

the WHEAT SHEAF

Spring 2009

THE NEWSLETTER of WITH THE GRAIN - BAKERY · CAFÉ · CATERING · PANTRY · WORKSHOPS
Corner of London & Woolwich · Guelph, Ontario · 519.827.0008

Café Mon to Fri 8 am-6 pm · Sat 8 am-5 pm · Sun 9 am-5 pm | Bakery at 295 Tues to Sat 7 am-2 pm | See below for holiday hours

Springing forward!

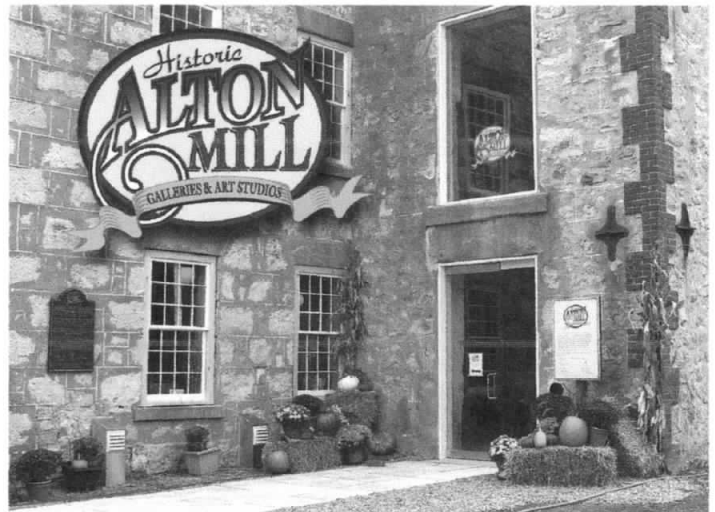
From the moment we Spring Forward in March, I'm always convinced winter is over and no matter how many snowstorms follow, I still believe it. I hang up my winter coat and take out my spring jacket; I start planning my garden; and at the Bakery, we start anticipating the first delivery of fresh local rhubarb.

And as with every other Spring in the last nine years we start creating our action plan for our newest changes! Yes, once again Spring is sprouting a fresh batch of ideas and projects here at With the Grain! Last year we moved the bakery production into the new building and reorganized the kitchen and counter area in the café. This year we plan to move the bread pick up entirely to the new building. Now you can pick up your loaves (sliced and unsliced), fresh baked treats right out of the ovens,

our specialty Pantry products, coffee, teas and cold drinks without the café line-ups.

On the café side, our kitchen crew will be taking advantage of the larger space to create some new menu items (see *Breakfast Bounty* on page 3). The café will undergo a change: we'll now be providing full table service in our dining room. This change will mean less wait-time at the counter for takeout customers, while our dining-in guests will be able to sit and relax, enjoying their time at WtG while our wait staff bring them the delicious meals, desserts and beverages.

Our last new venture for the Spring is the opening of a small café in the village of Alton in the town of Caledon. We are taking the opportunity to be part of an exciting new project called the Historic Alton Mill, an old textile mill that has been



Historic Alton Mill is the home of the latest WtG project, Shaw's Creek Café.

renovated into an amazing group of galleries and artisan studios. This beautiful space is just perfect for a small café that sells great coffee and teas, light lunches and baked goods. We will also be selling our Pantry products there and taking part in the special events the Mill presents throughout the year. We plan to open With the Grain's Shaw's Creek Café in early April. We will be open Wed

to Sat 10 to 5 and Sun 12 to 5. We'd love it if you came out to visit!

One last teaser: we have something special planned for our Pantry space, which we'll be unveiling later this summer! Stay tuned!

