

## CJ's Healthy & Delicious Menu

Continued from front page

### Sandwiches, Salads, Daily Specials

Soup of the Day—\$5.<sup>99</sup> Hot Quiche with Side Salad - \$7.<sup>25</sup>  
CJ's Organic Greens Garden Salad - \$7.<sup>19</sup>

**Roma Salad** - \$7.<sup>99</sup> (Garden Salad topped with roasted red peppers and asiago cheese)

**Goat Cheese Salad** - \$8.<sup>99</sup> (Garden Salad topped with roasted red peppers and goat cheese)

**Side garden salad** - \$4.<sup>39</sup> **Side Roma salad** - \$4.<sup>89</sup>

**Side Goat Cheese Salad** \$5.<sup>99</sup>

**Add Scoop of Tuna or Egg or Bacon** - \$2.<sup>69</sup>

**Goat Cheese Wrap** - \$7.<sup>19</sup> (Goat cheese, roasted red pepper, veggies, & tons of greens)

**Healthy Tuna or Egg Salad Wrap** - \$6.<sup>89</sup> (Tuna or egg salad (made with light mayo) & tons of greens)

**The Happy Vegan Wrap** - \$6.<sup>89</sup> (Chickpeas & golden raisins in a sweet & spicy sauce + tons of greens)

**Cranberry Turkey Wrap** - \$7.<sup>19</sup> (Turkey, mayo, cranberry & romaine)

**Egg or Tuna Sandwich or BLT** - \$5.<sup>89</sup>

**Gluten-Free Bread & Lactose Free Milk**  
are Available for Just 25¢ Extra

## Have Your Work or Social or Family HOLIDAY PARTY At CJ's Café in Bronte

Starting as Low as \$175 Catering, bar service & entertainers available.

Why clean & shop & prep & cook & serve & clean up after?  
**This year, take it easy.**  
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## All-Day Breakfast & Lunch

Cappuccinos, Organic Coffees, Teas

(Plus Tons o' Creativity & Charm!)

Coffee ♪ Music ♪ Art ♪ Food

Autumn 2011

## CJ's Healthy & Delicious Menu

### All Day Breakfasts

**Breakfast Nouveau** \$7.<sup>10</sup> (Scrambled eggs on a bed of dressed field greens, topped with asiago cheese)

**CJ's Breakfast Wrap** - \$6.<sup>50</sup> (Scrambled eggs, cheddar and romaine in a whole-grain wrap)

**CJ's Breakfast Bagel** - \$5.<sup>50</sup> (Scrambled eggs on a buttered bagel or whole wheat English muffin)

**Old Fashioned Breakfast** - \$7.<sup>10</sup> (Scrambled eggs, bacon, thick-sliced toast and jam)

**Wee One's Breakfast** - \$4.<sup>50</sup> (One scrambled egg, a piece of toast & a small milk or apple juice—for kids under 5)

**Berry Good Breakfast**—\$3.<sup>95</sup> (Whole wheat English muffin, goat cheese & raspberry jam)

**Choice of Bagel Cream Cheese** - \$2.<sup>85</sup>

**Toast, English Muffin or Bagel** - \$2.<sup>50</sup>  
(w Butter, Jam, Honey or Peanut Butter)

### Café Classics

Brewed Coffees ☉ Espresso ☉ Café Americano ☉ Café Latte ☉ Cappuccino ☉ Mochaccino ☉ Caramel Latte ☉ Hot Chocolate ☉ Chai Latte ☉ London Fog ☉ Yerba Mate ☉ 18 Types of Teas ☉ Hot Apple Cider ☉ Juices ☉ Cold Drinks ☉

**Summer Chillers: Iced Lattes, Coffees & Teas!**

**Menu continues on the back cover...**

Seniors: 15% Discount 1:30—3:30pm

## Artshows at CJ's this Fall



October's artists are: Connie James, Maureen McConnell & Mary Lyons. Meet them Sunday October 16, 2:30—4:00pm

In November, celebrate colour with Catherine Shane. Meet her Sunday November 6, 2:30—4:00 pm.



In December, enjoy recent work by Halina Grzyb. Meet her Sunday December 18, 2:30—4:00pm.



Enjoy the art with your visit. Remember to support local artists when decorating or gift-giving!

First Time Customers

Enjoy A **FREE** Hot Chocolate or Latte!

No other purchase necessary. Present this coupon. One per customer, on first visit, for those who come in with this coupon. Valid Until October 28, 2011.



## CJ's Café in Bronte

2416 Lakeshore Road West  
(Between Licks & Denningers)

(905) 465-0411 ☉ cj@cjscafeinbronte.com  
www.cjscafeinbronte.com

Mon-Fri 9:00—4:30  
Sat-Sun 8:30—4:00  
Kitchen Closes 1/2 Hour Before

Closed at 1:30 Dec 24  
Closed Dec 25, 26 and Jan 1.

