

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.

March 22
Thursday's Buffet
Eat-In Or Take-Out
Monday-Friday 5:00 P.M

Mashed Potatoes
Chicken Parmesan
Sausage-&-Peppers
Curried Cauliflower
Macaroni-&-Cheese
Meatloaf With Gravy
Mixed Steamed Vegetables
Stuffed Flounder With Feta Cheese & Spinach

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

NEW ITEMS - Scott's
Jamaican Beef Patties & Coco Bread
Heat & Eat At Your Home Or Office

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

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

Chicken-Orzo soup -----	3.00\cup -----	3.95\cup -----
Potato-&-Green-Chilies soup-----	3.00\cup -----	3.95\cup -----
Oven roasted potatoes-----		3.99\lb -----
Mashed potatoes -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Barbecue chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Rice -----		3.99\lb -----
Macaroni & cheese -----		4.99\lb -----
Steamed mixed vegetables-----		5.99\lb -----
Roasted vegetables-----		6.99\lb -----
Mexi-Corn-----		5.99\lb -----
Tomato Provencal -----		5.99\lb -----
Curried cauliflower-----		5.99\lb -----
Barbecue ribs -----		8.99\lb -----
Sausage-&-Peppers -----		6.99\lb -----
Stuffed Flounder with Feta cheese & spinach -----		11.95\lb -----
Cajun catfish-----		11.95\lb -----
Super Natural Pizza Slice-----	Cheese Pizza-1.75-each-----	Pepperoni\Sausage\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 - Italian Combo, fresh Mozzarella cheese, roasted peppers, tomato, & banana peppers, on a roll - served with chips
6.99

2) Panini sandwich special - Boar's Head Salsalito Turkey, Chipotle sauce, Pepper\Jack cheese, lettuce, tomato, & cherry peppers, 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) Hot sandwich special - Roasted vegetables & Feta cheese, on a wrap - served with chips
6.99

5) Special - Spinach-&-Feta Cheese 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 - *

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

March 14th
Wednesday's Buffet
Eat-In Or Take-Out
Monday-Friday 5:00 P.M.

Tonight's Buffet
Cancelled
Due To The Weather

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

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

**Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Wednesday March 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 -----
Oven roasted potatoes -----		3.99\lb -----
Mashed red potatoes -----		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 -----
White-&-Wild Rice -----		3.99\lb -----
Mixed steamed vegetables -----		5.99\lb -----
Curried cauliflower -----		5.99\lb -----
Green beans with Lemon, butter, & Garlic -----		5.99\lb -----
American Goulash -----		5.99\lb -----
Chicken Ranchero -----		8.99\lb -----
Fried catfish -----		11.95\lb -----
Boneless pork chops with jalapenos & onions -----		7.99\lb -----
Grilled salmon -----		14.95\lb -----
Barbecue ribs -----		8.99\lb -----
Pizza slices -----	Cheese-1.75-each -----	

Chicken Garden Salad-6.99

SUPER NATURAL SALADS TODAY

Chicken Caesar Salad - 6.99

Quinoa Power Salad - 5.50

The Super Natural Easter Menu Is On The Following Page

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

1) Panini sandwich special - Boar's Head Maple Ham, Havarti cheese, Honey-Mustard, & apple slices, on flatbread - served with chips
6.99

2) Panini sandwich special - Italian Combo, mayonnaise, lettuce, tomato, roasted peppers, & oil and vinegar, on focaccia - 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 - Boar's Head Pepper Turkey, Pepper\Jack cheese, mayonnaise, lettuce, tomato, & bacon, on flatbread - served with chips
6.99

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Super Natural
Easter Menu

Kitchen

Quiches - (Lorraine / Ham / Vegetable / Tomato-Basil) 9 Inch-12.95

Lasagna - (Beef or Vegetable) 9x13 Pan-32.50

Scalloped Potatoes - 9x13 Pan-30.00

Sweet Slice Ham With Pineapple & Cherries - Feeds 10-12-45.00

Vegetables - Green Beans Almondine	9x13-32.50
Green Beans With Fresh Dill & Walnuts	9x13-32.50
Steamed Mixed Vegetables	9x13-32.50
Strawberry Spinach Salad	9x13-32.50

Boneless Chicken - (Francaise or Apricot) 4.95 each piece

Bakery

**Pies - (Chocolate Cream / Banana Cream / Coconut Cream /
Key Lime / Blueberry Sour Cream) 13.50**

Tres Leches Cake - 9x13-27.50 or large-52.50

Cookie Trays - Small-40.00 or Large-55.00

There Are Many New Items & Events
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OUR EASTER MENU IS ON PAGE 3

March 20
Tuesday's Buffet - 5:00 P.M.
Eat-In Or Take-Out

Rice
Beef Lasagna
Barbecue Ribs
Chicken Piccata
Macaroni-&-Cheese
Mashed Sweet Potatoes
Mixed Steamed Vegetables
Flounder With Lemon Crumbs
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
www.supernaturalmarket.com
Luncheon Menu
Tuesday, March 20

