



# CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

## CONGDON'S PRESENTS...

# SEACOAST SPRINKLES

August 2009



Platinum Plate Award Winner 2008 & 2009  
"Best Family Restaurant"

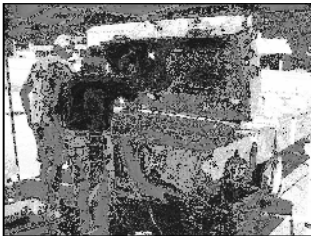


### Summer Hours

Open Daily  
6 AM—3 PM



## Benefit BBQ



Our Benefit BBQ's roll on into August. Our BBQ menu includes spare ribs, chicken, sausages, hamburgers, hot dogs, potato salad, fresh corn, Bill's famous beans, beverage, and dessert. This is an all you can eat smorgasbord, served from 5pm to 7pm on Wednesdays here at Congdon's.

All proceeds go to these chosen groups:

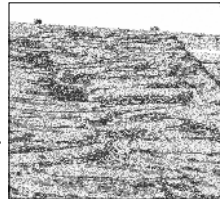
Wed. Augst 5th: Knights of Columbus

Wed. August 12th: National Youth Diabetes Assoc.

Wed. August 19th: Safe Haven Animal Shelter

Our BBQ's happen rain or shine, BYOB, and do come hungry.

\$15.00 per person, \$7.50 kids 12 and under



## Side Choice

All of Congdon's sandwiches now come with different sides. Your choices are French fries, cottage cheese, cole slaw, or chips. OR for just \$1.00 more you can have sweet potato wedges or fresh cut onion rings. *Enjoy your lunch.*

**August Holidays:** Friendship Day, 2nd; National Watermelon Day, 3rd; Wiggle Your Toes Day, 6th; Book Lover's Day, 9th; National Smores Day, 10th; Left Handers Day, 13th; Relaxation Day, 15th; Aviation Day, 19th; Senior Citizens Day, 21st; Ride the Wind Day, 23rd; Kiss & Make Up Day, 25th; Just Because Day, 27th; National Trail Mix Day, 31st.



## Whoopy

Our new BIG Whoopy Pies have become a huge hit with all the dessert lovers. It is a whopping 10" across of chocolate bliss... enough to share with family, friends, and even have a piece for you. Call ahead and reserve yours. We can even decorate it and turn it into a birthday whoopy.

## A Star Is Born

*Congdon's new lobster mascot has been named!*

With over 100 entries for our "name the mascot" contest it was hard to choose. Names like Crusty, King Congdon, Stewie, Snippet, and Butters. We have chosen Benedict Congdon as our lobster's new name. We'll just call him Benny as his nick name. The winners of the "name the mascot" contest is the Lasch family of Scotland, CT.



## Low Calorie Snacks

Have the munchies but don't want to overindulge? Select from one of these suggestions — they all weigh in at 100 calories or less:

- Half of an English muffin with a tsp of peanut butter



- 2 Graham crackers
- 1 cup fresh cherries
- 10 raw almonds
- 3 Hershey's kisses
- 1 large hard-boiled egg
- 3 cups air-popped popcorn



If you have ever had our lobster benedict you'll know why we embraced "Benny" so much. We sauté knuckle and claw lobster meat with a little butter, then we place it on 2 English muffins, top it all off with 2 fresh poached eggs and our hollandaise sauce, and served with our awesome homefries. When you really want to treat yourself to something delicious be sure to try our lobster benedict.



## Let's Go Fly a Kite

*It's kite-flying season and from the World Kite Museum ([www.worldkitemuseum.com](http://www.worldkitemuseum.com)) come these facts:*

- The highest altitude achieved by a single kite: 13,609 feet above ground in August 2000, although a train of eight kites reached a height of 31,955 feet in August 1919.
- Kites were used to deliver letters and newspapers during the American Civil War.
- The world record for the longest "kite fly" is 180 hours.
- Kites were banned in Japan in 1760 because too many people preferred kite-flying to working.
- It is believed that the first kites were flown more than 3,000 years ago and were made of leaves.



## TASTEE TEXTING



Not only is Congdon's on Facebook and Twitter (social networks) we have branched into text messaging as well. We will use this to send our guests great deals and specials.

