

Anthony's CAFE

The People's Choice for "Best Italian Food" in the Upper Keys!

"For the Lover of Italian Food"

Now Under New Ownership!

Anthony Colarusso of Anthony's Restaurant & Café is finally retiring after 46 years of restaurantering and being an icon in the Italian restaurant and catering business. Anthony is well known for his hand-tossed pizza and calzones, and his Italian cuisine is recognized as the best in the Keys.

The new owners are John & Sue Singleton, former owners and operators of the Mandalay Restaurant in Key Largo, Ray & Jody Yu, developer of the Walker's Island luxury housing project on Little Conch Key, and Robert Blevins, a.k.a. Pig Roast Bob.

Bob Blevins, the operating manager, will continue with Anthony's Italian cuisine, but will add some of his own specialty items to the lunch and dinner menu. Look for Saturday night char-broiled steaks in the near future... the "Joe Healy Special." In addition to the restaurant, Bob will be expanding the catering business with full service for weddings, outdoor barbecues and local Keys-theme parties.

Anthony's will be open 6 days a week with deliveries from 5 PM to 10 PM. Look for new and exciting events to enjoy, entertainment, special dinners and wine specials.

Maggie, Laurie, Alicia and staff will continue to welcome and serve to your delight.

Anthony's Menu Highlights

LUNCH BUFFET AVAILABLE TUESDAY-FRIDAY

- SALADS
- Antipasto • Scungilli Salad • Buffalo Mozzarella • Caesar Salad
- HOT APPETIZERS
- Homemade Blue Crab Cakes • Bruschetta • Seared Tuna • Calamari
- Buffalo Shrimp • Meatballs • Garlic Rolls • Mussels • Soups
- STEAKS
- Surf & Turf • Filet Mignon
- VEAL
- Francese • Parmigiana • Marsala • Sicilian Style
- SEAFOOD
- Shrimp Parmesan or Marinara • Linguine with Clam Sauce
- Scungilli (Conch) • Mussels • Shrimp Scampi • Seafood Fettuccini
- Frutta del Mar Combo • Fresh Mahi-Mahi • Fresh Yellowtail • Tuna Wasabi
- CHICKEN
- Parmigiana • Marsala • Francese • Grilled Chicken Breast
- ITALIAN SPECIALTIES
- Sausage, Peppers & Onions • Agnelotti • Baked Ziti • Fettuccine Alfredo
- Eggplant Parmigiana • Spaghetti • Linguine • Ravioli • Lasagne • Manicotti
- PIZZA & CALZONES
- Including the 3-ft. x 2-ft. Scilian Party Pizza!
- PLUS! DAILY CHEF'S SPECIALS



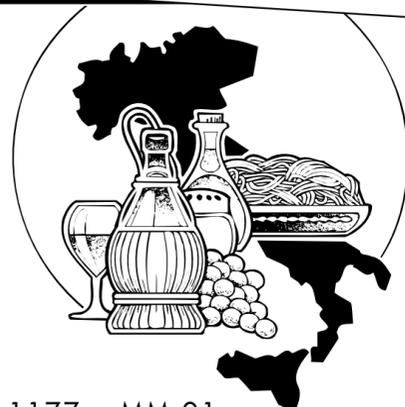
Mary Navarette, Ray and Jody Yu, John and Sue Singleton
Bob Blevins and Anthony Colarusso seated

You're Invited...

Grand Opening Evening
Saturday, March 10th
—complimentary wine with dinner—
(Dine-in only)

Live music provided by
The Sunshine Band

Enjoy specialty items
prepared by both
Anthony and Bob



Anthony's Cafe • in Tavernier Towne • 305-853-1177 • MM 91

Echoes of Happiness Belly Laughs

As children, we laugh hundreds of times each day, delighted by the newness of living. When we reach adulthood, however, we tend to not allow ourselves to let go in a good belly laugh. Inviting laughter back into our lives is simply a matter of making the conscious decision to laugh. Though most of us are incited to laugh only when exposed to humor or the unexpected, each of us is capable of laughing at will. A laugh that comes from the belly carries with it the same positive effects whether prompted by a funny joke or consciously willed into existence. When our laughter comes from the core of our being, it permeates every cell in our physical selves, beginning in the center and radiating outward, until we are not merely belly laughing but rather body laughing.

Laughter has been a part of the human mode of expression since before evolution granted us the art of speech. Through it, we connected with allies while demonstrating our connection with people we didn't know. In the present, laughter allows us to enjoy positive shared experiences with

strangers and loved ones alike. Yet solitary laughter carries with it its own slew of benefits. An energetic and enthusiastic bout of whole-body laughter exercises the muscles, the lungs, and the mind in equal measure, leaving us feeling relaxed and content. When we laugh heartily at life's ridiculousness instead of responding irritably, our focus shifts. Anger, stress, guilt, and sadness no longer wield any influence over us, and we are empowered to make light of what we originally feared. Laughter also opens our hearts, letting love and light in, changing our perspective, and enabling us to fix our attention on what is positive in our lives.

It is easy to laugh when we feel good, but it is when the world appears dim that we most need laughter in our lives. Our laughter then resonates through our hearts, filling the empty spaces with pure, unadulterated joy. We regain our footing in the moment and remember that no sorrow is powerful enough to rob us of our inborn happiness.

When we understand that uninhibited laughter is the food of the soul, nourishing us from within, we know instinctively that life is worthwhile.



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