

There Are Many New Items & Events
To Bring To Your Attention
Daily Specials Can Be Seen On The Following Page

Today's Featured Items

Buffet Available
Eat-In Or Take-Out
Monday-Friday 5:30 P.M.
Friday's Buffet

Sloppy Joe - Macaroni Salad
"Philly" Cheese Steak - Potato Salad
Corned Beef & Pastrami - Potato Chips
Macaroni & Cheese - Grilled Vegetables
Dessert - Soda Or Water

\$9.95 Per Person - Children Under 10 - \$5.00

Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Friday, September 22

Parking Is Now Also Available
In The Carpenter's Parking
Lot Which Is On The Left
Side Of Our Parking Lot

New England Clam Chowder-----	3.00\cup -----	3.95\l bowl -----
Corn Chowder with fresh grilled corn-----	3.00\cup -----	3.95\l bowl -----
Oven roasted potatoes-----		3.99\lb -----
Herbed potatoes-----		3.99\lb -----
Seasoned baked chicken-----	4.99\lb-legs -----	5.99\lb-breasts -----
Teriyaki chicken-----	4.99\lb-legs -----	5.99\lb-breasts -----
Macaroni-&-Cheese-----		4.99\lb -----
Rice-----		3.99\lb -----
Mixed steamed vegetables-----		5.99\lb -----
Roasted brussel sprouts with bacon-----		5.99\lb -----
Roasted butternut squash and roasted apples-----		5.99\lb -----
Cajun catfish-----		11.95\lb -----
Salmon with pesto sauce-----		14.95\lb -----
Buffalo-Chicken Macaroni-&-Cheese-----		5.99\lb -----
Steak Stir-Fry-----		8.99\lb -----
Grandma's Potato-&-Cheese Pierogies with sautéed onions-----		6.99\lb -----
Chicken chili-----		5.99\lb -----
Pork tenderloin with Pomegranate-Peppercorn Sauce-----		7.99\lb -----
Super Natural Pizza Slice-----	-Cheese-1.75-each-----	-\Pepperoni\ -2.95\each -----

Sicilian Chicken Salad - 6.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
 Cups - Small-2.50\Medium-3.50\Large-4.50
 \ Vanilla \ Chocolate \ S'Mores \
 \ Coconut-Chocolate-Chunk \ Blueberry \
 \ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

1) Sandwich special - Triple Decker Turkey Club with mayonnaise, lettuce, tomato, & bacon - served with coleslaw
6.99

2) Hot sandwich special - Roast beef open-face sandwich - served with mashed potatoes & gravy
6.99

3) Hot sandwich special - Super Natural 5 oz. steamed cheeseburger with lettuce, tomato, onion, pickles, bacon, & barbecue sauce - served with oven roasted potatoes
6.99

4) Panini sandwich special - Italian combo on flatbread with Provolone cheese, mayonnaise, oil and vinegar, roasted peppers, & onions - served with chips
6.99

5) Special - Chicken Quesadilla - served with tortilla chips, fresh salsa, & sour cream
6.99

6) Special - \Ham\Salami\ Calzone
6.99

Let us bring our food to you! Free Delivery! -----Call our menu line for daily specials (860-582-1663)
Avoid the wait - Call to order (860-582-1663) ----- * \$15.00 minimum order - no discounts - *

We are upgrading the daily specials menu to provide
Monday-Saturday Luncheon & Buffet Menus

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Today's Featured Items

Deli - Chicken With Pasta, Grapes & Fresh Dill

Kitchen - Grilled Asparagus Wrapped In Prosciutto

Bakery - 7 Layer Bars

Monday-Friday 5:30 P.M.

Monday's Buffet

Chicken Parmesan With Ziti

Flounder With Shrimp Stuffing

Meatloaf With Gravy - Mashed Potatoes

Chicken Francaise - Mashed Sweet Potatoes

Macaroni-&-Cheese - Mixed Steamed Vegetables

Dessert - Soda Or Water

\$9.95 Per Person - Children Under 10 - \$5.00

Super Natural Market & Deli
860-582-1663
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Luncheon Menu
Monday, September 18

Parking Is Now Also Available
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Lot Which Is On The Left
Side Of Our Parking Lot

