



# Gluten-Free Menu

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