

Spare Time Tavern

At Metro Bowl

Pizza

Our pizzas are hand-crafted with fresh dough made daily in-house and topped with the freshest ingredients available.....Large \$14.00.....Small \$10.00

Onions, Peppers, Mushrooms, Pineapple, Hot Peppers, Olives, Tomatoes.....add \$1.00 each

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

Gourmet Pizza

Chicken Scampi Pizza - chicken, garlic, scampi sauce.....Large \$15.00 Small \$12.00

Shrimp Scampi Pizza - shrimp, garlic, scampi sauce.....Large \$16.00 Small \$13.00

Margarita Pizza - buffalo mozzarella, fresh basil leaf.....Large \$15.00 Small \$12.00

Matteo Pizza - Sicilian style thick crust pie..... \$14.00

Stromboli (strum-BOWL-lee)

House-made dough stuffed with the freshest ingredients, layered with sauce and mozzarella, baked to golden perfection! Delizioso!

Festa - house-made meatballs, Bianco sausage and pepperoni.....\$14.00

Chicken Parmesan - hand-breaded cutlets with Italian spices, sauce and cheese.....\$14.00

Meatball - hand-rolled, slow cooked authentic Italian style meatballs. Mama Mia!....\$14.00

North-ender - grilled, bbq sausage, sautéed peppers and onions.....\$14.00

Appetizers

Our appetizers are made fresh in-house! No boxes...no bags...no microwaves!

Parmesan peppercorn bread sticks.....\$8.00

Fresh baked dough with a blend of Italian cheeses and house seasoning, served with parmesan peppercorn sauce

Golden Tenders.....Full Order \$14.00 or Half Order \$7.00

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

Chicken Quesadilla.....\$12.00

Freshly grilled chicken with peppers and onions, layered with cheese and grilled on a soft flour tortilla

Onion Ring Basket.....\$10.00

Golden brown and delicious hand-cut, deep-fried onion rings

Mozzarella Wedges.....\$10.00

Imported mozzarella cheese in a light breading fried to gooey perfection and served with marinara sauce

Haddock Bites.....\$10.00

Hand-breaded fresh fish nuggets, deep fried, and served with lemon tartar sauce

Fried Pickles.....\$8.00

Krinkle cut dill chips with a ranch dipping sauce

House Specialties Cooked to Order

Ma's Meatloaf.....\$16.00

Old school, house-made meatloaf and gravy, served with Krinkle cut fries and coleslaw

Fish 'n Chips.....\$17.00

Fresh native scrod, golden brown and delicious, topped with hand-cut onion rings served with coleslaw

Sunday Dinner.....\$16.00

Just like Mama makes (Seriously!) Chicken parmesan and meatballs served over linguine, topped with marinara and shaved parmesan cheese

Mixed Grill.....\$17.00

BBQ jumbo sausage, and BBQ chicken breast served with coleslaw and choice of house rice or fries

Baked Haddock Dinner.....\$18.00

Oven baked with seasoned bread crumbs, served with house rice and coleslaw

Chicken Stir-fry.....\$17.00

Pan-fried boneless chicken with fresh cut julienne vegetables in a light teriyaki glaze served over house rice

Sandwiches

All sandwiches served with coleslaw or French fries. Substitute onion rings for \$2.00

Haddock Sandwich.....\$13.00

Fried to golden perfection and served with lemon tartar sauce

Metro Burger.....\$13.00

Half-pound of lean ground beef, grilled to order, served with lettuce, tomato, and onion

Thanksgiving Sandwich.....\$13.00

Slow-cooked and hand-carved breast of turkey, savory stuffing, cranberry dressing and mayonnaise. A classic!

Sausage & Cheese.....\$13.00

Bianco Italian jumbo sausage, char-broiled, topped with grilled onions and provolone cheese, served with a side of hot peppers

Eggplant Parmesan Sandwich.....\$13.00

Crisp eggplant rounds, layered with house made marinara and provolone cheese, served on a toasted brioche roll with French fries

Too Hot Pastrami.....\$13.00

Thinly sliced pastrami, hot off the griddle. Choice of dark rye or brioche roll. A real bowler's sandwich!

Chicken Sandwich.....\$13.00
Char-broiled or batter fried chicken served with lettuce, tomato, pickle, onion and a side of mayo

Turkey BLT.....\$13.00
Slow-roasted in-house turkey breast, topped with bacon, lettuce, tomato and mayonnaise on a grilled brioche roll

Add \$1.00 for sautéed peppers, sautéed onions, sautéed mushrooms or bacon

Soups and Salads

Grandma's turkey rice soup.....\$6.00
Homemade stock, fresh roasted turkey with garden vegetables. Served with oyster crackers

Classic Garden Salad.....\$8.00
Mixed greens, tomatoes, cucumbers, onions and black olives

Caprese Salad.....\$8.00
Sliced tomato, fresh basil, fresh Buffalo mozzarella with a Balsamic drizzle

Caesar Salad.....\$8.00
Romaine lettuce, hand-cut croutons, shaved parmesan tossed with creamy Caesar dressing

Add Grilled Chicken\$6.00

Side Dishes

Rice.....\$4.00

Rustic Fries.....\$4.00

Side Salad.....\$5.00

Linguine Marinara.....\$5.00

Meatballs.....\$5.00

Chargrilled Sausage.....\$8.00

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.....	\$8.00
Mini fried dough nuggets coated with sugar and drizzled with chocolate	

Thank you for your patronage

- * Consuming undercooked meat, poultry, or seafood may pose a risk to your health
- * Before placing your order, please inform your server if a person in your party has a food allergy