



SUNFLOWER INN

health food restaurant

*Simple nourishing food -
Music - Quiet warm atmosphere*

Enjoy Home Cooked Meals

Bean and grain casseroles, nut loaves, vegetablee and fruit salads,
hardy or delicate soups, fresh juices, desserts, herbal and Murchie's teas.

FREE

Sourdough bread, home baked with "hand milled stoneground whole wheat flour" containing only
The best energies, every Friday, Saturday and Sunday with a meal..

10560 - 82 avenue
439 - 5839

Hours 12-8 Sunday - Thursday
12-10 Friday - Saturday
closed Monday

The General Store

10801 - 82 avenue

439-3049

Freshly ground flourhome baked, wholesome bread.....

FEEL IT'S WORTH THE TIME?!.....

AQUIRE your own "all grain" hand stone mill and redeive our gift - a Tassajara Bread Book.

We sell natural and macrobiotic foods, Murhie's tea and coffee, Black's camping equipment.

As well a new dimension of art works including batiks, macrame, silk screen articles, candles
and much pottery, all at introductory prices!

12:00 noon - 6:00 pm

Sat. 9:00 am - 6:00 pm

This sale period - Jan. 24 to Jan. 31