*So Much More than A Café...*

# *CJ's is the Creative & Social ♥ of Bronte!*

## Kids Sing Here

**Suzie Sunshine's Children's Music Shows**  
**3rd Tuesdays: Oct 18, Nov 22 & Dec 20**  
**10:30—11:15AM**

Suzie Sunshine (aka Suzanne Brown) has been entertaining audiences across the U.S. and Canada for over thirty years.



With a mix of classic children's songs and Suzie Sunshine's own "value" songs, she's sure to put a smile on your face and a song in your heart.

Visit [www.suziesunshine.ca](http://www.suziesunshine.ca) for more information

## **Sing-A-Long Christmas Carols with Don Croucher**

**Sat. Nov 26th, 2-4pm**  
 During Bronte Tree Lighting Celebrations  
**AND**  
**Sat. Dec 24th, Noon-1pm**  
*Café then closes at 1:30 for the holiday.*



### **Walkers Start Here**

Several walking groups start here—ask CJ for an introduction  
 OR  
 Discover Nordic Pole Walking, most Sundays  
 Call Jane (905) 467-0621 (more info on back cover!)

## Writers Meet Here

**Emerging Writers Read**  
**Thurs Dec 8, Mon Dec 12, Thurs Dec 15**  
**7-9PM**

Students of Brian Henry's creative writing classes read from their works-in-progress. Doors open at 6:30 – please arrive early to order lattes etc. For more details on Brian's courses go to <http://quick-brown-fox-canada.blogspot.com/>.



**Canadian Federation of Poets**  
**2nd Sundays, Oct 9, Nov 13, Dec 11**  
**2:30—4:30PM**

The CFP exists to unite artists in celebration of all that is important to us as poets and as people in an ever changing world. Enjoy interactive time sharing your love of poetry.

## **Givers Give Here**

**Monday October 10th**  
**CJ's Traditional Thanksgiving Fundraiser**

**FREE COFFEE ALL DAY**  
 with a donation to support the school in Jalalabad Afghanistan that was **built by women from here in Bronte!**

Please be generous! We have a lot to be thankful for in Canada.  
 If you can't make it on Monday, drop by anytime the week before to make a donation.



## Singles Socialize Here

**SinglesIMAGINE Saturday Nite Life**  
**Saturdays Oct 15th, Nov 19th, Dec 17th**  
**7:30—11PM**

Organized by CASM/singlesIMAGINE, this is an evening of music and social time for Christian singles. The group already has a large membership, and new people from any denomination are also welcome.

**October Features:** Hands of Rhythm's Kevork Gueguerian, who bring djembe drums and instruments to engage the group in making music together.

**November Features:** the William Mukuna Trio performing original contemporary material that draws from African rhythms and melodies blended with jazz and classical harmonies, driven by a strong sense of rhythms.

**December Features:** John & Sheila Ludgate. John's award-winning songs and Sheila's harmony vocals combine to make this folk duo fantastic. They will also lead the group in singing songs of the Christmas season.

Admission for each is \$20 and includes coffee & dessert. Reserve early by emailing: [ruths@cogeco.net](mailto:ruths@cogeco.net)

**Music After 8 with Sarah Granskou**  
**Friday, December 9th**  
**8—11PM (doors open at 8) (not just for Singles)**

In the old Norse tongue, to "kve" indicates both singing and telling. Sarah Granskou uses song, fiddle, flute and jaw harp relate to her own adventurous experiences or her interpretations of Nordic folklore. Sarah has lead Scandinavian singing workshops throughout North America, teaching traditional repertoire and her original compositions at a variety of events. Pre-register at the Café – admission is \$10 in advance, \$15 at the door.



**Music Lovers**  
**Listen Here**  
**Every Sunday**  
**Noon—2pm**

Oct 2  
 Bluegrass/Folk  
 With the Sunk'n City Gypsies  
 Nov 13  
 Folk Rock  
 With Carrie & Lawrence

Oct 9  
 Original Folk  
 With Phillip Brown  
 Nov 20  
 Jazz, Pop and More  
 With Dusty Bohdan

Oct 16  
 Mellow Rock  
 With Neil Crow  
 Nov 27  
 Pop Rock  
 With Brendon Gomez

Oct 23  
 Jazz Guitar  
 With BH Maitland  
 Dec 4  
 Latin Rock  
 With Coqui Llontop

Oct 30  
 Jazz Guitar  
 With Dan Willer  
 Dec 11  
 Mellow Folk  
 With David Lum

Nov 6  
 Soulful Pop  
 With Nicole Aube  
 Dec 18  
 Jazz Guitar  
 With Dan Willer

Find out more at [www.cjscafeinbronte.com](http://www.cjscafeinbronte.com)

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