

# 4 Wholeness

## Truth-Through Food

Our table usually seats two but can fit up to four.

The food was not always pure, but now it's only plant-based and full of all things good.

We don't cook professionally, but we do passionately.

We have learned that what we eat has implications beyond health.

The right food can liberate you, inspire you, unite people and be an agent of change in your life.

These elements along with you are the reason for our name and why you are here.

Welcome!



@4\_Wholeness



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