



Gluten-Free Menu

Puritan Take-Out: (603) 623-3182
Backroom Restaurant: (603) 669-6890
Events: (603) 666-9893
www.puritanbackroom.com

APPETIZERS

FRESH VEGETABLE PLATE

with hummus or tzatziki ... 11.95

FRUIT CUP with sherbert ... 5.95

JUMBO SHRIMP COCKTAIL ... 11.95

SCALLOPS WRAPPED IN BACON ... 12.95

SALADS

GREEK ... S 4.50 / L 8.50

TOSSED ... S 3.95 / L 5.50

JULIENNE ... turkey, ham, Swiss cheese, and a boiled egg ... S 6.95 / L 9.50

SPINACH onion, walnuts, dried cranberries, blue cheese and a honey vinaigrette dressing ... S 6.50 / L 8.95

SALAD ADDITIONS

Marinated grilled chicken ... 4.50

Cottage cheese ... 2.75

Tuna salad or tuna flakes ... 3.95

Char-grilled haddock or salmon ... 8.95

Char-grilled swordfish ... 11.95

Grilled shrimp ... 12.95

Lobster salad ... 13.95

GF DRESSING CHOICES

Ranch • Russian • Raspberry Vinaigrette

Blue Cheese • Italian • Honey Mustard

Oil & Red Wine Vinegar

SIDE DISHES

MASHED POTATOES ... 2.95

RICE ... 2.95

BAKED POTATO ... 2.95

VEGETABLE DU JOUR ... 2.95

FETA CHEESE & KALAMATA OLIVES ... 4.95

FROM THE GRILL

HOT DOG (with no bun) ... 3.95

8 OZ. BURGER (with no bun) ... 8.50

BISON BURGER (with no bun) ... 9.25

BEVERAGES

COFFEE OR TEA ... 1.75

ICED COFFEE OR ICED TEA ... 2.75

HOT CHOCOLATE

with whipped cream ... 2.25

MILK whole, skim, or chocolate ... S 1.75 / L 2.75

JUICE apple, cranberry, grapefruit, orange, pineapple, tomato, or V8 ... S 1.95 / M 2.75 / L 3.25

FOUNTAIN DRINK Coke, Diet Coke, Sprite, Caffiene -Free Diet Coke, root beer, ginger ale, fruit punch, lemonade, or orange ... S 1.75 / L 2.75

SAN PELLEGRINO SPARKLING WATER 500ml ... 2.95

FRAPPE vanilla, strawberry, chocolate, or coffee ... 5.95

WIDMER OMISSION BEER ... 4.95

KIDS MEALS

Served with potato chips, mashed potatoes, rice, carrots, or celery, and a small milk, juice, or soda

HOT DOG (with no bun) ... 4.50

CHEESEBURGER (with no bun) ... 5.75

6 OZ. BROILED HADDOCK FILET ... 9.95

ORGANIC CHICKEN MEATBALLS (with gluten-free ziti) ... 5.95

BROILED CHICKEN TENDERS (cooked in lemon water or w/GF special sauce) ... 5.95

ENTREES

In addition to coffee or tea, entrees are served with Greek or tossed salad (with GF dressing) and one choice of baked potato, mashed potatoes, rice, or vegetables

BONELESS BREAST OF CHICKEN

8 oz. breast of broiled chicken ... 14.50

Modification: Cook in GF special sauce or lemon water with no cracker meal

CHICKEN CORDON BLEU

8 oz. breast of chicken stuffed with ham and cheddar cheese ... 16.50

Modification: Cook in GF special sauce

BROILED CHICKEN TENDERS

Our signature chicken tenders broiled ... 13.95

Modification: Cook in GF special sauce

BROILED CHICKEN PARMIGIANA

Broiled chicken tenders or a boneless breast of chicken topped with marinara sauce and melted Parmesan cheese ... 16.95

