

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-**

Tuesday's Buffet - 5:00 P.M.

Eat-In Or Take-Out

Beef Chili

Hard Shell Tacos

Macaroni & Cheese

Meatloaf With Gravy

Barbecue Chicken Wings

Mixed Steamed Vegetables

Peas With Sautéed Mushrooms

Sole With Spinach & Feta Cheese Stuffing

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, January 23

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

Stuffed-Cabbage soup-----	3.00\cup -----	3.95\cup -----
Chicken-Orzo soup -----	3.00\cup -----	3.95\cup -----
Oven roasted potatoes-----		3.99\lb -----
Rosemary red potatoes-----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Spicy-Thai-Peanut baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Rice -----		3.99\lb -----
Macaroni & cheese -----		4.99\lb -----
Steamed mixed vegetables-----		5.99\lb -----
Green Beans Italiano -----		5.99\lb -----
Curried cauliflower-----		5.99\lb -----
Peas with sautéed mushrooms -----		5.99\lb -----
Maple-Glazed carrots -----		5.99\lb -----
Buffalo-Chicken Macaroni-&-Cheese -----		6.99\lb -----
Beef chili -----		6.99\lb -----
Grilled salmon -----		14.95\lb -----
Sole With spinach & Feta cheese stuffing -----		11.95\lb -----
Meatloaf with gravy -----		6.99\lb -----
Barbecue chicken wings -----		7.99\lb -----
Pork fried rice -----		5.99\lb -----
Super Natural Pizza Slice-----	Cheese-1.75-each	

SUPER NATURAL SALADS TODAY



Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

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

1) Hot sandwich special - Chicken Parmesan grinder
- served with chips
6.99

2) Sandwich special - Roast beef, mignonaise, sautéed onions & peppers,
& Cheddar cheese, on a French Roll - 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) Grilled sandwich special - Reuben with either corned beef or pastrami,
on rye bread - served with chips
6.99

5) Special - Chicken Quesadilla
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 - *

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Monday-Friday 5:00 P.M.

Monday's Buffet

Meatball Calzones

Chicken Parmesan

Macaroni-&-Cheese

Garlic-Parmesan Wings

Roasted Butternut Squash

Mixed Steamed Vegetables

Baked Ziti With Ricotta cheese

Haddock With Lemon Crumbs

Dessert - Soda & Water

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

Super Natural Market & Deli
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Luncheon Menu
Monday, January 22

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

Tomato-Tortellini soup-----	3.00\cup-----	3.95\owl
Chicken-Noodle soup-----	3.00\cup-----	3.95\owl
Oven roasted potatoes-----		3.99\lb
Cheesy potato wedges-----		3.99\lb
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts
Garlic-Herb chicken-----	4.99\lb-legs-----	5.99\lb-breasts
Macaroni-&-Cheese-----		4.99\lb
Rice-----		3.99\lb
Steamed mixed vegetables-----		5.99\lb
Broccoli-----		5.99\lb
Squash Italiano-----		5.99\lb
Roasted vegetables-----		6.99\lb
Salmon with Dill sauce-----		14.95\lb
Haddock with Lemon crumbs-----		11.95\lb
Meatballs Marinara-----		6.99\lb
Teriyaki pork tenderloin-----		7.99\lb
Buffalo chicken wings-----		7.99\lb
Garlic-Parmesan chicken wings-----		7.99\lb
Chicken Parmesan-----		8.99\lb
Pizza By The Slice-----	Cheese-1.75\each-----	\Pepperoni\ -2.95\each

SUPER NATURAL SALADS TODAY

Chef Salad - 6.99

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

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) Panini sandwich special - Italian Combo, mayonnaise, roasted peppers, tomato, onion, & oli and vinegar, on Ciabatta - 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 - Turkey, roasted vegetables, Honey-Mustard, & Muenster cheese, on a French Roll - served with chips
6.99

5) Special - Meatball Calzone
6.99

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Friday's Buffet Starting At 5:00 P.M.
Eat-In Or Take-Out

Stuffed Cabbage

American Goulash

Roasted Vegetables

Macaroni-&-Cheese

Roast Beef With Gravy

Spinach Or Bacon Quiche

Zucchini Stuffed With Feta Cheese

Grandma's Potato-&-Cheese Pierogies

Dessert - Soda & Water

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

Super Natural Market & Deli
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Luncheon Menu
Friday January 19

