

All \$3.50 *Organic Ingredients **Can't Beet It Wrap ~ \$9 ~** Greaves beets, goat cheese, CJ's seed blend, marinated artichoke, a hint of red onion plus tons of fresh organic ~ Fresh Cut Fruit greens & CJ's dressing! Low-Fat Greek Yogurt w/Honey **W** The New Turk Sandwich ~ **\$9** Organic, local turkey, marinated ~ Side~Dish Sized Soup ~ Bowl O' Beets artichoke hearts, honey mustard & light mayo on delicious bread Goat Cheese & Veggie Wrap ~ \$8.5 Goat cheese, roasted red pepper, - Sweet & Spicy Chickpea* Salad organic veggies, tons of fresh organic greens & CJ's dressing! - Scoop of Light Egg* Salad ◊◊ Cranberry Turkey Wrap ~ \$8.5 Organic, local turkey, CJ's cranberry \$15 Feel-Fabulous **COMBOS** sauce, light mayo & organic romaine ◊◊ The Tuscan Vegan Sandwich ~ \$8 Vegan 'cream cheese', roasted red All come with Coffee, Tea, Water, Apple Juice, Pop or Milk pepper, marinated artichoke, organic greens & CJ's dressing on delicious bread (Substitute goat cheese for vegan 'cream cheese' -\$1) CJ's Breakfast Combo—\$15 Happy Vegan Wrap ~ \$8 Organic chickpeas & organic raisins is a Any Breakfast Wrap or the Breakfast sweet & spicy sauce, with organic greens & CJ's dressing! ♦♦ Healthy Egg Salad Wrap ~ \$8 A generous portion of light egg salad CJ's Superfood Seeds; (the eggs are from local, small-flock, organically fed hens), organic Side Dish of Fresh Fruit greens & CJ's dressing! or Greek Yogurt w/Honey; CJ's Inspired Salads CJ's Lunch Combo 1—The Wrap Combo—\$15 *Any sandwich \$1 more ♦ CI's Organic Garden Salad ~ \$9 (Side ~ \$5.5) A generous portion of organic goodness with CJ's DressingI Any Signature Lunch Wrap;* ♦ Goat Cheese Salad ~ \$10.5 (Side ~ \$6.5) CJ's Organic Garden Salad Choice of Any Healthy Side, Dish or plus roasted red pepper and goat cheese. Side of CJ's Organic Garden Salad; ◊ Tuscan Salad ~ \$11.5 (Side – N/A) CJ's Organic Garden Salad topped A Small Treat with organic turkey, roasted red pepper & marinated artichoke. CJ's Lunch Combo 2—The Soup ♦ The Tuscan Vegan Salad ~ \$10.5 (Side – \$6.5) CJ's Organic Garden Salad with chickpeas, roasted red pepper, & marinated artichoke. Combo—\$15 Choice of Soup with Bread, ♦ Can't Beet It Salad ~ \$10.5 (Side N/A) Organic greens, greaves beets, goat cheese, organic red onion, artichoke, & CJ's dressing! Side of CJ's Organic Garden Salad; A Small Treat What's in CJ's Dressing? CJ's Famous Soups CJ's Lunch Combo 3—The Vegan Coconut Chicken ~ full \$6.75/side \$3.5 Organic Cold-Pressed Olive Oil, Organic Cold-Pressed Sunflower Oil, Organic Apple Cider Vinegar, and/or Gluten-Free Low-Carb Vegetarian ~ full \$5.75/side \$3.5 Combo—\$15 ◊ Vegan Vegatable ~ Full \$5.75/side \$3.5 Organic Blue Agave, Generous Side Tuscan Vegan Salad; Lemon & Lime Juices, Add-Ons/Extras Choice of Any Two Dijon & Garlic ~ Goat cheese, Daiya, Beets, Chickpeas, Healthy Side Dishes; "Better Health Artichokes or Organic Seeds for \$2.25; CJ's SuperFood Seeds In Every Bite ~ Add Organic Turkey \$3.5 100





