

Call Today
525-0194
Ready in 30 Minutes



Order Today
Prepared Today
To Cook Today!

Made Fresh To Order

DINNERS FOR TWO!

Made For Dietary Needs

POULTRY PRICES FOR TWO SERVINGS

BAKED STUFFED CHICKEN BREASTS	\$8.95
BAKED CHICKEN FLORENTINE	\$11.75
BAKED CHICKEN DIVAN	\$11.95
CHICKEN CACCIATORE - SLOW COOK	\$13.75
BLUE CHEESE CHICKEN 'N MUSHROOMS	\$12.95
BAKED CRISPY CITRUS DUCK BREASTS	\$16.95
ORIENTAL CHICKEN STIR FRY	\$11.95
CHICKEN BROCCOLI-MUSHROOM STIR FRY	\$12.95
CHICKEN JAMBALAYA - SLOW COOK	\$13.95
CHICKEN SICILIANA STIR FRY	\$13.25
CHICKEN FRICASSEE STEW - SLOW COOK	\$13.95
BROILED MARINATED CHICKEN BREASTS	\$7.95

SEAFOOD PRICES FOR TWO SERVINGS

BAKED STUFFED FILLET OF SOLE	\$12.95
BAKED FILLET OF SOLE FLORENTINE	\$13.95
BAKED SHRIMP WITH CRAB STUFFING	\$17.95
BAKED SCALLOPS WITH LEMON-GARLIC	\$18.95
SHRIMP SCAMPI PROVENCAL STIR FRY	\$16.95
BROILED CHIPOTLE SHRIMP	\$16.95
SEAFOOD CREOLE - SLOW COOK	\$18.75
GINGER SPICED SHRIMP STIR FRY	\$16.95
BAKED SALMON EN PAUPPIETTE	\$13.75
BROILED MAPLE-TERIYAKI SALMON	\$11.75

BEEF AND PORK PRICES FOR TWO SERVINGS

PAN FRY STEAK PIZZIAOLA	\$14.95
PHILLY CHEESE STEAK STIR FRY	\$14.70
BEEF FAJITA STIR FRY	\$13.95
BEEF BROCCOLI-MUSHROOM STIR FRY	\$14.25
TRADITIONAL BEEF STEW - SLOW COOK	\$14.75
BROILED MARINATED STEAKS	\$12.75
BAKED STUFFED PORK CHOP	\$9.95
ASIAN PORK STIR FRY	\$12.95
BAKED PORK & APPLES	\$11.75
MEXICAN PORK STEW - SLOW COOK	\$12.95
PAN FRIED BREADED PORK CUTLETS	\$12.95
BROILED BAR-B-QUED PORK CHOPS	\$8.95

VEGETARIAN PRICES FOR TWO SERVINGS

BAKED STUFFED ZUCCHINI	\$9.95
BAKED STUFFED TOMATOES ITALIANO	\$8.75
BAKED STUFFED MUSHROOMS	\$10.95
VEGETABLE PRIMAVERA STIR FRY	\$10.95
CAJUN VEGETABLE RAGOUT - SLOW COOK	\$11.95
EGGPLANT VEGETABLE CHILI - SLOW COOK	\$12.75

KIDS FARE EACH \$8.75 FOR 2 OR 3
 CHICKEN FINGRS PIZZA BOATS
 CHICKEN TERIYAKI APRICOT PORK
 BBQ CHICKEN OR PORK

SIDE DISHES - serve 2 to 3 2 Dinner Rolls..\$1.45 Garlic Bread..\$3.75...with Blue Cheese..\$4.25

Roasted Potatoes..\$3.75 Candied Sweet Potatoes..\$4.75 Rice Pilaf..\$4.50 Dirty Mashed Potatoes..\$4.75
 Broccoli Au Gratin..\$5.75 Maple Butternut Squash..\$4.25 Harvard Beets..\$3.50 Honey Glazed Carrots..\$4.25

Italian Squash Medley..\$5.25 Green Beans Almondine..\$4.50 Peas with Onions and Mushrooms..\$3.75

Eggplant & Sun Dried Tomato..\$5.25 Stir Fry Vegetable Blend..\$5.75 Summer Squash..\$3.50

APPETIZERS - Prices for 15 piece minimum..Additional pieces priced accordingly.

