

Daily Specials Can Be Seen On The Following Page

Store Hours

Monday-Friday - 8 A.M.-7 P.M.

Saturday - 9 A.M.-5 P.M.

Sunday - 11 A.M.-3 P.M.

April 25th

Wednesday's Buffet

Eat-In Or Take-Out

Monday-Friday 5:00 P.M.

Baked Scrod

Shephard's Pie

Chicken Milanaise

Macaroni-&-Cheese

Steamed Mixed Vegetables

Yellow Squash With Tomatoes

Cheesy Potato Wedges With Bacon

Grilled Eggplant With Spinach & Cheese

Dessert - Soda Or Water

Store Hours
Monday-Friday - 8 A.M.-7 P.M.
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Super Natural Market & Deli
860-582-1663
www.supernaturalmarket.com
Luncheon Menu
Wednesday, April 25

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

Corn chowder -----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Ranch Potatoes-----		3.99\lb -----
Cheesy potato wedges with bacon -----		3.99\lb -----
Seasoned Baked chicken-----	4.99\lb-legs -----	5.99\lb-breasts -----
Breaded chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Macaroni-&-Cheese -----		5.50\lb -----
Rice -----		3.99\lb -----
Steamed mixed vegetables-----		5.99\lb -----
Roasted vegetables-----		6.99\lb -----
Yellow squash with tomatoes -----		5.99\lb -----
Grilled eggplant with spinach & cheese -----		5.99\lb -----
Shephard's Pie -----		5.99\lb -----
Chicken Milanaise-----		8.99\lb -----
Beef stew-----		6.99\lb -----
Chicken chili-----		5.99\lb -----
Breaded scallops -----		14.95\lb -----
Sweet-&-Sour grilled salmon -----		14.95\lb -----
Chicken Saltimbocca -----		8.99\lb -----
Stuffed Meatloaf with gravy -----		6.99\lb -----
Cheese tortellini's with Cajun-Chicken-Carbonara -----		6.99\lb -----
Pizza by the slice -----	Cheese-1.75\each -----	\Pepperoni\Meatball\ -2.95-each -----

Check Out Our Expanded Prepared Food Sections
Salads-Soups-Sandwiches-Vegetables-Entrees-Meals-Desserts

SUPER NATURAL SALADS TODAY

Barbecue Ranch Chicken 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 - Roast beef, horseradish sauce, onions, tomato,
 & Vermont Cheddar cheese, on a wrap - served with chips or oven roasted potatoes**
6.99

**2) Hot special - Cup of soup or chowder - Grilled ham-&-Swiss cheese sandwich on white bread
 - served with a side of potato-&-egg salad**
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) Sandwich special - Italian-Combo, mayonnaise, onions, hot peppers,
 & Provolone cheese - served with chips or oven roasted potatoes**
6.99

5) Special - Broccoli Stromboli
6.99

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SUNDAY APRIL 22ND

Oven roasted potatoes -----	3.99\lb
Seasoned baked chicken ----- 4.99\lb-legs -----	5.99\lb-breasts
Rice Pilaf-----	3.99\lb
Macaroni-&-Cheese-----	4.99\lb
Angel-Hair pasta -----	2.99\lb
Steamed mixed vegetables -----	5.99\lb
Squash-&-Red Peppers -----	5.99\lb
Escarole with red beans -----	5.99\lb
Maple-Glazed carrots -----	5.99\lb
Grilled salmon -----	14.95\lb
Beef lasagna -----	5.99\lb
Sausage-&-Peppers -----	6.99\lb
Penne pasta with smoked salmon, fresh Dill, & cream sauce-----	6.99\lb
Pork-Loin Marsala with rotini-----	6.99\lb
Eggplant Parmesan -----	8.99\lb
Eggplant Rolatine -----	7.99\lb
Chicken Ranchero-----	8.99\lb

We welcome your suggestions

We deliver lunchtime orders Monday to Friday
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Super Natural Market & Deli
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Luncheon Menu
Saturday, April 21

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Chicken-Rice soup-----	3.00\cup-----	3.95\owl
Oven roasted potatoes-----		3.99\lb
Parsley red potatoes-----		3.99\lb
Ranch potato wedges-----		3.99\lb
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts
Spicy-Thai-Peanut chicken-----	4.99\lb-legs-----	7.99\lb-breasts
Macaroni-&-Cheese-----		5.50\lb
Rice-----		3.99\lb
Steamed mixed vegetables-----		5.99\lb
Escarole with red beans-----		5.99\lb
Green beans & mushrooms-----		5.99\lb
Corn-On-The-Cob-----		99¢\each
Catfish-----		11.95\lb
Meatballs Marinara-----		6.99\lb
Chicken Parmesan-----		8.99\lb
Barbecue ribs-----		8.99\lb
Boneless chicken breast with cornbread-sausage stuffing-----		8.99\lb
Penne pasta with smoked salmon, fresh Dill, & cream sauce-----		6.99\lb
Grilled salmon-----		14.95\lb
Pork-Loin-Marsala-----		7.99\lb
Pizza by the slice-----	Cheese-1.75\each-----	\Pepperoni\Meatball\2.95\each

Sandwich Specials

1) Sandwich special - Boar's Head Oven-Roasted Chicken Breast, mayonnaise, bacon, spinach, roasted peppers, & Pepper\Jack cheese, on multi-grain toast - served with chips
6.99

2) Sandwich special - Grilled Cheese-&-Tomato sandwich
- served with sides of macaroni salad & potato-&-egg salad
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

4) Special - Ham-Pepperoni-Salami Stromboli
6.99

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There Are Many New Items & Events
To Bring To Your Attention

Daily Specials Can Be Seen On The Following Page

Store Hours

Monday-Friday - 8 A.M.-7 P.M.

