

# Switch to a healthier life

STEPHEN and Bernadette Hall want you to make a healthy switch.

As the owners of Switch, the newest cafe, salad bar, deli open at Edith St, Wynnum, they want their customers to do as they did and switch to a healthier lifestyle.

The couple headed north from Melbourne to bring the Bayside residents natural, light and fresh culinary delights.

Chef Stephen Hall said the cafe's theme was to encourage people to adopt a healthier lifestyle to improve their eating habits.

"It's about making the switch to a healthier lifestyle," Mr Hall said.

"Just to make something nice and tasty and fresh, doesn't mean it has to be deep-fried or expensive."

Wife and business partner Bernadette added that their cafe was not "freaky healthy", but for the health-conscious.

"We offer food for people who watch what they eat ... but we also do a lot of salads because it suits the climate so much," Mrs Hall said.

"We want people to make the change - we have made a big change in our lives."

With lime green feature walls and no deep-fryer in the kitchen,

the fluorescent green-theme shop certainly does draw attention to the eye along Edith St.

"We wanted to stand out ... think this area actually needs something like this," Mrs Hall said.

Along with a range of gourmet salads, the cafe offers foccacias paninis, muffins, biscuits, soups pasta, breakfast, ready-to-go dinners, salad dressings, jams, chutneys, Arabica coffee and gourmet gift baskets. Mrs Hall is offering a range of Christmas gift hamper — from \$12 to \$80. Switch Cafe located at 85 Edith St, Wynnum Phone 3393 6773.



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