

Super Natural Market & Deli  
860-582-1663  
www.supernaturalmarket.com  
Luncheon Menu  
Saturday, February 24

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

Oven roasted potatoes -----	3.99\lb
Seasoned baked chicken-----	4.99\lb-legs -----5.99\lb-breasts
Buffalo wings -----	7.99\lb
Macaroni-&-Cheese-----	4.99\lb
Rice Pilaf -----	3.99\lb
Steamed mixed vegetables -----	5.99\lb
Roasted vegetables -----	6.99\lb
Poached salmon with fresh Dill-----	14.95\lb
Kielbasa, potatoes, peppers, & onions-----	6.99\lb
Chicken Parmesan -----	8.99\lb
Chicken Divan-----	5.99\lb
Shephard's Pie -----	5.99\lb
Barbecue pulled pork-----	7.99\lb
Scott's Jamaican Beef Patties -----	2.95\each
Pizza by the slice	

Sandwich Specials

1) Sandwich special - Barbecue pulled pork with coleslaw & Cheddar cheese,  
on a Hard Roll- served with chips

6.99

2) Panini sandwich special - Turkey, mayonnaise, bacon, & spinach,  
on flatbread- served with chips

6.99

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

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 - \*

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

**Sunday Store Hours**  
**For The Super Natural**  
**Are 11 A.M.-3 P.M.**

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

**Baked Ziti**

**Beef Lasagna**

**Buffalo Stromboli**

**Chicken Parmesan**

**Macaroni-&-Cheese**

**Steamed Mixed Vegetables**

**White Fish With Lemon, Butter, & White Wine**

**Roasted Brussel Sprouts With Bacon & Onions**

**Dessert-Soda Or Water**

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

**NEW ITEM !!**  
**SCOTT'S JAMAICAN**  
**CHICKEN PATTIES**

**Super Natural Market & Deli**  
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**Luncheon Menu**  
**Friday, February 23**

**Parking Is Now Also Available**  
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**Side Of Our Parking Lot**

New England Clam Chowder-----	3.00\cup-----	3.95\owl-----
Chicken-Noodle 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-----
Teriyaki 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-----
Broccoli with sautéed mushrooms-----		5.99\lb-----
Roasted brussel sprouts with bacon & onions-----		5.99\lb-----
Green Beans Almondine-----		5.99\lb-----
Curried cauliflower-----		5.99\lb-----
Chicken Francaise-----		8.99\lb-----
Beef lasagna-----		5.99\lb-----
Pan-Fried Cod-----		11.95\lb-----
Grilled salmon-----		14.95\lb-----
Roast beef with gravy-----		8.99\lb-----
Scott's Jamaican Beef Patties-----		2.95\each-----
Scott's Jamaican Chicken Patties-----		2.95\each-----
Super Natural Pizza Slice-		
Cheese Pizza-1.75-each-----	White Pizza With Chicken, Ricotta, Garlic, & Broccoli-2.95\each	

**Chef 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) Hot sandwich special - Tuna-Melt on a bagel with Provolone cheese & tomato**  
**- served with chips**  
**6.99**

**2) Panini sandwich special - Italian-Combo, mayonnaise, roasted peppers, onion, tomato,**  
**& oil and vinegar, on Rosemary 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, mayonnaise, spinach, avocado,**  
**& bacon, on flatbread - served with chips**  
**6.99**

**5) Special - \Buffalo-Chicken\ Stromboli**  
**6.99**

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**Sunday Store Hours**  
**For The Super Natural**  
**Are 11 A.M. - 3 P.M.**

**Thursday's Buffet**  
**Eat-In Or Take-Out**  
**Monday-Friday 5:00 P.M**

**Mashed Potatoes**  
**Chicken Parmesan**  
**Macaroni-&-Cheese**  
**Roast Beef With Gravy**  
**Roast Turkey With Gravy**  
**Mixed Steamed Vegetables**  
**Broccoli With Red Peppers**  
**White Fish With Parsley, Lemon, & Butter**

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

**Super Natural Market & Deli**  
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**Luncheon Menu**  
**Thursday, February 22**

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

Southwestern-Chicken soup -----	3.00\cup -----	3.95\cup -----
Onion soup -----	3.00\cup -----	3.95\cup -----
Oven roasted potatoes -----		3.99\lb -----
Mashed potatoes with bacon & Cheddar cheese -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Apricot baked 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 -----
Roasted sweet potatoes -----		5.99\lb -----
Broccoli with red peppers -----		5.99\lb -----
Green beans with walnuts & fresh Dill -----		5.99\lb -----
Curried cauliflower -----		5.99\lb -----
Chicken Parmesan -----		8.99\lb -----
Meatballs Marinara -----		6.99\lb -----
Lemon-Herb pork tenderloin -----		7.99\lb -----
Barbecue ribs -----		8.99\lb -----
Chili Con Carne with cheese -----		5.99\lb -----
Grilled salmon -----		14.95\lb -----
White fish with fresh Parsley, Lemon, & butter -----		11.95\lb -----
Super Natural Pizza Slice -----	Cheese Pizza-1.75-each -----	\Meatball\Onion\ -2.95-each -----