Modification: No cracker meal, serve with gluten-free ziti

BROILED SEA SCALLOPS

Atlantic sea scallops, broiled ... 23.95

Modification: No cracker meal

BROILED FILET OF HADDOCK

9 oz. filet of Atlantic haddock ... 17.95

Modification: No cracker meal

BROILED SALMON

12 oz. filet of Atlantic salmon sprinkled with dill ... 17.95

Also try it charbroiled with Cajun spices

CHAR-BROILED SWORDFISH

12 oz. filet of Atlantic swordfish ... 22.95

Also try it with lemon pepper or Cajun spices

FILET MIGNON

7 oz. Black Angus tenderloin char-broiled to order ... 27.95

Modification: No gravy

BLACK ANGUS SIRLOIN

10 oz. center cut of Black Angus sirloin char-broiled to order ... 21.95

CHOPPED SIRLOIN

12 oz. of ground Black Angus beef char-broiled to order ... 14.95

Modification: No gravy

BEEF TENDERLOIN KABOB

A skewer of beef tenderloin, green pepper, onion and tomato char-broiled to order ... 18.95

Modification: No pasta, serve over rice

BARBECUED LAMB KABOB

Marinated lamb skewered with pepper and onion and charbroiled to order ... 18.95

CHAR-BROILED PORK CHOPS

One or two tender 8 oz. center cut pork chops charbroiled and served with applesauce

One ... 14.95 / Two ... 21.95

VEGETABLE STIR-FRY

Summer squash, zucchini, carrots, broccoli, pepper, and onion sauteed in olive oil ... 13.95

Modification: No pasta, serve over rice

This gluten-free menu is provided as a service to our patrons with Celiac Disease or gluten intolerance. Please alert your server to your gluten allergy so she may assist you to the best of her ability. The Puritan assumes no responsibility for the use of this menu or any resulting liability. Patrons are encouraged to consider this information in light of their own requirements.

LUNCH SPECIALS

*Available on day indicated
from 11:00 am until 3:45 pm*

MONDAY

LIVER & ONIONS with potato ... 6.50

STUFFED PEPPER with potato ... 6.95

STUFFED PEPPER PARMIGIANA
with potato ... 7.95

TUESDAY

SHEPHERD'S PIE ... 7.95

WEDNESDAY

BAKED LAMB with rice or potato ... 11.95

THURSDAY

STUFFED GRAPE LEAVES with rice ... 8.95

FRIDAY

CHICKEN PARM with rice, gluten-free ziti, or
potato... 8.95

SATURDAY

STUFFED PEPPER with potato ... 6.95

STUFFED PEPPER PARMIGIANA
with potato ... 7.95

DESSERTS

FLOURLESS CHOCOLATE TORTE ... 5.00

TOFFEE BROWNIE ... 1.75

MINI BREAD LOAF ... 3.25

RICE PUDDING ... 3.50

SUGAR-FREE JELL-O ... 2.50

ICE CREAM SUNDAE chocolate syrup,
pineapple, or strawberry topping
... S 5.00 / L 6.00

BANANA SPLIT ... 6.95

ICE CREAM ... S 3.50 / L 4.50

Almond Coconut Chip • Black Raspberry
Charlie's Choc. Factory • Cherry Seinfeld
Cherry Vanilla • Chocolate, Chocolate Chip
Chocolate Walnut • Chocolate M+M • Coffee
Coffee Toffee • French Vanilla, Fudge Ripple
Ginger • Maple Walnut • Mint Chip
Mocha Chip • Moose Tracks
Orange Pineapple • Peanut Butter Cup
Raspberry Fudge Truffle • Rum Raisin
Strawberry • Toasted Coconut • Vanilla

LOW FAT YOGURT

Coffee Toffee • Chocolate Almond
Chocolate Chip • Mint Patty • Purple Cow

LOW-FAT SOFT SERVE (Seasonal)

Chocolate • Vanilla • Twist

SHERBERT

Orange • Piña Colada • Pineapple
Strawberry

SORBET

Lemon • Mango • Raspberry