

**THE
HOTTEST
PLACE IN
TOWN**

Pho arrives in Bristol

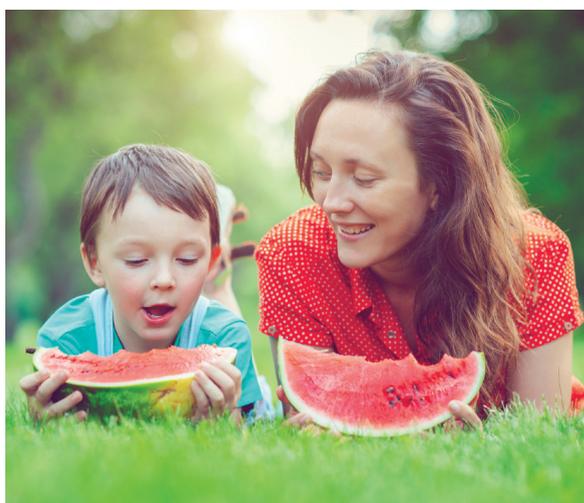
28 Clare Street, Bristol, BSI IYA

Ali Walsh, from The Local Bakehouse (www.thelocalbakehouse.com) took a jaunt out to taste the latest link in this restaurant's chain.

From crispy spring rolls to wok-fried noodles, Pho takes Vietnamese food to new heights. Accredited by Coeliac UK, everything they make on the premises is gluten-free and there's an outstanding range of dairy-free and vegan food. Try banana fritters or pandan pancakes

for dessert and top off your experience with a Lemon and Basil Martini or a Vietnamese Bloody Mary. For those who prefer to go alcohol-free, choose from a range of fresh juices including apple, mint and lime or carrot, apple and ginger. There are currently 19 Pho restaurants over the UK and it's not difficult to see why. Get there early and savour the flavours!

www.phocafe.co.uk ☞



Superfood OF THE MONTH

WATERMELON

FOR A LONG TIME, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more. Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits.

As it turns out, watermelon is incredibly healthy! The Watermelon Board is proud to say that watermelon

is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet. It is fat-free, very low in sodium and contains just 30 calories per 100g (3 1/2oz).

Nutritionists have long appreciated the health benefits that watermelon provides. It not only boosts your 'health esteem', but it is has excellent levels of vitamins A and C and a good level of vitamin B6. Find out more at www.watermelon.org ☞