

# Say Goodbye...

## to soggy sandwiches



## ...and hello to luscious lunches

Healthy eating can be difficult to achieve at the best of times. This is even more the case when work or leisure takes us away from the safety of our healthily-stocked fridge, and puts our diet into the hands of cafés and food stores, most of whom have limited menu choices and food selections that are driven by profit instead of health.

Thankfully visitors and workers in Maidenhead town who are seeking out a healthy breakfast, lunch or snack can be spared the usual ordeal associated with this task. More often than not, lack of options grudgingly leads us to make a comparably less nutritious (and less tasty) selection than we would probably like, often leaving us dissatisfied and pondering the thought that 'if only there was

somewhere with more choice of healthy options'. Thankfully, now there is, at The Baguette Shop in Maidenhead.

### The perfect lunch solution

The Baguette Shop in Maidenhead's King Street stands out from the competition with its healthy and carefully selected array of baguettes, salads and jacket potatoes. It also offers a wide selection of hot and cold drinks and fruit, as well as being unique in having its very own juice and smoothie bar serving their own branded Turbo Juice drinks.

The Baguette Shop has been operating in Maidenhead since 2001. It is run as a family business by Bahereh and John Starr. The Starrs have a wonderful team of

staff who always ensure that the food served is of the very best quality. The baguettes are baked on the premises every ten minutes and their patisserie range is proved and baked every morning, again, on the premises. The Baguette Shop offers over fifty different fillings to choose

from including specials throughout the year and hot morning baguettes - not to be missed by the early birds coming into Maidenhead!

### Get your juice fix

The Baguette Shop's Turbo Juice bar offers a variety of fruit blends to suit your taste buds and your nutritional requirements. We all know that we should be eating five portions of fruit and vegetables a day to stay healthy, but this is not always easy. It is therefore reassuring to know that a daily serving of fresh juice can stand you in good stead for obtaining that all-important quota of antioxidants and vitamins that is the main incentive behind those coveted '5 a day' guidelines. Turbo Juices can also help to beat a hangover or boost your defences if you feel a winter cold looming.

### Try for yourself

To see for yourself what is on offer at The Baguette Shop, call into 61 King Street and talk to one of their friendly staff, or alternatively call 01628 632232, or email [info@thebaguetteshop.co.uk](mailto:info@thebaguetteshop.co.uk).

The team can also cater for your birthday bash, corporate lunch or that business breakfast event. Private and corporate lunches, functions and parties are their speciality, with deliveries available all around the Maidenhead area. Try them today!



The friendly team at The Baguette Shop, Maidenhead