BREAKFAST MENU

Affordable Organic & Healthy Fare

Hug a Chicken! And Yourself! All breakfasts at CJ's are now made with

Nouveau;

Deliciously old-school, these eggs come from Hope EcoFarms, a collective of

CJ's Café in Bronte Serves Food From Local Farmers Growing Food Naturally

Here we are in the 21st Century, and most of us are so far removed from our agricultural roots that if you asked us where an egg comes from we would say "the store". But where does it come from before *that*? Where is it produced, by whom, and how do they do it?

I have been on a mission to learn more about this, in order to bring the best foods available to Bronte.

I have chosen to serve <u>Small Flock's Delight</u> eggs, because the hens live in flocks of 100-500 birds who go outside and scratch on grass, as opposed to windowless barns of 10,000 to 100,000 birds stacked up in cages or 'free run' on the floor. Small Flock eggs are eggs the way they used to be, before the factory-farm. They come from Amish farms in Aylmer.

I have chosen to switch our turkey to Yorkshire Valley Farms turkey, which is organic & produced by <u>Katrina & Tim deWit</u> in Ingersol. They, too, have a small flock raised the old way.

I'd like to give a shout-out to Organic Garage on Kerr Street for helping me be able to make these changes. I encourage you to shop there for your eggs, turkey & all your grocieries.

 $\diamond = \text{Gluten} \sim \text{free} \odot$ $\diamond\diamond$ = Can easily be made Gluten~free Vegan? Substitutes are vegan 'cream cheese' or Daiya 'cheese' or Vegan "Butter" - no charge

Breakfast Nouveau ~ \$8.75 Scrambled eggs on a bed of dressed organic greens, with asiago cheese.

Traditional Breakfast Wrap ~ \$7.5 Scrambled eggs, cheddar, romaine & light mayo on whole-grain wrap. Light & Fresh Breakfast Wrap ~ \$8.5 Scrambled eggs, dressed organic greens, organic tomatoes & asiago cheese on whole-grain wrap.

Cheese Lovers Breakfast Wrap ~ \$8.5 Scrambles eggs, cheddar, asiago, goat cheese and a hint of tomato and red onion.

"Breakfast in Tuscany" Wrap ~ \$8.75 Scrambled eggs, goat cheese, roasted red pepper, artichokes & organic greens on whole-grain wrap.

 \diamond Also great on a plate, without the wrap

♦♦ Breakfast Bagel ~ \$5.75 Scrambled eggs on a buttered New York-style bagel or English Muffin.

New Old-Fashioned Breakfast - \$8.75 Scrambled eggs, delicious toast & jam with your choice of fruit or yogurt (Substitute organic turkey - add \$2.25).

♦♦ Berry-Good Breakfast - \$4.25 Whole wheat English muffin, raspberry jam & goat cheese (Substitute vegan 'cream cheese' ~ no charge).

♦♦ CJ's Special Bagels or Toast ~ \$3.25 CJ's offers or~ ganic, sprouted grain bagels that have 15-16 grams of protein & less carbs. Or choose toast or an English Muffin. Enjoy with choice of light cream cheese, vegan 'cream cheease', butter, organic vegan 'butter', jam, peanut butter or honey.

◊ Organic Oatmeal ~ \$3.5 Homestyle organic oatmeal.

