

# FEED YOUR

# BODY, MIND & SOUL

## this January

**Hot Drinks...good for the soul...**

London Fog ...Earl Grey, honey, steamed milk & lavender

Rooibos Latte ...caffeine free, infused with cinnamon & vanilla, steamed milk, honey, blend of spices & star anise

Lemon, Honey, Ginger & Turmeric Tea ...natural remedies

Niche Tea ...infusion of cinnamon, cocoa shells & lemongrass to naturally energise

**Super Smoothies...good for the body...**

Helping you get your five a day! Please ask for today's flavour

**Home-made Specials...wholesome and hearty...**

Check our specials board for some delicious, healthy options too

**KICK**  **START**  **GOOD**  
**YOUR**  **year** : wholesome  
**WITH** : **FOOD!** 

[www.cobbsatwilton.co.uk](http://www.cobbsatwilton.co.uk)