

**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.**

**May 25th - Starting At 5:00 P.M.**  
**Friday's 5:00 P.M. Buffet**  
**Eat-In Or Take-Out**

**Chicken Piccata**  
**Grilled Pork Loin**  
**Eggplant Parmesan**  
**Macaroni-&-Cheese**  
**Rice-Beans-&- Kielbasa**  
**Steamed Mixed Vegetables**  
**Broccoli With Bread Crumbs**  
**Cheese Ravioli's With Puttanesca Sauce**  
**Dessert - Soda Or Water**

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

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

**Super Natural Market & Deli**  
**860-582-1663**  
**www.supernaturalmarket.com**  
**Luncheon Menu**  
**Friday, May 25**

**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 -----
Rosemary red potatoes-----		3.99\lb -----
Oven roasted 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-----		5.50\lb -----
Rice-Beans-&Kielbasa -----		5.99\lb -----
Steamed mixed vegetables-----		5.99\lb -----
Peas with mushrooms & onions-----		5.99\lb -----
Green squash-----		5.99\lb -----
Broccoli with bread crumbs -----		5.99\lb -----
Barbecue chicken wings-----		7.99\lb -----
Chili Con carne -----		5.99\lb -----
Grilled pork loin-----		7.99\lb -----
Eggplant Parmesan -----		6.99\lb -----
Blackened salmon -----		14.95\lb -----
Honey-Glazed barbecue ribs-----		8.99\lb -----
Chicken Piccata-----		8.99\lb -----
Rosemary chicken-----		
Cheese ravioli's with Puttanesca sauce-----		5.99\lb -----

**BAKERY SPECIAL - STRAWBERRY SHORTCAKE**

Cobb 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 - The Godfather - Prosciutto, Pepperoni, Sopressata, lettuce, tomato, roasted peppers, Provolone cheese, & Deli Dressing - served with chips or oven roasted potatoes**  
6.99

**2) Sandwich special - Salsalito Turkey, lettuce, tomato, Chipotle sauce, bacon, & Pepper\Jack cheese - 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) Sandwich special - Lemon-Pepper Chicken, Feta cheese, lettuce, tomato, Onion, & Tzatziki sauce - served with chips or oven roasted potatoes**  
6.99

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**Store Hours**  
**Monday - Friday 8 A.M.-7 P.M.**  
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**May 24th - Starting At 5 P.M.**  
**Thursday's Buffet**  
**Eat-In Or Take-Out**  
**Monday-Friday 5:00 P.M**

**Curry Cauliflower**  
**Macaroni-&-Cheese**  
**Meatloaf with Gravy**  
**Chicken Gorgonzola**  
**Mixed Steamed Vegetables**  
**Broccoli-&-Red Peppers**  
**Sweet-&-Sour Chicken-&-Broccoli**  
**Baked Tilapia With Seafood Stuffing**

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

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**Luncheon Menu**  
**Thursday May 24**

Corn chowder -----	3.00\cup -----	3.95\lb -----
Oven roasted potatoes -----		3.99\lb -----
Parsley red potatoes -----		3.99\lb -----
Seasoned baked chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Peach-Mango-Habanero chicken -----	4.99\lb-legs -----	5.99\lb-breasts -----
Macaroni-&-Cheese -----		5.50\lb -----
Rice -----		3.99\lb -----
Mixed steamed vegetables -----		5.99\lb -----
Curry cauliflower -----		5.99\lb -----
Broccoli-&-Red Peppers -----		5.99\lb -----
Yellow squash -----		5.99\lb -----
Chicken Gorgonzola -----		8.99\lb -----
Buffalo chicken wings -----		7.99\lb -----
Meatloaf with gravy -----		6.99\lb -----
Grilled salmon -----		14.95\lb -----
Baked Tilapia with seafood stuffing -----		11.95\lb -----
Sweet-&-Sour Chicken-&-Broccoli -----		6.99\lb -----

**BAKERY SPECIAL - RICE PUDDING**

**SUPER NATURAL SALADS TODAY**

**Turkey Club Salad-6.99**

**Quinoa Power Salad - 5.50**

**Chicken Caesar Salad - 6.99**

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

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

**1) Buffalo-Club sandwich special - Buffalo Chicken, Pepper\Jack cheese, Chipotle Gourmaise, lettuce, tomato, & bacon on a French Roll - served with chips or oven roasted potatoes**