Add a Bowl of Fresh Cut Fruit ~ \$3.5

or No Fat Greek Yogurt ~ \$3.5 Substitute Gluten-Free Toast - 25¢ Add Organic Turkey ~ \$3.5 Add CJ's SuperFood Seeds ~ \$2.25

This is what Dr. Oz says about: <u>RAW SEEDS FOR HEALTH</u>

"Nutritional POWER Plants" that curb cravings, rev up metabolism, reduce stress, promote beautiful skin, protect the brain, lower blood pressure, prevent strokes & much, much more! Here are a few fun-facts:

<u>CHIA</u> More Omega-3 fatty acids (ounce for ounce) than salmon; three times more calcium than skim milk; 42% of daily fibre in one serving

<u>SUNFLOWER SEEDS</u> Extremely high in vitamin E and magnesium

<u>HEMP HEARTS</u> Highest protein of all seeds

PUMPKIN SEEDS Very high in magnesium





This is what CJ says about: **RAW, ORGANIC SEEDS** FOR A HEALTHIER PLANET

<u>**ORGANIC</u>** = No toxic pesticides, fertilizers, etc, going into the</u> soil & rivers (or you). No energy used to make & transport Agri-chemicals = less CO2 emissions contributing to climate change.

 \underline{RAW} = No energy used to roast the seeds = less CO2 emissions contributing to climate change (more nutrition for you, as well!)

> SEED PROTEIN ~ Albert Einstein said that: "Nothing will improve human health and improve the chances of survival of life on earth as the evolution to a vegetarian diet."

Rich plant sources of protien such as seeds, reduce the need for much more energy intensive meat-production. Another choice that gives us something we can do about climate change.



◊◊ Wee One's Breakfast One scrambled egg, one piece of toast & jam

IENU Wee-One s N For children 5 and under

All served with choice of small glass of milk or small apple juice

 \diamond Wee One's Cheese~Toasty One piece of toast w/ butter & cheddar or vegan

"cream cheese"

♦ Wee One's Fruit Snacktime A bowl of fresh cut fruit

 \diamond Wee One's Soup-Time A small bowl of any soup of the day

Any choice, only \$4.5



BARISTA MENU Milk Choices:

Organic Soy, Organic Almond, Organic 2%, Organic Skim, or Lactose Free

Fair Trade ~ ORGANIC Coffees

See Milk Choices Above	Reg	Large
Brewed Organic Coffees	\$2.00	\$2.40
Brewed Coffee Refills	\$1.25	\$1.50
Brewed Coffee CJ's Way	\$2.65	\$3.25
Organic Espresso	\$2.50	\$3.00
Organic Café Au Lait	\$3.50	\$3.75
Organic Café Americano	\$2.50	\$3.00
Organic Cappuccino	\$4.00	\$4.40
Organic Café Latte	\$4.00	\$4.40
Flavoured Latte	\$4.40	\$4.85
Best Mochaccino Ever	\$4.40	\$4.85
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Teas & Tea Lattes & O	ther Hot D	rinks
Teas & Tea Lattes & O See Milk Choices Above		
See Milk Choices Above	ther Hot Di Reg	Large
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade)		Large
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade) Organic Yerba Mate Tea (Yerba Mate is Dr. Oz's Favorite P	Reg	Large \$ 2.00 \$ 2.25
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade) Organic Yerba Mate Tea (Yerba Mate is Dr. Oz's Favorite P Organic Chai Latte	Reg	Large \$ 2.00
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade) Organic Yerba Mate Tea (Yerba Mate is Dr. Oz's Favorite P Organic Chai Latte (Organic & Clean-Tasting)	Reg ick-Me-UpI) \$4.40	Large \$ 2.00 \$ 2.25 \$4.85
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade) Organic Yerba Mate Tea (Yerba Mate is Dr. Oz's Favorite P Organic Chai Latte (Organic & Clean-Tasting) Matcha Latte	Reg	Large \$ 2.00 \$ 2.25
See Milk Choices Above Hot Teas (Many are Organic & Fair-Trade) Organic Yerba Mate Tea (Yerba Mate is Dr. Oz's Favorite P Organic Chai Latte (Organic & Clean-Tasting) <u>Matcha Latte</u> (Super-Healthy & Uplifting)	Reg ick-Me-Up!) \$4.40 \$4.40	Large \$ 2.00 \$ 2.25 \$4.85 \$4.85
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Planetary & Health Info

Why Organic Coffee? All of CJ's coffees are organic, which provides a richer taste and more appealing aroma, plus a lot of health protection.

