

Soups & Starters

Soup of the Day 3.50/cup, 6./bowl

Crab Cakes (2) 11.

Pan-seared & served with lemon-caper tartar sauce on a bed of spinach

Butternut Squash Ravioli 8.

with apple cider butter

Coconut Shrimp 12.

Butterflied large shrimp with a coconut crust served with spicy chili sauce

Spinach & Artichoke Dip 9.

Sautéed artichoke hearts & spinach with white wine & hint of rosemary with a cream cheese base

Baked French Onion 6.50/crock, 4.50/cup

Smoked Trout 10.

Trout fillet served with herbed sour cream & coarse mustard, cornichons & crackers

Shrimp Cocktail (5) 12.

Jumbo shrimp with a zesty cocktail sauce

Baked Brie 9.

Melted brie with fig & ginger jam served with crackers

Bacon-Wrapped Scallops 11.

Fresh sea scallops wrapped in bacon

Salads

New Hampshire Salad side 8./large 12.

Apple, red onion, golden raisins, walnuts and goat cheese on baby spinach with our own maple vinaigrette

Winter Pear Salad side 8./large 12.

Pear, sliced almonds, goat cheese, dried cranberries & light vinaigrette dressing

Cheshire Salad side 8./large 12.

Roasted pumpkin seeds, shaved Asiago and balsamic vinaigrette on mixed greens

Farmhouse side 8./large 12.

Bacon, hardboiled egg, Cabot cheddar, red pepper, onion on baby spinach, choice of dressing

Gap Mountain Blue side 8./large 12.

Local blueberries, red onion, pistachios & bleu cheese on mixed field greens with our own maple vinaigrette

Greek Salad side 9./large 13.

Fresh tomatoes, feta, red onion, basil, kalamata olive, and cucumber with light lemon- live oil dressing served on baby spinach

Warm Beets with Smoked Tomato Vinaigrette 10.

Tossed with goat cheese and greens

Garden Salad side 6./large 9.

Shredded carrots, cucumbers, tomatoes and red onion on mixed greens

Add to any Salad

Grilled Chicken +4. **Smoked Salmon** +6. **Grilled Shrimp** +8.

Dressing choices:

Sunflowers House Dressings: Maple Vinaigrette and Sunflowers Lemon-Curry, Sesame Ginger, Ranch, Italian, Bleu Cheese, Russian, Fat-free Sun-Dried Tomato Basil Vinaigrette, Fat-free Raspberry Vinaigrette

Entrées

Grilled New York Sirloin 20.

with sautéed mushrooms & french-fried onions

Bistro Salad 20.

Marinated steak tips on mixed greens, cucumber, carrot, tomato,
blue cheese & caramelized onions

Sea Scallops Sunflowers 22.

Pan-roasted and served with fennel slaw and mango chutney

Classic Baked Fresh Haddock 22.

Topped with buttered crumbs,
fresh lemon, Chardonnay and butter.

Chicken Francese 17.

Breast of chicken egg-dipped in a tangy buttery white wine sauce,
topped with parmesan

New Zealand Rack of Lamb 28.

with blueberry compote

Butternut Squash Ravioli 17.

in rosemary maple cream sauce with shallots
or with apple cider butter

Seafood Diavlo 22.

Chicken Diavlo 18.

Can be as devilishly spicy as you wish from 1-10
over linguini with marinara, served with garlic bread

Grilled Portabella Tower 18.

Layered with roasted peppers, spinach, grilled tomatoes,
Asiago and mushrooms with smoked tomato vinaigrette (vegetarian & gluten-free)

Our 3-Cheese Mac 'n Cheese 12.

topped with parsley crumbs
with grilled chicken 15. with grilled shrimp 16.

Fish & Chips 18.

Fresh haddock lightly breaded and fried
served with lemon-caper tartar sauce

Fresh seasonal sides of the evening

Plus Daily Specials

Gluten-Free? Ask your server for an explanation of options on our menu.

There is a \$5. plate charge for split meals.

*The State of New Hampshire, Department of Health and Human Services advises that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of food-borne illness.



Burgers

On a hearth-baked bun with lettuce, tomato, onion, fresh pickle and a choice of white and sweet potato fries or demi side green salad

Burger 10.

Grilled to your liking

(add cheddar, American, Swiss or bacon 1./ea)

Asiago Burger 11.

Served with Asiago almond pesto & topped with Parmesan cheese

Alaskan Salmon Burger 10.

Grilled & topped with with lemon-caper tartar sauce

Garden Veggie 9. (vegetarian)

Morningstar Veggie Burger

The Bleubear 12.

Our most popular burger!

Stuffed with bleu cheese & topped with bacon

Fun-Guy Burger 10.50

Topped with sautéed mushrooms & melted Swiss

Portabella 9.50 (vegetarian)

with roasted red peppers, spinach & provolone

CHILDREN'S MENU

11 & under

Chicken Tenders 6.

Hamburger or Cheeseburger 6.

Grilled Cheese 5.

Above served with French Fries or Sliced Fruit

Macaroni & Cheese with Fruit 6.

Cheese Ravioli with Butter or Marinara 7.

Peanut Butter & Jelly or Fluff 4.

Fruit & Veggie Plate with Crackers 5.

Bowl of Fresh Seasonal Fruit 5.

Ice Cream Scoop, Fudge Sauce 3.

Certain regular menu items are available as children's portions - ask your server.

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REGIONAL BREWS

Tuckerman Pale Ale 4.50

Sam Adams Boston Lager 4.

Smuttynose Robust Porter 4.50

Dogfish Head 60 Minute IPA 4.50

Angry Orchard Crisp Apple 4. (Gluten-Free)

Bud, Bud Light 3.50

Stella Artois 4.

Buckler (non-alcoholic) 4.50



LOCAL

Mooselick Brewery, Troy NH

Moose on the Roof

Hoof Print Porter

Velvet-y Antlers

Full-bodied IPA

Dark & rich

Prize-winning light brown ale

16 oz Pint 6.

Pinot Noir, Cabernet Sauvignon, Malbec, Chianti, Merlot, Ménage à Trois, Zinfandel,

Côtes du Rhône, Red Bordeaux

Chardonnay, Pinot Grigio, Dry Riesling, Vouvray, Sauvignon Blanc, Moscato, Prosecco

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