**6.99**

**2) Panini sandwich special - Maple-Ham, Cheddar cheese, Honey-Mustard, lettuce, tomato, & apple slices, on Ciabatta - 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) Panini sandwich special - Roast-Beef, Provolone cheese, horseradish sauce, lettuce, tomato, & roasted peppers, on a French Roll - served with chips or oven roasted potatoes**

**6.99**

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**May 23rd - Starting At 5:00 P.M.**

**Wednesday's Buffet**

**Eat-In Or Take-Out**

**Monday-Friday 5:00 P.M.**

**Beef Stew**

**Mexi-Corn**

**Grilled Salmon**

**Vegetable Pot Pie**

**Macaroni-&-Cheese**

**Chicken Parmegiana**

**Kielbasa-&-Sauerkraut**

**Steamed Mixed Vegetables**

**Dessert - Soda Or Water**

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

**New !! Super Natural  
Iced-Tea\Lemonade With Fruit  
This Might Be The Best Iced Tea  
You Have Ever Tasted 2.25-16 oz.**

**Super Natural Market & Deli  
860-582-1663  
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Luncheon Menu  
Wednesday, May 23**

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

New England Clam Chowder-----	3.00\cup-----	3.95\owl-----
Oven roasted potatoes-----		3.99\lb-----
Mashed red potatoes With Chives-----		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-----
Mexi-Corn-----		5.99\lb-----
Fried-Cabbage with bacon-----		5.99\lb-----
Vegetable pot pie-----		4.25\each-----
Kielbasa-&-Sauerkraut-----		6.99\lb-----
Penne pasta with smoked salmon-----		6.99\lb-----
Grilled salmon-----		14.95\lb-----
Beef stew-----		5.99\lb-----
Chorizo casserole-----		6.99\lb-----
Steak with onions & peppers-----		9.99\lb-----
Chicken party wings-----		7.99\lb-----
Corned-Beef hash-----		7.99\lb-----
Chicken Parmegiana-----		8.99\lb-----

## **BAKERY SPECIAL-TAPIOCA PUDDING-2.95**

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

### **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 - Grilled chicken, Honey-Mustard, roasted red peppers, tomato,  
& fresh Mozzarella cheese - served with chips or oven roasted potatoes**  
**6.99**

**2) Sandwich special - Rosemary Ham, Asiago cheese, Deli Dressing, lettuce, tomato,  
& roasted peppers, on a wrap- 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 special - Cup of chowder - Grilled Cheese-&-Tomato sandwich  
- served with chips or oven roasted potatoes**  
**6.99**

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Luncheon Menu

Parking Is Now Also Available  
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# SUNDAY MAY 20TH

Oven roasted potatoes -----	3.99\lb
Mashed potatoes-----	3.99\lb
Seasoned baked chicken -----legs-4.99\lb-----breasts-5.99\lb	
Rice-----	3.99\lb
Macaroni-&-Cheese-----	5.50\lb
Angel-Hair pasta -----	2.99\lb
Steamed mixed vegetables -----	5.99\lb
Cauliflower-&-Broccoli -----	5.99\lb
Broccoli-&-Red Peppers -----	5.99\lb
Roasted vegetables -----	6.99\lb
Breaded boneless pork chops with mushrooms-----	7.99\lb
Grilled salmon with Apple-Habanero-Glaze -----	14.95\lb
Sausage,Peppers, & Onions -----	6.99\lb
Beef lasagna -----	5.99\lb
Chicken Ranchero-----	8.99\lb
Chili-Con-Carne-----	5.99\lb

We deliver lunchtime orders Monday to Friday

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**Luncheon Menu**  
**Saturday, May 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
Oven roasted potatoes -----		3.99\lb
Ranch potato wedges-----		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
Steamed mixed vegetables -----		5.99\lb
Green beans-----		5.99\lb
Chicken Milanaise-----		8.99\lb
Roasted pork loin-----		7.99\lb
Beef Burgundy -----		6.99\lb
Tilapia stuffed with Ricotta cheese & spinach----		11.95\lb
Buffalo-Chicken Macaroni-&-Cheese-----		6.50\lb
Salmon -----		14.95\lb
Chorizo-Rice-Casserole -----		5.99\lb
Roast-Beef with gravy -----		8.99\lb
Pizza slices-----	Cheese-1.75-each-----	\Pepperoni\Meatball\2.95-each