Organic coffees are free of any harmful chemicals, and therfore protect the soil, retain the rainforests, prevent the exticution of rare animal species and preserve the balance of fragile eco-systems.

Organic coffees, like all organic foods, also avoid the CO2 emissions that are involved in making and tranporting chemical pesticides, herbicides, fertilizers, fumigants and other chemicals to crops around the world. Growing orgnically drastically reduces the impacts on climate change.

Why The Milk Choices? In addition to catering to special diets & preferences, daily milk choices affect the environment.

CO2 emissions contribute to global climate change. Check out how the different milks compare in the CO2 emissions involved in producing them.



Non-dairy milks stacks up better on a wide variety

Mint or Hazelnut Hot Chocolate

CJ's "HEALING Hot

Chocolate"

Feel Phenomenal at CJ's!

\$3.75

\$4.00

\$4.15

\$4.75

of environmental comparisons, in addition to CO2 emissions. For example, coconut milk farms need the least watering. Non-dairy milks do not pollute rivers with 'solid waste run-off' like cows' milk production does....

Why not try having different milks each time you order? Enjoy some variety and lessen your impact.



Chocolate" Enjoy CJ's special new hot chocolates or mochaccinos made with 50% RAW CACAO and 50% dark hot chocolate. Low sugar. Rich taste.

Now at CJ's:

"Healing

Vegan-friendly. Tons of

health benefits. 100% Organic.

100% Fair Trade

- Reduces appetite and helps in weight loss Helps with cardiovascular health
- Dilates blood vessels and reduces blood clotting
- Assists in regulating heartbeat and blood pressure Reduces the risk of stroke and risk of heart attacks
- Helps to protect from environmental and metabolic toxins
- Acts as an anti-depressant and balances the mood
- Balances the brain chemistry
- Builds strong bones
- Helps to reduce PMS systems and regulate it
- Helps to increase focus and alertness
- Detoxifies the liver
- Helps with healthy pancreas functioning
- Facilitates anti-aging and rejuvenation

CJ's is Taking Care of You. The only place around where you can get healthy, responsible choices like these:

All eggs served at CJ's are organic & "small flock". Deliciously old-school, these eggs come from healthy, local hens kept in small flocks of 100-500 birds pecking on grass, not huge factory-farms.





daiya

Organic, sprouted grain bread and bagels give you 16 grams of protein and 25% less carbs, plus tons of vitamins & minerals. It's also vegan-friendly.

Our turkey comes from a small organic flock in Ingersol, ON, and is roasted fresh by CJ.

VEGAN Options Making healthy & delicious vegan choices is one of the easiest

& most powerful ways to take care of your own health & the health of the planet.

Bronte



Healthy Organic uten-Free Bread

Gluten~Free Options

(These breads & treats are vegan, too.)

awForBeauty.com

TONS of Fresh Organic Greens! Organic fruits and vegetables deliver between 20 and 40% higher antioxidant activity. Scientists say they can protect cells from the effects of aging, or from the sort of damage that can lead to cancer.



You can add CJ's SuperFood Seed Blend to almost anything on the menu ~ for only \$2.25 CHIA, SUNFLOWER SEEDS, HEMP HEARTS & PUMPKIN SEEDS are "Nutritional POWER Plants" that curb cravings, rev up metabolism, reduce stress,

promote beautiful skin, protect the brain, lower blood pressure, prevent strokes & much, much more!



CJ's SuperFood Seeds are

Raw & Organic!