Spinach Cakes...\$16.50 Crab Cakes...\$19.95 Italian Cheese Puffs...\$16.95 Crab Stuffed Mushrooms...\$19.95

SOUPS - Cup..\$3.25 Bowl..\$4.25 Ready to eat - Available Hot and Cold. Meal tax applies.

Chicken Noodle~~Beef & Potato~~Vegetarian Minestrone~~Corn Chowder~~Black Bean~~Eggplant Chili

SALADS AND SANDWICH WRAPS - Available All Day To Go ! SEE MENU ON THE BACK

DESSERTS - To Cook Fresh & Serve Warm At Home - each dish serves 2-4

Apple Crisp..\$5.75 Peach Cobbler..\$7.25 Bread Pudding..\$5.75 Cranberry Crumb..\$6.75

PRICES AND SEASONAL MENU ITEMS MAY CHANGE WITHOUT NOTICE 1/2010

VEGETARIAN STYLE LUNCHEON MENU

EAT HERE **HEALTHY & LIGHT** TO GO
11:30AM - 2:30PM ANYTIME - ALL DAY

Call ahead for eat-in or take-out & your order
will be waiting for you! Ask about local delivery.

OUR OWN HOMEMADE SOUPS

12 OZ CUP...\$3.25 HOT OR COLD 16OZ BOWL...\$4.25

VEGETABLE SOUPS

MINISTRONE ~~ BLACK BEAN ~ EGGPLANT CHILI

SOUPS with MEAT

CHICKEN NOODLE ~BEEF VEGETABLE
CORN CHOWDER

FRESH CRISP SALADS

ALL INCLUDE: Romaine, tomato, onion, celery, cucumber,
red cabbage, peppers, radish & dressing

GARDEN SALAD...\$3.75

SPINACH SALAD...\$4.75

CALIFORNIA SALAD...\$4.75

CAESALAD...\$4.95

GREEK SALAD...\$4.95

SYRIAN SALAD...\$3.95

VEGETARIAN ANTIPASTO SALAD...\$5.95

DRESSINGS: Italian, French, Vinaigrette, Balsamic

SANDWICH WRAPS

CHOICE OF: PLAIN, WHEAT, SPINACH or CAJUN WRAP

THE GARDEN Romaine lettuce, tomato, onion..\$4.75

celery, cucumber, spinach, peppers, radish, red cabbage

CALIFORNIAN + avocado, olive, mushroom..\$5.95

MEDITERRANEAN + hommus, scallion, olive..\$5.95

ITALIAN + zucchini, artichoke, mushroom..\$5.95

TEX-MEX + scallion, black beans, salsa..\$5.50

CHICKEN OR TUNA SALAD..\$5.95

EXTRA FIXINS (for salads or wraps)

DICED CHICKEN..\$1.50 LIGHT TUNA..\$1.50

PARM. CHEESE..50¢ BLUE CHEESE..95¢

CHEDDAR CHEESE or MOZZARELLA CHEESE..75¢

ALMONDS ..\$1.25 WALNUTS..95¢ APRICOTS..75¢

LUNCHEON CATERING

Available for Groups of 10 or More.

~Crock Pot of Soup ~~ Salad Bowl~

~~Sandwich Wraps Platter~~

PLEASE CALL FOR COMPLETE DETAILS



MEAL PREPARATION SERVICE

"Healthy Meals Made
Fresh To Order"

**READY-TO-COOK
AT HOME!**

525-0194

Or 858-5508 After Reg. Hours

VISIT OUR WEB SITE FOR SPECIALS

www.farewithflair.com

Mon to Sat 11am to 7pm

48 MAPLE STREET

EAST LONGMEADOW, MA

**"RESTAURANT QUALITY FARE WITHOUT
THE EXPENSE OF DINING THERE!"**

HOLIDAY SPECIALS ~~ CATERING

ENTERTAINING ~~ GIFT CARDS

PRIVATE PARTIES