

# Welcome to Cafe Hub

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EDINBURGH'S FESTIVAL CENTRE

## Word Search

e l a v i t s e f  
s d a e e i c t d  
e l i m l a y o r  
e l d n f o i m c  
h g r e b s o a a  
c y h a h u e t k  
i u o e n h r o e  
b e l t s a c g s  
i z u s f e h c h

Can you find....

Edinburgh

Castle

Cafe Hub

Royal Mile

Chef Suzi

Festival

Tomato

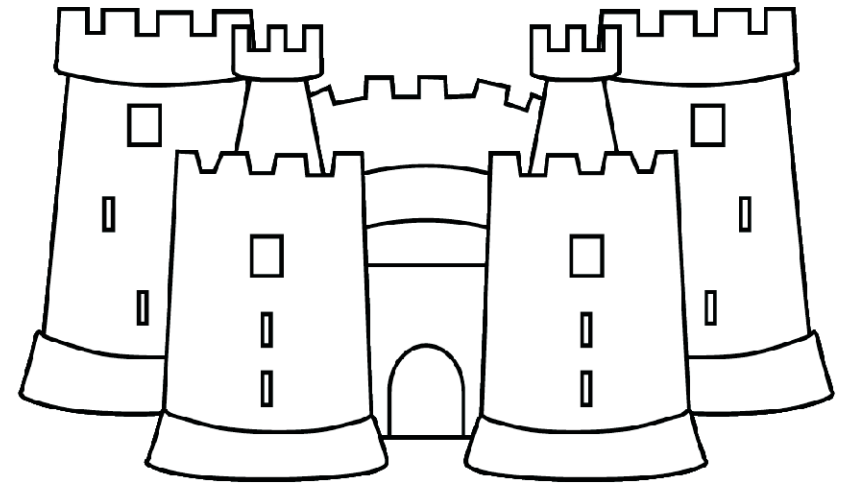
Cheese

Cakes

Tea

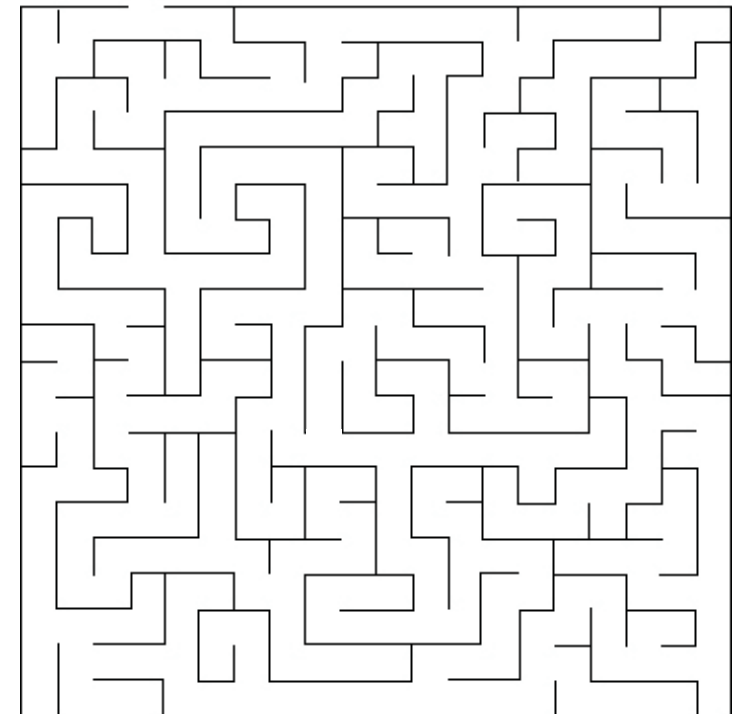


## Colour-in Castle



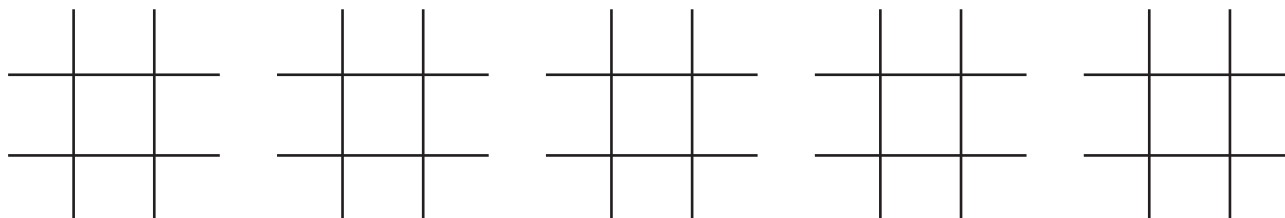
## Maze

Start



Finish

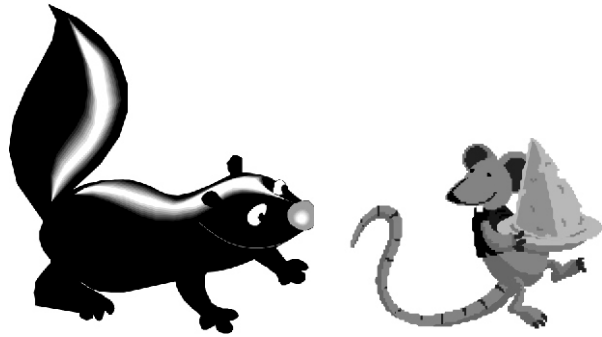
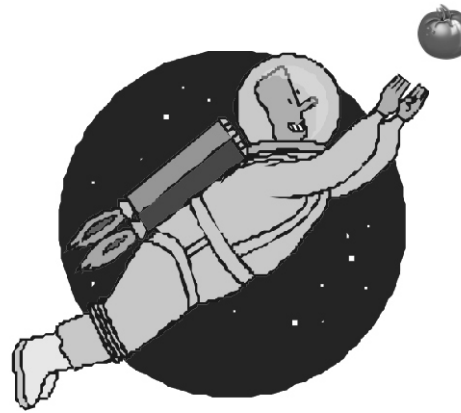
## Noughts & Crosses



# Fun Food Facts

## Tremendous Tomatoes

Tomatoes contain lots of vitamins, including vitamin A, which keeps your eyes healthy and vitamin C, which is good for your skin. Tomatoes also contain a cancer-fighting nutrient called lycopene. Young tomato plants, known as seedlings, have even been grown in space!

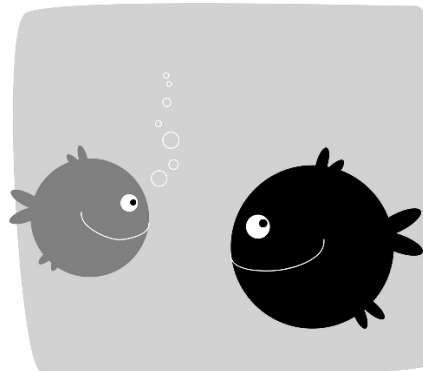


## Champion Cheese

Cheese is a good source of nutrition, packed with vitamins and minerals, including vitamin D and calcium, which both help to keep your bones and teeth strong. Though it also contains fats, some of them are good but some are bad, so you shouldn't eat too much of it! Skunks love cheese, apparently Cheddar is their favourite!

