



STARTERS

SOUP OF THE DAY 2.99/cup, 4.99/bowl **BAKED FRENCH ONION** 5.50/crock

SCALLOPS BRUSCHETTA 11.99

Grilled scallops served on toast points
with tomato, red onion, and basil, drizzled with a Balsamic reduction

COCONUT SHRIMP 8.99

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

P.E.I. MUSSELS 9.99

Sautéed with basil, tomato and lemon juice
in an herb-butter sauce

SUNFLOWERS CRAB CAKES 11.99

Served with lemon-caper tartar sauce
on a bed of spinach

SWEET POTATO CAKES 7.99

with salsa fresca

ABSOLUT MARY SHRIMP COCKTAIL 9.99

Five jumbo shrimp with a zesty Absolut cocktail sauce

PROVENÇAL-STYLE TAPENADE 6.99

Sun-Dried Tomatoes & Olives, served with our own Focaccia bread

LEMON-PARSLEY HUMMUS (V) 6.99

with Fresh Vegetables & Pita

APPETIZER SALADS

BAKED GOAT CHEESE 8.00

on Baby Greens with Mustard Vinaigrette

SPRING NEW HAMPSHIRE SALAD 7.50

Strawberries, red onion, golden raisins, toasted sliced almonds and goat cheese on baby spinach
with our own maple vinaigrette

FARMHOUSE SALAD 7.50

Red pepper, bacon, hardboiled egg, red onion and Coastal Cheddar on baby spinach
with dressing of choice

TALL GREEK SALAD 7.00

Fresh tomato, feta cheese, red onion, basil, Kalamata olives and cucumber
with light lemon and olive oil on baby spinach

GARDEN SALAD 4.50

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

Dressing choices:

*Sesame Ginger, Non-fat Raspberry Vinaigrette, Low-fat Sun-Dried Tomato Basil Vinaigrette,
Strawberry Vinaigrette, Ranch, Bleu Cheese, Russian, Maple Vinaigrette, Sunflowers Lemon-Curry Dressing*

ENTRÉES

BAKED HADDOCK 17.00

Topped with bread crumbs and roasted cherry tomato sauce

PAN-SEARED ATLANTIC SALMON 18.00

On a bed of kale and charred tomatoes with prickly pear vinaigrette

APPLEJACK CHICKEN 16.00

Sautéed chicken breast with red apples, raisins and an apple brandy cream sauce

GRILLED PETITE BEEF TENDERLOIN 21.00

with brandy mushroom demi-glace

PAN-SEARED SCALLOPS 19.00

Served on a bed of baby spinach
drizzled with citrus vinaigrette

LOBSTER SCAMPI 19.00

with mushrooms, capers, white wine, tomatoes, spinach, herbs, garlic and lemon juice
Tossed with linguini and butter

ROAST PORK CHOPS 18.00

with cherry port reduction

CRISPY DUCK BREAST 19.00

with Mango Coulis

GRILLED VEGETABLE RAVIOLI (V) 15.00

with pesto cream sauce topped with pine nuts

OUR HOMEMADE MAC and CHEESE (V) 9.00

with grilled chicken 12.00 with grilled shrimp 13.00 with lobster 14.00

Choice of starch and vegetable of the evening

Plus daily specials

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.

ENTRÉE SALADS

SPRING NEW HAMPSHIRE SALAD 10.99

Strawberries, red onion, golden raisins, toasted sliced almonds and goat cheese on baby spinach
Served with our own maple vinaigrette

CAESAR 10.99

with Parmesan croutons & anchovies

FARMHOUSE SALAD 10.99

Red pepper, bacon, hardboiled egg, red onion
and Coastal Cheddar on baby spinach
with dressing of choice

SUNNY GARDEN SALAD 8.99

Mixed greens, fresh veggies, pineapple
and toasted Sunflower seeds

ADD TO ANY SALAD

Grilled Chicken +3.00 **Smoked Salmon** +5.00 **Grilled Shrimp** +4.00 **Lobster** +5.00

*Choice of Dressings: Sesame Ginger, Bleu Cheese, Ranch, Russian, low-fat Raspberry Vinaigrette,
Strawberry Vinaigrette, low-fat Sun-Dried Tomato Vinaigrette and Sunflowers Lemon-Curry*

BURGERS

On a hearth-baked bun with lettuce, tomato, onion, fresh pickle and white and sweet potato fries

100% ANGUS BEEF 8.99

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

ASIAGO BURGER Served with an Asiago
Almond Pesto and topped with Parmesan cheese 9.99

THE BLEUBEARD Our most popular burger!
Stuffed with bleu cheese and topped with bacon 10.99

ALASKAN SALMON BURGER 8.99
Grilled and topped with a lemon caper tartar sauce

GARDEN VEGGIE BURGER (V) 8.99
A mouth-watering healthy alternative

LIGHTER FARE

FISH & CHIPS Haddock lightly breaded and fried
served with lemon-caper tartar sauce 10.99

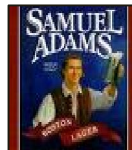
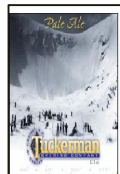
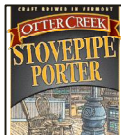
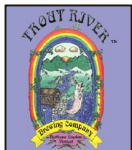
CHICKEN TENDERS
with of Honey Mustard, Buffalo or Barbeque Sauce 9.99

Lighter fare above served with white and sweet potato fries. To substitute all white or all sweet potato fries, add 1.

PLOUGHMAN'S PLATE

Coastal Cheddar and a featured cheese, crusty bread, greens,
apple, Sunflowers' chutney 9.99 with smoked salmon 12.50

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