

Super Healthy New Year with Connect

A dull, cold and snowy January saw Connect launch their inspiring **Superfoods Promotion** throughout the company.

After the Christmas and New Year excesses, Connect's chefs have devised menus promoting healthy exciting dishes, low in saturated fats and artificial additives.

Superfoods are selected on their nutritional content and include blueberries, broccoli, spinach and garlic. Janet Brown, Operations Manager, reflected "We all know what we should be eating and the Connect chef's enjoy the challenge of creating fresh and tasty dishes with a special focus on Superfoods".

Coming Soon

Superfood Week

January
14 - 18

See our weekly menu for our Superfood options

Connect
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The graphic features a central tall glass of pink smoothie garnished with a strawberry, a lemon slice, and a mint leaf. Below the glass is a collection of fresh fruits including strawberries, blueberries, blackberries, and a slice of kiwi. A black circular background contains the text 'Coming Soon' in yellow, 'Superfood Week' in white, and 'January 14 - 18' in yellow. A small black box with the 'Connect' logo and phone number is positioned to the left of the smoothie. A green box with white text is on the right. A QR code is located at the bottom left of the smoothie glass.