

APPETIZERS

- FRESH VEGETABLE PLATE**
ranch dip, hummus, or tzatziki 11.95
- JUMBO SHRIMP COCKTAIL** 11.95
- HUMMUS & PITA CHIPS** 8.50
- ESPINACA DIP** 8.95
- SPINACH & ARTICHOKE DIP** 8.95
- TZATZIKI & PITA BREAD** 8.50
- NACHOS** with melted cheese and salsa Sm 8.50 / Lg 12.50
- BACKROOM NACHOS** with onion, green pepper, tomato, jalapeño, olives, hamburger, and melted cheese Sm 11.50 / Lg 15.50
- POTATO SKINS** add bacon for .75 7.50
- CHICKEN QUESADILLA** 9.95
- CHICKEN TENDERS**
add 1.00 for buffalo, coconut, or spicy ... 8.50
- CHICKEN TENDER SAMPLER** 12.95
- BUFFALO WINGS** 9.95
- SPANAKOPITA** 6.25
- FRIED CALAMARI** 8.95
- BROCCOLI CHEESE PUFFS** 7.50
- FRIED FETA** 7.50
- STUFFED MUSHROOM CAPS** 7.95
- SCALLOPS WRAPPED IN BACON** .. 12.50

SOUPS

- SOUP DU JOUR** Cup 3.75 / Bowl 4.75
- CHOWDER DU JOUR** .. Cup 3.95 / Bowl 4.95
- FRENCH ONION SOUP** 5.50

SALADS

- TOSSED SALAD** Sm 3.95 / Lg 5.50
- GREEK SALAD** Sm 4.50 / Lg 8.50
- CAESAR SALAD** Sm 5.50 / Lg 8.50
- SPINACH SALAD**
spinach, walnuts, cranberries, bleu cheese, and onion Sm 6.50 / Lg 8.95
- JULIENNE SALAD** turkey, ham, Swiss cheese, and a boiled egg ... Sm 6.95 / Lg 9.50

SALAD ADDITIONS

- Non-fat cottage cheese 2.75
- Marinated grilled chicken 4.50
- Chicken tenders 4.50
- Broiled tenders 4.75
- Buffalo tenders 4.95
- Spicy tenders 4.95
- Coconut tenders 5.50
- Broiled buffalo tenders 5.50
- Tuna flakes 3.95
- Tuna salad 3.95
- 6 oz. Grilled haddock 8.95
- 6 oz. Grilled salmon 8.95
- Lobster salad 13.95
- Three grilled shrimp 12.95
- Steak tips 8.95
- 6 oz. Grilled swordfish 11.95

ASK YOUR SERVER
..... about our

GLUTEN-FREE MENU



Puritan
BACKROOM

In addition to coffee or tea, all entrées are served with a Greek salad or soup du jour and a choice of fries, baked potato, mashed potatoes, rice (house or brown), or vegetable.

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

POULTRY

- FRIED CHICKEN TENDERS** add 1.00 for buffalo or spicy, 2.00 for coconut 13.95
- BROILED CHICKEN TENDERS** in Special Sauce 13.95
- BROILED CHICKEN BREAST** in Special Sauce, add cracker crumb topping for 1.00 14.50
- CHICKEN KABOB** 15.95
- CHICKEN CORDON BLEU** baked in Special Sauce 16.95
- FRIED CHICKEN TENDERS PARMIGIANA** choice of spaghetti or ziti 16.95
- OVEN-ROASTED TURKEY BREAST** with bread stuffing 14.95

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.

BEEF, LAMB & PORK

- 7 OZ. BLACK ANGUS FILET MIGNON** 27.95
- 10 OZ. BLACK ANGUS SIRLOIN** 21.95
- BEEF TENDERLOIN KABOB** 18.95
- MARINATED STEAK TIPS** choose teriyaki marinade or Guinness & black pepper marinade . 18.95
- CHOPPED SIRLOIN** 14.95
- CHARBROILED PORK CHOPS** one 14.95 / two 21.95
- BARBECUED LAMB KABOB** 18.95

