





APPETIZERS

-  **3 JUMBO SHRIMP COCKTAIL** ^{GF} 13.25
Extra shrimp - 4.50 each
- ESPINACA DIP** 9.75
- SPINACH & ARTICHOKE DIP** 9.75
- NACHOS** with melted cheese and salsa Sm 9.50 / Lg 13.75
-  **BACKROOM NACHOS** with onion, green pepper, tomato, jalapeño, olives, hamburger, and melted cheese. Sm 12.95 / Lg 16.95
- LOADED CHEESE FRIES** with melted cheese and diablo. Choose steak or chicken. . . Sm 12.95 / Lg 16.95
- MOZZARELLA STICKS** 8.75
- POTATO SKINS** add bacon for 1.00 . . . 8.95
- CHICKEN QUESADILLA** 10.75
- VEGETABLE QUESADILLA** 10.75
- CHICKEN TENDERS** add 1.00 for buffalo, coconut, or spicy . . . 8.75
-  **CHICKEN TENDER SAMPLER** Original, Buffalo, Coconut, Spicy (3 each) . . 13.95
- BUFFALO WINGS** 12.95
- SPANAKOPITA** 7.50
-  **FRIED CALAMARI** 9.50
- BROCCOLI CHEESE PUFFS** 8.50
- FRIED FETA** 8.95
- STUFFED MUSHROOM CAPS** 8.95
- SCALLOPS WRAPPED IN BACON** ^{GF} 13.95

SOUPS

- SOUP DU JOUR** Cup 5.00 / Bowl 6.25
- CHOWDER DU JOUR** . . Cup 5.25 / Bowl 6.50
- FRENCH ONION SOUP** 7.00

SALADS

- TOSSED SALAD** ^{GF} Sm 5.00 / Lg 7.25
-  **GREEK SALAD** ^{GF} Sm 5.50 / Lg 9.50
- CAESAR SALAD** Sm 6.25 / Lg 9.25
- SPINACH SALAD** ^{GF} spinach, walnuts, cranberries, bleu cheese, and onion with a honey mustard Vinaigrette. . . Sm 7.25 / Lg 9.75
- JULIENNE SALAD** ^{GF} turkey, ham, Swiss cheese, and a boiled egg. . Sm 7.95 / Lg 10.50

DRESSINGS

House	Balsamic Vinaigrette
Bleu Cheese	Raspberry Vinaigrette
Ranch	Golden Italian
Honey Mustard	Russian

All dressings are Gluten-Free except the house dressing

SALAD ADDITIONS

- Marinated grilled chicken ^{GF} 5.25
- Chicken tenders 5.25
- Buffalo tenders 5.75
- Spicy tenders 5.75
- Coconut tenders 6.25
- Tuna Salad ^{GF} 6.00
- Grilled Shrimp (3) 13.95
(\$4.75 each additional)
- 6 oz. Grilled haddock ^{GF} 9.75
- 6 oz. Grilled salmon ^{GF} 9.75
- Lobster salad Market Price

GF ASK YOUR SERVER
for the
GLUTEN-FREE OPTION

Gluten-Free icon indicates items that can be prepared Gluten-Free. Make sure to specify that you would like the Gluten-Free option when you place your order.





Puritan
BACKROOM

All entrées are served with a Greek Salad or soup du jour and a choice of fries, baked potato, mashed potatoes, rice pilaf, or vegetable.

Add .50 to substitute: spicy fries or sweet potato fries.
Add .75 to substitute: onion rings.

POULTRY


-  **FRIED CHICKEN TENDERS** add 1.00 for buffalo or spicy, 2.00 for coconut 17.00
- BROILED CHICKEN TENDERS** in Special Sauce ^{GF} 17.00
- BROILED CHICKEN BREAST** in Special Sauce, add cracker crumb topping for 1.00 ^{GF} 16.00
- CHICKEN CORDON BLEU** in Special Sauce or Traditional Cheese Sauce ^{GF} 19.75
- CHICKEN KABOB** in Special Sauce ^{GF} 18.00
-  **FRIED CHICKEN TENDERS PARMIGIANA** choice of spaghetti or ziti 19.50
- OVEN-ROASTED TURKEY BREAST** with bread stuffing 17.75

What is Special Sauce?