Tomato-Tortellini soup -----	3.00\cup -----	3.95\l bowl -----
Oven roasted potatoes-----		3.99\lb -----
Au Gratin potatoes -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Apricot chicken-----	4.99\lb-legs -----	5.99\lb-breasts -----
Macaroni-&-Cheese -----		4.99\lb -----
Rice Pilaf-----		3.99\lb -----
Mixed steamed vegetables-----		5.99\lb -----
Broccoli & cauliflower with cheese sauce -----		5.99\lb -----
Steamed carrots with Orange-Honey glaze -----		5.99\lb -----
Green Beans Almondine-----		5.99\lb -----
Baked flounder with shrimp stuffing -----		11.95\lb -----
Baked Haddock with butter & Lemon-----		11.95\lb -----
Buffalo-Chicken Macaroni & Cheese-----		5.99\lb -----
Baked beans with hot dogs -----		4.99\lb -----
Grilled New York Strip Steak -----		14.95\lb -----
Chicken Francaise -----		8.99\lb -----
Super Natural Pizza Slice-----	Cheese-1.75-each -----	Pepperoni-2.95-each -----

Cobb Salad - 6.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
 Cups - Small-2.50\Medium-3.50\Large-4.50
 \ Vanilla \ Chocolate \ S'Mores \
 \ Coconut-Chocolate-Chunk \ Blueberry \
 \ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

1) Sandwich special - Triple Decker Turkey Club , mayonnaise, lettuce, tomato, & bacon - served with chips
6.99

2) Hot sandwich special - Meatball grinder - served with chips
6.99

3) Hot sandwich special - Super Natural 5 oz. steamed cheeseburger with lettuce, tomato, onion, pickles, bacon, & barbecue sauce - served with oven roasted potatoes
6.99

4) Special - Chicken Quesadilla - served with tortilla chips, fresh salsa, & sour cream
6.99

5) Sandwich special - Beef brisket on a Hard Roll - served with chips
6.99

6) Special - Buffalo-Chicken Stromboli
6.99

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**SUPER NATURAL IS AGAIN
MAKING FRESH JUICE**

**TRY OUR NEW BREAKFAST SANDWICHES
-TURKEY, EGG, & CHEESE-
-ROAST BEEF, EGG, & CHEESE-
-PASTRAMI, EGG, & CHEESE-**

Buffet Available

Eat-In Or Take-Out

Monday-Friday 5:30 P.M.

Tuesday's Buffet

Dessert - Soda Or Water

\$9.95 Per Person - Children Under 10 - \$5.00

Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Tuesday, September 19

Parking Is Now Also Available
In The Carpenter's Parking
Lot Which Is On The Left
Side Of Our Parking Lot

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
Cups - Small-2.50 \ Medium-3.50 \ Large-4.50
\ Vanilla \ Chocolate \ S'Mores \
\ Coconut-Chocolate-Chunk \ Blueberry \
\ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

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Today's Featured Items

Deli - Italian Pasta Salad

Kitchen - Tortellini Alfredo

Bakery - Apple Cheesecake Caramel Bars

Buffet Available
Eat-In Or Take-Out
Monday-Friday 5:30 P.M.

Wednesday's Buffet

Pastrami Reuben Sandwiches

Apricot Chicken (Legs & Breasts)

Italian Stromboli - Grilled Vegetables

Chicken Ranchero - Cheesy Potato Wedges

Bacon-Macaroni-&-Cheese - Steamed Vegetables

Dessert - Soda Or Water

\$9.95 Per Person - Children Under 10 - \$5.00

Super Natural Market & Deli
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Luncheon Menu
Wednesday, September 20

Parking Is Now Also Available
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Many-Bean soup -----	3.00\cup -----	3.95\l bowl -----
Oven roasted potatoes-----		3.99\lb -----
Herbed red potatoes-----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Honey-Mustard chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Rice with vegetables -----		3.99\lb -----
Macaroni & cheese -----		4.99\lb -----
Steamed mixed vegetables-----		5.99\lb -----
Baby carrots with Tarragon -----		5.99\lb -----
Grilled vegetables -----		6.99\lb -----
Peas with sautéed mushrooms-----		5.99\lb -----
New York Strip Steak-----		14.95\lb -----
Sausage lasagna -----		4.99\lb -----
Grilled salmon with barbecue sauce -----		14.95\lb -----
Flounder with spinach stuffing-----		11.95\lb -----
Boneless chicken with apricot sauce-----		8.99\lb -----
Kielbasa, potatoes, peppers, & onions -----		6.99\lb -----
Pizza by the slice -----	Cheese-1.75\each -----	\Bacon\Broccoli\Onion\-2.95\each -----

