

APPETIZERS

-  **3 JUMBO SHRIMP COCKTAIL** ^{GF} 17.85
Extra shrimp - 5.95 each
- ESPINACA DIP** 12.75
- SPINACH & ARTICHOKE DIP** 12.75
- NACHOS** with melted cheese and salsa Sm 12.75 / Lg 18.50
-  **BACKROOM NACHOS** with onion, green pepper, tomato, jalapeño, olives, hamburger, and melted cheese. Sm 17.00 / Lg 22.00
- LOADED CHEESE FRIES** . Sm 7.95 / Lg 11.95
add bacon Sm 9.45 / Lg 13.45
- MOZZARELLA STICKS** 11.50
- POTATO SKINS** 14.00
with bacon
- CHICKEN QUESADILLA** 13.50
- VEGETABLE QUESADILLA** 13.50
- CHICKEN TENDERS**
add 1.00 for buffalo, coconut, or spicy . . 11.00
-  **CHICKEN TENDER SAMPLER**
Original, Buffalo, Coconut, Spicy (3 each) . . 17.50
- BUFFALO WINGS** 18.00
- SPANAKOPITA** 9.00
-  **FRIED CALAMARI** 11.50
- BROCCOLI, CHEESE & BACON PUFFS** 11.75
- FRIED FETA** 11.50
- STUFFED MUSHROOM CAPS** 12.50
- SCALLOPS WRAPPED IN BACON** 24.00

SOUPS

- SOUP DU JOUR** Cup 6.50 / Bowl 8.00
- CHOWDER DU JOUR** . . Cup 7.00 / Bowl 9.00
- FRENCH ONION SOUP** 9.00

SALADS

- TOSSED SALAD** ^{GF} Sm 6.50 / Lg 9.00
-  **GREEK SALAD** ^{GF} Sm 7.25 / Lg 11.25
- CAESAR SALAD** Sm 7.75 / Lg 10.75
- SPINACH SALAD** ^{GF} spinach, walnuts, cranberries, bleu cheese, and onion with a honey mustard Vinaigrette . . Sm 8.75 / Lg 11.95
- JULIENNE SALAD** ^{GF} turkey, ham, Swiss cheese, and a boiled egg Sm 10.25 / Lg 13.00
- COBB SALAD** ^{GF} house salad mix topped with cold marinated chicken, bacon, avocado, boiled eggs, tomatoes, red onion, and bleu cheese crumbles 16.50

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} 6.25
- Chicken tenders 6.25
- Buffalo tenders 6.75
- Spicy tenders 6.75
- Coconut tenders 7.25
- Tuna Salad ^{GF} 8.50
- Grilled Shrimp (3) 18.00
(\$6.00 each additional)
- 6 oz. Grilled salmon ^{GF} 12.00



Puritan BACKROOM

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

*Add 1.00 to substitute: spicy fries or sweet potato fries.
Add 1.00 to substitute: onion rings.*

POULTRY

-  **FRIED CHICKEN TENDERS** add 1.00 for buffalo or spicy, 2.00 for coconut 21.75
- BROILED CHICKEN TENDERS** in Special Sauce ^{GF} 21.75
- BROILED CHICKEN BREAST** in Special Sauce, add cracker crumb topping for 1.00 ^{GF} 21.00
- CHICKEN CORDON BLEU** in Special Sauce or Traditional Cheese Sauce ^{GF} 26.00
- CHICKEN KABOB** in Special Sauce ^{GF} 23.00
-  **FRIED CHICKEN TENDERS PARMIGIANA** choice of spaghetti or ziti 26.00
- OVEN-ROASTED TURKEY BREAST** with bread stuffing 23.00

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

- 8 OZ. BLACK ANGUS FILET MIGNON** 48.00
- 12 OZ. BLACK ANGUS SIRLOIN** ^{GF} 30.00
- BEEF TENDERLOIN KABOB** ^{GF} 32.00
- CHARBROILED PORK CHOPS** ^{GF} one 18.85 / two 27.00
-  **BARBECUED LAMB KABOB** ^{GF} 32.00
- MEAT LASAGNA** 18.50

SEAFOOD

-  **FILET OF HADDOCK** fried or broiled ^{GF} 29.00
cracker crumb topping. add 1.00
seafood topping add 4.00
-  **FILET OF SALMON** broiled or chargrilled ^{GF} 29.00
- SEA SCALLOPS** fried or broiled ^{GF} 38.00
-  **LOBSTER PIE** 38.00

VEGETARIAN

-  **GREEK MACARONI & CHEESE** Gruyère cheese, spinach, shallots, scallions, hint of cinnamon, bread crumbs, and feta cheese 19.00
- VEGETABLE LASAGNA** 17.50



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.