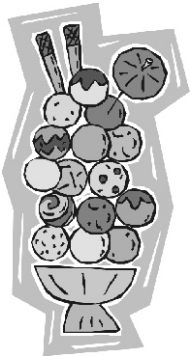
## Fantastic Fish

Fish provides a good source of protein, this is what makes your muscles and keeps your hair and nails strong. It also contains B vitamins, which help to give you energy and calcium which helps your bones and teeth stay strong. Best of all, fish is an excellent source of Omega-3, which helps to keep your heart and eyes healthy and can even make you brainier! There are over 25,000 different types of fish on earth.






## Scrummy Ice cream

Ice cream is made from milk, which is a good source of calcium and protein. Except, ice cream has more fat and sugar than any of the others above so its great as a treat but you can't have it for every meal! The biggest ice cream sundae ever made was 12 feet high!




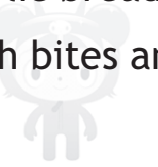
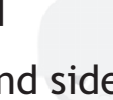



# For The Little Ones




## Starters

Tomato soup				£1.95
Veg sticks and dips				£1.95

## Mains

Ham and tomato sandwich				£2.50
Macaroni cheese and garlic bread				£2.50
Fish bites and side salad				£2.50

## Sweet Stuff

Ice cream selection				£2.25
Fresh fruit salad				£2.25

