

CJ's Really GOOD Drinks

	Small	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	\$2.5	\$3
Organic Café Au Lait	\$3.5	\$3.75
Organic Americano	\$2.5	\$3
Organic Cappuccino	\$4	\$4.5
Organic Café Latte	\$4	\$4.5
Flavoured Latte	\$4.5	\$4.95
Best Mochaccino <i>Ever</i>	\$4.5	\$4.95

Hot Teas (over 20 — many are organic) \$2

Energizing Yerba Mate Teas \$2.25

Organic Chai Latte \$4.5 \$4.95

Matcha Latte (So Healthy!) \$4.5 \$4.95

London Fog \$4.5 \$4.95

Amazing Hot Chocolate \$3.75 \$4.25

“Healing” Hot Chocolate (mostly organic!) \$3.75 \$4.25

Real Hot Apple Cider \$3.75 \$4.25

Milk Choices: Organic Soy, Organic 2%, Organic Almond, Skim or Lactose-Free

REAL MANGO SMOOTHIES — only \$4.95

Gives you **200%** of your Vitamin C, **50%** of your Vitamin A & **25%** of your Iron. Boost it up by adding Matcha for \$1.50.

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- Organic Ingredients
- Gluten-Free Options
- Beyond-Free-Range
- Vegan-Friendly

Summer 2015

◇ = Gluten-free ◇◇ = Can easily be made gluten-free

VEGAN or DAIRY-FREE? Ask for Daiya vegan 'Cheese' Shreds or vegan 'cream cheese'.

MORE INSIDE

CJ's Lunch Sandwiches & Wraps

Goat Cheese & Veggie Wrap \$9 Goat cheese, roasted red pepper, organic veggies, tons of fresh organic greens & CJ's dressing!

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 greens & CJ's dressing!

◇◇ **The New Turk Sandwich - \$9** Organic, local turkey, marinated artichoke hearts, honey mustard & light mayo on delicious bread (ask what breads are available)

◇◇ **Cranberry Turkey Wrap \$8.5** Organic, local turkey, CJ's cranberry sauce, light mayo & organic romaine

◇◇ **The Tuscan Vegan Sandwich - \$8** Vegan 'cream cheese', roasted red pepper, marinated artichoke, organic greens & CJ's dressing on delicious bread (Substitute goat cheese for vegan 'cream cheese' —\$1) (ask what breads are available)

Happy Vegan Wrap - \$8 Organic chickpeas & organic raisins is a sweet & spicy sauce, with organic greens & CJ's dressing!

◇◇ **Healthy Egg Salad Wrap - \$8** A generous portion of light egg salad (the eggs are from local, small-flock, organically fed hens), organic greens & CJ's dressing!

CJ's Inspired Salads

◇ **CJ's Organic Garden Salad - \$9.5 (Side - \$5.5)** A generous portion of organic goodness dressed with CJ's Special Salad Dressing

◇ **Goat Cheese Salad - \$11 (Side - \$6.5)** CJ's Organic Garden Salad plus roasted red pepper & goat cheese

◇ **Tuscan Salad - \$12 (Side - N/A)** CJ's Organic Garden Salad topped with organic turkey, roasted red pepper & marinated artichoke

◇ **The Tuscan Vegan Salad - \$11 (Side - \$6.5)** CJ's Organic Garden Salad plus organic chickpeas, roasted red pepper, & marinated artichoke

◇ **Can't Beet It Salad - \$11 (Side N/A)** Organic greens, delicious Greaves beets, goat cheese, organic red onion, artichoke & CJ's dressing

CJ's Café in Bronte

2416 Lakeshore Road West

(905) 465-0411 (you can call ahead for take-out)

cj@cjscafeinbronte.com

www.cjscafeinbronte.com

CJ's Healthy Side Dishes (All \$3.5)

Fresh Cut Fruit • Low-Fat Greek Yogurt w/Honey • Side-Dish Sized Soup • Bowl o' Beets • Scoop of Sweet & Spicy Chickpea*
Scoop of Light Egg Salad* Salad

*Eggs & chickpeas are organic

Feel-Fabulous COMBOs for only \$15

All include choice of
Coffee, Tea, Water, Apple Juice, Pop or Milk

CJ's Breakfast Combo—\$15
Any Breakfast Wrap or the Breakfast Nouveau,
Side Dish of Fresh Fruit or Greek Yogurt w/ Honey,
CJ's SuperFood Seeds, & a Drink

CJ's Lunch Combo 1—The Wrap Combo—\$15
Any Lunch Wrap,*

Choice of Any Healthy Side
Dish or Small Portion of CJ's
Organic Garden Salad,
A Small Treat, & a Drink

(* Any sandwich instead of wrap for \$1 more)

CJ's Lunch Combo 2—The Soup Combo—\$15
Choice of Soup of the Day with Bread,
Generous Side of CJ's Organic Garden Salad,
A Small Treat. & a Drink

CJ's Lunch Combo 3—The Vegan and/or Gluten-Free Low-Carb Combo—\$15
Generous Side Tuscan Vegan
Salad, Choice of Any Two
Healthy Side Dishes,
CJ's SuperFood Seeds,
& a Drink



Mon-Thurs 9:30—4:00

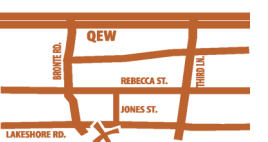
Sat-Sun 9:00—4:30

Last Food Orders 3:00

Last Barista Orders Half hour before close

Last Sales 15 min before close

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Deliciously old-school, our eggs & turkey comes from small, healthy flocks of 100-500 birds that peck on grass, **not** from huge “factory farms.” These organic, small-flock farmers go way beyond “free-range”, achieving the healthiest, most humane standards. Better on every level.



