

The Energy Bar

Get some, use some, get some more.

I am so excited to join the team of Headwaters Racquet Club and to be part of its dynamic and friendly culture. The juice bar will continue to provide those favourites you've come to expect and I will be introducing many new items that I hope will at once whet and satisfy your appetite for healthy, delicious food and beverage choices. Some new items include muffins, Panini sandwiches, daily soup, hot cereal, samosas, bagels, fresh smoothies, and cappuccino. Everything will be made fresh on site so you can be assured of its high quality.

The first week of November will be a settling in period for me and hours may be a little sketchy – please be patient, I want to be confident I'm offering only the best product and service to you. For the balance of November The Energy Bar will be open Monday – Friday 6:00 a.m. – 8:00 p.m. and Saturday and Sunday 7:00 a.m. – 3:00 p.m. As I settle in to this new venture the hours will be extended to better meet your needs.

I sincerely hope you will make stopping at The Energy Bar a part of your Headwaters Racquet Club routine. Please, come in – Get some, use some, and get some more – energy that is. It will be my pleasure to meet you all and share with you my passion for good food.

Kind Regards,
Margo Tasker