California Salad
With Grilled Chicken - 6.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
 Cups - Small-2.50\Medium-3.50\Large-4.50
 \ Vanilla \ Chocolate \ S'Mores \
 \ Coconut-Chocolate-Chunk \ Blueberry \
 \ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

1) Hot sandwich special - Tuna melt on a croissant
served with chips
6.99

2) Panini sandwich specials - Buffalo chicken with Pepper\Jack cheese ,tomato,
& Blue Cheese dressing, on a wrap - served with chips
6.99

3) Hot sandwich special - Super Natural 5 oz. steamed cheeseburger with lettuce, tomato, onion,
pickles, & barbecue sauce - served with oven roasted potatoes
6.99

4) Hot sandwich special - Monte Cristo
-served with chips
6.99

5) Hot sandwich special - Pastrami Reuben
- served with chips
6.99

6) Special - Italian Combo Stromboli
6.99

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Today's Featured Items

Deli - Fresh Kale Salad

Kitchen - Apricot Glazed Pork Loin

Bakery - Maple Oat Scones

Buffet Available
Eat-In Or Take-Out
Monday-Friday 5:30 P.M.

Thursday's Buffet

Meatball Grinders

Bone-In Orange Glazed Chicken

Stuffed Sole - Cheesy Bacon Mashed Potatoes

Brussel Sprouts With Champagne Vinaigrette

Boneless Chicken Stuffed With Cheese & Basil

Macaroni & Cheese - Steamed Mixed Vegetables

Dessert - Soda Or Water

\$9.95 Per Person - Children Under 10 - \$5.00

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Luncheon Menu
Thursday, September 21

Parking Is Now Also Available
In The Carpenter's Parking
Lot Which Is On The Left
Side Of Our Parking Lot

Chicken Tortellini soup-----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Cheesy bacon potatoes-----		3.99\lb -----
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Orange-Glazed chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Macaroni-&-Cheese-----		4.99\lb -----
Rice Pilaf-----		3.99\lb -----
Mixed steamed vegetables-----		5.99\lb -----
Roasted butternut squash-----		5.99\lb -----
Corn-On-The-Cob-----		99¢each -----
Maple-Glazed carrots-----		5.99\lb -----
Steamed broccoli with Lemon crumbs-----		5.99\lb -----
Buffalo0Chicken Macaroni-&-Cheese-----		5.99\lb -----
Chicken stuffed with Basil & Mozzarella cheese-----		8.99\lb -----
Turkey Shephard's Pie-----		5.99\lb -----
New York Strip Steak-----		14.95\lb -----
Salmon with Brown-Sugar & Mustard Glaze-----		14.95\lb -----
Penne pasta with spicy sausage, broccoli, & Garlic oil-----		6.99\lb -----
Scott's Jamaican Beef Patties-----		2.95\each -----
Super Natural Pizza Slice-----	Cheese-1.75-each---White Pizza with \Ricotta\Chicken\Broccoli\-----	2.95\each -----

Grilled Chicken
& Strawberry Cobb Salad - 6.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
 Cups - Small-2.50\Medium-3.50\Large-4.50
 \ Vanilla \ Chocolate \ S'Mores \
 \ Coconut-Chocolate-Chunk \ Blueberry \
 \ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \
 \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

1) Panini sandwich special - Roast beef, tomato, horseradish sauce,
& Cheddar cheese, on flatbread - served with chips
6.99

2) Hot sandwich special - Boar's Head Maple Chicken on a waffle with bacon,
Cheddar cheese, & maple mayonnaise- served with chips
6.99

3) Hot sandwich special - Super Natural 5 oz. steamed cheeseburger with lettuce, tomato, onion,
pickles, bacon, & barbecue sauce - served with oven roasted potatoes
6.99

4) Panini sandwich special - Roasted vegetables on a spinach wrap with Honey-Mustard,
& Muenster cheese - served with chips
6.99

5) Special - Buffalo-Chicken Stromboli
6.99

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Super Natural Market & Deli
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Luncheon Menu
Saturday, September 23

Parking Is Now Also Available
In The Carpenter's Parking
Lot Which Is On The Left
Side Of Our Parking Lot

