



BRIDGE BAR

ISSUE 5: JANUARY/FEBRUARY 2012

WHAT'S NEW?

Happy New Year! The Bridge Bar is back open and we look forward to welcoming you in 2012!



DOUBLE STAMPS ON HOT DRINKS

Everyone is feeling the pinch after Christmas, which is why throughout February we are offering double stamps on all hot drinks purchased!



GO SKINNY!

If you're looking to cut the calories in the New Year but don't want to miss your morning caffeine fix, then why not ask for skimmed or soya milk in your hot drink?

Did you know that a regular 12 fl oz cappuccino has about 120 calories, whereas a skinny cappuccino has just 70 and a soya milk cappuccino just 75? For a latte the savings are even greater, with a full fat coffee at 152 calories, compared to just 88 for a skinny one and 96 for a soya milk latte. The smug glow will almost make up for not going to the gym!



QUESTION TIME We want to know your thoughts on the bar, the service it provides and the events on offer. Later on in the month we will be sending all members a copy of our survey so that we can take on board your opinions and make sure the bar is providing members with what they want and need. We want the bar to be somewhere you want to come; your home at the Inn, so please do spare a moment or two to fill it in and send it back!



WINE OF THE MONTH

Don't forget to stop by the bar to check out this month's wine of the month. Every month we will be offering a different wine from our extensive wine list, at a discounted price, To try to help you discover new things in 2012! In January & February we will have two stunning reds for you to try - perfect with one of our cheeseboards!



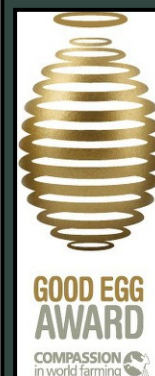
FAIRTRADE FORTNIGHT

In 2012 the Fairtrade foundation want us all to take a step by step approach to switching to Fairtrade products across all categories of our lifestyle. If you don't already, you can take your first steps in the Bridge Bar, as all our tea and coffee is Fairtrade. During Fairtrade fortnight we'll also be offering some additional Fairtrade treats so be sure to stop by between February 27th and March 11th !



WE'RE GOOD EGGS!

Compassion in World Farming is recognised as the leading international farm animal welfare charity. Their vision is a world where farm animals are treated with compassion and respect and where cruel factory farming practices end. This is something we support wholeheartedly and we are very proud to announce that Baxter Storey have



won one of Compassion in World Farming's "Good Egg" Awards for their commitment to using only RSPCA Freedom Farm Assured and Free Range Eggs! Hooray for the hens!