

BANNOCK BITZ

MAY 2015 KEKULI CAFE NEWS

Closing Sundays???

Some of life's most important business decisions have to be made with your staff and values in mind.

If we look back to the 1980's, when life was simple and stores were closed for a day of rest we had that connection of Sunday family dinners, family time or just taking the day to rest. But over the course of time, big box office Corporate stores & restaurants, bombarded their way to open 7 days a week.

For Kekuli Cafe, the owners are paving the way, to giving back to their employees. We trust that this decision, is the best Moral & Ethical Decision. We feel this best for retaining employees, by giving them time with their families, to enjoy a day to reconnect with their families, communities, church, or just to take care of their own backyard.

We hope you join us in supporting our decision for the opening 6 Days a week! Still offering Fresh Food, Friendly Customer Service, 6 days a week.



Know Your Chef's....

Meet Reymunda San Augustin! She came to Kekuli in 2010. Rey completed her culinary degree at Scottsdale Culinary Institute in Arizona State 2005. Originally from Guam (Chamorro People), with Spanish ancestry, Rey loves to share her cooking skills with her family and friends! She loves working with the different personalities, meeting new people that come into

the café, and making new friends. Rey says "I love cooking and being the manager, especially learning to deal with old and new problems, developing, growing and maturing my skills everyday at Kekuli Café."

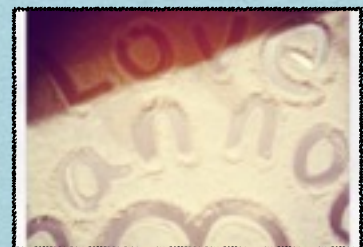


It's Just Another Bannock Monday at Kekuli Cafe!

or Fry bread Fryday!



Bannock in a Bag! For your events!



Tweet the #BANNOCKLOVE#ILOVEKEKULI



What is Bannock?

by Sharon Bond

Owner

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The Bread of the Millennium, Bannock is back! It was the common staple to the diet of almost all North America's First Peoples. Our ancestors survived on this sustenance food. Since 2005, "Don't Panic...We Have Bannock"! has made hundreds of thousands of bannock in the past 10 years for all kinds of events!

The Aboriginal interpretation of bannock originated in Scotland and was made their traditional oatmeal. The bread of Aboriginal people, was made of ground corn, roots & nut meal. There are many regional variations of bannock/fry bread across Canada, that include different types of flour, and the addition of dried or fresh fruit or pemmican.

Traditionally, back in the day, First Nation groups cooked their bannock by various methods such as rolling the dough in sand, pit-cooked it, and they brushed the sand off and ate the bread.

Some tribes baked the bannock in clay or rock ovens. Others wrapped the dough around a green, hardwood stick and toasted it over an open fire; a fun camping idea, next to Smores!

Today, bannock is most often deep-fried, pan-fried and oven-baked. Bannock is one of the most popular and widespread native foods served at pow

wows, Indian cowboy rodeos, festivals, & family gatherings.

Kekuli Cafe has brought that bread back into the Millennium and paved the way for First Nations to open up their dreams of owning or becoming business restauranteurs. Franchising opportunities will be available soon!

AROUND THE CAFE



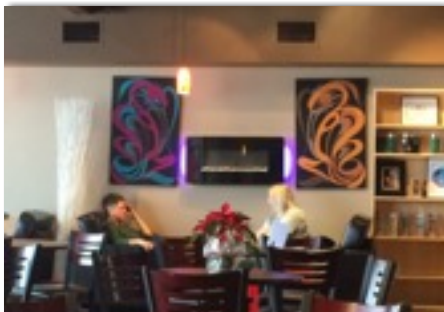
* Check out our Gift Gallery! We have a small flamboyant selection of gifts, sweet grass, cedar, homemade teas, chocolates n berries. FREE WIFI



Kekuli Cafe Featured on Food Network

"You Gotta Eat Here" with John Cattucci & Sharon Bond

CATERING FOR EVENTS, BUSINESS, GATHERINGS



Come in, Sit Down, enjoy our fire place, music, wifi, & a latte! What more you could you ask for but to relax!



Need Bannock?

Everyday, every piece handmade fresh everyday! Bannock for your Events.



All kinds of platters! We are ready and able to cater to your needs! Give us a shot!