Food For Thought

PJ Quigley's Bar & Grill April 2009

Chris Turns 27 this month.

Help us Celebrate!

What better way to welcome **NEW** PJ's General Manger Chris D. than with a PARTY! …and what party would be complete without cake?

FREE BIRTHDAY CAKE for Royalty Rewards members!

SATURDAY APRIL 25 after 3:00PM!

NOTE FROM CHRIS: For those who wanna join in my crazy part, on Sunday April 26th, I'll be going sky diving and hopefully living through it! ~ see me for details! ~

Bring Your Family to Our House.

For Our (almost) Famous Easter Breakfast.

Our Easter Breakfast ALWAYS sells out, it's one of our most popular days, so don't wait until the last minute and be forced to settle for 2nd best where they have lots of extra seats (I wonder why?) Easter Breakfast features delicious Fruit Waffles, Fluffy pancakes, Eggs Benedict and many more of your breakfast favorites. The lunch menu is available after 11am. Relax this year and let us do the entertaining.

Imagine…no dishes to wash!

Sunday, April 12th
7:30am – 3 pm Brunch
Reservations are recommended
613.820.2969

Toss it up fresh to go

New for YOU!

Partner Andy Ross, staff & guests at "Toss it up"

Toss it up "fresh to go", is PJ's new downtown restaurant dedicated to serving you **nutritious, delicious, fast and affordable** food downtown. We create made-to-order salads, warm & toasty wraps, fat-free frozen yogurt and fair trade fresh ground coffee.

Just 'cause you're on-the-go doesn't mean you should compromise on delicious taste or your good health! ***Toss it up*** is your new healthy alternative to fast food.

Toss it up fresh to go

Try us this month for FREE! Show us your Royalty Rewards Membership Card and we'll treat you to a free muffin & coffee! It's our way to say thanks for all your support. Ask us for more details!

THANKS FOR THE KIND WORDS

"Familiar surroundings where everybody knows your name and you know everybody's name. Comfortable feels like home."
~ John D.

The server we had is the best of a group of excellent servers. She always kids around with my two boys… we had friends with us who had never been to Quigley's and they will be back. The food is second to none in the city. ***~ Patrick L.***

Join Our Royalty Rewards Program and Save Every Time You Dine With US!

PJ Quigley's Bar & Grill

www.pjquigleys.com 250 Greenbank Rd at Huntclub W. 613-820-2969

Open Daily at 11:30am ~ Weekend Breakfast 7:30am-2pm

Will the Real Cook Please Stand Up?

Do you know which of these brands were named after real people?

Chef Boyardee
Mrs. Butterworth
Betty Crocker
Duncan Hines
Aunt Jemima
Oscar Mayer

Answer: Chef Boyardee (Hector Boiardi), Oscar Mayer, and Duncan Hines were real people. The rest are marketing fabrications.

Web 2.0

LOOK! WE'RE ON FACEBOOK!!!!

(OMG I used 4 exclamation points!!!!

Oohh I did it again!!!! I LOVE Facebook!!!!)

For a decade, we've witnessed the growth of social media; MySpace, Digg, Flickr, YouTube. It's pretty hard to move your eye-balls away from Facebook, the social network with a database of over 190 million people.

PJ events, specials, pictures, rants, discounts and other items of vital importance, are posted on our Facebook page.

GO AHEAD...BE OUR NEW FACEBOOK FRIEND!!!!

Double Your Hard Earned Money

If you're one of the dozens of folks who signed up for **PJ's E-blast** newsletter last month, let me just say you are one smart customer! Now you're getting free money Royalty Rewards money and a coupon with our Tuesday emails!

An inbox can get pretty crowded and we appreciate you allowing our mail to get through! If ever you decide you're no longer feeling the **PJ Love**, you may safely unsubscribe at the bottom of any message. We respect your time and promise to be a good e-neighbor!

We had a little e-fun with you on April Fool's Day (but made up for it with a $10 off coupon), reporting we were preparing to close because of the economy…you said:

"I loved the April Fools e-mail. So did my kids. You really had them worried that you were closing!!" ~ Karen

"This is hilarious, you're to be complimented as the best April Fools jokester of the year.." ~Dave

"Don't scare me like that!" ~ Sam

Check 'em out yourself! Every email is archived at our website www.pjquigleys.com. You can sign up for free anytime!

Your Daily Beer Haiku

After enough beers

My intelligence dazzles

Others are jealous.

That's a haiku, a verse form of three short lines. When we drink beer, we sound a whole lot smarter. Try it yourself!

CHEERS!

"It's not a bar and it's not a restaurant; it's a pub -- and it's MY pub. A comfortable and natural environment without the hype and artificial glitz of the trying-too-hard-to-be-a-commercial-success place. Nothing to distract from the relaxed conversation with family and friends. Thanks Joe, for the honesty." ***~ Heather G.***

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You could be the Winner of a

FREE Dinner!

WHERE IN THE WORLD?

The first **5** people to tell us the correct answer to what country this is in wins a **FREE** Appetizer valued to $5.00 and if you can tells us SPECIFICALLY WHAT and WHERE this is you win a FREE dinner on us, valued to $10.00

Cooking Your Easter Ham

If your Easter celebration involves serving a ham at dinner, these culinary tips can help ensure a successful outcome:

- Line the roasting pan with aluminum foil to avoid a difficult clean-up job.
- Don't trim off the fat rind; it bastes and flavors the meat as it cooks.
- Don't coat the ham with sugar until the last hour of cooking or it could burn.
- Cover the ham with aluminum foil when you get it out of the oven and let it sit for 15 minutes. The juices will return to the meat and make it easier to slice.
- Use a sharp knife with a long, thin blade for easier carving.

