

Absolute Nutrition Center



Bodybuilding & Weight Loss Experts
DON'T WAIT...GET IN SHAPE!

- Sports/Fitness Nutrition
- Vitamins & Minerals
- Herbal Products
- Ephedra & Non-Ephedra Fat Burners
- Andro & Non-Andro Muscle Builders

* Student, Military Police, & Firefighter Discounts

20% - 40% OFF
Retail Every day

1512 Memorial Drive
Chicopee, MA
(413) 535-1111

28 Main Street
Westfield, MA
413-568-6280

Try Our Triple Deck

CLUB SANDWICHES!!

Ham • Turkey • Roast Beef • Smoked Turkey

Tuna • Cheeseburger Club

- Served with Lettuce, Tomato,
Mayo, Cheese & Bacon

Small \$5.00

Large \$6.00

REUBENS

Turkey • Roast Beef • Corned Beef • Pastrami

- Served with Sauerkraut, 1000 Island Dressing,
& Swiss Cheese on Rye Bread

Small \$5.00

Large \$6.00

If You're Hungry, try our

HOUSE COMBO

Consisting of:

Ham, Turkey, Roast Beef, Pastrami, American or
Provolone Cheese, Lettuce & Tomato,

Mayo & Russian Dressing

\$7.00

Deja Jewelz

Beads, Sterling Silver & Accessories
5 Willow St. Chicopee, MA 01020

413-331-2377

dejajewelz@yahoo.com

All the latest
beads, charms,
handbags &
accessories.
Fits most
competitor's
bracelets

SPECIALIST IN TEACHING NERVOUS ADULTS

DRIVE WITHOUT FEAR

Serving Chicopee & Surrounding
Towns For 32 Years.

UNIVERSITY

Driving School

- Professional, Patient Instructors
- Insurance Reduction For Drivers Ed.
- Teens To Seniors
- Rental Cars For Road Tests
- One On One Instruction For Adults
- ACCELERATED CLASSES



"YOUR KEY TO SAFE DRIVING"

161 Grove Street, Chicopee

413-592-3500

Labrie, Pouliot, LaRocque & Guiel, P.C.

ATTORNEYS AT LAW

AUTO ACCIDENTS • PERSONAL INJURY
GENERAL PRACTICE OF LAW

641 Grattan Street, Chicopee

Roger R. Pouliot
Michael R. Labrie

(413) 534-4214

Jeffrey M. Guiel
Ronald R. LaRocque

BEVERAGES

Bottled Water	\$1.25
Coffee or Tea - 20oz	\$1.50
Fountain Soda, Iced Tea or Lemonade - To Go...\$1.25 In House (Refillable)	\$1.89
20 oz Bottle Soda	\$1.55
2 Liter Soda	\$2.50
Nantucket Nectars	\$1.75
Canned Soda	\$1.20

DELI MEATS

Wilson's Honey Ham	\$5.95 lb.
Krakus Imported Ham	\$6.50 lb.
Willow Brook Turkey Breast	\$6.25 lb.
Willow Brook 99.5% Fat Free Honey Smoked Turkey	\$6.25 lb.
Kayem 97% Fat Free Corned Beef Round	\$6.50 lb.
Kayem 97% Fat Free Pastrami Round	\$6.50 lb.
Kayem Liverwurst	\$4.29 lb.
Bologna	\$3.19 lb.
Kayem Meatloaf	\$6.25 lb.
Corando Centurian Genoa Salami	\$4.79 lb.
Kayem Hot Dogs	\$3.99 lb.
Blueseal Kielbasa	\$4.89 lb.
Triple M (Kayem-Roast Beef).....	\$6.50 lb.

SALADS

Macaroni, Potato, Cole Slaw	\$2.75 lb.
Seafood Salad	\$5.99 lb.
Homemade All White Chicken Salad	\$5.50 lb.
Tongul Tuna Salad	\$4.99 lb.

CHEESE

American	\$3.99 lb.
Mozzarella	\$3.99 lb.
Provolone	\$4.59 lb.
Swiss	\$4.99 lb.
Cheddar	\$4.69 lb.
100% Imported Parmesan	\$6.99 lb.
Feta	\$4.59 lb.

Party Platters Made to Order

For All Occasions

Please Inquire About Our Executive Lunch Packages

See Our Catering Menu!