Sheri Bishop

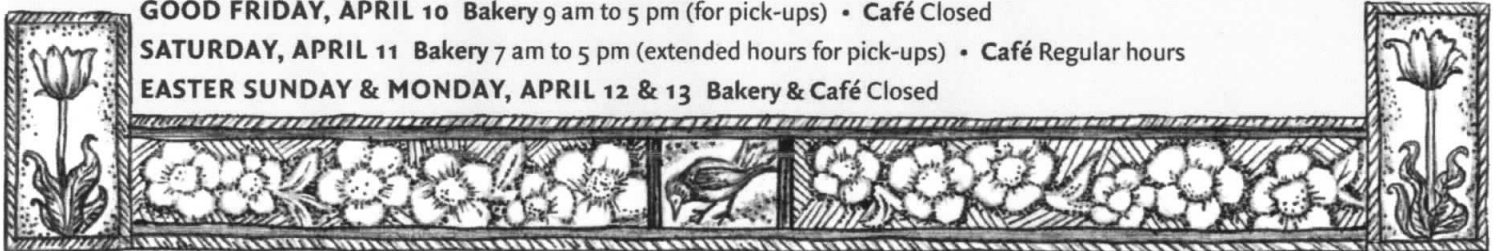
For info on the Historic Alton Mill visit www.altonmill.ca.

Easter Hours

GOOD FRIDAY, APRIL 10 Bakery 9 am to 5 pm (for pick-ups) • Café Closed

SATURDAY, APRIL 11 Bakery 7 am to 5 pm (extended hours for pick-ups) • Café Regular hours

EASTER SUNDAY & MONDAY, APRIL 12 & 13 Bakery & Café Closed



Easter in the Bakery



Our Lemon Shaker Pie has become an Easter staple with its marmalade-like custard filling and our tender pastry crust.

As Easter approaches the bakery is preparing to offer a selection of our tried and true treats with a few special surprises.

Look for our annual Easter pie feature, the tangy **Lemon Shaker Pie**. We fill our pastry crust with thinly sliced whole lemons (rind and all)

that have been blended with sugar and eggs, and top it off with another layer of flaky pastry. The pie has a sweet-tart taste, like marmalade. Lovers of lemon will also be pleased to know that we'll be making our favourite lemon loaves. Studded with blueberries and topped with

a tangy lemon glaze, our **Blueberry Lemon Loaf** is a taste sensation.

Our **Pear-Rhubarb Pie** will also be making an appearance: rosy rhubarb and sweet pears topped with an oatmeal almond crumble. As an extra treat for pie fans, we will be offering **Coconut Cream Tarts**, 4"-diameter rounds of our signature pastry filled with light coconut cream and sprinkled with toasted coconut.

For the month of April, we'll be featuring **Special Lemon Cheesecake Squares** made from a combination of creamy lemon cheesecake and tangy lemon curd. With the Grain's famous **Shortbread** in chocolate and vanilla, will also be available, and you'll find festive **Decorated Shortbread** Easter eggs, bunnies, chicks

and tulips packaged for easy gift giving.

And what would Easter be without our **Hot Cross Buns**? The gently spiced currant rolls topped with a sweet vanilla glaze will be available by the half dozen, as will our **Classic Butter Rolls**.

We'll also be baking two traditional breads for your Easter table: our **Braided Sesame Challah** and, as a special treat, our **Sweet Vanilla Challah**, a Christmas favourite we're certain will be equally popular at Easter.

All our Easter products are available for order April 9 to 11, with pick-ups at the Bakery April 10 and 11. The Bakery will be open extended hours on April 11 for pick-up, 7 AM until 5 PM.

Leigh Watterworth,
Bakery Manager

Our Special Easter Products

This Easter at WtG, you'll find lots of sweet and savoury baked goods just for Easter. They are perfect for entertaining and impressing your extended family.

- Lemon Shaker Pie
- Pear Rhubarb Pie
- Coconut Cream Tarts
- Blueberry Lemon Loaves
- Braided Sesame Challah
- Sweet Vanilla Challah
- Butter Rolls
- Hot Cross Buns
- Shortbread priced individually

The Bakery is a fine place to fill up your shopping bag with food your tastebuds will love.