**Sandwich Specials**

**1) Sandwich special - Buffalo-Chicken, mayonnaise, lettuce, tomato, bacon, & Pepper\Jack cheese - served with chips or oven roasted potatoes**  
**6.99**

**2) Hot special - Cup of soup - Grilled Cheese-&-Tomato sandwich - served with chips or oven roasted potatoes**  
**6.99**

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**Please Join Us For The First Annual  
Super Natural Mother's Day Buffet**

**Today**

**Sunday May 13th From 11 A.M.-3 P.M.**

**Menu**

**Waffles Plain Or With Mixed Berries & Cream**

**Sweet Potato Biscuits With Country Ham  
& Red-Eye Gravy**

**Eggs Benedict Strata**

**Hash Browns**

**Quiche**

**Bacon Frittata**

**Sausage Patties**

**Spicy Candied Bacon**

**Sliced Ham With Pineapple**

**Roast Beef Sliced**

**Fried Chicken With Waffles**

**Captain Crunch French Toast**

**Scrambled Eggs**

**Chocolate Chip Or Blueberry Pancakes**

**Seafood Stuffed Tilapia**

**Danish**

**Biscuit**

**Scones**

**Muffins**

**Bagels**

**Yogurt Parfait**

**Fresh Orange Juice**

**Coffee**

**Water**

**Fresh Iced Tea**

**Fruit Salad**

**Garden Salad**

**THE BUFFET IS ONLY**

**14.95 PER PERSON**

**CHILDREN UNDER 10-7.50**

**Appreciate & Enjoy Mother's Day**

**From**

**The Super Natural Staff**

**860-582-1663**

**Thank You**  
**For**  
**Supporting Local Business**

**Super Natural Market & Deli**  
**860-582-1663**  
**www.supernaturalmarket.com**  
**Luncheon Menu**  
**Wednesday, May 2nd**

**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-----
Oven roasted potatoes-----		3.99\lb-----
Scalloped potatoes with ham-----		4.99\lb-----
Seasoned baked chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Mama's Fried Chicken-----	4.99\lb-legs-----	5.99\lb-breasts-----
Korean Barbecue wings-----		7.99\lb-----
Rice-&-Beans-----		3.99\lb-----
Macaroni & cheese-----		5.50\lb-----
Steamed mixed vegetables-----		5.99\lb-----
Broccoli rabe with fresh Garlic & oil-----		5.99\lb-----
Green beans & Garlic-----		5.99\lb-----
Sweet-Potato-Casserole-----		5.99\lb-----
Curried roasted cauliflower-----		5.99\lb-----
Chicken Cordon Bleu-----		8.99\lb-----
Christian's New Orleans Jambalaya-----		7.99\lb-----
Italian Bracciale-----		8.99\lb-----
Grilled salmon with Teriyaki-Glaze-----		14.95\lb-----
Buffalo-Chicken Macaroni-&-Cheese-----		6.50\lb-----
Baked-Stuffed-Meatloaf-----		6.99\lb-----
Tortellini Primavera with fresh Garlic & oil-----		6.99\lb-----

**SUPER NATURAL SALADS TODAY**

**Summer Berry Chicken Salad - 6.99**

**Quinoa Power Salad - 5.50**

**Chicken Caesar Salad - 6.99**

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

**1) Hot sandwich special - Open-Faced-Roast Beef sandwich**  
**- served with mashed potatoes, & fresh corn**  
**6.99**

**2) Panini sandwich special - Grilled chicken, pesto sauce, spinach, tomatoes,**  
**& fresh Mozzarella cheese, 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) Special - Steak Burrito**  
**- served with tortilla chips, fresh salsa, & sour cream**  
**6.99**

**5) Special - Pepperoni Calzone**  
**6.99**

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**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**

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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**

## 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