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

Chicken-Orzo soup-----	3.00\cup -----	3.95\owl
Cream-Of-Potato-With Green-Chilis soup-----	3.00\cup -----	3.95\owl
Oven roasted potatoes-----		3.99\lb
Red potatoes with fresh Dill-----		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
Steamed mixed vegetables-----		5.99\lb
Mashed sweet potatoes-----		5.99\lb
Broccoli & sautéed mushrooms-----		5.99\lb
Cauliflower with red peppers-----		5.99\lb
Chicken Piccata-----		8.99\lb
Beef lasagna-----		5.99\lb
Baked Ziti-----		3.99\lb
Breaded boneless pork chops with mushrooms & Honey-Mustard-----		7.99\lb
Flounder with Lemon crumbs-----		11.95\lb
Grilled Salmon-----		14.95\lb
Pizza by the slice-----	Cheese-1.75\each-----	Meat Lover's-2.95\each

SUPER NATURAL SALADS TODAY

Cobb Salad - 6.99

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

Today's Specials - NO SUBSTITUTIONS - Please Order by

1) Panini sandwich special - Italian-Combo, mayonnaise, onions, hot peppers,
& Provolone cheese, on flatbread - served with chips
6.99

2) Hot sandwich special - Meatball grinder with Marinara sauce,
& fresh Mozzarella cheese, on a grinder 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 special - Cup of soup - Grilled ham-&-cheese sandwich on white bread
- served with chips
6.99

5) Special - Meatball Calzone
6.99

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Super Natural Market & Deli
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Luncheon Menu
Sunday, March 11

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

SUNDAY MARCH 18TH

OPEN SUNDAYS 11 A.M. - 3 P.M.

Oven roasted potatoes	3.99\lb
Seasoned baked chicken	5.99\lb-breasts
Wild rice blend	3.99\lb
Macaroni-&-Cheese	4.99\lb
Mixed vegetables	5.99\lb
Curried cauliflower	5.99\lb
Cornbread-Sausage stuffing	4.99\lb
Boneless mango chicken	8.99\lb
Grandma's Potato-&-Cheese Pierogies with onions	6.99\lb
Sausage-Onions-&-Peppers	6.99\lb
Tilapia	11.95\lb
Kielbasa-Potatoes-Peppers-&-Onions	6.99\lb
Chicken Parmesan	8.99\lb
Beef lasagna	5.99\lb
Salmon	14.95\lb
Ziti with sauce	3.99\lb
American Goulash	5.99\lb

We welcome your suggestions

We deliver lunchtime orders Monday to Friday

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Friday March 16th
Today's Buffet Starting At 5:00 P.M.
Eat-In Or Take-Out

American Goulash
Sausage-&-Peppers
Salsa Verde Chicken
Macaroni-&-Cheese
Curried Cauliflower
Roasted Sweet Potatoes
Steamed Mixed Vegetables
Pollock With Lemon, Butter, & Parsley
Dessert-Soda Or Water

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

**SUNDAY HOURS AT THE
SUPER NATURAL ARE 11 A.M.- 3 P.M.
NEW ITEMS IN THE FREEZER
SCOTT'S JAMAICAN BEEF PATTIES
& SCOTT'S COCO BREAD**

**Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Friday, March 16**

**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 -----
Chicken-Orzo soup-----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Parsley red potatoes-----		3.99\lb -----
Seasoned baked chicken-----	4.99\lb-legs -----	5.99\lb-breasts -----
Salsa-Verde 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 & red peppers-----		5.99\lb -----
Refried beans-----		4.99\lb -----
Grilled vegetables-----		6.99\lb -----
Curried cauliflower-----		5.99\lb -----
Roasted sweet potatoes-----		5.99\lb -----
Beef stew-----		5.99\lb -----
Beef Stir-Fry-----		8.99\lb -----
Sausage-&-Peppers-----		6.99\lb -----
American-Goulash-----		5.99\lb -----
Chicken Divan-----		5.99\lb -----
Pollock with Lemon, butter, & fresh Parsley-----		11.95\lb -----
Grilled salmon-----		14.95\lb -----
Super Natural Pizza Slice-----	Cheese Pizza-1.75-each-----	Meatball -2.95\each -----

Barbecue Chicken 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) Special - Taco salad
6.99**

**2) Panini sandwich special - Italian-Combo, mayonnaise, roasted peppers, tomato,
& oil and vinegar, 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) Special - Chicken or Beef Burrito
- served with sour cream & fresh salsa
6.99**

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

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

**NO BUFFET TONIGHT
DUE TO BAD WEATHER**

OPEN SUNDAY
11 A.M. - 3 P.M.

Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Saturday, March 10

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
Parsley red potatoes -----	3.99\lb
Seasoned baked chicken -----	4.99\lb-legs -----5.99\lb-breasts
Apricot chicken -----	4.99\lb-legs -----7.99\lb-breasts
Macaroni-&-Cheese -----	4.99\lb
Rice -----	3.99\lb
Steamed mixed vegetables -----	5.99\lb
Broccoli & cauliflower with cheese sauce -----	5.99\lb
Poached salmon with fresh Dill -----	14.95\lb
Chicken Divan -----	5.99\lb
Chicken Parmesan -----	8.99\lb
Ziti with sauce -----	4.99\lb
Pollock with Lemon & butter -----	11.95\lb
Buffalo-Chicken Macaroni-&-Cheese -----	5.99\lb
Roast beef with gravy -----	8.99\lb

Sandwich Specials

1) Panini sandwich special - Boar's Head Teriyaki Chicken, Cream-Havarti cheese, pineapple-coleslaw, & teriyaki sauce - served with chips

6.99

2) Panini sandwich special - Boar's Head Maple-Honey Turkey, Maple Honey Ham, Cheddar cheese, lettuce, tomato, sliced apple, & Honey-Mustard - served with chips

6.99

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

6.99

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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

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