

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 \$13.00 Small \$9.00

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 - chicken, garlic, and scampi sauce	Large \$14.00	Small \$11.00
Shrimp Scampi - shrimp, garlic, and scampi sauce	Large \$16.00	Small \$13.00
Margarita - buffalo mozzarella, fresh basil leaf	Large \$14.00	Small \$11.00
Celio's - spicy banana peppers and crispy bacon	Large \$14.00	Small \$11.00

Stromboli (strum-BOWL-lee)

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

Festa - house-made meatballs, Bianco sausage and pepperoni	\$14.00
Chicken Parmesan - hand-breaded cutlets with Italian spices, sauce and cheese	\$13.00
Meatball - hand rolled, slow cooked, authentic Italian style meatballs. Mamma Mia!	\$13.00
North-End - grilled Bianco's jumbo BBQ sausage, sautéed peppers and onions	\$13.00

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 \$13.00 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

Chicken Quesadilla **\$11.00**

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

Mozzarella Wedges **\$10.00**

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

Onion Ring Basket **\$8.00**

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

Haddock Bites **\$9.00**

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

Fried Pickles **\$8.00**

Crinkle cut dill chips with a ranch dipping sauce

House Specialties Cooked to Order

Chicken Stir-fry **\$15.00**

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

Fish 'n Chips **\$16.00**

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

Sunday Dinner **\$16.00**

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

Mixed Grill **\$16.00**

Bianco's jumbo sausage and BBQ chicken breast served with choice of house rice or fries

Baked Haddock Dinner **\$16.00**

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

Haddock Parmesan **\$16.00**

Baked en casserole, topped with house-made marinara and mozzarella cheese, served with a side of pasta

Chicken Broccoli Ziti **\$16.00**

Boneless chicken sautéed to order with fresh broccoli and served in a garlic wine sauce over ziti

Sandwiches

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

Haddock Sandwich **\$12.00**

Fried to golden perfection and served with lemon tartar sauce

Metro Burger **\$12.00**

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

Thanksgiving Sandwich **\$11.00**

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

Sausage & Cheese **\$10.00**

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

Teriyaki Veggie Wrap **\$10.00**

Fresh vegetables sautéed in a light teriyaki sauce and wrapped in a soft flour tortilla

Too Hot Pastrami **\$10.00**
Thinly sliced pastrami, hot off the griddle, choice of dark rye or brioche roll.
A real bowler's sandwich!

Chicken Sandwich **\$10.00**
Char-broiled or batter fried chicken served with lettuce, tomato, pickle, onion
and a side of mayo

Turkey BLT **\$10.00**
Slow-roasted and hand-carved breast of turkey, topped with bacon, lettuce, tomato and
mayonnaise

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

Salads

Classic Garden Salad **\$8.00**
Mixed greens, tomatoes, cucumbers, red onion and black olives

Caprese Salad **\$8.00**
Slice 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 \$5.00

Add Grilled Shrimp \$6.00

Side Dishes

Rice \$3.00

Rustic Fries \$3.00

Side Salad \$4.00

Linguine marinara \$5.00

Meatballs \$5.00

Char-grilled Sausage \$8.00

Dessert

Dough Pillows	\$6.00
Mini fried dough nuggets coated with sugar and drizzled with chocolate	
Matt's canna-buns	\$6.00
House-made sticky buns baked to order and drizzled with honey	

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