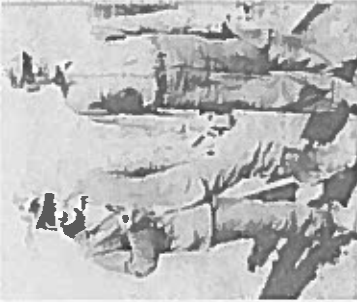


History of the Pasty



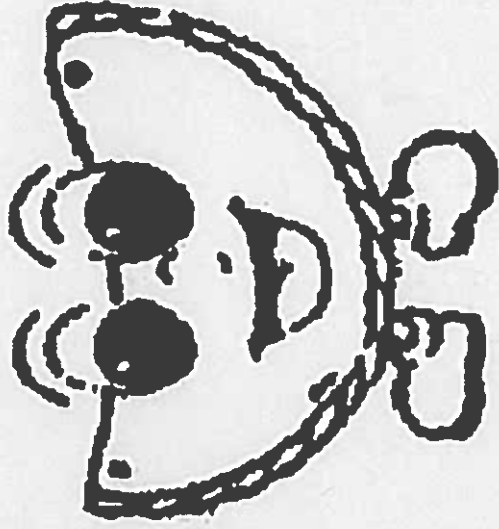
The original pasty that came from Cornwall, England was hearty and hot. It was a hand-held "no dish" meal for miners who had no time to come above ground for lunch. A miner could leave home with a hot pasty in his pocket and reach in once in a while to warm his hands. Other miners warmed their pasty while underground, by setting it on a shovel and holding the pasty up to the light of a lantern.

In Cornwall, arsenic was often found in the tin mines. This is the reason for the thick pasty crimp on the pasty. The miners would hold the pasty by this crimp, throwing it away after they had eaten the body of the pasty to avoid poisoning. The crust wasn't wasted though; the miners were firm believers in "Knockers" and left the crust for them. The Knockers were the mischievous 'littie people' of the mines, who were believed by the miners to cause all manner of misfortune, unless they were placated with a small amount of food, after which they could prove to be a source of good luck.

Cornish housewives filled their pasties with almost any ingredient you could think of. Traditionally, the pasty contained a variety of meat and vegetables in one end and jam or fruit in the other end. This allowed the hard-working men to eat 'two courses'. Legend has it that the devil will not step foot in Cornwall, England because he is afraid of the Cornish housewife. The devil fears that if he goes to Cornwall she would put him into a pasty too!

The famous pasty was brought here by the copper and iron miners from Cornwall, England. The Cornish miners and their wives are properly given the credit for bringing the pasty to the Upper Peninsula in the early 1850's when both the copper and iron mines were first being opened.

Colonel K's



Pasty Shop

1229 Tenth St. Menominee, MI 49858
(906) 863-5315

The friendly food shaped like a smile!

“Crost” Time Pasties

Miners enjoyed these delicious pasties at “croust” or meal time!

Beef (Beef, Pork, Potato, Onion)	\$4.25
Beef with Rutabaga (Beef, Pork, Rutabaga, Potato, Onion)	\$4.25
Ham & Cheese (Ham, Potato, Onion, Cheese)	\$4.25
Beef & Cabbage (Beef, Cabbage, Onion)	\$4.25
Empañada (Mexican) <i>Monday & Thursday</i> (Beef, Red Beans, Corn, Tomato, Potato, Onion, Cheese, Salsa)	\$4.25
Vegetarian (Broccoli, Cauliflower, Carrots, Potato, Onion, Cheese)	\$4.25
Big Cheezie (Pizza Pasty) (Pepperoni, Pizza Sauce, Potato, Onion, Cheese)	\$4.25
Chicken (Chicken, Broccoli, Potato, Onion, Cheese)	\$4.25

Gravy

4 oz.	\$0.65
8 oz.	\$0.95
16 oz.	\$1.75

Soups

Soups & Chili 12 Oz. Cup	\$3.05
Soups & Chili 16 Oz. Cup	\$3.55

HOT or FROZEN Pasties Available.
Call ahead for large or specialty orders!

Breakfast Pasties

Bacon (Egg, Cheese, Potato, Bacon)	(Tuesday, Thursday, Saturday only)	\$3.09
Sausage (Egg, Cheese, Potato, Sausage)		\$3.09
Steak (Egg, Cheese, Potato, Steak)	Sunday • Monday • Wednesday ONLY	\$3.09
Denver (Egg, Cheese, Potato, Ham, Green Pepper, Onion)		\$3.09
3 Meat (Egg, Cheese, Potato, Ham, Sausage, Bacon, Onion)		\$3.09
Sante Fe Chicken (Egg, Cheese, Potato, Chicken, Red Peppers, Onion, Salsa)	Friday ONLY	\$3.09

Frozen Custard

Small Cone	\$1.75
Medium Cone	\$2.25
Large Cone	\$2.50
Waffle Cone	\$0.35 extra
Pint	\$3.50
Custard Cookie	\$1.50
Malts & Shakes	\$2.75

Beverages

Gourmet Coffee by Door County Coffees

(Regular, Decaf, or Flavor of the Day)

Large (20 oz)	\$1.49
Small (16 oz)	\$1.29

Variety of Bottled Beverages

Soda, Tea, Water	\$1.79
Orange Juice, Apple Juice	\$1.79
Milk, White or Chocolate	\$1.29