Saturday - 9 A.M.-5 P.M.

Sunday - 11 A.M.-3 P.M.

Friday April 20th

Today's Buffet Starting At 5:00 P.M.

Eat-In Or Take-Out

Catfish

Eggplant Rolatine

Macaroni & Cheese

Meatballs Parmesan

Ranch Potato Wedges

Mixed Steamed Vegetables

Pork Loin With Mushrooms, Onions, & Gravy

Baked Chicken With Cornbread-Sausage Stuffing

Dessert - Soda Or Water

9.95 Per Person - Children Under 10 - 5.00

Store Hours
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Super Natural Market & Deli
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Luncheon Menu
Friday, April 20

Parking Is Now Also Available
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Lot Which Is On The Left
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New England Clam Chowder-----	3.00\cup -----	3.95\owl -----
Beef-Lentil soup -----	3.00\cup -----	3.95\owl -----
Ranch potato wedges -----		3.99\lb -----
Oven roasted potatoes-----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Asian 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-&-Yellow-Squash-Italiano-----		5.99\lb -----
Broccoli & cauliflower with cheese sauce-----		5.99\lb -----
Red beans with escarole-----		5.99\lb -----
Barbecue beef brisket -----		8.99\lb -----
Baked chicken with cornbread-sausage stuffing -----		8.99\lb -----
Ziti with meat sauce-----		5.99\lb -----
Eggplant Rolatine with sausage, mushrooms, Mozzarella and Ricotta cheeses-----		7.99\lb -----
Penne pasta with smoked salmon & Dill-----		6.99\lb -----
Grilled salmon-----		14.95\lb -----
Pork loin with mushrooms, onions, & gravy-----		7.99\lb -----
Barbecue ribs-----		8.99\lb -----
Meatballs Parmesan-----		6.99\lb -----
Pizza Slice-----	Cheese-1.75\each--\Eggplant\Ham\Ricotta\-	2.95\each -----

Turkey Club Salad - .7.99

SUPER NATURAL SALADS TODAY

Quinoa Power Salad - 5.50

Chicken Caesar Salad - 6.99

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

**1) Sandwich special - Italian-Combo, mayonnaise, onions, hot peppers,
 & Provolone cheese, on flatbread - served with chips or oven roasted potatoes**
6.99

**2) Grilled sandwich special - Pastrami Reuben
 - served with chips or oven roasted potatoes**
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 - Tuna salad, tomato, & Provolone cheese,
 on a croissant - served with chips or oven roasted potatoes**
6.99

5) Special - Ham-Pepperoni-Salami Stromboli
6.99

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To Bring To Your Attention
Daily Specials Can Be Seen On The Following Page

Store Hours
Monday-Friday 8 A.M.-7 P.M.
Saturday 9 A.M.-5 P.M.
Sunday 11 A.M.-3 P.M.

April 19th
Thursday's 5:00 P.M. Buffet
Eat-In Or Take-Out

Chicken Marsala
Breaded Pork Loin
Chicken Fried-Rice
Eggplant Parmesan
Macaroni-&-Cheese
Mashed Red Potatoes
Green Beans With Garlic
Steamed Mixed Vegetables
Dessert - Soda Or Water

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

Store Hours
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Super Natural Market & Deli
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Luncheon Menu
Thursday April 19

Parking Is Now Also Available
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Sausage-&-Spinach soup -----	3.00\cup -----	3.95\owl -----
Oven roasted potatoes-----		3.99\lb -----
Mashed red potatoes -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Mama's Fried Chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Macaroni-&-Cheese -----		5.50\lb -----
Rice -----		3.99\lb -----
Mixed steamed vegetables-----		5.99\lb -----
Grilled Chipotle corn on the cob-----		99¢each -----
Collard greens-----		5.99\lb -----
Green beans with Garlic-----		5.99\lb -----
Chicken Fried-Rice -----		6.99\lb -----
Eggplant Parmesan-----		6.99\lb -----
Grilled salmon with mango glaze -----		14.95\lb -----
Buffalo-Chicken Macaroni-&-Cheese-----		5.99\lb -----
Chicken Marsala-----		8.99\lb -----
Honey-Barbecue ribs-----		8.99\lb -----
Breaded pork loin-----		7.99\lb -----
Pizza slices-----	Cheese-1.75-each-----	\Meatball\Peppers\& Onions\2.95-each -----

Chef Salad-6.99

SUPER NATURAL SALADS TODAY

Chicken Caesar Salad - 6.99

Quinoa Power Salad - 5.50

CHECK-OUT OUR EXPANDED PREPARED FOODS ITEMS
SALADS-SANDWICHES-ENTREES-MEALS-DESSERTS

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

1) Sandwich special - Barbecue pulled pork, Cheddar cheese, & barbecue sauce,
on a hard roll - served with chips
6.99

2) Sandwich special - Pepper Turkey, Pepper\Jack cheese, mayonnaise, lettuce, avocado,
& tomato - 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, Marinara sauce,
& Mozzarella cheese, on a grinder roll - served with chips
6.99

5) Special - Meatball-Cheese Calzone
6.99

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April 11

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

Eat-In Or Take-Out

Tilapia

Beef Stew

American Goulash

Macaroni-&-Cheese

Chicken Saltimbocca

Mixed Steamed Vegetables

Broccoli With Cheese Sauce

Green Beans With Fresh Garlic & Oil

Dessert-Soda Or Water

9.95 Per Person– Children Under 10 - 5.00

There Are Many New Items & Events
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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.

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

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

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

Super Natural Market & Deli
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Luncheon Menu
Thursday, March 29

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Lot Which Is On The Left
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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

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