What's In CJ's Delicious Dressing?

Organic, Cold-Pressed Olive Oil
Organic, Cold-Pressed Sunflower Oil
Organic Apple Cider Vinegar
Organic Blue Agave
Lemon & Lime Juices • Dijon & Garlic

“Better Health in Every Bite”

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!

Menu Continued..

CJ's Famous Soups

Coconut Chicken Soup ~ full \$6.75/side \$3.5
♦ Vegan Vegetable Soup ~full \$5.75/side \$3.5

♦ Add (or add extra)

goat cheese or Daiya, beets, organic chick-peas, artichokes or organic SuperFood Seeds for \$2.25;
Add organic turkey for only \$3.5

Wee One's Menu (for kids under 5)

All \$4.5, with a small glass of milk or apple juice (while you're here, enjoy our books & games!)

♦♦ Wee One's Breakfast

One scrambled egg, one piece of buttered toast & jam

♦♦ 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

All Day Breakfast

♦ 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, tomatoes & asiago cheese on whole-grain wrap

Cheese Lovers' Breakfast Wrap— \$8.5

Scrambled eggs, cheddar, asiago, goat cheese and a hint of tomato & red onion

“Breakfast in Tuscany” Wrap-\$8.75

Scrambled eggs, goat cheese, roasted red pepper, artichokes & greens on whole-grain wrap.

♦ Also great without the wrap, on a plate,

♦♦ Breakfast Bagel ~ \$5.75

Scrambled eggs on a buttered bagel or English Muffin.

♦♦ The New Old-Fashioned Breakfast ~ \$8.75—Scrambled eggs, delicious toast & jam & your choice of fruit or yogurt (substitute organic turkey breast \$2.25)

♦♦ Berry-Good Breakfast \$4.25

Whole wheat English muffin, raspberry jam & goat cheese. (vegan subst.: Daiya ‘cream cheese’)

♦♦ CJ's Special Bagels or Toast ~ \$3.25

CJ's offers organic, 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 cheese’, butter, organic vegan ‘butter’, jam, peanut butter or honey.

♦ Organic Oatmeal —\$3.5

Homestyle organic oatmeal.

Add A Bowl of Fresh Cut Fruit or a Bowl of Yogurt with Organic Honey! only \$3.5

What's Happening at CJ's?

LIVE MUIC 12-2PM Weekends

Sat. June 13 –Folk-soloist Andy Mittl
Sun Jun 14 Folk Duo John & Sheila Ludgate
Sat June 20 – Folk 5-piece The Dayfoot Band
Sun June 21 –Original songs with BlackSuit Devil
Sat June 27 – Carrie DeMaeyer's Singer-Songwriter Showcase
Sun June 28 – Nashville's Patrick James Clarke
Sat July 4- Folk Rock with Steve Denommee
Sun Jul 5 – Mellow music with Timeless Void
Sat July 11 – Pop singer Emily Bruch
Sun July 12 – Pop-rock-jazz with Dan Scruton
Sat July 18 – Steel strings with Steve Oslansky
Sun July 19 – Country singer Lisa Savoie
Sat July 25 –Folk-soloist Andy Mittl
Sun July 26- Folk Duo John & Sheila Ludgate
Sat Aug 1 - Folk Rock with Steve Denommee
Sun Aug 2 – West African Songwriter Kunle
MON AUG 3 – Music for Zoomers with Dr. J
Sun Aug 9 – Folk harmonies with Lusterfield

FOR MORE LISTINGS CHECK
CJSCAFEINBRONTE.COM



THE ART OF FLAMENCO!

Sat Aug 29. 8-11pm — Trained in Spain, the performers lock into a mesmerizing and energetic conversation between musician and dancer, with the roles of rhythm, accompaniment and soloist seamlessly and effortlessly jumping from one individual to the next. Tickets \$20.
Email kimemacedo@gmail.com

Hear it at CJ's

Wed June 24, 7-9pm Brian Henry's writing students read

Thurs July 16, 7:30-9pm CLIMATE REALITY

Presentation by David Staples, PhD. Trained by Al Gore, David will focus on food choices & climate change.

See it at CJ's

- **June**—Photography by Mark Zelinski — Meet Mark July 2, 6-9pm (part of Bronte Lake Walk Thursday)
- **July**—Photography by Michael Wilhems and Artwork by Mary Knowland & Derik Hawley

- **August**— Paintings by Elizabeth Elkin & Deborah Parker—Meet the Artists
Thurs Aug 6, 6-9pm (part of Bronte Lake Walk Thursday)



Be at CJ's for Canada Day!



- Live Music 10AM-6pm with the Dayfoot Band & the Retro Rock Lounge
- Face-Painting by Laura Stephenson & Timea Szoboszalai
- Children's art-activities by Trisha Smith
- Jewelry-Making with Beads for Africa volunteers
- Live Painting by Sanjay Patel
- LIVE AUCTIONS throughout the day

All activities will fundraise for a clinic for abandoned children in Nairobi, Kenya.

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