



Nutritionally supporting you.

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To Order:

Place order by email or by phone.

To ensure availability, please submit your order at least 5 days in advance.

Pick Up Optional:

Orders can be picked up at The Kitchen Collective.

Deposits/Cancellations:

50% deposit when ordered.

To avoid losing your deposit, please provide at least 48 hours notice prior to the booked date.



The Original

Carrots, Beets, Apples and Love

Packed with vitamin A.
Cheers to better eye health and a glowing tan!

Shreddy

Hibiscus, Asparagus, Ginger, Lemon, Cranberries, Vanilla Extract, Distilled Water, Pimento Seeds, Cinnamon and Love Diuretic 101: Show off your true size and shred that water weight! Made with Jamaican holiday sorrel!



Iced Pearesso Latte

Dandelion Root, Maca, Pears, Vanilla,Oat Milk, Dates, Cinnamon, Nutmeg, Agave and Love Creamy "coffee" with a serving of pears. Just the energy booster you needed!

(Iced Pocha Latte minus chocolate)

Lyco-Berry

Tomatoes, Strawberries, Pineapple, Lemon, HTB's Hot Sauce and Love

Lycopene to save the day!
This nutrient gives you the ability to have stronger joints while working with the heart.
Great for Men's Health!

The Aloe-Minaton

Aloe Vera, Beets, Cherries, Lemon, Dates, Blueberries, Coconut Water and Love "Say hello to my little friend" This beverage will terminate what your body hates. You will be back.



Papollagy

Papaya, Pineapple, Radishes, Ginger, Lemon, Aloe Vera, Turmeric, Coconut Water, HTB's Fire Bunn' Hot Sauce and Love Remember when you used to suffer with allergies?
We can finally laugh about it!

Teed Pocha Latte

Dandelion Root, Maca, Pears, Vanilla, Cacao, Oat Milk, Dates, Cinnamon, Nutmeg, Agave and Love Why go for a mocha when you can have an Iced Pocha?
Made with the same chocolate...
And a Whole Lot of Pears!
(Iced Pearesso Latte with chocolate)



Mun's Kernedy

Ginger, Lemon, Garlic, Distilled Water, Agave and Love Mom's always have a special way to make you feel better.
You can't beat tradition!

Catering Order Form

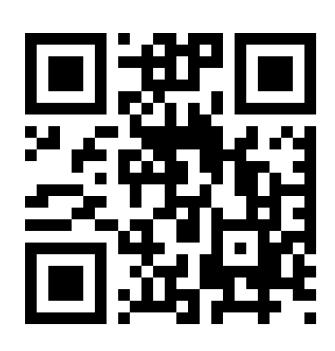
 ${\tt Catering@howtobloom.ca}$ Phone: 905-979-9127 www.HowToBloom.ca

				www.How	ToBloom.ca		
Customer Details:							
NAME				DATE ORDERED			
ADDRESS				DATE REQUIRED			
PHONE				5 days notice for all orders. 16oz = \$8 (max purchase 200x) 16L = \$65 (max rental 4x)			
EMAIL							
	QUANTITY						
ITEM		16 0 Z	16L	INSTRUCTIONS			
	TOTAL						

PAYMENT METHOD		
SEND E-TRANSFERS TO:	Natasha@howtobloom.ca	hank you
Cash payments - exact cha	inge only.	
Notes		



PLANYOUR EXECUTION OF THE PLANT OF THE PLANT



- Corporate Conferences
- Sporting Events
- Festivals
- Bridal Breakfasts
- School Catering
- Farmers Markets
- Seminars
- Parties
- Tradeshows
- etc.

Visit Us:

www.HowToBloom.ca
IG: @ThisIsHowToBloom
Catering@howtobloom.ca