If you sign up for our "tastee text" we'll send you some tasty bytes! We'll tell you when doughnuts are going on sale for the day or if we are almost sold out, we'll also let you know when a great new special is available. We'll even give you special discounts that are only available through your phone.

You can sign up for Congdon's Tastee Text by texting:

**OptinVIP Congdons to DotCom (368266)**

You will first receive a response text, you will then reply with "1" stating that you would like to sign up, you will then get another response, you will then text back "Yes." (This process is only when you sign up, all of these directions are detailed on the texts)

At any time you can Opt Out by replying "STOP" to one of our texts. This is a great feature... if you come up for just a week each summer you can Opt In when you get here and Opt Out when you leave, this way you can receive all of the great deals but only when you need them.



*Standard message rates apply, we do not share any information.*

## Monthly Giveaway

And the \$50 goes to...  
David Miller from Philadelphia, PA

Bill of the "Morning Breakfast Club," drew the winner of July's \$50 gift certificate monthly giveaway. Carol won \$20 cash for being the server who enticed David to enter.

Be sure to enter our \$50 gift certificate Monthly giveaway. Your server has the entry cards and would love to have you be this month's winner. The winner can purchase anything here at Congdon's. You could get 17 small whoopies, 5 dozen doughnuts, 13 packages of doggy doughnuts.... Whatever you desire.

*You could be our next winner; be sure to enter on your next visit to Congdon's.*

"Fabulous Doughnuts!  
Worth the trip from  
Canada."

*Sandy Taylor  
Chelsea, QC*

## Adventures of Benny

Benny's first trip was with the Goldman family. They took Benny bowling and sent us back pictures.

They said that Benny was a surprisingly good bowler.

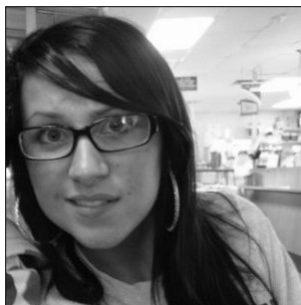


*We encourage you to take Benny on your next adventure. He comes with lots of accessories and clothes for most events. The only thing we request is that you send us pictures of your explore with Bennie so we can put them in his scrapbook. Call for details*

*This story was written by Congdon's own Sarah McLean. Sarah is on her 3rd year here at Congdon's and can light up a room with just her smile. You just know your gonna have a great day when Sarah waits on you, her personality is even better than that smile of hers.*

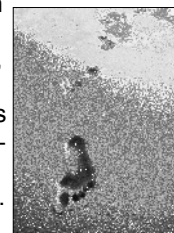
## The Day In The Life of a Doughnut Girl

I'm usually in at 6:00am. I punch in, share about half a dozen "good-morning's," and grab the drive-through belt and headset. After starting a few pots of coffee, an awful buzzing noise goes off in my right ear, so I then reply with "Thank you for choosing Congdon's, what can I get you today?" And that's where all the fun begins. From then, until about 11:00am, it's complete and utter chaos behind that counter. With lines of hungry guests stretching into the parking lot, and a traffic jam of cars from the window to Route 1, wax papers fly, doughnut boxes run out, and about 200 orders wiz through the speaker in the summer time. One of us takes the orders, writes them on numbered slips, and punches them into the register, (given that the customer is heard over the beloved speaker interference) while the next doughnut girl tapes the order to their arm and quickly fills it. Finally, we put each order in line, and the window girl rings them up and hands them out. A lot of work goes into each order to make sure every coffee has enough cream, and every breakfast sandwich is served hot. Of course, there are always funny little setbacks to deal with, like the trash truck, in the middle of a rush, holding up the middle of the drive-through line, or the infamous pens that rarely write. The melt-in-your-mouth effect of a honey dip doughnut usually makes up for that, though. Every day as a doughnut girl is a real adventure, but there's nothing better than serving delicious Congdon's doughnuts to our guests.



## Going Barefoot

A recent study at Rush Medical College in Chicago showed that wearing shoes may worsen the symptoms of osteoarthritis in the knees and increase the risk of joint damage. The study found that going barefoot significantly reduced the loads on participants' knees and hips. As a result, the researchers recommend that patients with knee osteoarthritis dispense with shoes when possible.



Where in the world is this?

A free doughnut if you know this location!



