

WILD & THE MOON: WILD WELLNESS

WILD & THE MOON X COMPTOIR102 X RESPECT

SUPERFOOD WORKSHOP WITH RESPECT

Enter superfood heaven with Wild & The Moon & Comptoir 102

[January 2022 - Dubai, UAE]

Wild & The Moon & Comptoir 102 are joining hands with the leading superfood brand from Ghana, Respect Health, to bring you a super-crafted workshop.

This workshop that will take place on February 12th at Wild & The Moon, and February 19th at Comptoir 102 will give you the ultimate chance to dive into 100% plant-based and organic superfoods, and teach you how you can incorporate them into your everyday life. This event entails a highly interactive and educational session that will be led by Robin Morrison, CEO and founding member of Respect Health. During this Workshop, Robin will delve into the various superfood blends in Respect's range, health facts and nutritional benefits, as well as tips and tricks on how they can be added to everyday meals.

The entire workshop will include interactive discussions on nutrition tips and benefits, hacks to best optimise health, and ways to align with nature in order to live the best lifestyle. Robin will discuss different subjects, as he will guide you through the most common superfoods. Besides a lot of theory you will also get to work making superfood dishes and eating them too! Learn to eat with your eyes with Robin, as he demonstrates how to balance rich flavours, while being creative with preparing and plating the dish like a pro! Enjoy creating a healthy frozen bowl and superfood toast that can be enjoyed all day, everyday.

This is for you if you want to:

- Understand all about superfoods and the different superfood blends
- Learn ways to incorporate superfoods to everyday life
- Level up your breakfast game and flavour creating skills
- Learn how to create nutritious meals like a superfood expert at your home kitchen
- Connect with yourself and nature improve your journey towards a healthier lifestyle

This workshop offers you:

- Engaging content and informative discussions all about superfoods
- Hands-on activity and supercharged superfood dishes to enjoy (Superfood Frozen bowl & Spirulina toast)
- Goodie bag (Respect Superfood + Tote Bag + Wild & The Moon cold-pressed juice).

Location & Date:

1. Wild & The Moon
H77, Alserkal Avenue, Al Quoz, UAE
Saturday, 12th February
10 am to 12 pm

2. Comptoir102
102 Beach Road, Jumeirah 1, Dubai, UAE
Saturday, 19th February
10 am to 12 pm

Price: AED 125

BOOK NOW:

https://www.wildandthemoon.ae/product/supperfood-with-respect/?mc_cid=13c9f89362&mc_eid=UNIQID

About Wild & The Moon:

Wild & The Moon is a homegrown premium plant-based, organic, ethical, casual << quick service >> restaurant chain. Here, at Wild & The Moon, we believe there is no better business than a business that does good, hence we are based on the simple belief that food should be good for you, good for the planet, and delicious. Wild & The Moon provides a wide homemade spread of 100% vegan dishes, including salads, smoothies, juices, breakfast bowls, soups and stews, and classic favorites, like pizza, burgers, tacos, waffles, pancakes, and many more.

CONTACT:

Airin John
Brand & Communications Manager
socialdx@wildandthemoon.com
056 581 0728

Website: <https://www.wildandthemoon.ae>

Social Media: [@wildandthemoonuae](#)