

BEST
INDEPENDENT RESTAURANTS
 ASSOCIATION
www.BestIndependentRestaurants.org
**Platinum Plate
 Award Winner
 2008, 2009, 2010**
**"Best Family
 Restaurant"**

CONGDON'S DOUGHNUTS FAMILY RESTAURANT

"A Down East Favorite"

CONGDON'S PRESENTS...

SEACOAST SPRINKLES



August 2011



Summer Hours
We are Open Daily
6am—3pm

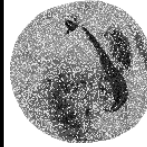


Marriage and Doughnuts

It seems lots of brides want Congdon's goodies at their celebration. We continue to get orders for our fresh goodies. We have done doughnuts and doughnuts holes by the hundreds or even a doughnut "layered cake." One thing is for sure is every bride has her favorites, the flavors are usually well spelled out for us. Whoopy pies are also a big hit as wedding gifts, mini ones with lots of flavors to great big ones to show case the dessert table.



Lots of Flavors



Here at Congdon's we've got lots of great tastes. We've added flavored ice teas, peach and raspberry seem to be the local favorites.

We are also offering citrus peach juice that is very tasty. Our new lemonade has also rave reviews. We can even make up some delicious raspberry

lemonade,

so refreshing!!

A great summer drink!



Whoopy!

Congdon's has a do it yourself whoopy pie mix, it comes with our famous whoopy pie mix, creme frosting and direction for making your own. Lots of extra ideas are included in our whoopy pie box to try creme flavorings. Peanut Butter, Raspberry, Coffee, M&Ms or create your own great idea. Great gift solution!



Gluten Free



By guest demand we are offering a gluten free bread option on our menu. Gluten Free White & Wheat toasts are available. Currently we only have one toaster to run all of our breads through, so this option depends on your tolerance to gluten.

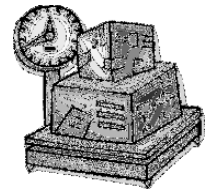
Overnight Shipments

Last month we shipped some Whoopy Pies to Massachusetts, Tshirt to Florida, Muffin Mix to California, Raspberry Squares to New Hampshire, Dozen doughnuts to Delaware, Arizona, and Vermont.

We will ship just about any of our pastries, breads, whoopy pies, and mixes!!

Give us a call!! 207-646-4219

We ship overnight which can get a little pricey but it is SO WORTH IT!!!



New T- Shirt

We just got our new t-shirt printed. The "Doughnut Whisperer"

Also, all of our new t-shirts will have a QR code on the sleeve that sends you to our website from any smart phone!! Gotta love technology!!

We now have many different varieties of t-shirts along with other great merchandise. Our scone, muffin, pancake mixes are a huge hit. Along with our doggy doughnuts! Check them out next time you are in!



Don't Be a Beach Potato

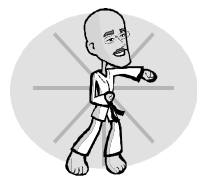
Don't just lie on the beach! Enjoying these exercises — even at a leisurely pace — can add up to serious calories burned:

- Swimming — 422 calories per hour
- Snorkeling — 352 calories per hour
- Walking/running/playing with kids - 281 calories/hour
- Biking — 281 calories per hour
- Volleyball — 211 calories per hour



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!

Stay Cool This Summer!!!

What better way to stay cool AND have fun then to have a water balloon fight! Grab some balloons, fill them with water and start soaking your friends. The upside of water balloons is that they have big time soaking power and are easy to make. The downside is that they don't always burst after you throw them and they're only good once.



"I love the rye bread with my breakfast. The wait staff are great, always smiling and accommodating. I thought that giant Whoopy Pie is an awesome idea, my kind of dessert."

Mary Lou Davis

Johnstown, NY

Not a Sweet Rewards

Member Yet!?!?

You should be!!!

Don't miss out on all the great features of being part of our loyalty program. You will receive birthday certificates, along with award certificates when you reach 200 points.

New Feature: Receive a Free Dozen Doughnuts when you sign up!! Sign up today and receive your doughnut certificate!!



What is this?

This is called a QR Code. With a smart phone you can scan this picture code and anything from pictures to websites to text can pop up on your phone. These are the new trends in technology so we thought we would check it out as well.



