

BREATHING SPACE CAFE

SPRING NEWSLETTER

VOLUME 3, SEPTEMBER 2008

SPRING IS IN THE AIR @breathingspacecafe

A big Spring HELLO to all of our Friends of Breathing Space Café! What beautiful weather we have had for the start of our sunny seasons... it's lovely for us to be able to enjoy having the kids play in our outdoor area of Kids Space. As the weather warms up we have made a few changes to our menu to celebrate Spring and the lovely fresh produce available at the moment. From summer salads, to fresh fruit smoothies and everything in between... there's something for adults and kids alike. View our menu at www.breathingspacecafe.com.au and follow the menu link.

Come & join us for fun in Kids Space as we make all of our favourite spring insects at our craft station... buzzy bees, fluttering butterflies, crawling caterpillars or create your favourite spring bug!

Our family hopes to see your family soon @breathingspace.
Caroline, Ethan, Keegan & Abbie

"While we try to teach our children all about life, our children teach us what life is all about"



my time, their time

Spring is in the air and at Breathing Space we are creating fresh summer salads just for you...

Try our

Roasted Cherry tomato, baby spinach & basil pasta salad

Moroccan Sweet potato & couscous salad

Asian Brown Rice Salad

...Ask for our Salad of the Day

my time, their time

A reminder that all food consumed in the café, be purchased from the café. As well as an extensive menu we now stock a range of delicious, healthy-choice kids snacks starting from as little as 50c! Breathing Space Café also now proudly stocks the Whole Kids range of healthy organic snacks AND the full range of EAT ME Allergy free food. There's something for everyone - Big and Small - @breathingspacecafe.



www.wholekids.com.au



www.eatmefood.com.au



BOOK NOW for Melbourne Cup Day @breathingspace. Tuesday 4th November Melbourne Cup themed activities and hat making for the kids, as well as a scrumptious menu, TV, and free glass of bubbles for the grown-ups!

Breathing Space Café has been fortunate enough to receive some fantastic media coverage recently... we're being talked about in a good way!

Check out our reviews and features via the links below:

<http://www.news.com.au/couriermail/story/0,23739,23675410-23272,00.html>

<http://extraonline.com.au/stories/story/13591.html>

<http://www.news.com.au/couriermail/story/0,23739,22936802-5012434,00.html>

We love feedback & new ideas... if you have any suggestions or comments about your experience at Breathing Space Café please go to www.breathingspacecafe.com.au and let us know

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at info@breathingspacecafe.com.au