

Eat Well Kitchen

- Korey Cohan

As fast-food places become increasingly more common, it is hard to come by a store which provides both a healthy and tasty combination of foods. It has been a growing concern that has been shared by many news stations. ABC news reported on this issue saying, "Americans shelled out more than \$110 billion on burgers, fried chicken, and the like in 2000, compared with \$6 billion in 1970." Now remember that was in 2000, which would only mean the numbers are still rising due to the recognition companies can get using television and ads on popular sites such as YouTube. Luckily for the people of Marblehead, this past summer a new store called Eat Well Kitchen, located at 40 Atlantic Avenue, opened and is already making an impact on our community. Eat Well Kitchen is one of the rare places which is able to create that healthy and tasty combination. Their menu has something for everyone, ranging from cold refreshing real fruit smoothies to hot soups for a cold winter day. Also, they offer sandwiches and salads made to your liking with quality ingredients. The menu was made to appeal to kids, teens, adults, foodies, and the health-conscious crowd. They use local products whenever possible and offer gluten free and vegan options. Eat Well Kitchen has a unique way of offering "fast food" that is home cooked, healthy and delicious. According to co-owner of Eat Well Kitchen Jennifer Logiudice, "By showing customers that healthy foods can taste good, we can help change the way we think of fast-food." They wanted to have a quick stop for healthy food but, as Logiudice said, "It had to be delicious."