



Restaurant & Bar

Join us at Saf for our dynamic and energising Raw & Vegan food classes in 2011/2012

Hosted by renowned Chef David Bailey our classes are entertaining and interactive as well as informative about the many benefits of raw & vegan food. You will discover that raw food dishes are exciting, delicious and bursting with natural flavours.





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Two-Day Raw Intensive Masterclass - 29th & 30th October 2011

Saf Shoreditch – 11am- to 5pm (both days) - £200 per person
Learn advanced techniques and become confident enough to create starters, mains, desserts, chocolates and more in raw food

Raw Gastronomy - 19th November 2011

Saf Shoreditch – 11.00am to 1:30 pm - £65per person
Demonstration of signature Saf dishes and the recipes to put your skills into practise

Two Day Raw Intensive Masterclass - 3rd & 4th December 2011

Saf Shoreditch – 10.00am to 4.00pm both days - £200 per person
Learn advanced techniques and become confident enough to create starters, mains, desserts, chocolates and more in raw food

Raw Xmas - 10th December 2011

Saf Shoreditch – 11.00am to 4.00pm - £100 per person
Learn how to make seasonal favourites, but raw!

Raw Cleanse - 5th January 2012

Saf at Wholefoods Kensington – 10.00am to 12:30pm - £65 per person
Start the new year the raw way, with cleansing soups, salads, juices and snacks

Two-Day Raw Intensive Masterclass - 28th & 29th January 2012

Saf Shoreditch – 11.00am-5.00pm both days - £200 per person
Learn advanced techniques and become confident enough to create starters, mains, desserts, chocolates and more in raw food.

Saf Shoreditch

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reservations@safrestaurant.co.uk

Saf Kensington

Whole Foods Market

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Wholefood Heaven

Vegetarian Catering Specialists

David Bailey

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www.wholefoodheaven.co.uk



Saf Shoreditch
Awarded the
AA Rosette
April 2010/2011

London
**Evening
Standard**

Saf Shoreditch
Best Vegetarian
Restaurant in
London 2010