## TWO FOR TUESDAYS

Earn **DOUBLE POINTS** every Tuesday on your Sweet Rewards card here at Congdon's.

By being a member of our Sweet Rewards program you get twice the value every time you eat at Congdon's on Tuesdays, good for food and beverage only.

*Not a member.... Sign up today and it's FREE!*

## Want To Be Our Friend?

Congdon's is on Facebook! For those of you who don't know, this is a popular internet based website that lets you be friends with multitudes of folks. There's space to write to all of your friends on "the wall." It's an interactive social network that has taken the nation by storm. It is a fairly easy website to negotiate and we encourage you to become one of Congdon's friends.

Check it out at [www.facebook.com](http://www.facebook.com), follow us on twitter too!

facebook

twitter

## Sun Sensitivity

According to the Mayo Clinic, some common prescription and over-the-counter medications can make your skin extra sensitive to sunlight, so that you can develop a severe sunburn in just minutes.



Drugs to watch out for include many antibiotics; some medications for cholesterol, high blood pressure, and diabetes; ibuprofen and naproxen; and the acne treatment Accutane. Be sure to ask your doctor about sun sensitivity when you are given a new prescription. If your skin does become more sensitive to sunlight, cover up, wear a hat, and stay out of direct sunlight as much as possible. While sunscreen may help by blocking a portion of the UV spectrum, in some cases chemicals in the sunscreen may actually make the problem worse.

## Congdon's Sweet Rewards



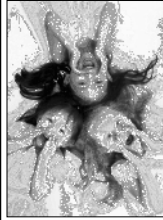
Congdon's Sweet Reward program is simple to use and it's **FREE**. We have an easy to fill out application form that comes with your very own card. Every time you come into Congdon's we'll

swipe your card and you'll accumulate points towards free food. We'll also send you birthday wishes, anniversary wishes, and all the other promotions we do here at Congdon's. We now have great new cards and they also come with key chain tags so that you never have to worry about losing it. Stop by and sign up!

It's free and allows us to say "Thank You".

Congdon's does not share or sell our guests names and addresses

## Dining Room Stories



Here at Congdon's we try to be accommodating in all we do. With the exception of serving raw unsafe foods you can pretty much get what ever you want. We might charge ya more for the extra added costs but we can do most anything.

Anyways, we had a mom and her four kids eating breakfast the other day, their ages were maybe 6, 5, 3, and a baby. So the Mom has to go to the wash room and clean up the baby so she says to our hostess "could you watch the other kids while I'm gone." Well, this is certainly an unusual request for our hostesses but she takes the lead and says, Sure. While she's tending some other tables in our back dining room she looks over and the 3 year old is eating a doughnut hole, "Where did you get that?" the hostess asks. He points to the floor and says "down there." So now our hostess sees that she can't leave these kids even for an instance!!! By the time the Mom gets back they have opened all of the jelly packets, got salt & pepper everywhere and that doughnut hole is now missing.

*Let's just say that everyone was excited to see Mom come back to the table.*

"We've been coming here since our kids were toddlers. They are now in their mid-30's! We come over 3-4 times a year. We love the bakery renovation that you did a few years ago."

Cherie Sorrell

Jericho, VT

## BALD THURSDAYS

If you have lost some of that beautiful hair we all cherish you need to eat at Congdon's on Thursdays. We are offering discounts depending on your level of baldness.

10% Off Receding Hair Line

20% Off Crown Balding

30% Off Extensive Hair Loss

Food and beverage only.

Needless to say we are not going to mention your qualifications for this promotion. You have to ask for it to qualify. Here at Congdon's we do believe... **Bald Is Beautiful!**

## Dog Biscuits

Recently I took my dog Crunch to the groomer to get a hair cut. Since it is the summer we opted for a shave so now he looks more like a yellow lab instead of a golden retriever. I warned Amy, my groomer friend, that he doesn't like anyone messing with his tail so you might want to muzzle him. But low and behold she said he was fine with out it. She is the local dog whisperer for sure. A short hair cut has many benefits this time of the year, for one he'll be a lot cooler and even giving him a bath will be easier. The only drawback is that now he can't catch his tail. All of the sudden, he'll just start spinning around chasing it. It's pretty funny to watch and usually he'll just keep trying till he does finally catch it which will probably not be till he gets more hair back on it.



