

## 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

## Bring Fresh Creativity to Your Picnics & Potlucks

with

### CJ's Catering Trays

Beautiful & Nourishing Foods Create Better Mental Energy  
Check out CJ's Catering Menu Online or Call CJ at (905) 465-0411

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## All-Day Breakfast & Lunch

### Cappuccinos, Organic Coffees, Teas

(Plus Tons o' Creativity & Charm!)

Coffee ♪ Music ♪ Art ♪ Food

Spring 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)

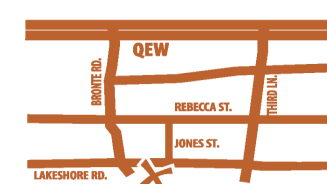
### Café Classics

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 ☉

As of May 21: Mango Smoothies & Ice Lattes!

Menu continues on the back

Seniors: 15% Discount 1:30—3:30pm



## 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—4:30  
Kitchen Closes at 4:00

Monday April 25 – Celebrate  
**5 Years**  
of CJ's Café in Bronte!  
5 Years and 4 Nominations so far:

- 2008 Halton Woman of the Year
- 2008 Oakville Athena Award
- 2009 & 2010 Restaurateur of the Year



If you have not been yet, come see why CJ's keeps getting nominated!

All day Monday April 25th we'll celebrate with FREE coffee with a donation to assist Japan's tsunami victims or to pay teachers' salaries at the school in Jalalabad, Afghanistan built by women here in Bronte. From 1:00 – 3:00 enjoy acoustic folk/rock by talented Appleby students Alex & Stefan, during which we will also have a nice big cake!

Join us!



CJ's is reputed to make the best cappuccino in North America... Try one on me!

First Time Customers  
Enjoy A **FREE**  
Large Cappuccino\*

No other purchase necessary. Present this coupon.

One per customer, on first visit, for those who come in with this coupon.  
\*Or other drink of choice! Valid Until April 28, 2011.

# So Much More than A Café CJ's is the Creative Heart of Bronte!

## Meet the Artists

Sunday March 27, 2:30—4:00 Meet photographer Andrea Neilsen



Andrea Hebert Nielsen  
One of a Kind Fine Art on Multi-medium

On display 'til April 4



Sunday April 10, 1:30—3:00 Meet Artist Susan Skeaff and hear poetry by Karen Kachra

On display April 4 - May 3

Sunday May 15, 2:30—4:00 Meet Artist Patrick McGoe



On display May 3 - June 7

Sunday June 12, 2:30—4:00



Meet Oil Painter Anna Kutishceva

On display June 7- July 6

## Literature

Sunday, April 10 – 1:30 – 3:00 -- POERTY MONTH CELEBRATION – Meet Mother & Daughter Duo Poet Karen Kachra and Artist Susan Skeaff ~ Reading at 2pm  
Karen has published essays and articles for *Nebula*, *Impulse*, and *Mamazina Magazine*. Her short fiction has been featured in *Maple Tree Literary Supplement* and *Flashquake*. Her writing is read as a complementary experience to the artwork of April feature artist Susan Skeaff.

Thursday April 21, and Thursday April 28, 7:00 – 9:30  
**New Writers Read** – 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/>.

Friday April 29<sup>th</sup>, 7-9PM  
**Meet-the-Author Night**  
Bryan Prince Booksellers of Hamilton, Dundurn Free Publishing & Halton Organization for Pride & Education present author, psychotherapist and consultant Farzana Doctor ([www.farzanadoctor.com](http://www.farzanadoctor.com)) & her new book "Six Metres Of Pavement". Admittance is free.

## Music Socials

Wee Ones Music Circle Tuesdays, with Christina Tam – 10AM  
Every other Tuesday morning Christina Tam shares the love of music with CJ's smallest customers while parents and caregivers share in coffee and social time. Free. April 5, 19; May 3, 17, 31; June 14.



**singlesIMAGINE Saturday Nite Life 7:30 – 11:00PM**  
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. Music featured includes:

- April 9—Jazz Singer Margot Roi
- May 14—Jazz Saxophone with Shirantha Beddage
- June 18 Latin Guitar with Kevin Laliberte (\$30 includes season-closer BBQ)

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

Got an idea for a Music Social at CJ's? Talk to CJ or send an email.

## Live Music Brunchtimes (starting at Noon)

Sunday March 27  
**The Weekend Trio**—The trio performs classic jazz standards of all styles from blues to swing to bossa nova.

Sunday April 3  
**EyesWide** Funky acoustic rock songs a la Dave Matthews Band

Sunday, April 10 11AM—1PM  
**Nicole Aube** - elegant pop and soulful alternative rock music that hushes the anguished heart  
Sunday, April 17  
**Dan Scruton** his vocals have been compared to the likes of Jason Mraz, Rob Thomas, Chris DeBurgh etc  
Sunday May 1

**Rachel Kennedy.** A young singer songwriter who wows the crowds.

Sunday May 8<sup>th</sup>  
**David Lum** – Infusing a blend of folk, pop influences with a touch of bluegrass.

Sunday, May 15  
**Carrie & Lawrence** - Two guitars, two voices, & two hours worth of dynamic folk rock-covers & originals.

Saturday May 21  
**The Weekend Jazz Trio** (see above)

Sunday May 22  
**John & Sheila Ludgate** – a harmonious folk duo PLUS 2:00 – 3:30 **The Hartford Brothers**

Monday May 23  
**Nicole Christian** roots & blues music, with literate lyrics capture the listener. PLUS 2:00—3:30 **Jericho** - roots & rock on 6 & 12 string guitars.

Saturday May 28 Noon to 2pm  
**BH Maitland** on jazz guitar.

Sunday May 29  
**Patrick Tea** - Mellow originals and covers of Bob Dylan, John Lennon, Bruce Springsteen etc

Saturday June 4  
**BenHur** - a lush and rich sound that is unique yet familiar.

Sunday June 5, Noon to 3:30PM  
**Brendon Gomez** - guitar and piano, influenced by The Beatles, U2, Elton John and Frank Sinatra. PLUS 2:00 – 3:30 **Danielle Todd** - A beautiful voice and intricacate music.

Sat June 11  
**Monty Greig's Crooner Show**  
Frank Sinatra, Dean Martin, Michael Buble etc PLUS 2:00 – 3:30 - **Steve Oslansky** – A warm,

Sunday June 12,  
**Andy Griffith** – original material plus folk & pop rock covers such as the Beatles, The Stones, Tom Petty, Crowded House and more.

Saturday June 18  
**Hold the Phones**—soft, slow, blues w piano, guitars & sax.

Sunday June 19  
**Octobres Ending** catchy rock songs with a melodic sensibility and powerhouse vocals

These Folks Helped to Get this Newsletter to You!

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Join us June 18 on a trip of a lifetime, customised to your desires. Informational meeting: **CJ's Café, May 15, 2pm.** (limited space – must reserve). Visit website for your 2 FREE chapters of the Excursion Guide: *An Adventure In Tuscany* by Dawn-Angela Seeley, co-author & tour facilitator:

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