



# CELEBRATING CALIFORNIA AVOCADO MONTH

The Best Avocados Have California in Them

## SUMMER SEASONALITY

California Avocado season varies a bit year to year depending on what Mother Nature has in store. This year, California Avocados are in peak season from spring through summer. June is California Avocado Month, and that's why Nordstrom is celebrating this fabulous fruit (yes, it's a fruit!) all month long. Our team visited a California Avocado grove this year to see where the avocados in our dishes start their journey.

**[Take the Grove Tour with Us](#)**

## HEALTHY LIVING WITH CALIFORNIA AVOCADOS

You probably have a sense that California Avocados are good for you, but have you ever wondered why? They're a heart-healthy\* superfood. One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice. They're naturally sodium-, sugar- and cholesterol-free and are virtually the only fruit that contains monounsaturated fat (the good kind!). You get all that goodness and that craveable, creamy deliciousness!

**[Learn more about avocados and nutrition](#)**

\*While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

## THE CALIFORNIA DIFFERENCE

California is a special place—the people, the beaches, the forests, the mountains and everything else. Even here, less than one percent of the state is suitable for growing California Avocados. It takes the perfect combination of rich soil, the freshest coastal breezes and, of course, the friendly California sun.

The climate and the care of about 3,000 California Avocado growers foster the growth of this superfood. Since they are grown close to home, California Avocados go from tree to table in just a few days.

**[Learn about what makes California Avocados so special](#)**

# NORDSTROM

#EatDrinkNordstrom



**Stop by one of our Restaurants or Specialty Coffee Bars  
for a cold, refreshing can of Soulstice Iced Tea.**

## **EXPERTLY CRAFTED TEA FOR THE SOUL**

Soulstice Iced Tea believes in creating high-quality organic iced teas that taste great while containing only 7 grams of sugar and 30 calories per serving. Their four unique offerings each showcase a delicate balance of bold, tea-forward taste, complemented by amazing organic flavors. Soulstice believes in finding moments to reconnect, whether it be with friends, family or your soul.

## **FAMILY OWNED**

Soulstice is a small family-owned company founded in 2018 with the goal to create the best-tasting iced tea using the finest organic ingredients. Each can of Soulstice is crafted with family and community in mind. They see each can as a work of art, from the outside to the delicious tea inside. This is reflected in the artwork on the cans, which was done by a San Francisco watercolor artist.

## **FLAVOR LINEUP**

Their organic black tea offerings include Peach Ginger, Blood Orange Hibiscus and the new Pomegranate Iced Tea. Cucumber Mint Lime Iced Tea is made with organic green tea and is another refreshing addition to the lineup of flavors. Soulstice is proud to say all four of their teas are certified USDA organic by California Certified Organic Farmers (CCOF).

**NORDSTROM**

#EatDrinkNordstrom



**JOIN US FOR**

*Brunch*

**IN OUR RESTAURANTS**

Come try our newly crafted menu that includes our Signature Monkey Bread, Cheddar Chive Biscuits and Gravy, Eggs Benedict, brunch-inspired beverages and much more.

Available on weekends until 3pm.  
Menus and hours may vary by location.

**NORDSTROM**

#EatDrinkNordstrom





## MORE WAYS TO ENJOY NORDSTROM FOOD & BEVERAGE



### MEALS TO GO

We now offer our signature recipes prepared by our chefs using the highest-quality ingredients in convenient meal options to enjoy with family, friends or a large group. Every dish, catering pan or meal package is ready to serve without the hassle of cooking or cleaning up.



### CURBSIDE PICKUP

Our Restaurant and Specialty Coffee teams deliver food and beverages directly to your car. Place your order ahead of time or call while you're waiting for your retail order.



DOORDASH

### DELIVERY

Enjoy your favorite food and beverages in the comfort of your home or office. Search for your local Nordstrom restaurant in the DoorDash app and have it delivered to your door.

# NORDSTROM

#EatDrinkNordstrom