Fish Tacos 9.45
Beer battered Pacific Cod with Asian slaw, Sriracha aioli and a tomato avocado salsa on warmed tortilla shells
Calories 1000  Good Fat 45g  Bad Fat 7g  Sodium 1430mg

Portobello Tempeh Burger 8.75
Roasted Portobello mushroom, sundried tomato and smoky organic tempeh patty with a house made vegan avocado brioche bun

Calories  Good Fat  Bad Fat  Sodium
Scotch Egg 7.40
A soft boiled egg wrapped in hot Italian sausage meat, breaded and deep fried. Served with tomato jam, house pickled Cipollini onion, and fresh cut fries
Calories 930 Good Fat 40g  Bad Fat 13g  Sodium 1620mg  Protein 40g

Pizza del Giorno 7.60
Hand rolled thin crust pizza with local fresh toppings. Selections change daily, ask your server what's special today!
Calories 760  Good Fat 24g  Bad Fat 12g  Sodium 900mg  Protein 27g
*Nutritional information is based on plain cheese and sauce pizza

Green Curry 8.75
Indian & Thai inspired cilantro based, vegan friendly stew with carrots, potatoes and chickpeas, served with gluten-free chickpea dosas
Calories  Good Fat  Bad Fat  Sodium
Cuban Pork Quesadilla 7.60
A grilled tortilla wrap with slow cooked pork shoulder, black beans, jack cheese, homemade roasted corn salsa, avocado and sour cream
Calories 790 Good Fat 30g  Bad Fat 18g  Sodium 860mg

Beverages

Milk and Juice 1.75
Orange & Cranberry
Soda 1.25
Root Beer, Coke, Diet Coke, Iced Tea, Sprite & Ginger Ale
Coffee, Tea or Hot Chocolate 1.50
Red or White Wine 1.50 per 30ml

Beer 5.25
Mill Street Organic, Wellington S.P.A light ale, Wellington dark ale

Sides

Yukon Gold Fries 3.25
Calories 390 Good Fat 24.5g  Bad Fat 2.5g  Sodium 270mg

Daily Soup 3.25
Made fresh every day

Mason Jar Salads 4.25
Selection changes daily, ask what we've made today!
Sustainability

PJ’s isn’t just about a great lunch. It’s about teaching and learning too. The University of Guelph Sustainable Restaurant Project is intended to demonstrate the possibilities in improving the sustainability of a restaurant's operations. This includes not only audits of electricity and water usage and monitoring of improvements, but also research projects. As an example, we're looking how much and what kind of food waste is generated in restaurants. We’re taking real action - we no longer serve bottled water, use straws or polystyrene takeout containers, we also wash table linens and napkins on site. If you'd like to learn more, see our blog at restaurantsustainability.wordpress.com

Supporting Local

Locally sourced ingredients are a priority for us at PJ's. Wherever possible we purchase ingredients produced locally. We believe it’s important to support producers in our region. We also believe that it is important to consider the environmental impact of production and long distance shipping. Most importantly, we believe that local ingredients are freshest and give you a real taste of Guelph.

Nutrition

PJ’s hope is that by including the nutritional information with the regular menu items you can make better informed decisions throughout the day. We use software called the Food Processor (or ESHA) to help us analyze the menu items. We have listed four categories of information on the menu, calories, good fat, bad fat, and sodium. Below is an explanation of what the categories mean.

Calories

Calories measure the amount of energy in our food and all of our body functions require energy. If we consume more calories than we use though, our body will store the extra energy as fat and years of over consumption can lead to significant weight gain.

Fat

Fat just makes food taste good and we all need some fat in our diets for good health. Fat helps us to absorb certain vitamins, however fats are calorie heavy and over time this can lead to putting on the pounds. Good fats like monounsaturated or polyunsaturated fats can help improve blood cholesterol levels. It can be found in olive oil, canola oil, avocados, nuts and fish such as rainbow trout and salmon. Bad fats like saturated and trans fats increase LDL “bad” cholesterol and trans fat can actually lower HDL “good” cholesterol. It can be found in fatty meats, full-fat dairy products, butter, coconut oil, and some deep-fried foods.

Sodium

Sodium plays an important role in maintaining proper heart function and fluid balance but most of us consume two to three times the recommended amount. Not all foods high in sodium taste salty. 80% of the sodium we consume is hidden in processed and packaged foods. The daily recommend intake is about 2300 mg or equal to approximately one teaspoon per day.

Gluten

Gluten is a protein found in most grains (wheat, barley, and rye) and it’s what gives bread it’s fluffy texture. For a small percentage of people, those with Celiac disease or a gluten intolerance or allergy, consuming gluten can lead to negative health consequences. However, for everyone else, eliminating gluten from the diet offers absolutely no health benefits and may actually put you at risk of protein deficiency as well as limit your intake of important vitamins and minerals, especially fibre, folate and B vitamins.