THE TINT SHOP

20 Years
Experience

170 Montgomery Street, Chicopee (Aldenville)

413-386-3011

Auto - Home

Boats - RVs



Also Head

&

Tail Light Tinting

DOGGANS

DELI PIZZA & GRILL

140 Broadway
Chicopee Falls

Dine in, Carry Out, or Delivery

Delivery Time - Mon. - Fri. after 2:00 pm
(\$2.00 delivery charge)

• Call in your sliced deli meat order •
GUARANTEED FRESH EVERY TIME

Call - 598-8488

Fax - 598-0402

Hours:

Monday - Friday 10:30 am - 8:30 pm
Saturday 10:30 am - 8:00 pm
Sunday Closed

CZAR ENERGY SOLUTIONS

"SHOP WHERE BUILDERS SHOP"

Open to the Public

Visit our Showroom at
50 Buckley Blvd., Chicopee

Fireplaces, Inserts & Stoves
(Gas, Wood, Electric & Pellet)



Cultured Stone • Mantels
Marble & Granite Surrounds

All Fuel Chimney Systems

Free Estimates

Email: sales@czarenergysolutions.com

413-536-7171

APPETIZERS

- Buffalo Wings (Available in Mild, Medium, Hot or Crazy) 10 pc. - \$7.50 20 pc. - \$14.00 30pc. - \$18.50 50pc. - \$25.50
- Boneless Buffalo Wings w/ Celery & Blue Cheese 1/2lb. - \$6.00 1lb. - \$8.75
- Chicken Tenders (One Size Only) w/ Fries \$6.75
- Quesadillas (Chicken, Steak or Onion & Mushroom) Sm. \$5.50 Lg. \$6.50
- Poppers - Cheddar Broccoli or Jalapeno (One Size Only) \$6.00
- Potato Skins (One Size Only) \$6.00
- Loaded Baked Potato (Broccoli, Bacon, Cheddar, Sour Cream, & Chives) \$3.95
- Baked Potato (Butter & Sour Cream) \$1.95
- Cheese Fries (w/ Bacon Bits, Cheddar Cheese & Ranch Dressing on the side) Sm. \$4.50 Lg. \$6.00
- Mozzarella Sticks 6 pc. \$4.50 10 pc. \$6.50

SIDE ORDERS

- French Fries Sm. \$2.25 Lg. \$3.25
- Spicy Fries Sm. \$2.50 Lg. \$3.50
- Onion Rings Sm. \$3.00 Lg. \$5.00
- Potato Salad, Macaroni Salad or Cole Slaw (One Size) \$1.75
- Deli Pickle \$.25 ea Whole Pickle \$1.00
- Side Garden Salad \$2.75

SOUPS

- Chili (with cheese add \$.25) Cup \$2.75 Bowl \$3.25
- Hot Homemade Soups \$2.50 \$2.75
- Cream Soups \$2.75 \$3.25
- Clam Chowder (Fridays Only) \$2.75 \$3.75

SALADS

- Garden Sm. \$4.25 Lg. \$5.00
- Tuna \$6.25 \$7.25
- Greek \$6.25 \$7.25
- Seafood \$6.25 \$7.25
- Chef \$6.25 \$7.25
- Seafarer \$6.25 \$7.25
- Chicken \$6.25 \$7.25
- Grilled Chicken \$6.25 \$7.25
- Crispy Chicken \$6.25 \$7.25
- Chicken Teriyaki \$6.25 \$7.25
- Cajun Chicken \$6.25 \$7.25
- Buffalo Chicken \$6.25 \$7.25

- Dressings -

Extra Dressing .25¢ Italian, Lite Italian, Blue Cheese, Thousand Island, Oil & Vinegar, Honey Mustard, Ranch, Fat Free Ranch, Raspberry Vinaigrette

FISH SPECIALS

- Fish Platter (Cod, Scallops & Clam Strips) w/ French Fries & Cole Slaw .. \$11.95
- 8" Scallop Roll w/ French Fries \$6.50
- Scallop Dinner w/ Choice of Baked Potato or French Fries..... \$10.95
- Battered Shrimp Grinder w/ French Fries \$6.50

Neighborhood



Home Improvement
Roofing, Siding & Windows

Free Estimates
(413) 657-4072

Fully Insured • Lic # 253096
W. Comp • Reg# 153050
163 South St.
Chicopee, MA 01013

*Consuming Raw or undercooked meats can cause foodborne illness, especially if you have certain medical conditions.



