



Food For Thought



PJ Quigley's Bar & Grill

March 2008

Guest Spotlight...

and party invitation!



Just a few buddies, chillin at PJ's

You can't imagine how good it makes us feel to spotlight these guys! The staff nick-named them the "Rye Bread Guys", cause they BTOB (Bring Their Own Bread), Here they are enjoying the Weekend Breakfast. We honor them with this coveted recognition because they keep us hopping and keep us laughing. (kinda makes ya feel all warm and fuzzy looking at that picture, don't you think?). Seriously, we love 'em cause they remind us of **who and what WE are**: your neighbourhood pub, the place you come with friends and family, relax, and have a laugh and a good meal.

So is that what keeps them coming back? Or, is it our low prices? Our great menu selection? Our informed, friendly service? Our clean, well-organized restaurant? They're not saying, so we're guessing "All of the Above"!

To thank all of YOU for being GREATGUESTS, we invite you to your **Big Guest Appreciation Party Saturday March 28 at 7pm .**

We're talkin' party here people!!

Complimentary Appetizers, Beer, Wine, Cocktail Tastings, Gifts and Prizes for Everyone!

Watch Your Email In-Box For Your Invitation!

St Patrick's Day Celebration



Tuesday March 17, 2009~Are you ready for the time honored tradition of going into a bar at the crack of dawn just to get kicked out before lunchtime? Are you prepared to indulge in copious amounts of corned beef while washing it down with an Irish Car Bomb? Have you picked out a **tacky collection of apparel that's colored green with clovers** adorning every inch of your body, all topped off with a plastic bowler hat? Then my friends, you are ready for the PJ Quigley's Bar & Grill **St. Paddy's Day Extravaganza!**

Green Beer. Irish Stew. Menu Specials. This is the day to try Irish Car Bombs, Dirty Girls Scouts, Nutty Irishmen and nearly anything else involving Jameson, Bailey's or Stout! **RSVP Today!**

LIVE MUSIC 7PM!

FREE ROYALTY REWARDS POINTS!

This month, update your email address with us. Once verified, we'll add **50 BONUS Points** to your Rewards Account!

Valentine's Day Dinner 2008

"It is always a pleasure to come to Quigley's, you don't have to dress up fancy, you can be yourself - go out for a nice relaxing time and leave feeling better. Price is good, the company is better." ~ The Cossee's

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 11am ~ Weekend Breakfast 7:30am-2pm

Easter Weekend Update

Sunday April 12, 2009

Our Easter Breakfast ALWAYS sells out!

It's one of our most popular days. 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 items like **Strawberry Waffles** and **Eggs Benedict**. Take the load off of family entertaining and join us for Breakfast, Lunch or Dinner.

Breakfast Served 7:30-2pm

Full menu available at 11am

Reservations Recommended

613-820-2969

It's Easy Being Green



In keeping with St. Patrick's Day, we continue to "green" the restaurant by conserving water, electricity and natural gas. We turn on/off things like TV's and equipment, and wait 'till racks are full before putting them in the dishwasher. Every bit helps our community and the environment!

MAKE MINE DARK



The old advertising slogan "**Guinness is Good for You**" may not be far off the mark! University of Wisconsin researcher John Folts found dark beer, like stout, has three times the concentration of flavonoids than lighter brews. Flavonoids are nutrients that help keep heart attack causing blood from forming, and reduce the risk of hardening of the arteries.

They're always After Me Lucky Charms!

Win Our Pot 'O Gold!



Have a good look at our **giant box of Lucky Charms** on display in bar. You can add your gold coin to the pot (a Loonie!) and take a guess at how many green clovers are in the box. Previous

Common Dream Meanings

Kelly Sullivan Walden, author of *I Had the Strangest Dream*, offers this explanation of common dream scenarios:

Falling ~ feeling overwhelmed; loss of control or confidence; losing your way

Being Chased ~ wanting to get away from a problem but can't

Flying ~ joy, creativity, independence

Taking a test ~ feeling unprepared for a challenge

Losing teeth ~ powerlessness, financial stress or loss



QUIGLEY'S IRISH BLESSING

"Life alas is very drear. Up with the glass. Down with the beer!"

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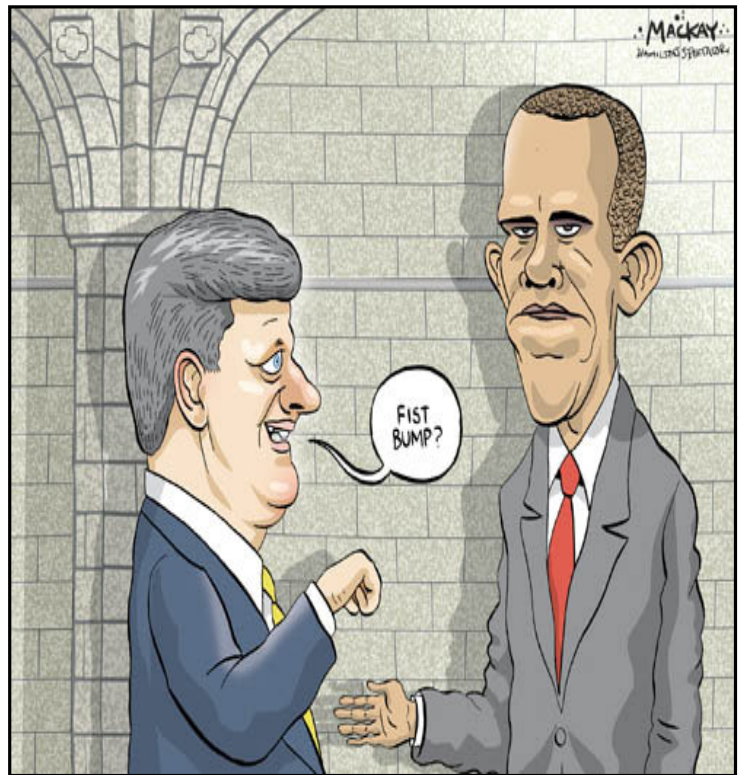
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HAPPY BIRTHDAY!

Colin Brownlee, Alan Berish, Graham Brooks, Paul Brennan, Gord Charland, Elliot Edelstein, Bessie Giovanopoulos, Judy Hosking, Karen Jackson, Steve Kaiman, Celine King, John Lessard, Don Phair, Mark Scarr, Vicki Snow, Vicki Steenhorst and Martin Scrivens!

Congratulations to EVERYONE celebrating a Birthday or Anniversary this month! Watch Your Mailbox For a Birthday Gift From Us!



March Calendar of Events ~ menu specials after 5pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Weekend Breakfast 7:30-2 	2	3 WHAT RECESSION? 3 Course Dinner \$10.00	4 National Goof Off Day 	5 SAVE \$3 on Fajitas 	6 Fish & Chip Friday	7 Weekend Breakfast 7:30-2 
8	9	10 WHAT RECESSION? 3 Course Dinner \$10.00	11 Potato Chip Day 	12	13	14 Weekend Breakfast 7:30-2 
15	16	17	18 Something on a Stick Day 	19	20	21 Weekend Breakfast 7:30-2 
22	23	24	25 Employee Appreciation Day 	26	27	28 Guest Appreciation Party 7pm 
29	30	31				

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