**ALL MENU ITEMS AND PRICES SUBJECT TO CHANGE
PRICES DO NOT INCLUDE 8.5% MEALS TAX**

BURGERS

Served on a bulkie roll with fries and a kosher spear

Customize your burger: grilled onion (.50), cheese (.75), bacon (1.00), mushroom (.80), or tomatoes (.50)

- 8 OZ. BURGER** premium black Angus ground beef 12.50
-  **BARBECUE BURGER** cheddar cheese, bacon, barbecue sauce, and onion rings 15.00
- BIG BLEU BURGER** melted bleu cheese and mushroom 15.00
- VEGGIE BURGER** lettuce and tomato 11.50
-  **LAMB BURGER** cucumber, red onion and tzatziki 14.75
- TEXAS BURGER** lettuce, tomato, onion and mayonnaise 13.00

SANDWICHES

Served with fries and a kosher spear.

With any sandwich, add 1.00 to substitute: spicy fries, sweet potato fries, baked potato, mashed potatoes, vegetable, or house rice. Add 1.00 to substitute: onion rings.

-  **FRIED HADDOCK** cole slaw, tartar sauce, and cheddar cheese . . 16.50
- GRILLED SALMON** lettuce and tomato. 16.50
- BROILED OR FRIED CHICKEN BREAST** lettuce, tomato, and mayonnaise 12.25
-  **CHICKEN TENDER WRAP** bacon, lettuce, tomato, and mayonnaise 12.25
- BUFFALO CHICKEN TENDER WRAP** lettuce, tomato, and bleu cheese dressing 12.75
- STEAK & CHEESE SUB** 16.95
- GREEK SALAD WRAP** lettuce, cucumber, tomato, red onion, Kalamata olives, feta, and house dressing 10.00 with chicken add 2.00
-  **LOBSTER SALAD ROLL** 26.00
- FRIED SCALLOP ROLL** 24.00
- GRILLED CHEESE** 7.50

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** 10.50
- ROAST BEEF** 10.50
- GRILLED HAM & SWISS CHEESE** 10.50
- BLT** 10.50
-  **GRILLED REUBEN** 11.25
- CHICKEN SALAD** 10.00
- TUNA SALAD** 11.00
- TUNA MELT** 11.75

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** 14.75
- HAM & SWISS CHEESE** 13.50
- SLICED TURKEY BREAST** 13.25
- ROAST BEEF** 13.50
- TUNA SALAD** 14.50
- CHICKEN SALAD** 13.00
- CHICKEN BREAST** 13.50

PIZZAS

Customize your pizza for 1.00 each: green pepper, onion, mushroom, Kalamata olives, black olives, pineapple, spinach, feta cheese, anchovies, hamburger, pepperoni, ham, or bacon

- 10" CHEESE** 12.25
- HAWAIIAN** ham and pineapple 12.75
- BUFFALO CHICKEN TENDER** with tomato 14.75
- BBQ CHICKEN TENDER** with red onion 14.75
-  **GREEK SPECIAL** spinach, feta cheese, Kalamata olives, and tomato 14.75
- CHAZ SPECIAL** green pepper, onion, mushroom, pepperoni, and hamburger 14.75
- VEGETARIAN** green pepper, onion, mushroom, tomato, spinach, and broccoli 14.75
- 12" FLATBREAD PIZZA** 12.25

BEVERAGES

- COFFEE OR TEA** 3.00
- ICED COFFEE OR ICED TEA** 3.75
- CHOCOLATE MILK** Sm 2.50 / Lg 3.75
- HOT CHOCOLATE** with whipped cream 4.75
- FOUNTAIN DRINK** Coke, Diet Coke, Sprite, root beer, ginger ale, fruit punch, lemonade, or orange ... Sm 2.25 / Lg 3.50
- FAIR TRADE MAINE ROOT BOTTLED SODA** root beer & seasonal varieties. 4.25
- BOTTLED SPARKLING WATER** 500 ml. 5.50
-  **FRAPPE** vanilla, chocolate, strawberry, coffee, mocha, or black & white 10.00
- JUICE** apple, cranberry, grapefruit, orange, pineapple, tomato, or V8 4.00

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.