DESROSIERS FLOOR COVERING

Shaw Carpeting

CARPET • LINOLEUM
VINYL TILE • CERAMIC TILE
BRAIDED RUGS • Area RUGS
HARDWOOD FLOORING

538-5239

Fax: 536-8402

1044 Chicopee St., Chicopee, MA 01013 • www.desrosiersfloorcovering.com

New Wheat Wraps

SANDWICHES & GRINDERS

- Choice of Bread -

White, Wheat, Rye, Water Roll, Grinder Roll, Wrap, Multi-Grain

- Fixen -

Lettuce, Tomato, Mayo, Mustard, Barbecue Sauce, Cranberry Sauce, Pineapples, Cheese, Peppers, Onions, & Spaghetti Sauce

White Wraps

COLD SANDWICHES & GRINDERS

	SANDWICHES		GRINDERS	
	Small	Large	Small	Large
Ham & Cheese	\$4.75	\$5.70	\$5.50	\$6.50
Honey Ham & Cheese	\$4.75	\$5.70	\$5.50	\$6.50
Turkey	\$4.75	\$5.70	\$5.50	\$6.50
Smoked Turkey (low fat)	\$4.75	\$5.70	\$5.50	\$6.50
Hot Corned Beef & Swiss	\$4.75	\$5.70	\$5.50	\$6.50
Hot Pastrami & Swiss	\$4.75	\$5.70	\$5.50	\$6.50
Cold Cut & Cheese	\$4.75	\$5.70	\$5.50	\$6.50
Liverwurst	\$4.75	\$5.70	\$5.50	\$6.50
Genoa Salami	\$4.75	\$5.70	\$5.50	\$6.50
Pepperoni	\$4.75	\$5.70	\$5.50	\$6.50
Meatloaf	\$4.75	\$5.70	\$5.50	\$6.50
Chicken Salad	\$4.75	\$5.70	\$5.50	\$6.50
Tuna Salad	\$4.75	\$5.70	\$5.50	\$6.50
Seafood Salad	\$4.75	\$5.70	\$5.50	\$6.50
Roast Beef	\$4.75	\$5.70	\$5.50	\$6.50

HOT SANDWICHES & GRINDERS

Grilled Cheese	\$2.25		
with Tomato	\$2.50		
Buffalo Chicken	\$4.50	\$5.50	\$6.50
Chicken Teriyaki	\$4.50	\$5.50	\$6.50
Grilled Chicken	\$4.50	\$5.50	\$6.50
Cajun Chicken	\$4.50	\$5.50	\$6.50
Chicken Parm	\$4.50	\$5.50	\$6.50
Chicken Outlet	\$4.50	\$5.50	\$6.50
Meatloaf	\$4.75	\$5.70	\$6.50
Meatloaf Parm	\$4.75	\$5.70	\$6.50
Steak n' Cheese		\$5.50	\$6.50
Meatball		\$5.50	\$6.50
6oz Cheeseburger	\$4.50	\$5.50	\$6.50
Turkey Burger	\$4.50	\$5.50	\$6.50
6oz Bacon Cheeseburger	\$4.75	\$5.50	\$6.50
Veal Outlet	\$4.00	\$5.50	\$6.50
Veal Parm	\$4.00	\$5.50	\$6.50
BLT	\$4.50	\$5.50	\$6.50
Fish	\$4.75	\$5.50	\$6.50
Kielbasa	\$4.25	\$5.50	\$6.50
Hot or Sweet Sausage		\$5.50	\$6.50
Vegetarian		\$5.50	\$6.50
Steak, Chicken & Cheddar		\$5.50	\$6.50
Eggplant Parm		\$5.50	\$6.50

OTHER FAVORITES

- Hot Dog \$2.25
 - Chili Dog w/ cheese \$3.75
 - Egg Sandwich w/ your favorite meat \$3.75
 - Create your own Deli Wrap w/ meat & dressing \$5.50
- EXTRAS:** (Mushrooms, Cheese, Hot Peppers) \$.75 Bacon \$1.25