LEFT Catch your favourite loaf, like our Oatmeal Bread, coming fresh from the oven.

CENTRE Our shortbread cookies melt in your mouth.

RIGHT And who can resist the allure of a dessert square, whether it's one rich with chocolate, or tangy with lemon?



Breakfast Bounty

After our “little expansion” in 2008 the Kitchen at With the Grain has been enjoying a delightful new space with tons of potential! In considering this we sat down and asked ourselves what we wish we could offer on our menu that we have not as yet had space to endeavor. The answer? A more exciting breakfast menu! So we have put together some deliciously delightful options to be rolled out this Spring and we can't wait for you to sink your teeth into them!

BREAKFAST SANDWICH It may seem like everyone has one of these on their menus lately, but our With the Grain take on the classic **Breakfast Sandwich** is going to be amazing! Handmade multi-grain english muffins topped with Wellington Country Marketplace Peameal Bacon, a farm fresh fried egg, sliced Canadian old white cheddar and our zippy lemon mayo.

BREAKFAST WRAP A little side step from our **Toast with Avocado, Tomato**

and **Cheddar** and our **Bacon Avocado Tomato and Havarti Sandwich** is our new breakfast wrap! Easier to eat on the go, but just as delicious, these whole wheat breakfast wraps are fresh, filling and fast!

MADE-TO-ORDER SMOOTHIES With the weather about to change, we decided it was time to give our smoothie menu a little pick me up! Starting this spring, look for our **Custom Smoothie Menu**. You'll be able to choose amazing fruit combos to make the smoothie that's just right for you! You'll also get to choose whether you'd like yogurt, soy milk or juice. Blend with a squeeze of honey and voilà—the perfect start to your day!

BREAKFAST BURRITO Looking to start your day with a kick? Try our new **Breakfast Burrito!** Made with two scrambled eggs, sautéed peppers, onions, ham and grated cheese, all wrapped up in a whole wheat tortilla! Served with a side of sour cream and our housemade



The Breakfast Wrap: fresh, filling and easy to eat on the run.

fresh salsa. Also available is a **Vegetarian Breakfast Burrito**.

Look for these exciting menu changes as Spring arrives and we get ready to enjoy the warmer weather on our patio and front porch here at With the Grain. In addition to these new menu items we will still be offering our wonderful selection of toast options (made on our bread, of course), **Granola with Fruit**, and our beautiful **Breakfast Parfaits**.

Katie Franks, Kitchen Manager

Some tasty nutrition facts



Our Veggie Chili with bread and side salad makes a tasty balanced meal.

Many people find spring to be an uplifting time. At With the Grain, we have several ways of raising your spirits... we could start with caffeine, of course, found in a cup of

great **Coffee**, a glass of our creamy **Homemade Chai**, or a pot of **Lavender Earl Grey**. Dozens of regulars come in daily for that sweet little afternoon pick-me-up.

But if you, like many people, view spring as a time to revitalize your body, we also have other ways to bring pep to your step. For the sake of interest, let me tell you that flaxseeds are chock full of heart-friendly Omega-3s; that whole wheat is an outstanding source of fibre; that avocados are bursting with the good fats that send bad cholesterol

packing; that the rainbow of produce in **Vegetarian Chili** pack a multi-vitamin punch; and that every almond is a mini-powerhouse of protein and vitamin E, as well as an anti-inflammatory that my mother has always said can heal a headache. Wow!

Incidentally, most of those healthful nutrients can be found in this simple, balanced meal at With the Grain: a lunch combo of **Veggie Chili** and a half **Bacon/Avocado/Tomato/Havarti on Flax!** If you rounded it out with a wheat-free **Almond Chocolate Chip**

Friand and a cup of **Café Femenino**, you'd be throwing in that nutty E-vitamin and the antioxidants present in cocoa and coffee, and you'd be able to justify that happy coffee feeling.