CJ is Taking Care of You

This is what **Dr. Oz** says about the Ingredients on CJ's Menu:



LEAFY GREENS-for HealthySkin In CJ's Salads, Breakfast Nouveau & Loaded into Some Wraps -Richest in Lutein: for eye health, wrinkles

OLIVE-CANOLA OIL In CJ's Famous Dressing, which is used throughout the menu -Dr. Oz calls olive oil 'youth in a bottle' for its CHICKPEAS In the Sweet & Spicy Chickpea Side Dish, the Happy Vegan Wrap, and the

Tuscan Vegan Salad

 -Richest in Lutein: for eye health, wrinkles & cancer-fighting -Rich in cancer-fighting molecules deep in the leaves -Lots of vitamins (K, C, E, and some B's) -Rich in minerals: Iron, calcium, potassium & magnesium -Calorically one of the highest concentration of nutrition 	-Far better choice than cl oil, used in most dressing Corn oil & soybean oil a	hting molecules to absorb calcium , blood-vessels and brain heaper corn oil & soybean gs.served elsewhere. re high in omega 6 fatty s and cancels out the heal-	Tuscan Vegan Salad -One cup gives you 50% of your daily fibre -Regulates blood sugar and lowers choles- terol -Iron: essential for immune function but difficult to absorb; Dr. Oz suggests pairing with red peppers (Try the Tuscan Vegan Salad) -High in vitamin B, which can give head- ache relief	
VEGAN & VEGETARIAN CJ's is 40%Vegetarian & 25%Vegan -Plant-based foods improve your health & provides more essential nutrients per calorie -Helps maintain a healthy weight; reduces risk of stroke, heart-disease, diabetes, can- cer, high blood-pressure & other diseases	One of Our Vegetarian Soups of the DayIn-Contains vitamins A, B1, B3, B6, C, and E-1-Contains minerals such as: folate, calcium, potassium, selenium, manganese and fibre1-Caretenoid rich- a potent antioxidant and anti1		NO TRANS-FATS In CJ's Good-For-You Muffins Trans-fats are the worst for your health Trans-fats increase your bad choleserol & lecrease your good choleserol Trans-fats accumulate in your arteries Trans-fats increase risk of heart disease	
SUNFLOWER SEEDS In our Sunflower Multigrain Panini Bread -Full of the amino acid tryptophan which can help manage stress and stimulate chemi- cals in your brain to help you to relax -Good source of thiamin, omega 3s and fibre -Lignin phyto-estrogens prevent collagen breakdown -Rich in vitamin E which can help fight Alzheimers Disease and more	In The New Turk Sandwich, Tuscan Salad, Tus- can Vegan Sandwich & Salad, and the BreakfastIn can Vegan Sandwich & Salad, and the BreakfastInin Tuscany Wrapn-Contain 3 different cancer-fighting molecules-1-Fights wrinkles and early aging skin disordersb-Helps control blood sugar, relieve constipation, and lower cholesterol-0-One serving contains 10 grams of fibre-5		FRESH FRUIT In the Fresh-Cut Fruit Side-Dish -Fruit are high in flavonoids and carote- noids, two plant-based antioxidants -Removes free-radicals from your skin and body that cause cell-damage and pre- mature ageing -Can help you look and feel younger -Satisfies the sweet-tooth while providing vitamins, minerals and more	
GOAT CHEESE In the Goat Cheese & Veggie Wrap, the Breakfast in Tuscany Wrap, the Goat Cheese Salad and Berry Good Breakfast -High in calcium and easy to digest	Packets of Hot Sauce with Condiments A -Capsaicin lowers triglycerides and prevents oxidation of cholesterol Sa		GLUTEN-FREE A Substitute Available for Breakfasts, Sandwiches, and Muffins -Is an excellent option for people with gluten sensitivity	