In 1974, Charlie Pappas created our proprietary recipe for this savory soy-based sauce with olive oil, lemon, and spices. In addition to our broiled chicken dishes, the special sauce is a great pairing for haddock and swordfish.

Gluten Free


BEEF, LAMB & PORK

- 7 OZ. BLACK ANGUS FILET MIGNON** 29.95
- 12 OZ. BLACK ANGUS SIRLOIN** ^{GF} 24.95
- BEEF TENDERLOIN KABOB** ^{GF} 24.95
- CHOPPED SIRLOIN** ^{GF} 16.50
- CHARBROILED PORK CHOPS** ^{GF} one 16.50 / two 24.50
-  **BARBECUED LAMB KABOB** ^{GF} 24.95
- MEAT LASAGNA** 16.00
- VEAL PARMIGIANA** 21.75

SEAFOOD

-  **FILET OF HADDOCK** fried or broiled ^{GF} 22.00
- BAKED HADDOCK** cracker crumb topping, add 4.00 for seafood topping 23.00
-  **FILET OF SALMON** broiled or chargrilled ^{GF} 22.00
- SWORDFISH** 22.95
- FRIED SHRIMP (3)** extra Shrimp 4.50 each 22.95
- SEA SCALLOPS** fried or broiled ^{GF} 28.00
-  **LOBSTER PIE** Market Price

VEGETARIAN

-  **GREEK MACARONI & CHEESE** Gruyère cheese, spinach, shallots, scallions, hint of cinnamon, bread crumbs, and feta cheese 17.00
- VEGETABLE LASAGNA** 16.00



ENHANCE YOUR ENTRÉE WITH THE FOLLOWING SEAFOOD ADDITIONS

6 oz. Haddock 9.75	Two fried shrimp 9.50
6 oz. Salmon 9.75	Three fried shrimp 14.25

ALL MENU ITEMS AND PRICES SUBJECT TO CHANGE
PRICES DO NOT INCLUDE 9% MEALS TAX




BURGERS

Served on a bulkie roll with fries and a kosher spear
Customize your burger: grilled onion (.25), cheese (.50), bacon (.80), mushroom (.80), or tomatoes (.40)

8 OZ. BURGER premium black Angus ground beef	10.25
 BARBECUE BURGER cheddar cheese, bacon, barbecue sauce, and onion rings	12.50
BIG BLEU BURGER melted bleu cheese and mushroom	12.50
BISON BURGER lettuce and tomato	10.75
VEGGIE BURGER lettuce and tomato	9.25
 LAMB BURGER cucumber, red onion and tzatziki	12.50


SANDWICHES

Served with fries and a kosher spear.
With any sandwich, add .50 to substitute: spicy fries, sweet potato fries, baked potato, mashed potatoes, vegetable, or rice. *Add .75 to substitute:* onion rings.

 FRIED HADDOCK cole slaw, tartar sauce, and cheddar cheese	12.95
GRILLED SALMON	12.95
BROILED CHICKEN BREAST lettuce, tomato, and mayonnaise	10.00
 CHICKEN TENDER WRAP bacon, lettuce, tomato, and mayonnaise	10.25
BUFFALO CHICKEN TENDER WRAP lettuce, tomato, and bleu cheese dressing	10.50
STEAK & CHEESE SUB	12.50
GREEK SALAD WRAP lettuce, cucumber, tomato, red onion, Kalamata olives, feta, and house dressing	8.50
 LOBSTER SALAD ROLL	Market Price
FRIED SCALLOP ROLL	18.50
GRILLED CHEESE	5.25

