

There Are Many New Items & Events

To Bring To Your Attention

Daily Specials Can Be Seen On The Following Page

**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.

Wednesday's Buffet

**Cod With White Wine & Lemon Butter
Sausage & Peppers - Chicken Ranchero
-Herb roasted potatoes - Roasted Veggies
Macaroni-&-Cheese - American Goulash
- Mixed Steamed Vegetables
Dessert - Soda Or Water**

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

**Our Christmas
Kitchen & Bakery Menus
Are On The Following
2 Pages**

**Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Wednesday, December 13**

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

Minestrone soup -----	3.00\cup -----	3.95\owl -----
Italian Wedding soup -----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes -----		3.99\lb -----
Mashed garlic 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 -----
Macaroni & cheese -----		4.99\lb -----
Rice -----		3.99\lb -----
Mixed steamed vegetables -----		5.99\lb -----
Roasted sweet potatoes -----		5.99\lb -----
Maple glazed carrots -----		5.99\lb -----
Broccoli w/ balsamic butter -----		5.99\lb -----
Curried Cauliflower -----		5.99\lb -----
Sausage & Peppers -----		6.99\lb -----
NY Strip Steak -----		14.95\lb -----
Grilled salmon with pico de gallo -----		14.95\lb -----
American goulash -----		4.99\lb -----
Cod w/ white wine & lemon butter sauce -----		11.95\lb -----
Boneless chicken ranchero -----		8.99\lb -----
Pizza By The Slice -----	Cheese-1.75\each -----	Sausage & peppers- 2.95\each -----

Waldorf Salad - 6.99

SUPER NATURAL SALADS TODAY

Chicken Caesar Salad - 6.99

Quinoa Power Salad - 5.50

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

**1) Panini sandwich special - Pepper turkey, cheddar cheese, avocado & fresh salsa,
on flatbread - served with chips
6.99**

**2) Hot sandwich special - Meatball marinara with mozzarella 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 - The Godfather - Prosciutto, Pepperoni, Sweet Sopressata, Mortadella and
Picante Provolone Cheese, Lettuce, Tomato, Roasted Red Peppers, & Deli Dressing , on Ciabatta
served with chips - 6.99**

**5) Special - Buffalo Chicken Stromboli
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 - ***

Christmas Kitchen Menu-2017
The Super Natural Market & Deli
860-582-1663

Soups

Butternut Squash Bisque	7.50\quart
Italian Wedding soup.....	7.50\quart

Starters

Tea Sandwiches-\Shrimp Salad\Chicken Salad with Cashews\Tuna Salad\Ham Salad\ —	18.00\dozen
Shrimp Platter	Market Price
Super Natural Party Platter - \Sausage Stuffed Mushrooms\Bacon Wrapped Scallops\ \Beef Wellington\Filo Asparagus & Asiago\Pigs In A Blanket\ (5 per person - minimum 6 people).....	5.00\person
Deviled eggs - serves (10-12).....	19.95
Antepasto - fantastic assortment of Italian favorites - (serves 10-12).....	45.00
Coconut Shrimp - served with Plum Sauce - (serves 6).....	40.00

Salads - (serves 10-12)

Caesar	19.95
Spinach\Strawberry.....	30.00

Veggies

Stuffed Acorn Squash - (minimum 4).....	4.99\each
Grilled Vegetable Platter - (serves 6-8).....	37.50
Roasted Vegetables - (serves 6-8).....	35.00
Broccoli Rabe with fresh Garlic & oil - (serves 6-8).....	35.00
Curry Cauliflower.....	35.00

Entrees

Baked Stuffed shrimp - (minimum 12).....	4.50\each
Chicken Cordon Bleu with rice - (serves 6)	45.00
Stuffed Boneless Chicken Breast Florentine with rice - (serves 6).....	45.00
Lasagna - beef, sausage, or vegetable - (serves 10-12).....	30.00
Beef Tenderloin - roasted & sliced with 2 sauces - (serves 10).....	98.50
Lobster mac & cheese - 9 x 13 pan - (serves 12).....	40.00
Christmas Stuffed Meatloaf with spinach & roasted peppers - (serves 12).....	47.50
Grilled Salmon with Teriyaki Glaze - served with rice - (serves 6)	49.50

All orders must be picked up between 12-3 p.m. Sunday December 24th.
We will be closed Monday December, 25th
and will re-open Tuesday December, 26th

Check our everyday catering menus for more choices
on our website www.supernaturalmarket.com

Christmas Bakery Menu-2017

The Super Natural Market & Deli

Pies - Apple, Apple Crumb, & Pecan.....9 inch - 14.95\each
Banana Cream, Chocolate Cream, Coconut Cream, Mocha, & Pumpkin..13.50\each
Cheesecakes - White Chocolate Raspberry, Pumpkin,
New York Style-Fruit or Turtle.....9 inch - serves 14 - 32.50\each
Cookie Trays -serves 12-15 - 37.50\small,.....serves 22-25 - 50.00\large
Holiday Cake - Yellow cake with mixed berries, white chocolate, & raspberry
whipped cream.....9 inch - 37.50.....1/2 sheet - 50.00
Carrot Cake.....9 inch - 30.00\each.....1/2 sheet - 35.00\each
Chocolate Strawberry Cake.....9 inch - 37.50\each.....1/2 sheet - 50.00\each

For The Holidays

(You can substitute white chocolate for your dark chocolate)

Tres Leche Cake.....9 x 13 - 27.50.....large - 52.50\each
Trifles Yellow, or Chocolate.....35.00\each

Order As Early As Possible - We May Have To Cut Off Orders Depending
On The Demand

Thanks For Your Co-Operation & Understanding

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