



SOUP

Soup of the Day 2.99/cup, 4.99/bowl
Baked French Onion 5.50/crock
Cup of Soup & Grilled Cheese 6.99

HOT ENTREES

Baked Haddock

Topped with bread crumbs & roasted cherry tomatoes
 Served with white & sweet potato fries 10.99

Fish & Chips

Haddock lightly breaded, with lemon-caper tartar sauce
 Served with white & sweet potato fries 10.99

P.E.I. Mussels

Steamed with sautéed basil, tomato and lemon juice 9.99

Today's Quiche

Accompanied by sweet bread & fruit 6.99
 (add a fresh green salad for 3.00)

Grilled Vegetable Ravioli (V) 9.99

with pesto cream sauce topped with pine nuts

Our Homemade Mac & Cheese (V) 8.99

with **Grilled Chicken** 11.99 with **Grilled Shrimp** 12.99
 with **Lobster** 13.99

HOT SANDWICHES

Served with white & sweet potato fries & a fresh pickle

Main Street

Warm roast beef with caramelized onions, cheddar &
 horseradish mayo on toasted ciabatta 9.25

Chipotle-Ranch Chicken Breast

with bacon & cheddar cheese 9.25

Philly Cheese Steak

with sautéed mushrooms, peppers, onions, American cheese
 & a touch of brandy on ciabatta 9.25

French Melt

Sliced turkey, tomato, bacon & melted
 Swiss on a croissant with Dijon mustard 8.75

Grilled Chicken Sandwich

with lettuce, tomato & onion
 Served on a hearth-baked bun 8.75

SANDWICHES

Served with white & sweet potato fries & a fresh pickle

Turkey or Roast Beef

Served with lettuce, tomato & mayo 8.50
 (add choice of cheese for 1.00)

Monadnock Club

3-decker with your choice of Turkey, Pastrami or Roast Beef
 on toasted bread with bacon, lettuce, tomato & mayo 8.99

Pastrami & Swiss on Rye

with red onion, lettuce & Dijon mustard 8.75

Liverwurst on Rye

with red onion, lettuce & Dijon mustard 7.75

Bacon, Lettuce & Tomato

on toasted bread with mayo 7.75

Chicken BLT Wrap

Grilled chicken with lettuce, tomato, bacon & mayo 8.99

Lemon-Parsley Hummus Wrap (V)

Our own hummus with an array of fresh vegetables 8.25



Ploughman's Plate

Coastal Cheddar & a featured cheese
 With crusty roll, greens, apple
 & Sunflowers' chutney 9.50
 with smoked salmon 12.00

For all white or all sweet potato fries add 1.00
Split entrée plate charge 1.50 Add 2.50 for gluten-free roll or bread



PANINI

*Served on ciabatta
with white & sweet potato fries & a fresh pickle*

Pastrami

with melted Swiss cheese &
Dijon mustard 8.99

Rachael

Smoked turkey breast with sauerkraut,
green apple, melted Swiss cheese &
Russian dressing 8.99

Grilled Portabella (V)

with roasted red peppers, goat cheese &
cilantro mayo 8.99

Asiago Chicken

Grilled chicken breast topped with an Asiago almond
pesto & parmesan cheese 9.25

BURGERS

*Served on a hearth-baked bun with lettuce, tomato,
onion, pickle, white & sweet potato fries*

100% Angus Beef

Grilled to your liking 8.99
(add cheddar, American, Swiss or bacon 1.00)

Asiago Burger

Topped with an Asiago Almond Pesto &
Parmesan cheese 9.99

Alaskan Salmon Burger

Grilled & topped with lemon-caper tartar sauce 8.99

The Bleubeard

Our most popular burger!
stuffed with Bleu cheese & topped with bacon 10.99

Burger, no bun, no fries! **Garden Veggie Burger**
with side green salad 8.50 Vegetarian alternative 8.99

For all white or all sweet potato fries add 1.00 Split entrée plate charge 1.50 2.50 for gluten-free roll/ bread



LUNCHEON SALADS

Served with a crusty roll

Sunny Garden Mixed greens, fresh veggies, pineapple, toasted Sunflower seeds & choice of dressing 8.99

Caesar with Parmesan croutons & anchovies 10.99

Spring New Hampshire Strawberries, goat cheese, almonds, golden raisins on baby spinach & our maple vinaigrette 10.99