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 -----
Minestrone soup-----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Mashed potatoes-----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Barbecue baked 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 vegetables-----		6.99\lb -----
Tomato Provencal-----		5.99\lb -----
Zucchini stuffed with Feta cheese-----		5.99\lb -----
Stuffed peppers-----		
Chicken Francaise -----		5.99\lb -----
Korean-Barbecue wings -----		7.99\lb -----
Fried haddock -----		11.95\lb -----
Teriyaki salmon -----		14.95\lb -----
Roast beef with gravy -----		8.99\lb -----
Penne pasta with broccoli, sausage, & Garlic and oil -----		6.99\lb -----
Pizza slices-----	Cheese-1.75\each -----	\Pepperoni\2.95\each -----

SUPER NATURAL SALADS TODAY

Chicken Garden Salad-6.99

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

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

1) Sandwich special - Triple Decker Turkey Club on white bread
- served with chips
6.99

2) Panini sandwich special - Roasted vegetables & Feta cheese,
on a spinach wrap- 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) Hot special - Cup of soup - Grilled Cheese-&-Bacon sandwich
- served with chips
6.99

5) Special - Meatball Calzone
6.99

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Monday-Friday 5:00 P.M.

Thursday's Buffet

Stuffed Peppers

Chicken Ranchero

Macaroni & Cheese

Rice With Vegetables

Honey-Glazed Carrots

Mixed Steamed Vegetables

Buffalo Chicken Stromboli

Haddock With Lemon Crumbs

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

Super Natural Market & Deli
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Luncheon Menu
Thursday, January 18

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

Beef-Barley soup-----	3.00\cup-----	3.95\owl
Vegetable soup-----	3.00\cup-----	3.99\owl
Oven roasted potatoes-----		3.99\lb
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts
Garlic-Herb chicken-----	4.99\lb-legs-----	5.99\lb-breasts
Macaroni-&-Cheese-----		4.99\lb
Rice with vegetables-----		3.99\lb
Mixed steamed vegetables-----		5.99\lb
Green Beans Almondine-----		5.99\lb
Broccoli & red peppers-----		5.99\lb
Honey glazed carrots-----		5.99\lb
Grilled vegetables-----		6.99\lb
Ranchero chicken-----		8.99\lb
Grilled salmon with Brown-Sugar-Dijon sauce-----		14.95\lb
American Goulash-----		4.99\lb
Haddock with Lemon crumbs-----		11.95\lb
Buffalo-Chicken Macaroni-&-Cheese-----		11.95\lb
Pernil-----		7.99\lb
Barbecue ribs-----		8.99\lb
Stuffed shells-----		4.99\lb
Super Natural Pizza Slice-----	Cheese-1.75-each-\Tomato\Feta-Cheese\Spinach\-----	2.95-each

Turkey Club Salad - 6.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

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

1) Panini sandwich special - Turkey, pesto, avocado, & spinach,
on flatbread - served with chips
6.99

2) Panini sandwich special - Italian Combo, mayonnaise, tomato, roasted peppers,
& onion, on Ciabatta - 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) Grilled sandwich special - Reuben on rye bread
6.99

5) Special - Buffalo Chicken Stromboli
6.99

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Monday-Friday 5:00 P.M.

Wednesday's Buffet

Peas & Carrots

Apricot Pork Loin

Meatballs Marinara

Macaroni-&-Cheese

Salami-&-Ham Stromboli

Mixed Steamed Vegetables

Broccoli With Sautéed Mushrooms

Cod With Lemon, White Wine, & Butter

Dessert - Soda & Water

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

Super Natural Market & Deli
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 Luncheon Menu
 Saturday, January 6

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

Black bean soup -----	3.00\cup -----	3.95\owl
Oven roasted potatoes -----		3.99\lb
Cheesy 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
Steamed mixed vegetables-----		5.99\lb
Green Beans Almondine-----		5.99\lb
Broccoli & red peppers -----		5.99\lb
Salmon with Brown Sugar-Dijon glaze-----		14.95\lb
Fried catfish -----		11.95\lb
Crumb topped flounder -----		11.95\lb
Ziti with Ricotta -----		4.99\lb
Pork tenderloin -----		7.99\lb
Herbed breaded boneless chicken -----		8.99\lb
Pizza by the slice -----	Cheese-1.75\each -----	Chicken\Bacon-2.95\each

Sandwich Specials

1) Panini - Italian Combo on Ciabatta with mayo, roasted peppers, spinach,
Provolone cheese, & oil and vinegar - served with chips

6.99

2) Hot special - Cup of soup - Grilled cheese-&-ham sandwich
- served with chips

6.99

3) Hot sandwich - Steamed cheeseburger, lettuce, tomato, pickles, onion,
bacon , & barbecue sauce - served with oven roasted potatoes

6.99

4) Special - Pepperoni Stuffed Bread

6.99

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HAPPY NEW YEAR
WELCOME BACK

Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Tuesday, January 1

Parking Is Now Also Available
In The Carpenter's Parking
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CHEF'S CHOICE

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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