



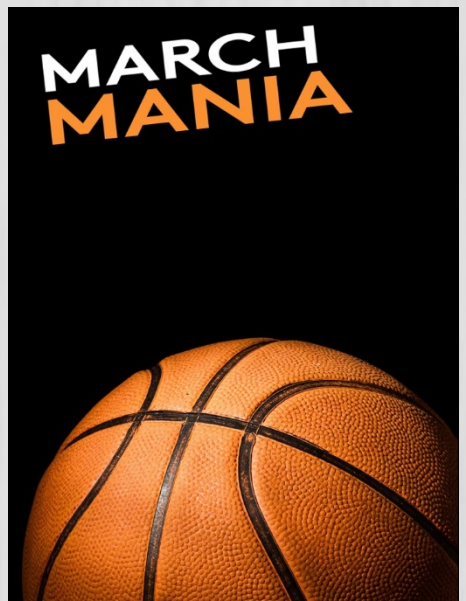





# March CaféFresh Promotions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Enter this month's raffle for a chance to win a set of kitchen supplies!</p> 	<p>3</p>  <p>We have a new sushi program available. Cafe 100 – Mon &amp; Tues Café 900- Wed &amp; Thur</p>	<p>4</p>  <p><small>NATIONAL NUTRITION MONTH*</small> make every day MEDITERRANEAN</p> <p><small>Rated "best overall diet" in 2019 by U.S. News &amp; World Report, warm up with our FIT Mediterranean Broth Bowls all month.</small></p>	<p>5</p> <p>Don't miss out on this month's breakfast bundles. Stop in to check out the new offerings!</p>	<p>6</p> <p>The \$6 Super Bundle lives on and on... Get the \$6 bundle any day of the week through Mar 31<sup>st</sup></p>
<p>9</p> 	<p>10</p> <p>Pizza every Tuesday at <b>Perks 400</b></p> <p>\$2 per slice</p>	<p>11</p>  <p><b>STAY HYDRATED</b> BUY ONE, GET ONE 50% OFF</p>	<p>12</p>  <p><b>NATIONAL PANCAKE DAY</b> MARCH 12TH #NationalPancakeDay #FoodByFLIK</p>	<p>13</p> <p>Nacho Typical Happy Hour at <b>Perks 400</b> Beginning at 11 am</p>
<p>16</p> <p>Don't miss out on this month's breakfast bundles. Stop in to check out the new offerings!</p>	<p>17</p>  <p><b>St Patrick's Day</b></p> <p>the luck of the Irish</p>	<p>18</p>  <p><b>Functional FOODS</b></p> <p><b>SEEDS</b></p> <p><small>SMALL IN SIZE, FULL OF NUTRITION, SEEDS ARE A PLANT-BASED SOURCE OF PROTEIN AND HEART HEALTHY, UNSATURATED FATS. THEY ALSO CONTAIN PHYTOCHEMICALS, VITAMINS, AND MINERALS SUCH AS CALCIUM, IRON, AND MAGNESIUM.</small></p> <p>Food by FLIK</p>	<p>19</p>  <p><b>MARCH MANIA</b></p>	<p>20</p> <p>The \$6 Super Bundle lives on and on... Get the \$6 bundle any day of the week through Mar 31<sup>st</sup></p>
<p>23</p> 	<p>24</p>  <p><b>EMPLOYEE APPRECIATION DAY</b></p>	<p>25</p>	<p>26</p>  <p><b>NATIONAL SPINACH DAY</b> march 25th</p>	<p>27</p> <p>Nacho Typical Happy Hour at <b>Perks 400</b> Beginning at 11 am</p>
<p>30</p>	<p>31</p>			

- Don't forget to visit us on the web at [FLIKcafes.compass-usa.com/floridablue](http://FLIKcafes.compass-usa.com/floridablue) or text "CafeFresh" to 99299 for mobile viewing. Let us know how we're doing by leaving us feedback
- Is there a snack, beverage, or food you'd like to see in the café? Let us know! You can send in a comment through the website or DM us on Instagram
- Follow up @CafeFreshJAX