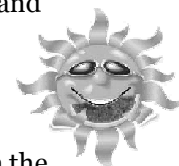
If you do not have an app with a scanner you can download our Royalty Rewards app in your iPhone or Android app market. Not only will you be able to scan any QR codes but you can also store all of your important Loyalty card information from ANY restaurant, department stores, or grocery stores.

With the scanner from your phone try scanning this QR code. Having trouble, ask one of our staff members and they will be glad to help or find someone who can.

We are planning on posting some around the waiting area for your enjoyment while you wait to be seated. We would like to add some videos on how things are made in our bakery, some "Did You Know" facts about Congdon's, and some helpful social media and restaurant review tools.

Six Summer Sun-Safety Tips

1. Use good sunscreen. Look for ingredients that contain zinc, titanium dioxide, and avobenzone or mexoral sx.
2. Plan your day around the sun.
3. Wear clothing that will keep you cool and shield your skin from the sun's harmful UV rays.
4. Sunglasses and hats are essential!
5. Keep a sunscreen stick handy to protect your kid's faces. Re-apply sun screen after 3 hours



The Ten Best Snacks For The Beach

A fun filled day at the beach can make you hungry. Below are ten great snacks that do well at the beach:

10. Trail Mix, 9. Pretzels, 8. Popcorn,
7. Fresh Fruit, 6. Granola Bars,
5. Raw Veggies, 4. Sandwiches,
3. Burritos, 2. Cheese
1. Fruit Salad



Congdon's Website Has Gone Mobile

Congdon's now has a mobile version of our website for easy viewing on your phone. Just go to www.Congdons.com on your phone (or scan the QR code to the left) and you will see our new easy to read mobile website. We have kept the most important information for your convenience such as directions by Google map, our menu, information about our loyalty program, Facebook link, and our store hours.



**Where in the world
is
this?
A free
doughnut
if you**



Monthly Giveaway

And the \$50 goes to...

Eleanor McGuire from Wells, ME

Bill drew the winner of August \$50 gift certificate monthly giveaway. Carol won \$20 cash for being the server who enticed Eleanor 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 months winner. The winner can purchase anything here at Congdon's. You could get 20 Elephant Ears, 20 Bismarks ... whatever you desire!!!

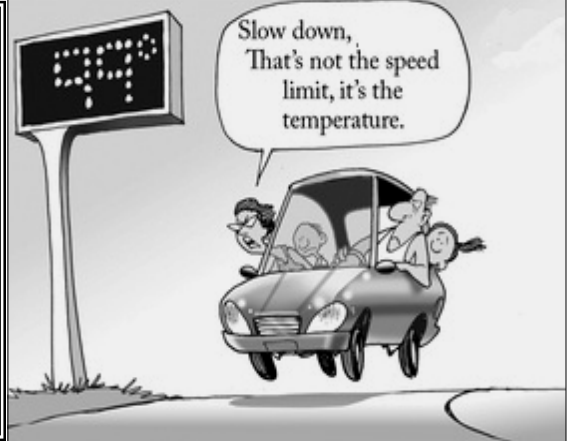
You could be our next winner; be sure to enter on your next visit to Congdon's.

Facts About Maine

- State animal: Moose
- State Berry: Wild Blueberry
- State Cat: Maine Coon Cat
- State Fish: Landlocked Salmon
- State Flower: White Pine Cone
- State Nickname: The Pine Tree State
- State Tree: White Pine
- State Fossil: Pertica Quadrifaria
- State Gemstone: Tourmaline
- State Herb: Wintergreen
- State Insect: Honeybee
- State Vessel: The Arctic exploration schooner "Bowdoin"
- State Motto: Dirigo (I Lead)

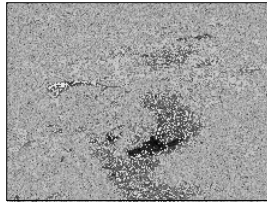


Maine is the first state in the U.S. to see the dawning of each new day
Maine is the only one-syllable state in America
Maine is the only continental U.S. state to share a border with only one other state (New Hampshire)



Dog Biscuits

Crunch, my golden retriever, doesn't like the summer heat too much. given space and time he'll dig lots of craters to cool off in. A short hair cut helps his distaste for the heat and also makes him the most handsome golden at his doggy day care. Fetch & Fun here in Wells is Crunch's favorite place to be. He's surrounded by his doggie buddies all day long and this time of year gets to hang out at the doggie pool. The best thing about Crunch hanging out at doggie daycare is he's very tired when I pick him up. Good boy Crunch.



