

# APPETIZERS

-  **3 JUMBO SHRIMP COCKTAIL** <sup>GF</sup> . . . . . 13.75  
Extra shrimp - 4.75 each
- ESPINACA DIP** . . . . . 10.25
- SPINACH & ARTICHOKE DIP** . . . . . 10.25
- NACHOS** with melted cheese and salsa . . . . . Sm 10.00 / Lg 14.50
-  **BACKROOM NACHOS** with onion, green pepper, tomato, jalapeño, olives, hamburger, and melted cheese. . . . . Sm 13.50 / Lg 17.50
- LOADED CHEESE FRIES** with melted cheese and diablo. Choose steak or chicken. . . Sm 13.25 / Lg 17.50
- CHEDDAR STICKS** . . . . . 9.25
- MOZZARELLA STICKS** . . . . . 9.25
- POTATO SKINS** add bacon for 1.00 . . . 9.25
- CHICKEN QUESADILLA** . . . . . 11.00
- VEGETABLE QUESADILLA** . . . . . 11.00
- CHICKEN TENDERS** add 1.00 for buffalo, coconut, or spicy . . . 9.00
-  **CHICKEN TENDER SAMPLER** Original, Buffalo, Coconut, Spicy (3 each) . . 14.50
- BUFFALO WINGS** . . . . . 13.50
- SPANAKOPITA** . . . . . 7.75
-  **FRIED CALAMARI** . . . . . 9.75
- BROCCOLI CHEESE PUFFS** . . . . . 8.75
- FRIED FETA** . . . . . 9.25
- STUFFED MUSHROOM CAPS** . . . . . 9.25
- SCALLOPS WRAPPED IN BACON** <sup>GF</sup> 14.25

# SOUPS

- SOUP DU JOUR** . . . . . Cup 5.25 / Bowl 6.50
- CHOWDER DU JOUR** . . Cup 5.50 / Bowl 6.75
- FRENCH ONION SOUP** . . . . . 7.50

# SALADS

- TOSSED SALAD** <sup>GF</sup> . . . . . Sm 5.25 / Lg 7.50
-  **GREEK SALAD** <sup>GF</sup> . . . . . Sm 5.75 / Lg 9.75
- CAESAR SALAD** . . . . . Sm 6.50 / Lg 9.50
- SPINACH SALAD** <sup>GF</sup> spinach, walnuts, cranberries, bleu cheese, and onion with a honey mustard Vinaigrette . . Sm 7.50 / Lg 10.00
- JULIENNE SALAD** <sup>GF</sup> turkey, ham, Swiss cheese, and a boiled egg . . Sm 8.50 / Lg 11.00

### 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 <sup>GF</sup> . . . . . 5.50
- Chicken tenders . . . . . 5.50
- Buffalo tenders . . . . . 6.00
- Spicy tenders . . . . . 6.00
- Coconut tenders . . . . . 6.50
- Tuna Salad <sup>GF</sup> . . . . . 7.00
- Grilled Shrimp (3) . . . . . 14.25  
(\$4.75 each additional)
- 6 oz. Grilled haddock <sup>GF</sup> . . . . . 10.25
- 6 oz. Grilled salmon <sup>GF</sup> . . . . . 10.25
- Lobster salad . . . . . Market Price



# 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 . . . . . 17.50
- BROILED CHICKEN TENDERS** in Special Sauce <sup>GF</sup> . . . . . 17.50
- BROILED CHICKEN BREAST** in Special Sauce, add cracker crumb topping for 1.00 <sup>GF</sup> . . . . 17.00
- CHICKEN CORDON BLEU** in Special Sauce or Traditional Cheese Sauce <sup>GF</sup> . . . . . 21.00
- CHICKEN KABOB** in Special Sauce <sup>GF</sup> . . . . . 18.50
-  **FRIED CHICKEN TENDERS PARMIGIANA** choice of spaghetti or ziti . . . . . 20.00
- OVEN-ROASTED TURKEY BREAST** with bread stuffing . . . . . 18.50

### 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** . . . . . 36.00
- 12 OZ. BLACK ANGUS SIRLOIN** <sup>GF</sup> . . . . . 26.00
- BEEF TENDERLOIN KABOB** <sup>GF</sup> . . . . . 26.00
- CHOPPED SIRLOIN** <sup>GF</sup> . . . . . 16.75
- CHARBROILED PORK CHOPS** <sup>GF</sup> . . . . . one 16.75 / two 25.00
-  **BARBECUED LAMB KABOB** <sup>GF</sup> . . . . . 26.00
- MEAT LASAGNA** . . . . . 16.50
- VEAL PARMIGIANA** . . . . . 23.00