Quotes from an Anti-Recessionist

"The pessimist complains about the wind.

The optimist expects it to change.

The realist adjusts his sails."

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Fight Insomnia with Yoga

If you have trouble sleeping, you may want to try practicing yoga. According to fitness guru Tony Greco, yoga can lower overall stress levels that keep you tossing and turning at night. In a Harvard Medical School study, participants practiced yoga exercises for 45 minutes every evening for eight weeks and reported that they fell asleep faster, by an average of 30 percent, and woke less often, by an average of 35 percent.

How to Save the Economy

"Small businesses are, and will remain the backbone of the local economy. Small businesses employ over half of Canadians, and given the loss of large company jobs to cheaper overseas markets, that percentage will only grow.

So when the kids want to order pizza from that cool national chain that advertises on TV, think about the local guy who is in his pizza shop 12 hours per day, 6 days per week. By the way, he's probably got the best pizza in town." ~ *Linda*

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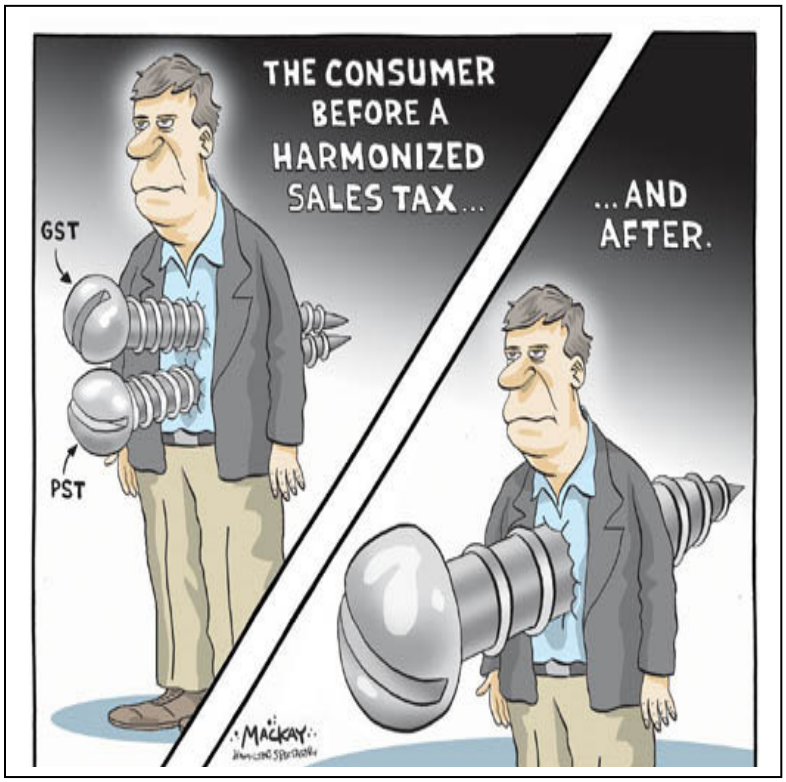

HAPPY BIRTHDAY!

Reginald Burton, Barbara Charland, Michael Cody, Katherine Comunale, Kristin Dorrance, Rick Ellas, James Gilliland, Jock Jardine, Bob Kirk, Rick Laferriere, Michael Lazaus, Linda McCormack, Allan Midgley, Katya Brown, Aaron Kaiman, Jim Niles, Andrea O'Connell, Cindy Powers, Sue Meehan, Alan Smart, Maria Swan, Renee Vanderkuip, Linda Wilson, Jennifer Wong, and Suzanne Walker….To all our Members celebrating this month, watch your mailbox for your gift from PJ Quigley's!

EASTER HOLIDAY HOURS:

Good Friday April 10: 11:30am - 10pm
Saturday April 11- 7:30 - 12am
Sunday April 12- 7:30am – 3pm
Easter Monday: Mon- 11:30 - 10pm

APRIL CALENDAR OF SAVINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Don't Delay. Reserve Today. ***Easter Breakfast on April 12!*** 613.820.2969			1 April Fools Day	2 **$3.00 BUCKS OFF Fajitas**	3 Friday Fish & Chips	**4** Weekend Breakfast
5 Weekend Breakfast	6 **DOUBLE POINTS ALL DAY!**	7 **Three Course Dinner Every Tuesday $10.00**	8 **National Walk to Work Day**	9 Passover Begins	10 Friday Fish & Chips	11 **SEASON FINALE! Sens vs. Leafs 7pm**
12 EASTER BREAKFAST 7:30am-3:00pm	13 ***DOUBLE POINTS ALL DAY!***	14 **Three Course Dinner Every Tuesday $10.00**	15 Passover ends	16 **$3.00 BUCKS OFF Fajitas**	17 Friday Fish & Chips	18 Weekend Breakfast
19 Weekend Breakfast	20 ***DOUBLE POINTS ALL DAY!***	21 **Three Course Dinner Every Tuesday $10.00**	22 **EARTH DAY!**	23 **$3.00 BUCKS OFF Fajitas**	24 Friday Fish & Chips	25 Weekend Breakfast
26 Weekend Breakfast	27 ***DOUBLE POINTS ALL DAY!***	28 **Three Course Dinner Every Tuesday $10.00**	29 Hug a Friend Day	30 **Income Tax Day**		

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