"Any time we go to Maine we only go to Congdon's for breakfast and have for over 20 years. Love this place. We have tried others but nothing compares."

Helen Cantillon
Worcester, MA

The Best Way To Treat Mosquito Bites!

Avoiding mosquito bites should be your first line of defense, but if you are bitten, follow these steps to help minimize the itch and discomfort: Wash the infected area with soap and water immediately.

Avoid scratching. Although a mosquito bite should only itch for a few days, continual scratching will prolong the itching.

Apply a paste made of baking soda and water, using just enough water to make the paste sticky.

Rub soap directly on the bite.

Apply an ice pack or ice wrapped in a zipper bag to the bite area.

Use calamine lotion or a topical anaesthetic containing pramoxine to help relieve the pain and itching.

Take an anti-inflammatory drug such as ibuprofen or naproxen to reduce any accompanying swelling or redness.



HEALTH & NUTRITION

Watermelon



For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more.

Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits. As it turns out, watermelon is incredibly healthy!

The National Watermelon Publicity Board is proud to say that watermelon is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet.

Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it has excellent levels of vitamins A and C and a good level of vitamin B6.

CONGDON'S DOUGHNUTS

FAMILY RESTAURANT

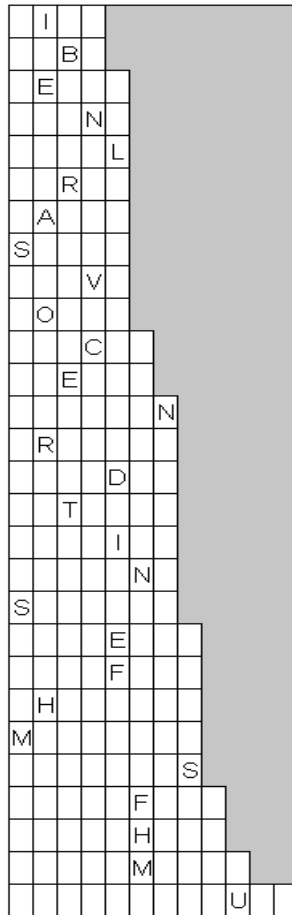
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Wells, Maine 04090

Phone: 207-646-4219
Fax: 207-646-3486
E-mail: Info@Congdons.com
Website: www.Congdons.com

PRSR STD
AUTO
U.S. POSTAGE PAID
ST. CLAIR SHORES, MI
PERMIT NO. 68

Return Service Requested

- Wrap in foil with some lemon and seasoning for grilling
- Baby back ___
- Use driftwood to start a fire on the ___
- Watch what you're doing or your food might get ___
- The wire supports that keep the meat off the coals
- Barbeques are great for a summer ___ by the pool or in the park
- At home grills are normally located on the ___ or deck
- Try not to inhale the ___ as you are cooking
- A portable camp stove can be used if campfires are not allowed
- To turn over the meat, use ___ not a fork
- ___ and seasonings add flavor to meats
- T-bone, rib eye and sirloin ___ are popular for grilling
- You can grill this poultry whole or in pieces
- Invite your ___ over for a barbeque
- You don't need a ___ like the 4th of July to fire up the grill
- Kids like ___ and hamburgers
- Some parks have permanent grills for cook-outs or ___
- This gas fuels many barbeque grills
- Brats, links, or Italian ___
- Another word for grilling
- If you go camping you can grill over the ___
- Small black bricks that provide heat for cooking
- To get good flavor, ___ your chosen meat for a half hour or more
- Grilling is usually done ___, but there are new indoor grills
- The Cooking Network's grilling king
- Popular cuts of pig
- Rare, medium, ___-___, and well-done
- Use ___ to help the get the charcoal burning - just be careful!



Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

If you would like to be removed from our newsletter mailing list, please email us at info@congdon.com and we will remove you.