... This next part isn't really scientific, but I know it to be true! If, to enhance these popular nutrition facts, I also conjectured that the effect of eating the foods you love is invaluable to your well-being, and hence to your health, well, I'd just have to say... “To your health!”

Beth Shepard, FoH Manager

The value of staff...

In our last newsletter, I introduced WtG's Values, and during the holidays it was easy to see a few of these values in action, the most obvious being our belief that beautiful and delicious food requires time, love and the best ingredients available. Our decadent Christmas Cake is proof enough!

Recently, I've been reflecting on how we are living some of our other values, and have found evidence in several areas. Specifically, our belief in creating a vibrant workplace and providing employees the opportunity to learn, to contribute, and to excel personally and professionally.

One of the ways we have achieved this is through the training and involvement opportunities within our team as we grow. The creation of the assistant manager roles in our Kitchen, Bakery and more recently in our Front of House have provided increased opportunity for staff with a desire to grow and contribute at different levels. You may have seen our assistant managers around: Maegan in

the Kitchen, Andrea in the Bakery and Dylan on the Counter. They have been working with Katie, Leigh and Beth to keep things running smoothly in each of their areas and developing new skills along the way.

Staff are offered opportunities to learn, contribute and excel every day.

In February we offered some development workshops to our management team during our annual retreat, where we spent the day learning about leadership concepts and practices. More recently, we have provided our assistant managers with some workshops aimed at building awareness around their own leadership styles and building important skills, like how to

give feedback. These workshops were specifically geared to our managers, but they are an example of the regular learning opportunities we offer to all staff.

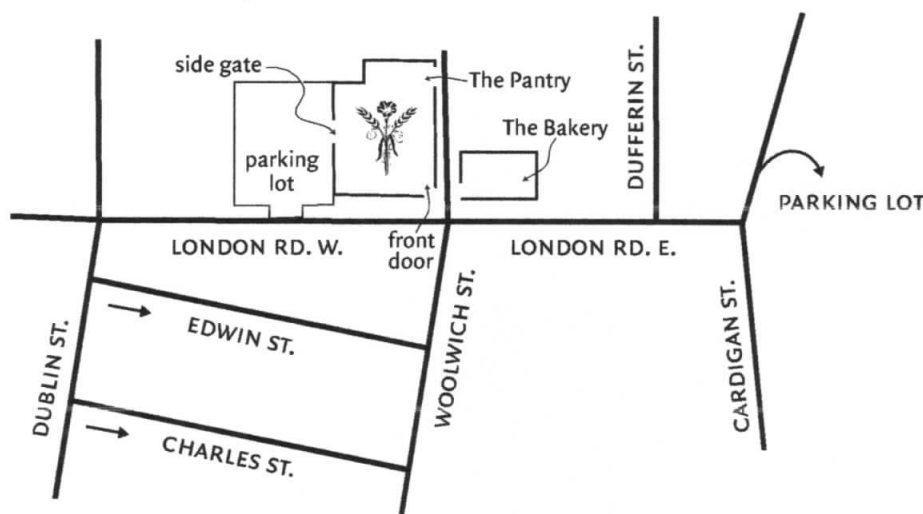
Every day I see individuals on our staff looking to contribute to our business and we are committed to allowing them the opportunity to be involved more in our operations and to help us grow. Where we see interest and aptitude, we do our best to provide cross-training and exposure. This is the philosophy that has allowed WtG to be what it is today, and as we come up on our 10th anniversary this July, it will be one of the many things we will look back on as truly being a Value on which we have lived and grown.

Melanie Hill, Staff Resources Coordinator

We've got big plans for the space that housed The Pantry. While we put them into action, you can still find all the wonderful gifts for home, garden and sweet tooth here and there throughout the café, including our fruit-studded chocolate bark and a selection of house-made preserves.



Where to find us



Where to Park

- McTague St.
- Dublin St.
- Dufferin St.

- Charles St.
- Edwin St.
- Goldie Mill
- Parking Lot

Where NOT to Park

- at the Convenience/
- Laundromat next door