  
Tea Tree Lavender  
Liken Unscented

**\$6.29**

2.45 oz | Save \$3.70



**EVERYONE  
HAND SOAP**

Lemon Mandarin  
Ruby Grapefruit · Lavender  
Spearmint Lemongrass

**\$3.79**

12.75 oz | Save \$2.20



**PRANAROM  
CASTOR OIL**

**\$4.29**

2 oz | Save \$2.20



**NOW  
BUG BAN**

Essential Oil Blend

**\$8.99**

1 oz | Save \$4



**FORCES OF  
NATURE  
WART REMOVER  
ROLL-ON**

**\$10.99**

.14 oz | Save \$4

Over 1000 items on Sale! · 3/28 - 4/9





# ENZYMEDICA

## Enzymedica is the top-selling enzyme brand in America

For over 24 years Enzymedica has been leading the way with effective, scientifically backed digestive enzymes and health supplements.

With a focus on purity and quality Enzymedica has won numerous awards and earned a reputation as leaders in digestive aid products by combining constantly evolving new research with cutting edge technology.

We scour the globe to source only the purest natural ingredients and keep all the artificial junk out. Every batch is carefully tested for purity, so you know that what's on the label is always what's in the bottle.

## Enzymedica is dedicated to its People & Planet Crusade

Caring for people and planet is at the core of who we are at Enzymedica. We actively support initiatives surrounding these causes, including: Safe Place and Rape Crisis Center in our home county; The Beagle Freedom Project, working to end animal testing; Vitamin Angels and Bless the Children, both nourishing those in need; and by founding Autism Hope Alliance.

We are committed to helping the earth and reducing pollution every day. Enzymedica has been carbon neutral since 2009, offsetting 100% of our carbon emissions. Our headquarters are also LEED Gold Certified, as well as Green Seal Certified.



## ENZYMEDICA FASTING TODAY Intermittent Fasting Drink Mix

**\$26.99**  
9.31 oz | Save \$6

2649 Commercial St SE · 503-361-7973 · Open 8am-9pm · Eat Well Be Happy!