

# Spare Time Tavern

## At Metro Bowl

### Pizza

Our pizzas are hand-crafted with fresh dough made daily on premise and topped with the freshest ingredients available.....Large \$11.00 Small \$8.00

### House Special

Margarita-Buffalo mozzarella, fresh basil leaf.....Large \$13.00 Small \$9.00

#### Toppings:

Onions, Peppers, Mushrooms, Broccoli, Pineapple, Hot Peppers, Artichokes,

Olives.....add \$1.00 each

Pepperoni, Sausage, Meatball, BBQ Chicken, Bacon, Anchovy.....add \$2.00 each

### Stromboli (strum-BOWL-lee)

Made fresh from dough stuffed with a choice of the following:

Meatball, sausage/peppers/onions, buffalo chicken, pepperoni, pepper-steak, Mediterranean vegetables, Chicken Parmesan.....\$11.00

### House Special

Festa di carne – pepperoni, sausage and house-made meatballs.....\$13.00

### Appetizers

Chili con Carne.....\$6.00

House made beef chili with just the right amount of spice served with tortilla chips

Golden Tenders.....Full Order \$10.00 or Half Order \$6.00

Batter fried chicken tenders tossed in your choice of Buffalo, Sweet Chili, Hickory BBQ or Honey Mustard sauces

Nacho Grande.....\$9.00

Festive tri-colored tortilla chips loaded with pico de gallo and cheddar jack cheese topped with sour cream and hot peppers..... add Chili \$3.00

Onion Ring Basket.....\$6.00

Golden brown and delicious hand-cut, deep-fried onion rings served with Siracha ketchup

- Mozzarella Wedges.....\$8.00  
Italian mozzarella in a light breading fried to gooey perfection and served with marinara sauce
- Spinach & Artichoke Dip.....\$9.00  
Rich and savory, crammed with chopped spinach and hearts of artichoke, served hot out-of-the oven with tortilla chips
- Fried Pickles.....\$7.00  
Hand breaded crinkle cut pickles with ranch dipping sauce

## House Specialties      Cooked to Order

- Steak or Chicken Calabrese.....\$18.00 (steak)....\$14.00 (chicken)  
Boneless chicken or tender steak, peppers, onions, mushrooms and roasted potatoes, sautéed to order in a garlic butter sauce
- Grilled Tender Tips.....\$18.00  
Cut from tenderloin, rubbed with herbs & spices, grilled to perfection served with choice of potato or Chef's vegetable. Not your Momma's tips!
- Fish 'n Chips.....\$15.00  
Fresh native scrod, golden brown and delicious, topped with hand-cut onion rings served with fresh slaw
- Ziti and Meatballs.....\$12.00  
Just like Mama makes (Seriously!) Topped with marinara sauce and shaved parmesan cheese
- Chicken Parmigiana & Ziti.....\$14.00  
Topped with mozzarella and marinara sauce
- Mixed Grill.....\$20.00  
BBQ jumbo sausage, chicken breast and hand-cut steak tips served with Chef's vegetable and choice of potato
- Chicken & Sausage Cacciatore.....\$15.00  
Italian sausage and boneless chicken, sautéed with peppers and onions in our classic marinara sauce, served over penne pasta
- Baked Haddock Dinner.....\$16.00  
Oven baked with seasoned bread crumbs, served with roasted potatoes and Chef's vegetable

Roast Turkey Dinner.....\$15.00  
Fresh roasted and hand carved turkey, served with roasted potatoes, stuffing, pan gravy and  
Chef's vegetable

## Sandwiches

Metro Burger.....\$9.00  
Half-pound of lean ground beef, grilled to perfection, served with lettuce, tomato, and red onion

Burger Italiano.....\$10.00  
Our house burger topped with sautéed peppers, onions and mushrooms, layered with provolone

Bacon Burger Deluxe.....\$10.00  
Metro Burger with apple smoked bacon and American cheese

Pastrami Burger.....\$12.00  
Lean ground beef burger topped with grilled pastrami and Provolone, Cheddar or American  
cheese

Haddock Sandwich.....\$10.00  
Battered and fried to golden perfection

Bourbon Glazed Chicken.....\$9.00  
Grilled chicken breast with a BBQ glaze, hickory smoked bacon and cheddar cheese

Thanksgiving Sandwich.....\$9.00  
Slow-cooked and hand-carved breast of turkey, savory stuffing, cranberry dressing and  
mayonnaise. A classic!

Sausage & Cheese.....\$8.00  
Jumbo, Bianco Italian sausage, char-broiled, topped with grilled onions and provolone cheese,  
served with a side of hot peppers

Grilled Portabella.....\$8.00  
Marinated Portabella mushroom, char-broiled, topped with grilled peppers & onions and  
provolone cheese

Too Hot Pastrami.....\$8.00  
Thinly sliced pastrami, hot off the griddle, served with spicy mustard. A real bowler's sandwich!  
Choice of dark rye or brioche roll

Turkey BLT.....\$9.00  
Slow-roasted and hand-carved breast of turkey, topped with bacon, lettuce, tomato and mayonnaise

\*All sandwiches served with oven roasted potatoes or French fries

## Salads

Classic Garden Salad.....\$6.00  
Mixed greens, tomatoes, cucumbers, red onion and black olives

Caesar Salad.....\$6.00  
Romaine lettuce, hand-cut croutons, shaved parmesan tossed with creamy Caesar dressing  
Add Grilled Chicken .....\$4.00  
Add Grilled Steak.....\$6.00

## Side Dishes

Onion Rings.....\$3.00  
Rustic Fries.....\$3.00  
Oven Roasted Potatoes.....\$3.00  
Chef's Vegetables.....\$3.00  
Side Salad.....\$3.00  
Penne Marinara.....\$4.00  
Meatballs.....\$4.00  
Chargrilled Sausage.....\$5.00

## Kid's Menu

Served with choice of fries or Chef's vegetable

Grilled Cheese.....\$4.00  
Jr. Burger.....\$5.00  
Hot Dog.....\$4.00  
Ziti and Sauce.....\$5.00  
Chicken Fingers.....\$5.00

## Dessert

Dough Pillows.....\$5.00  
Mini fried dough nuggets coated with sugar and drizzled with chocolate