

LUNCH MENU



SOUP 'n more....

- Soup of the Day** 3.50/cup, 6./bowl
Cup of Soup of the Day & Grilled Cheese 8.
Cup of Soup of the Day & Grilled Ham 'n Cheese 9.50
Baked French Onion 6.50/crock 4.50/cup
½ Sandwich of the Day & Cup Soup of the Day 9.50

HOT ENTREES

Baked Fresh Haddock

Topped with bread crumbs 14.
*Served with white & sweet potato fries
or a demi green salad*

Sunflowers Mac & Cheese 9.50
with **Grilled Chicken** 13.50 with **Grilled Shrimp** 15.50

Fish & Chips

Fresh haddock lightly breaded & fried,
lemon-caper tartar sauce, fries 14.

Chicken Tenders

with choice of honey mustard or buffalo sauce 10.

Coconut Shrimp

Butterflied with a coconut crust
served with a spicy chili sauce & a side salad 12.

Quesadilla

with smoked gouda & mushrooms (V) 8.
with chicken, mozzarella & avocado 10.



SANDWICHES

*Served with white & sweet potato fries
or a demi green salad & a fresh pickle*

Turkey, Ham or Roast Beef

with lettuce, tomato & mayo 9.25
(add choice of cheese for 1.00)

Monadnock Club

3-decker with your choice of Turkey, Ham or Roast Beef
on toasted bread with bacon, lettuce, tomato & mayo 9.75

Bacon, Lettuce & Tomato

on toasted bread with mayo 8.75
add chicken 10.75 add smoked salmon 11.75

Hummus Wrap

Our house-made hummus
with an array of fresh vegetables 10.

BRUNCH



Hungry Man/Woman Egg Sandwich

choice of cheese & bacon, sausage or ham
on bagel, English or toast 6.75

Omelet

2 or 3 Eggs with choice of bacon,
sausage or ham & vegetables & toast 7.75/8.25

Smoked Salmon on a Toasted Bagel

with cream cheese, tomato & onion 11.

Today's Quiche

accompanied by sweet bread & fruit 8.50
(add a fresh green salad + 3.50)

The Gilmore

Crab Cake on English muffin with tomato & melted Swiss 10.

French Toast Served with whipped cinnamon butter &
choice of bacon or sausage 9.

HOT SANDWICHES

*Served with white & sweet potato fries
or a demi green salad & a fresh pickle*

Main Street Steak Bomb

Roast beef, caramelized onions, mushrooms,
peppers, American cheese on baguette 9.25

Reuben

Corned Beef with sauerkraut,
melted Swiss & Russian dressing on rye 9.

Rachael

Sliced turkey with sauerkraut,
green apple, melted Swiss & Russian dressing 9.25

Nicole

Sliced turkey, bacon, American cheese
with Ranch dressing 9.50

Mushroom Melt

Portabella, onions, peppers, spinach,
melted Swiss cheese on baguette 8.75

Tuna Melt

tuna salad with melted cheddar
on choice of bread 9.

Split entrée plate charge 1.50

Gluten-free roll or bread 1.50

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



LUNCHEON SALADS

Served with crusty bread

Garden

Mixed greens, cucumber, cherry tomatoes, carrots with choice of dressing 9.

New Hampshire

Apples, goat cheese, walnuts, golden raisins on baby spinach with our maple vinaigrette 12.

Greek

Fresh tomato, feta, red onion, basil, Kalamata olives, cucumber dressed with light lemon-olive oil on baby spinach 12.

Farmhouse

Bacon, hardboiled egg, Cabot cheddar, red pepper, onion on baby spinach, choice of dressing 12.

Gap Mountain Blue

Local blueberries, red onion, pistachios & bleu cheese on mixed field greens with our own maple vinaigrette 12.

Winter Pear

Pear, sliced almonds, goat cheese, dried cranberries & light vinaigrette dressing 12.

Cheshire

Roasted pumpkin seeds, shaved Asiago & balsamic vinaigrette on mixed greens 9.

Warm Beets

tossed with goat cheese and smoked tomato vinaigrette on greens 10.

**Add to any salad: grilled chicken +4. tuna salad +3
smoked salmon +6. grilled shrimp +8.**

*Dressings: Sesame Ginger, Bleu Cheese, Ranch,
Russian, fat-free Raspberry Vinaigrette,
fat-free Sun-Dried Tomato Vinaigrette, Italian*

Sunflowers Maple Vinaigrette & Sunflowers Lemon-Curry

BURGERS

Served on a hearth-baked bun with lettuce, tomato, onion, pickle & white & sweet potato fries or a demi green salad

Burger

Grilled to your liking 10.
(add cheddar, American, Swiss or bacon 1./ea)

Asiago Burger

Beef or grilled chicken with Asiago almond pesto 11.