DELI SANDWICHES

Served with fries and a kosher spear
Served on your choice of bread: whole-grain white, whole-grain wheat, rye, pumpernickel, bulkie roll, pita pocket, or wrap

SLICED TURKEY BREAST	8.95
ROAST BEEF	8.95
GRILLED HAM & SWISS CHEESE	9.00
BLT	8.50
HOT PASTRAMI cheddar cheese and Dijon mustard	9.75
 GRILLED REUBEN	9.75
CHICKEN SALAD	8.75
TUNA SALAD	9.25
TUNA MELT	9.75


CLUB SANDWICHES

Served with lettuce, tomato, mayonnaise, and bacon with fries and a kosher spear
Served with three slices of your choice of bread: whole-grain white, whole-grain wheat, rye, or pumpernickel


CHEESEBURGER	12.50
HAM & SWISS CHEESE	11.00
SLICED TURKEY BREAST	11.00
ROAST BEEF	11.00
TUNA SALAD	12.00
CHICKEN SALAD	11.00

PIZZAS

Customize your pizza for .80 each: green pepper, onion, mushroom, Kalamata olives, black olives, pineapple, spinach, feta cheese, anchovies, hamburger, pepperoni, sausage, ham, or bacon

10" CHEESE	9.95
HAWAIIAN ham and pineapple	10.50
BUFFALO CHICKEN TENDER with tomato	12.50
BBQ CHICKEN TENDER with red onion	12.50
 GREEK SPECIAL spinach, feta cheese, Kalamata olives, and tomato	12.50
CHAZ SPECIAL green pepper, onion, mushroom, pepperoni, and hamburger	12.50
VEGETARIAN green pepper, onion, mushroom, tomato, spinach, and broccoli	12.50
12" FLATBREAD PIZZA	9.95

BEVERAGES

COFFEE OR TEA	1.95
ICED COFFEE OR ICED TEA	2.95
WHOLE OR LOW-FAT CHOCOLATE MILK	Sm 1.75 / Lg 2.75
HOT CHOCOLATE with whipped cream	2.95
FOUNTAIN DRINK Coke, Diet Coke, Sprite, Caffeine-Free Diet Coke, root beer, ginger ale, fruit punch, lemonade, or orange	Sm 1.75 / Lg 2.75
FAIR TRADE MAINE ROOT BOTTLED SODA root beer & seasonal varieties	2.95
SAN PELLEGRINO SPARKLING WATER 500 ml	2.95
 FRAPPE vanilla, chocolate, strawberry, coffee, mocha, or black & white	6.75
JUICE apple, cranberry, grapefruit, orange, pineapple, tomato, or V8	Sm 1.95 / Lg 3.25

We fry with a blend of corn and sunflower oil which is reduced saturated fat, preservative-free, sodium-free, cholesterol-free, carbohydrate-free and contains zero grams of trans fat per serving.

Consuming raw or undercooked potentially hazardous foods may increase your risk of contracting a food-borne illness. Unless otherwise requested, all meat will be cooked *medium well*.

THE HISTORY OF THE PURITAN

1917

After emigrating from northern Greece in 1906, Arthur Pappas and Louis Canotas founded the Puritan Confectionery Company, a candy store and ice cream shop located at 57 Hanover Street in Manchester. In 1919, they opened the Puritan Restaurant around the corner at 897 Elm Street, a downtown landmark until it closed in 1969.

1938

A new ice cream stand opened for business on the Daniel Webster Highway. Other Puritan locations included shops on Second Street and Valley Street in Manchester, and restaurants in Concord, Lawrence, and Portland.

1974

The second generation, Charlie Pappas and Plato and Milton Canotas, opened the Backroom Restaurant, a full service dining room and bar which complemented the self-service Front Room.

1989

The Front Room was closed and new function rooms opened named for the company's founders. Two years later, the Puritan Ice Cream and Takeout would open adjacent to that space.

2004

The Puritan Conference Center opened, expanding the Puritan's footprint in the events business.

2017

The Puritan celebrated its 100th year in business.