## SEAFOOD

-  **FILET OF HADDOCK** fried or broiled <sup>GF</sup> . . . . . 23.00
- BAKED HADDOCK** cracker crumb topping, add 4.00 for seafood topping . . . . . 24.00
-  **FILET OF SALMON** broiled or chargrilled <sup>GF</sup> . . . . . 23.00
- SWORDFISH** . . . . . 24.00
- FRIED SHRIMP (3)** extra Shrimp 4.75 each . . . . . 24.00
- SEA SCALLOPS** fried or broiled <sup>GF</sup> . . . . . 29.00
-  **LOBSTER PIE** . . . . . Market Price

## VEGETARIAN

-  **GREEK MACARONI & CHEESE** Gruyère cheese, spinach, shallots, scallions, hint of cinnamon, bread crumbs, and feta cheese . . . . . 17.50
- VEGETABLE LASAGNA** . . . . . 16.50

### ENHANCE YOUR ENTRÉE WITH THE FOLLOWING SEAFOOD ADDITIONS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 6 oz. Haddock . . . . . 10.25 | Two fried shrimp . . . . . 9.50    |
| 6 oz. Salmon . . . . . 10.25  | Three fried shrimp . . . . . 14.25 |



## 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 (.25), cheese (.50), bacon (.80), mushroom (.80), or tomatoes (.40)

- 8 OZ. BURGER** premium black Angus ground beef ..... 10.50
-  **BARBECUE BURGER** cheddar cheese, bacon, barbecue sauce, and onion rings ..... 12.75
- BIG BLEU BURGER** melted bleu cheese and mushroom ..... 12.75
- BISON BURGER** lettuce and tomato ..... 11.00
- VEGGIE BURGER** lettuce and tomato ..... 9.50
-  **LAMB BURGER** cucumber, red onion and tzatziki ..... 12.75

## 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 .. 14.00
- GRILLED SALMON** ..... 14.00
- BROILED CHICKEN BREAST** lettuce, tomato, and mayonnaise .. 10.50
-  **CHICKEN TENDER WRAP** bacon, lettuce, tomato, and mayonnaise ..... 10.50
- BUFFALO CHICKEN TENDER WRAP** lettuce, tomato, and bleu cheese dressing ..... 11.00
- STEAK & CHEESE SUB** ..... 12.75
- GREEK SALAD WRAP** lettuce, cucumber, tomato, red onion, Kalamata olives, feta, and house dressing ..... 8.75
-  **LOBSTER SALAD ROLL** ..... Market Price
- FRIED SCALLOP ROLL** ..... 19.00
- GRILLED CHEESE** ..... 5.50

## 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** ..... 9.25
- ROAST BEEF** ..... 9.25
- GRILLED HAM & SWISS CHEESE** ..... 9.25
- BLT** ..... 8.75
- HOT PASTRAMI** cheddar cheese and Dijon mustard ..... 10.00
-  **GRILLED REUBEN** ..... 10.00
- CHICKEN SALAD** ..... 9.00
- TUNA SALAD** ..... 9.75
- TUNA MELT** ..... 10.00

## 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** ..... 12.75
- HAM & SWISS CHEESE** ..... 11.50
- SLICED TURKEY BREAST** ..... 11.25
- ROAST BEEF** ..... 11.50
- TUNA SALAD** ..... 12.50
- CHICKEN SALAD** ..... 11.50

## 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** ..... 10.25
- HAWAIIAN** ham and pineapple ..... 10.75
- BUFFALO CHICKEN TENDER** with tomato ..... 12.75
- BBQ CHICKEN TENDER** with red onion ..... 12.75
-  **GREEK SPECIAL** spinach, feta cheese, Kalamata olives, and tomato ..... 12.75
- CHAZ SPECIAL** green pepper, onion, mushroom, pepperoni, and hamburger ..... 12.75
- VEGETARIAN** green pepper, onion, mushroom, tomato, spinach, and broccoli ..... 12.75
- 12" FLATBREAD PIZZA** ..... 10.25

## BEVERAGES

- COFFEE OR TEA** ..... 2.00
- ICED COFFEE OR ICED TEA** ..... 3.00
- WHOLE OR LOW-FAT CHOCOLATE MILK** ..... Sm 1.80 / Lg 2.85
- HOT CHOCOLATE** with whipped cream ..... 3.00
- FOUNTAIN DRINK** Coke, Diet Coke, Sprite, Caffeine-Free Diet Coke, root beer, ginger ale, fruit punch, lemonade, or orange ... Sm 1.80 / Lg 2.85
- FAIR TRADE MAINE ROOT BOTTLED SODA** root beer & seasonal varieties ..... 3.25
- SAN PELLEGRINO SPARKLING WATER** 500 ml ..... 3.25
-  **FRAPPE** vanilla, chocolate, strawberry, coffee, mocha, or black & white. . 7.00
- JUICE** apple, cranberry, grapefruit, orange, pineapple, tomato, or V8 ..... Sm 2.00 / Lg 3.50

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 100<sup>th</sup> year in business.