New England Clam Chowder-----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Ranch potato wedges-----		3.99\lb -----
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Barbecue chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Macaroni-&-Cheese-----		4.99\lb -----
Rice-----		3.99\lb -----
Mixed steamed vegetables-----		5.99\lb -----
Peas & corn-----		5.99\lb -----
Broccoli & Balsamic butter-----		5.99\lb -----
Roasted vegetables-----		6.99\lb -----
Grilled salmon-----		14.95\lb -----
Baked Haddock with Lemon crumbs-----		11.95\lb -----
Chicken Piccata-----		8.95\lb -----
Tuna noodle casserole-----		6.99\lb -----
Super Natural Pizza Slice-----	Cheese-1.75-each-\Chicken\Broccoli\Bacon\	2.95\each -----

Antipasto Salad - 7.50

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

8 Ice Cream
Flavors

Canton Creamery - Connecticut Ice Cream - Quarts-7.99 \ Pints-4.50
 Cups - Small-2.50\Medium-3.50\Large-4.50
 \ Vanilla \ Chocolate \ S'Mores \
 \ Coconut-Chocolate-Chunk \ Blueberry \
 \ M-&-M Cookie Dough \ Coffee \ Orange Creamsicle \

Milk Shakes
\$4.95 - 16 oz.

Today's Specials - NO SUBSTITUTIONS - Please Order by #

1) Grilled sandwich special - Pastrami, Swiss cheese, mustard, & pickles,
on rye bread - served with coleslaw
6.99

2) Panini sandwich special - Boar's Head Chicken Breast, mayonnaise, Gouda cheese,
& roasted peppers, on a French Roll- served with chips
6.99

3) Hot sandwich special - Super Natural 5 oz. steamed cheeseburger with lettuce, tomato, onion,
pickles, bacon, & barbecue sauce - served with oven roasted potatoes
6.99

4) Panini sandwich special - Roasted vegetables, & Muenster cheese,
on a Cheese Roll - served with chips
6.99

5) Special - Pepperoni Calzone
6.99

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Super Natural Breakfast Menu

Eat-In Or Call For Take-Out / 860-582-1663

Available Until 10:30 A.M.

- 1) **Breakfast sandwich** - on either a hard roll, or croissant, or bagel, or toasted bread
- includes 2 extra large eggs, cheese, & your choice of meat
(bacon, or ham, or turkey, or pork sausage, or chorizo)
-sandwich 3.50
-with oven roasted potatoes-4.00 / or with fresh fruit-4.25
- 2) **Egg white sandwich** - egg whites, tomato, cheese, & spinach
-with oven roasted potatoes-4.50
- 3) **Breakfast burrito** - 2 extra large eggs, cheese, spinach, and either bacon or chorizo
-with oven roasted potatoes-4.50
- 4) **Fresh Buttermilk Belgian Waffle sandwich** - 2 extra large eggs, cheese, syrup,
butter, & your choice of either bacon, or sausage, or ham
-with oven roasted potatoes-4.95 / or with fresh fruit-5.50
- 5) **Fresh Open Buttermilk Belgian Waffle** - 2 extra large eggs, 2 strips bacon, syrup, & avocado
-with fresh fruit - 5.75
- 6) **French Toast** - bacon, & syrup - 4.25
- 7) **Greek Yogurt with granola & fresh fruit parfait** - 3.50
- 8) **Power breakfast bowl** - 5.50
- 9) **Toasted bagel** - with butter & jelly-1.00 / with cream cheese-1.50
- 10) **Other items** - Bagel-99¢ / Muffin-85¢ / Croissant-1.50 / Scone-1.50 / Donut-99¢
Coffee-1.00-small / 1.25-medium / Hot Chocolate-1.00 / Tea-1.00
Fresh Squeezed Juice- Grapefruit or Orange - 16 ounces-4.50
Super Natural Fresh Juices - /The Accelerator / The Californian /
The Floridian / The Northeastern / The Green Machine /
The Shrekfast / - 16 ounces-5.50

Super Natural Hot & Cold Beverages

Regular Coffee—————1.00-12 oz.—————1.25-16 oz.

Iced Coffee————— 1.95-16 oz.—————3.75-32 oz.

Cappuccino—————2.95-12 oz.

Latte—————2.95-12 oz.

Espresso—————1.75-single shot———2.75-long shot

Macchiato—————2.95-12 oz

Any Flavor Shot—————-.50

Irish Cream-Coconut-Hazelnut-Vanilla-French Vanilla

Smoothie-Fresh Fruit/Vegetables/ Or Combo—————4.50

Add Protein Powder—————1.00