SEAFOOD

- FILET OF HADDOCK** fried or broiled 17.95
- BAKED STUFFED HADDOCK** cracker crumb topping, add 4.00 for seafood topping 18.95
- FILET OF SALMON** broiled or chargrilled 17.95
- CHARBROILED SWORDFISH** 22.95
- FRIED JUMBO SHRIMP** 17.95
- BAKED STUFFED SHRIMP** 18.95
- FRIED CLAMS** 23.95
- SEA SCALLOPS** fried or broiled 23.95
- LOBSTER PIE** 25.95
- FISHERMAN'S PLATTER** clams, scallops, and haddock 29.95
- FRIED CLAMS & SCALLOPS** 24.95

VEGETARIAN


- GREEK MACARONI & CHEESE** Gruyère cheese, spinach, shallots, scallions, hint of cinnamon, bread crumbs, and feta cheese 14.95
- VEGETABLE STIR-FRY** extra virgin olive oil or teriyaki sauce 13.95
- VEGETABLE LASAGNA** 13.95

ENHANCE YOUR ENTRÉE WITH THE FOLLOWING SEAFOOD ADDITIONS

- | | |
|-----------------------------|--|
| 6 oz. Haddock 8.95 | Two fried shrimp 8.95 |
| 7 oz. Scallops 13.95 | Three fried shrimp 12.95 |
| 7 oz. Clams 13.95 | Two baked stuffed shrimp 9.95 |
| 6 oz. Salmon 8.95 | Three baked stuffed shrimp 13.95 |
| 6 oz. Swordfish 11.95 | |

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 a green half pepper (.80)

- 8 OZ. BURGER** premium black Angus ground beef 8.50
-  **BARBECUE BURGER** cheddar cheese, bacon, barbecue sauce, and onion rings 9.95
- TEXAS BURGER** lettuce, tomato, mayonnaise, and onion 8.95
- BIG BLEU BURGER** melted bleu cheese and mushroom 9.25
- BISON BURGER** lettuce and tomato 9.25
- VEGGIE BURGER** lettuce and tomato 7.95


SANDWICHES

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

-  **FRIED HADDOCK** cole slaw, tartar sauce, and cheddar cheese .. 10.95
- GRILLED SALMON** 10.95
- BROILED CHICKEN BREAST** lettuce, tomato, and mayonnaise .. 8.95
-  **CHICKEN TENDER WRAP** bacon, lettuce, tomato, and mayonnaise 8.95
- BUFFALO CHICKEN TENDER WRAP** lettuce, tomato, and bleu cheese dressing 8.95
- STEAK & CHEESE SUB** green pepper and onion 9.50
- GREEK SALAD WRAP** lettuce, cucumber, tomato, red onion, Kalamata olives, feta, and house dressing 7.95
-  **LOBSTER SALAD ROLL** 16.95
- FRIED SCALLOP ROLL** 14.95
- FRIED CLAM ROLL** 14.95


DEU SANDWICHES

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

- SLICED TURKEY BREAST** 7.50
- ROAST BEEF** 7.50
- GRILLED HAM & SWISS CHEESE** 7.50
- BLT** 6.95
- HOT PASTRAMI** cheddar cheese and Dijon mustard 7.50
-  **GRILLED REUBEN** 8.50
- CHICKEN SALAD** 6.95
- TUNA SALAD** 6.95
- TUNA MELT** 7.50


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** 9.75
- HAM & SWISS CHEESE** 9.25
- SLICED TURKEY BREAST** 9.25
- ROAST BEEF** 9.25
- TUNA SALAD** 9.25
- CHICKEN SALAD** 9.25
-  **CHICKEN BREAST** broiled in special sauce 9.95

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** 8.95
- HAWAIIAN** ham and pineapple 9.50
- BUFFALO CHICKEN TENDER** with tomato 11.50
- BBQ CHICKEN TENDER** with red onion 11.50
-  **GREEK SPECIAL** spinach, feta cheese, Kalamata olives, and tomato 10.95
- CHAZ SPECIAL** green pepper, onion, mushroom, pepperoni, and hamburger 11.50
- VEGETARIAN** green pepper, onion, mushroom, tomato, spinach, and broccoli 10.95
- 12" FLATBREAD PIZZA** 8.50

BEVERAGES

- COFFEE OR TEA** 1.75
- ICED COFFEE OR ICED TEA** 2.75
- WHOLE, SKIM, OR LOW-FAT CHOCOLATE MILK** Sm 1.75 / Lg 2.75
- HOT CHOCOLATE** with whipped cream 2.25
- 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. . 5.95
- 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 it's 100th year in business.