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Robert Adams - Account Executive
Robert White - Account Executive

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- Professional Work the First Time

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Kevin LaFleur
Owner
9410 St. Rt. 56 • Norfolk, NY



Side Orders

Fried Bread Dough.....	75
Pizza Slice - lunch only.....	1.87
French Fries.....	1.75
Family Pack.....	2.99
Cheese on Fries.....	1.00
Side Gravy.....	.50
Poutine.....	3.99
Onion Rings.....	2.99
Family Pack.....	5.49
Mozzarella Sticks.....	4.29
Jalapeño Poppers (5).....	3.99
Pizza Logs (3) - roni.....	3.49
Deep Fried Mushrooms (10).....	3.69
Glazier Hot Dogs.....	1.50
Sample Platter - mozzarella sticks, popovers, pizza logs & mac bites.....	8.99

\$10.00 Minimum on all credit/debit charges

Shrimp.....	3.99
With fries.....	4.99
Egg Rolls - chicken.....	1.25
Battered Cauliflower.....	3.99
Deep Fried Veggies.....	3.99
Mac and Cheese Bites (10).....	3.99
Breadsticks (6) - with red sauce.....	3.99
Each.....	.69
Garlic Sauce.....	.50
Chicken Tenders.....	5.99
With French Fries.....	6.99
Popcorn Chicken - all white meat.....	5.49
With French Fries.....	6.99
Scallops Wrapped in Bacon (6).....	8.99

We Deliver!

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Mike Allen
Owner
1214 Old Market Road • Norwood, NY 13668



Salads

Chef's Salad - lettuce, tomato, onion, pickle, ham, turkey, salami, pepperoni & cheese.....	sm. 2.99 lg. 5.49
Garden Salad - lettuce, tomato, pickle, onion, green pepper, cheese.....	sm. 2.79 lg. 4.49
Extra Dressing.....	each .40
Homemade Blue Cheese.....	.75
Add Chicken.....	1.50

Veggie or Meat Platters
Available Upon Request

Ask about our Daily Specials • 384-4399

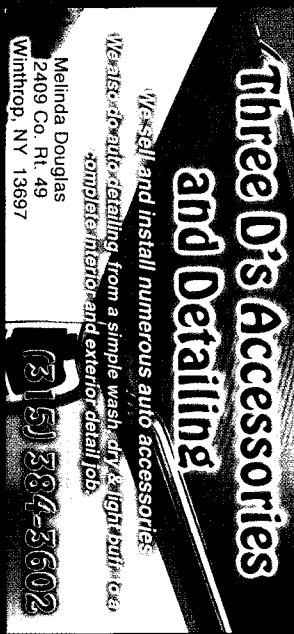
MENU ITEMS & PRICES ARE SUBJECT TO CHANGE

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We sell and install numerous auto accessories.
We also do auto detailing from a simple wash-dry-wax to a
complete interior and exterior detail job.

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Winthrop, NY 13697

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www.northernnutritionfitnesstrainingzone.com



Jude M. Davis, BA, MS, ACSM
Certified Nutritionist & Personal Trainer

Subs, Wraps and Sandwiches

Our subs are made on fresh 12 inch rolls from Alteri's Bakery.

For sandwiches, choose from white, rye or wheat bread.

For wraps choose from: Plain, Garlic, Jalapeño, Parmesan and Honey Wheat.

	12" Whole	6" Half	Wrap	Sandwich	Triple Decker
Ham.....	4.99	2.99	3.69	3.49	3.99
Turkey.....	4.99	2.99	3.69	3.49	3.99
Turkey Club.....	5.99	3.79	4.69	4.49	4.99
Roast Beef.....	4.99	2.99	3.99	3.79	4.29
Roast Pork.....	4.99	2.99	3.99	3.79	4.29
Salami.....	4.99	2.99	3.69	3.49	3.99
Italian - ham, salami, pepperoni.....	4.99	2.99	3.69	3.49	3.99
Mixed - ham, salami, turkey.....	4.99	2.99	3.69	3.49	3.99
Tuna.....	4.99	2.99	3.99	3.79	4.29
Vegetarian.....	4.29	2.79	3.69	3.49	3.99
BLT.....	5.99	3.49	3.99	3.79	4.29
Meatball.....	5.99	3.49	3.99	3.79	4.29
Steak.....	6.49	3.49	3.99	3.99	4.49
Chicken.....	5.99	3.49	3.99	3.99	4.49
Chicken Wing.....	5.99	3.49	3.99	3.99	4.49
Cheeseburger.....	5.49	2.99	3.99	3.99	4.49
Sausage.....	5.49	2.99	3.99	3.99	4.49
Pizza.....	5.49	2.99	3.99	3.99	4.49
Chicken Tender.....	5.99	3.49	3.99	3.99	4.49
Chicken Parm.....	5.99	3.49	3.99	3.99	4.49
Clam Roll.....	5.99	3.49	3.99	3.99	4.49
Reuben - corned beef, Swiss, sauerkraut with Russian dressing....	6.99	3.99	3.99	3.99	4.49
Gyro - beef & lamb, lettuce, tomato, onion & cucumber sauce on a pita.	6.99	3.99	3.99	3.99	4.49

Made-to-order!

Choose from: Lettuce, tomato, onion, mushroom, hot peppers, banana peppers, dill pickles, Swiss, American, provolone, mozzarella, grated cheese, oregano, Italian dressing, Russian, mayo, or mustard.
Extra meat and cheese additional charge.

