

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/ Small \$8

Toppings:

Onions, Peppers, Mushrooms, Pineapple, Hot Peppers, Tomatoes, Olives.....add \$1 each

Buffalo Chicken, Pepperoni, Sausage, Meatball, BBQ Chicken, Bacon, Anchovy.....add \$2 each

Gourmet Pizza

Chicken Scampi Pizza - garlic chicken & scampi sauce.....Large \$14/Small \$11

Shrimp Scampi Pizza - garlic shrimp & scampi sauce.....Large \$16/Small \$13

Margarita Pizza - Buffalo Mozzarella, fresh basil leaf.....Large \$13/Small \$10

Celio's Pizza - Spicy Banana Peppers and crispy bacon.....Large \$14/Small \$11

Stromboli (strum-BOWL-lee)

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

Fiesta Stromboli - house made meatballs, Bianco sausage and pepperoni.....\$13

Chicken Parmesan - hand breaded cutlets with Italian spices, sauce and cheese.....\$12

Meatball - hand rolled, slow cooked, authentic Italian style meatballs. Mama Mia!.....\$12

North-Ender - grilled Bianco's jumbo BBQ sausage, sautéed peppers and onions.....\$12

Appetizers

Our appetizers are made fresh on premises! No boxes, no bags, no microwaves

Parmesan Peppercorn Bread Sticks.....\$6

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

Golden Tenders.....Full Order \$11/Half Order \$6.50

Batter fried chicken tenders tossed in your choice of Buffalo or Sweet Chili, or served with

Hickory BBQ or Honey Mustard sauce	
Chicken Quesadilla	\$10
Freshly grilled chicken with peppers and onions layered with cheese, grilled on a soft flour tortilla	
Onion Ring Basket	\$6.50
Golden brown and delicious hand-cut, deep-fried onion rings	
Mozzarella Wedges	\$9
Imported mozzarella cheese in a light breading, fried to gooey perfection and served with marinara sauce	
Haddock Bites	\$8
Fresh fish nuggets, hand breaded and deep fried, served with lemon tartar sauce	
Fried Pickles	\$8
Crinkle cut dill chips with a ranch dipping sauce	

House Specialties Cooked to Order

Chicken Stir Fry	\$14
Boneless chicken, pan fried with fresh cut julienne vegetables in a light teriyaki glaze, served over house rice	
Fish ‘n Chips	\$15
Fresh native schrod, golden brown and delicious, topped with hand-cut onion rings served with fresh slaw	
Sunday Dinner	\$15
Just like Mama makes it (Seriously!). Chicken Parmesan and meatballs served over linguine topped with marinara sauce and shaved parmesan cheese	
Mixed Grill	\$14
Bianco’s jumbo sausage, BBQ chicken breast, served with Cole slaw and choice of house rice or fries	
Baked Haddock Dinner	\$16
Oven baked with seasoned bread crumbs, served with house rice and cole slaw	
Chicken Marsala	\$15
Made to order sautéed boneless chicken and mushrooms in a Marsala wine reduction over linguine	

Sandwiches

Metro Burger.....	\$9
Half-pound of lean ground beef, grilled to order, served with lettuce, tomato, pickles and onion	
Haddock Sandwich.....	\$10
Fried to golden perfection, served with lemon tartar sauce	
Thanksgiving Sandwich.....	\$9
Slow-cooked and hand-carved breast of turkey, savory stuffing, cranberry dressing and mayonnaise. A classic!	
Sausage & Cheese.....	\$9
Jumbo, Bianco Italian sausage, char-broiled, topped with grilled onions and provolone cheese, served with a side of hot peppers	
Too Hot Pastrami.....	\$9
Thinly sliced pastrami, hot off the griddle. A real bowler's sandwich! Choice of dark rye or brioche roll	
Veggie Saute' Wrap.....	\$8
Lightly sautéed vegetables with your choice of cheese wrapped in a soft, flour tortilla	
Chicken Sandwich.....	\$9
Charbroiled or batter fried, served with lettuce, tomato, pickle and onion with a side of mayo	

Add \$1.....peppers, onions, mushrooms, bacon

*All sandwiches served with Cole slaw or French fries
Substitute onion rings \$1

Salads

Classic Garden Salad.....	\$6.50
Mixed greens, tomatoes, cucumbers, onion and black olives	
Caesar Salad.....	\$8
Romaine lettuce, hand-cut croutons, shaved parmesan tossed with creamy Caesar dressing	
Caprese Salad.....	\$8
Sliced tomato, fresh basil and Buffalo mozzarella with a Balsamic drizzle	
Add Grilled Chicken.....	\$4
Add Grilled Shrimp.....	\$6

Side Dishes

Rustic Fries.....	\$3
Side Salad.....	\$3
Linguine Marinara.....	\$4
Meatballs.....	\$4
Char-grilled Sausage.....	\$5
Rice.....	\$3

Dessert

Dough Pillows.....	\$6
Mini fried dough nuggets coated with sugar and drizzled with chocolate	
Matt's Cinna-buns.....	\$6
House-made sticky buns baked to order and drizzled with honey	

* Consuming undercooked meat, poultry or seafood may pose risk to your health

* Before ordering, please inform your server of any allergies or concerns

Thank you for your patronage