**SUPER NATURAL SALADS TODAY**

**Buffalo-Chicken Salad - 6.99**

**Quinoa Power Salad - 5.50**

**Chicken Caesar Salad - 6.99**

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

**1) Hot special - Cup of soup - Grilled ham-&-cheese sandwich**  
**- served with chips**  
**6.99**

**2) Hot sandwich special - Pulled barbecue pork with Cheddar cheese,**  
**on a Hard 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) Hot sandwich special - Meatball grinder**  
**- served with chips**  
**6.99**

**5) Special - Ham-Salami-Pepperoni Stromboli**  
**6.99**

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**Sunday Store Hours**  
**For The Super Natural**  
**Are 11 A.M. - 3 P.M.**

**Wednesday's Buffet**  
**Eat-In Or Take-Out**  
**Monday-Friday 5:00 P.M.**

**Chicken Ranchero**  
**Rice With Vegetables**  
**Mashed Sweet Potatoes**  
**Kielbasa-&-Sauerkraut**  
**Steamed Mixed Vegetables**  
**Baked Ziti With Ricotta Cheese**  
**Pulled Pork With Barbecue Sauce**  
**White Fish With Lemon & Butter**  
**Dessert - Soda Or Water**

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

**Sunday Store Hours**  
**For The Super Natural**  
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**Super Natural Market & Deli**  
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**Luncheon Menu**  
**Wednesday February 21**

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

Chicken-Noodle soup -----	3.00\cup -----	3.95\bowl -----
Minestrone soup -----	3.00\cup -----	3.95\bowl -----
Oven roasted potatoes -----		3.99\lb -----
Scalloped potatoes with ham -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Garlic-Herb baked 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 -----
Mashed sweet potatoes -----		5.99\lb -----
Collard greens with bacon, onions, & fresh Garlic -----		5.99\lb -----
Broccoli with sautéed mushrooms -----		5.99\lb -----
Collard greens with bacon & onions -----		5.99\lb -----
Green-&-Yellow Squash Italiano -----		5.99\lb -----
Pernil -----		7.99\lb -----
Pulled pork with barbecue sauce -----		7.99\lb -----
Barbecue ribs -----		8.99\lb -----
Chicken Ranchero -----		8.99\lb -----
Baked ziti with Ricotta cheese -----		4.99\lb -----
Grilled salmon -----		14.95\lb -----
White fish with Lemon & butter -----		11.95\lb -----
Pizza slices -----	^ Cheese-!.75-each -----	^Chicken\Broccoli^-2.95-each -----

**SUPER NATURAL SALADS TODAY**

**Buffalo Chicken 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 - Roasted vegetables with Smoked Gouda cheese, on a 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 sandwich special - Monte Cristo with ham, turkey, & Swiss cheese, on French Toast - served with chips**  
**6.99**

**5) Special - Meatball Calzone**  
**6.99**

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**Daily Specials Can Be Seen On The Following Page**

**Sunday Store Hours  
For The Super Natural  
Are 11 A.M.-3 P.M.**

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

**Beef Lasagna**

**Mashed Potatoes**

**Chicken Francaise**

**Macaroni-&-Cheese**

**Roast Beef With Gravy**

**Steamed Mixed Vegetables**

**Honey Orange-Glazed Baby Carrots**

**Tilapia With Lemon, White Wine, & Butter**

**Dessert - Soda Or Water**

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



# Sunday Store Hours

11 A.M. - 3 P.M.

**Super Natural Market & Deli**  
860-582-1663  
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Luncheon Menu  
Monday, February 19

Parking Is Now Also Available  
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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-----
Mashed 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-----		3.99\lb-----
Steamed mixed vegetables-----		5.99\lb-----
Honey Orange-Glazed baby carrots-----		5.99\lb-----
Broccoli with Balsamic butter-----		5.99\lb-----
Squash with tomatoes & herbs-----		5.99\lb-----
Grilled zucchini with Feta cheese-----		5.99\lb-----
Beef stew-----		5.99\lb-----
American Goulash-----		5.99\lb-----
Chicken Francaise-----		8.99\lb-----
Roast beef with gravy-----		8.99\lb-----
Buffalo chicken wings-----		7.99\lb-----
Chicken Cacciatore-----		5.99\lb-----
Beef lasagna-----		5.99\lb-----
Tilapia with Lemon, White wine, & butter-----		11.95\lb-----
Pizza By The Slice-----	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, mayonnaise, lettuce, tomato,  
& bacon - served with chips  
6.99

2) Panini sandwich special - Roast beef, tomato, roasted peppers, onions,  
& Cheddar cheese, on flatbread - 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 - Grilled chicken, spinach, roasted peppers,  
& pesto sauce, on flatbread - served with chips  
6.99

5) Special - Ham-Salami Stromboli  
6.99

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# **SUPER NATURAL MAKES FRESH JUICE**

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

**Eat-In Or Take-Out**

**Buffalo Wings**

**Stuffed Peppers**

**Macaroni-&-Cheese**

**Maple-Glazed Carrots**

**Kielbasa-&-Sauerkraut**

**Steamed Mixed Vegetables**

**Penne Pasta With Broccoli, Sausage, Garlic, & Oil**

**Flounder with White Wine, Lemon, & Butter**

**9.95 Per Person— Children Under 10 - 5.00**

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**Luncheon Menu**  
**Wednesday, January 24**

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

# 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