Chef Turkey & roast beef on mixed greens, topped with cheese & bacon with choice of dressing 11.99

Farmhouse Salad Bacon, hardboiled egg, Coastal cheddar, red pepper, onion on baby spinach, choice of dressing 10.99

Add to any salad: **grilled chicken** +3.00 **smoked salmon** +5.00 **grilled shrimp** +4.00 **lobster** +5.00

*Dressings: Sesame Ginger, Bleu Cheese, Ranch, Russian, low-fat Raspberry Vinaigrette, Strawberry Balsamic Vinaigrette,
low-fat Sun-Dried Tomato Vinaigrette, Sunflowers Maple Vinaigrette & Sunflowers Lemon-Curry*

LIGHTER FARE

Chicken Tenders & French Fries

with choice of Honey Mustard, Buffalo or Barbeque Sauce 9.99

Buffalo Tenders

Spicy breaded chicken tenders, with bleu cheese and celery sticks 6.99

Absolut Mary Shrimp Cocktail

Five jumbo shrimp with a zesty Absolut cocktail sauce 9.99

Coconut Shrimp

Butterflied with a coconut crust with a spicy chili sauce 8.99

Smoked Salmon on a Toasted Bagel

with cream cheese, tomato & onion 8.99

Quesadilla with cheese (V) 6.99 with cheese & chicken 9.99

SIDES

Mixed Greens Salad 4.50

Fresh Fruit Salad 4.99

Lemon-Parsley Hummus (V)

with fresh vegetables & baguette 6.99

Berried Treasure

Lowfat Greek yogurt with fresh
berries & granola 6.99


White & Sweet Potato Mix

French Fries 2.50

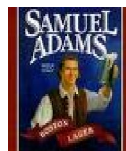
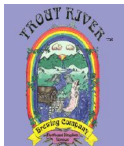
(All white or all sweet potatoes add 1.)



BEVERAGES

Nantucket Nectars All Natural Pomegranate Pear	2.50
Snapple: Kiwi Strawberry, Lemon or Diet Lemon Iced Tea	1.50
Izze Naturals: Sparkling Clementine, Blackberry	2.50
Sodas: Cola, Diet Cola, IBC Root Beer, Canada Dry Ginger Ale, 7-Up, Club	1.75
Poland Springs Sparkling Water	2.25
Pellegrino Sparkling Natural Mineral Water	2.50
Niagara Purified Water in Eco Air bottle	1.75
Milk or Chocolate Milk	Small 1.50 Large 2.25
Juices: Apple, Cranberry, Tomato, Orange, V-8	1.75
Sunflowers Minty Lemonade (seasonal)	2.50
Mug of Hot Apple Cider (seasonal)	2.50
Mug of Hot Chocolate with whipped cream	2.50
 Mocha Joe's Organic bottomless cup of Coffee	1.95
Espresso 1.95 Cappuccino 3.00 Mocha Cappuccino 3.50	
Selection of Republic of Tea Herbal Teas	1.95
<i>Republic of Tea Herbal Teas are available at The Vintage Rose, 27 Main St. Jaffrey</i>	
Iced Tea, Raspberry Iced Tea or Iced Coffee bottomless glass	2.50

REGIONAL BREWS



Award-Winning Woodstock Inn Pig's Ear Brown Ale 4.50 Redhook Seasonal 4.50
Trout River Rainbow Red Ale 4.50 Otter Creek Stovepipe Porter 4.50 Tuckerman Pale Ale 4.50
Sam Adams Boston Lager 4.50 Smuttynose IPA 4.50 Dogfish Head Raison d'Étre 4.75
 and... **Stella Artois 4.00 Bud & Bud Light 2.75**
Redbridge (gluten-free) 5.00 Buckler 2.75 O'Doul's 2.75

SUNFLOWERS HAS A FULL LIQUOR LICENSE

* SUNFLOWERS TO GO *

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

SUNFLOWERS RESTAURANT

21B Main Street, Jaffrey NH 03452

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

Lunch

11-2 on weekdays, 11-3 on Saturdays

Dinner

Monday, Wednesday, Thursday & Sunday 5 - 8 Friday & Saturday 5 - 9

Sunday **Brunch** 9 - 3 **Live Music Sunday evenings** 6 - 8

Closed Tuesdays

Catering for all occasions.