GUNG-HO



POWERWASHING

Jim Zabik
(413) 262-5722

Tim Barry
(413) 297-2776

Homes • Decks • Fences • Driveways • Concrete • Gutters
Fully Insured



Dr. Thomas Langlois
Chiropractic Physician

Safe, Gentle, and Effective Pain Relief

257 Broadway, Chicopee • 592-6979

DINNERS

All dinners come with a choice of Soup, Salad, or French Fries & Garlic Bread (except Fish n' Chips)

ADD Melted Cheese on your dinner ONLY \$.50

Fish n' Chips	\$8.50	w/ Chicken Parm	\$8.50
Spaghetti or Ziti		w/ Grilled Chicken	\$8.50
w/ Meatsauce	\$6.50	w/ 3 Pc. Chicken	\$8.50
w/ Meatballs	\$8.50	w/ 3 Pc. BBQ Chicken	\$8.50
w/ Sweet Sausage	\$8.50	w/ 6 Pc. Buffalo Wings	\$8.50
w/ Veal Parm	\$8.50	Ziti w/ Chicken & Broccoli in Creamy Alfredo or Tomato Sauce	9.50
Ziti w/ Chicken & Broccoli in Creamy Alfredo or Tomato Sauce		Baked Ravioli w/ Meatsauce	8.75
Baked Ravioli w/ Meatsauce		Tortellini Alfredo	8.50
Tortellini Alfredo		Eggplant Parm	8.50

PIZZA

Hand-Stretched & Italian Style

- Available Toppings -

Hamburg, Pepperoni, Sausage, Bacon, Peppers, Onions, Mushrooms, Olives, Broccoli, Tomatoes, & Pineapples

	Plain	1 Topping	2 Toppings	3 Toppings	4 Toppings	Addl. Toppings
Small (10")	\$5.50	\$5.75	\$6.00	\$6.25	\$6.50	\$.50
Medium (14")	8.50	9.00	9.50	10.00	10.50	1.00
Large (18")	12.25	13.25	14.25	15.25	16.25	1.50
Party (18"x25")	16.25	17.25	18.25	19.25	20.25	2.00

House Combo Hamburg Pepperoni & Peppers

Vegetarian Peppers, Onions, Mushrooms, Tomatoes & Olives

Loaded Baked Potato Idaho Potatoes, Bacon Bits & Sour Cream topped with Cheddar & Mozzarella Cheeses

New Meat Lovers Hamb, Pepperoni Bacon & Sausage

CALZONES

Any 1 topping plus Mozzarella & Ricotta Cheese \$ 6.50
Extra Toppings \$.50 each

GOURMET PIZZA

Small - \$6.50 • Medium - \$11.00 • Large - \$16.00 • Party - \$20.50

- Spicy Chicken Barbecue**
Boneless Chicken Breast, Tomatoes, Spicy Barbecue Sauce, Peppers & Onions
- Chicken Cordon Bleu**
Boneless Chicken Breast, Imported Ham, Swiss & Mozzarella Cheeses
- Thin Crust Pizza**
Fresh Garlic, Tomatoes, Broccoli, Onions, Baked in seasoned Garlic Oil. Topped w/ Parmesan Cheese
- Hawaiian Pizza**
Imported Ham, Pineapples, & Mozzarella Cheese
- Chicken & Broccoli**
Grilled Chicken Breast & Fresh Broccoli

also on the side

Side of Spaghetti or Ziti	\$3.50	w/cheese	\$4.00
Side of Meatballs	\$3.50	w/cheese	\$4.00
Side of Sweet Sausage	\$3.50	w/cheese	\$4.00
Garlic Bread with Cheese	Small \$1.75	Large	\$2.75
6 Piece Buffalo Wings			\$4.00
Pizza Slice (Cheese or Pepperoni)			\$2.25

CTFS Financial
7 Willow Street
Chicopee, MA 01020

my.hdivest.com/normdesmarais

Tel: (413) 532-0990

Fax: (413) 533-2741

Norm Desmarais
Tax & Financial Services
Registered Representative

HD VEST
FINANCIAL SERVICES®
A non-bank subsidiary of Wells Fargo & Company

*Securities offered through H.D.Vest Investment ServicesSM, Member SIPC.
Advisory Services offered through H.D.Vest Advisory ServicesSM, Non-bank subsidiaries of Wells Fargo & Company, 6333 North State Highway 161, Fourth Floor, Irving Texas 75038. 972-870-6000.