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our Daily Specials

Veggie or Meat Platters
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Burgers

Our hamburgers are made fresh daily.
Deluxe (mayo, lettuce, tomato & onion) add 50¢

- Hamburger.....2.20
- Cheeseburger.....2.45
- Double Cheeseburger.....4.59
- Bacon Cheeseburger.....2.99
- Double Bacon Cheeseburger.....5.99
- Grilled Chicken Sandwich - mayo,
lettuce, tomato.....3.99
- Fried Chicken Sandwich - mayo,
lettuce, tomato.....3.69
- Chicken Cordon Bleu Sandwich - ham,
Swiss, mayo.....3.99
- Fish Sandwich - with tartar sauce.....2.99
- Hot Turkey Sandwich - with french fries.....5.99
- Hot Beef Sandwich - with french fries.....5.99

Dinners

All our dinners come with a homemade roll

Whole Rack Ribs* - with fries.....15.99

Pizza

Thick Crust...add 1.50

Cheese.....	8.00	10.00	11.00	12.00
One Topping.....	9.00	11.00	12.00	13.00
Each Additional Topping.....	1.00	1.25	1.50	1.75
Extra Cheese.....	2.00	2.25	2.50	2.75
Taco - seasoned beef, salsa, black olives, onions, taco cheese, mozzarella.....	10.50	13.50	16.00	18.25
Breakfast - eggs, breakfast sausage, ham & bacon - Served All Day	10.50	13.75	15.50	17.75
Chicken Wing - hot, medium or mild & ranch or bleu cheese with chicken.....	10.00	12.50	15.00	17.25
Meat Eater - pepperoni, sausage, ham & bacon.....	10.50	13.75	16.00	18.25
Hawaiian - ham & pineapple.....	10.00	12.25	13.50	15.50
Vegetarian - onion, mushroom, green pepper, black olives & garlic.....	10.00	12.50	15.00	17.25
Works - pepperoni, sausage, onion, mushroom & green pepper.....	10.50	13.50	16.00	18.25
Chicken Broccoli Alfredo - alfredo sauce, chicken, broccoli.....	10.50	13.50	16.00	18.25
Philly Steak - honey mustard, steak, onion, mushroom & green peppers.....	10.50	13.50	16.00	18.25
White Pizza - garlic & olive oil.....	8.00	10.00	11.00	12.00
Garlic Chicken - garlic, olive oil & chicken.....	10.00	12.50	15.00	17.25
Broccoli Tomato - broccoli, tomato, garlic, olive oil, ricotta.....	10.00	12.50	15.00	17.25
Italian Pizza - ham, salami, pepperoni, banana peppers, mozzarella cheese.....	10.50	13.50	16.00	18.25
Chicken Fajita Pizza - seasoned chicken, salsa, flame roasted onions & peppers, mozzarella & taco cheese.....	10.50	13.50	16.00	18.25
Chicken Bacon Ranch - ranch dressing, slab bacon, fresh chicken, mozzarella cheese.....	10.00	12.50	15.00	17.25
Poutine Pizza - french fries, gravy & cheese.....	10.00	12.50	15.00	17.25
Sauerkraut Pizza - olive oil, garlic, sauerkraut, Glazier hot dogs or homemade sweet sausage.....	10.00	12.50	15.00	17.25
Barbeque Chicken Pizza - chicken, barbeque sauce, mozzarella.....	10.00	12.50	15.00	17.25

Pizza Toppings: Pepperoni • Sausage • Onions • Green Peppers • Mushrooms • Ham • Bacon • Black Olives • Pineapple Broccoli
• Steak • Chicken • Meatball • Banana Peppers • Jalapeños • Pepperoncini • Fresh Garlic • Tomato • Anchovies • Hamburg

Stuffed Shells.....	6.99
Spaghetti & Sauce.....	4.99
Spaghetti & Mushrooms.....	5.99
Spaghetti & Meatballs.....	6.49
Chicken Cordon Bleu with Pasta.....	7.99
Chicken Parmesan.....	7.99
Chicken Broccoli Alfredo.....	7.99
Haddock with French Fries.....	7.99
Seafood Platter - scallops wrapped in bacon, clams, shrimp, french fries.....	8.99

Kids Meal - smiley chicken & fries.....	2.99
Kids Meal - hot dog & fries.....	2.99
Kids Meal - grilled cheese & fries.....	2.99

Stomoli - sauce, cheese and 2 fillings.....	6.99
Steak, Bacon, Chicken or Meatball counts as 2 fillings	
Extra Sauce on Side.....	.50
Additional Fillings.....	each .75
Extra Cheese.....	1.00

Pizza Roll - cheese and 2 fillings.....	5.99
Additional Fillings.....	each .50
Extra Cheese.....	1.00
Calzone - ricotta and 2 fillings.....	6.99

Wings

Barn Burners, Hotter Yet - Rectum Wreckers, Hot, Medium, Mild, Honey Mustard, Teriyaki, Sweet & Sour, BBQ, Honey BBQ, Garlic, Maple Mild, Orange Ginger
Served with celery and homemade blue cheese dressing

6 Wings.....	2.99
12 Wings.....	5.99
50 Wings.....	22.49

MENU ITEMS & PRICES ARE SUBJECT TO CHANGE

Beverages

Milk Shakes - chocolate, vanilla & black raspberry.....2.50
Real Cappuccino.....1.59
Coke & Pepsi Products Available

*Ask about
our Daily Specials*

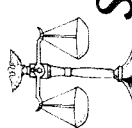
We Deliver!

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Desserts

Brownies.....1.49
Milky Way Moose Cake.....2.99
Dessert Wraps - apple, raspberry,
blueberry & cherry.....2.99
Oreo Cookies & Creme Cheese Cake....1.99

MENU ITEMS & PRICES ARE SUBJECT TO CHANGE




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