Fun-Guy Burger

Topped with sautéed mushrooms & melted Swiss 10.50

The Bleubeard

Our most popular burger!
stuffed with Bleu cheese & topped with bacon 12.

Alaskan Salmon

Grilled & topped with lemon-caper tartar sauce 10.

Garden Veggie 9.50

Morningstar Veggie Burger

Portabella 9.50

vegetarian, with roasted red peppers, spinach, provolone & balsamic drizzle

SIDES

Toasted Bagel with Cream Cheese 3.

Bacon or Breakfast Sausage 2.50

White & Sweet Potato Fries with catsup or malt vinegar 4.

Berried Treasure 7.50

Lowfat Greek yogurt with fresh strawberries & granola

CHILDREN'S MENU



11 & under

Hamburger or Cheeseburger 6.

Grilled Cheese 4.

Chicken Tenders 6.

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.

Ice Cream Scoop, Fudge Sauce 3.

Bowl of Fresh Seasonal Fruit 5.

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

Split entrée plate charge 1.50

Gluten-free roll or bread 1.50

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Beverages

SOFT DRINKS

Snapple Iced Tea: Kiwi Strawberry, Peach, Lemon, Diet Lemon 2.50
Sodas: Cola, Diet Cola, Ginger Ale, 7-Up, Club Soda, Tonic 2.50
Stewart's Root Beer 2.50 (Try a float! 6.)
Gosling's Ginger Beer 2.50
S.Pellegrino Sparkling Natural Mineral Water 2.50
 Sparkling Clementina 2.50
Sunflowers Minty Lemonade (seasonal) 2.50
Mug of Hot Chocolate with whipped cream 2.50
Mug of Hot Apple Cider (seasonal) 2.50
Bottle of Spring Water 1.50
Milk or Chocolate Milk Small 1.50 Large 2.50
Juices: Apple, Cranberry, Tomato, Orange, V-8 1.75
Pierce Bros Organic Fair-Trade Coffee 2.75 bottomless cup
Espresso 3. **Americano** 3.
Cappuccino 3.50 **Mocha Cappuccino** 3.50
Caramel Latte 3.50 **Chai Tea Latte** 3.50
Selection of **Republic of Tea** Herbal Teas 2.75
Iced Tea, Raspberry Iced Tea or Iced Coffee 2.75



Bloody Mary 8., add a **Shrimp** 9.50
 add a slice of crisp **Bacon** 8.50
Absolut Mary with Absolut Peppar 8.50

Grand Monadnock Mimosa 8.50
 Champagne & OJ topped with
 Grand Marnier in a tall iced glass
Alexis 7.
 Champagne & Cranberry Juice

Flowering Mimosa 7.50
 Champagne & Sweet Hibiscus Flower
Sunflowers Mimosa 7.
 Champagne, OJ & Grenadine

Black-Eyed Susan 9.
 Vodka, Bacardi Gold, pineapple &
 orange juices & splash of Grand Marnier



WINES

*Pinot Noir, Cabernet Sauvignon, Malbec, Chianti, Merlot, Ménage à Trois,
Zinfandel, Côtes du Rhône, Red Bordeaux
Chardonnay, Pinot Grigio, Dry Riesling, Vouvray, Sauvignon Blanc, Prosecco*

REGIONAL BREWS

Tuckerman Pale Ale 4.50 **Sam Adams Boston Lager** 4.
Smuttnose 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 BREW

Mooselick Brewery, Troy NH Pint 6.

Moose on the Roof **Hoof Print Porter** **Velvet-y Antlers**
Full-bodied IPA Dark & rich Prize-winning light brown ale

SUNFLOWERS HAS A FULL LIQUOR LICENSE



*** SUNFLOWERS TO GO ***

All items available for take-out, including treats from our bakery case! ~ ask your server
Catering for all occasions

SUNFLOWERS RESTAURANT

21B Main Street, Jaffrey NH 03452

Sunflowers@webryders.net 603-593-3303 www.SunflowersCatering.com

Lunch 11–2, 11-3 on Saturdays

Dinner Monday, Wednesday & Thursday 5 – 8 Friday & Saturday 5 - 9

Sunday **Brunch** 9 - 3 **Live Music Friday Evening & Sunday Brunch**

Closed Tuesdays