LEAN PROTEINS Turkey Breast in New Turk Sandwich, Cranberry Turkey Wrap, Tuscan Salad, & instead of Bacon in Old Fashioned -Fulfills over ½ your daily protein needs -Tryptophan in turkey, affects melatonin to regulate your internal clock -May help increase HDL cholesterol (good), & reduce LDL (bad kind) -Great source of B12, aids in brain function -Rich in potassium & zinc	In Our Low-Fat Apple- Cran-Blue Muffins & B -Antioxidant & Anti-infla -Source of vitamin C, fib ing), and copper -More nutrients than appl and peaches	Blueberry-Bran Muffins	ROASTED RED PEPPERS In the Goat Cheese & Veggie Wrap, Breakfast in Tuscany, Tuscan Salads, Goat Cheese Salad, and Tuscan Vegan -More then twice the vitamin C of an or- ange and a third the calories -Vitamin C unlocks iron making it accessi- ble to blood cells -When eaten early in day, can lower amount of food eaten later in day	
	C COFF chemical pesticides of the highest lev-	-High in antioxidants, pr benefits -Drinking coffee can hel -Boosts immune system -Protects the brain by ke	roviding many anti-cancer and other p control diabetes reping the blood-brain barrier intact and mwanted materials and damaging	
and leaves an aftertaste ORGANIC MILK In CJ's Cappuccinos & Lattes & Barista Drinks; at Coffee Stand -No Bovine Growth Hormone or antibiotics -No pesticide residue is in the milk because cows are fed organic feed -Cows have not been fed genetically modified corn or soy -May be higher in Omega-3 Fatty Acids, for brain-boosting and more	MIC MILK Cappuccinos & Lattes & Barista at Coffee Stand ne Growth Hormone or antibiotics cide residue is in the milk because fed organic feed we not been fed genetically corm or soy nigher in Omega-3 Fatty Acids, forMATCHA -Dr. Oz's 'Secret' Metabloism- Booster Available as a Latte, added to Mango Smoothie & in Extreme Gree Yerba Mate -Abundant in antioxidants that protect cells from free radical damage (reducing cancer risk), aid in stress re- duction, and boosts brain health -Polyphenol EGCG, a thermogenic compound, boosts metabolism		residues and is non-GMO -Regulates cholesterol levels - Helps lower blood pressure -High in healthy proteins, low in fat	
YERBA MATE Dr. Oz's Favorite <u>Pick-Me-Up</u> Available by the Cup or by The Box to Take Home (Organic) -Has the ability to suppress one's appetite -Helps prevent against becoming anxious -Great way to boost your energy and stimu- late metabolism -Helps regulate sleep cycles and boost im- mune system -Excellent source of antioxidants, vitamins and minerals	GREEN TEA Available by the Cup; also available blended with Yerba Mate in the Exteme Green and Earl Green Yerba Mates (All Organic) -1/4 th the amount of caffeine found in coffee -Powerful anti-oxidants, helps prevent prostate, and bladder cancer -Contains phytonutrients creating the feeling of fullness, curbing hunger -Activates thermogenesis, your cells are burning energy and fat!		flavonoids	
ALMOND MILK Available Alterative to Cow and Soy Milk -Contains tryptophan and ecosapentaenoic acid, helps treat depression -Has ZERO cholesterol and high in calcium -Rich in selenium (cancer prevention) -Vitamin D (bones), E (heart/skin), A (eyes) -Free from dairy, soy, lactose, gluten, and saturated fat -Low on glycemic index, and low in calories	MANGOIn CJ's Mango Smoothie (See also: Matcha, which can be added)-Packed with flavonoids (anti-cancer)-Helps eliminate unwanted fats from the body-High in antioxidants, beta-carotene and phytochemicals-High vitamin C, A, Iron, Potassium and Magnesium-The iron is readily absorbed because of the high vita- min C-Safest fruit for diabetes (lowest glucose response of all fruits)		Available in CJ's Organic Chai Latte, Organic Cardamom Chai Yerba Mate, Organic Chai Rooibos als and Chai Black Teas -Increases circulation - Improves energy	
CINNAMON Available on all specialty drinks -Linked to lower blood sugar levels -Polyphenols improve insulin sensitivity and t -Detoxifier and stimulator of brain function -Fights bladder infections	otal LDL cholesterol	-Flavonoids combat high bl -Antioxidants repair damag	rt disease and diabetes by thinning the blood ood pressure by relaxing the blood vessels	