



SOUP

Soup of the Day 2.99/cup, 3.99/bowl **Baked French Onion** 5.50/crock
Cup of Soup and Grilled Cheese 6.99

ENTREES

Today's Quiche 6.99

Accompanied by sweet bread and fruit (add a fresh green salad for 3.)

Baked Haddock 9.99

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

Butternut Squash Ravioli (V) 9.99

with Pumpkin Cream Sauce and Pumpkin Seeds on a bed of spinach

SANDWICHES

Served with white & sweet potato fries

Turkey or Roast Beef 8.50

Served with lettuce, tomato, mayo (add choice of cheese for 1.)

Monadnock Club 8.99

3-Decker with your choice of Turkey, Pastrami or Roast Beef on toasted bread with bacon, lettuce, tomato and mayo

Pastrami on Rye 8.75

With red onion, lettuce and Dijon mustard

Bacon, Lettuce and Tomato 7.50

On toasted bread with mayo

Liverwurst on Rye 7.50

With red onion, lettuce and Dijon mustard

add 2.50 for gluten-free roll

HOT SANDWICHES

Served with white & sweet potato fries

Philly Cheese Steak 8.99

With sautéed mushrooms, peppers, onions, American cheese and a touch of brandy on ciabatta bread

French Melt 8.75

Turkey, tomato, bacon and melted Swiss on a croissant with Dijon mustard

Grilled Chicken Sandwich 8.75

With honey mustard, cheddar cheese and spinach. Served on thick cut wheat bread.

Main Street 8.99

Warm roast beef with caramelized onions, cheddar and horseradish mayo.
Served on toasted baguette.

Gap Mountain Wrap (V) 8.50

Sautéed mushrooms, onion, spinach and Swiss cheese

*To substitute all white or all sweet potato fries for the mix, add 1.
Split entrée plate charge 1.*

PANINI

Served on ciabatta with white & sweet potato fries

Pastrami 8.99

With melted Swiss cheese and Dijon mustard
(also available as a cold sandwich on your choice of bread)

Rachael 8.99

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

Asiago Chicken 8.99

Grilled chicken breast topped with an Asiago almond pesto and parmesan cheese

BURGERS

Served on multi-grain bun with lettuce, tomato, onion, pickle and white & sweet potato fries

100% Angus Beef 8.99

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

Asiago Burger 9.25

Topped with Asiago almond pesto and parmesan cheese

Alaskan Salmon Burger 8.99

Grilled and topped with a zesty Cajun Remoulade

Burger, no bun, no fries! 8.50

Served with side green salad

Garden Veggie Burger (V) 8.99

A mouth-watering alternative

The Bleubeard 9.99

Our most popular burger - stuffed with Bleu cheese and topped with bacon

SALADS

Served with homemade bread

Sunny Garden

Mixed greens, fresh veggies, pineapple, toasted Sunflower seeds and choice of dressing (V) 7.99
with **Grilled Chicken** 10.99 with **Smoked Salmon** 11.99 with **Grilled Shrimp** 11.99

Chef 11.99

Turkey and roast beef on baby greens. Topped with cheese and bacon. Served with choice of dressing

Winter New Hampshire (V) 10.99

Warm pears, gorgonzola, dried cranberries, red onion, walnuts, served on baby spinach with maple vinaigrette

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

LIGHTER FARE

Thorndike Tart 8.99

Tomato, bacon, rosemary and gorgonzola cheese. Served on baked puff pastry

Wonton Shrimp 8.99

4 Jumbo Shrimp wrapped in a wonton and deep-fried. Served with ginger soy dipping sauce

Roasted Garlic Hummus Dip (V) 6.99

With fresh vegetables

Orchard Treasure (V) 5.99

Lowfat Stoneyfield yogurt with organic applesauce, fresh cinnamon apples and granola

SIDES

Green Salad 3.99

Fresh Fruit Salad 4.99

White and Sweet Potato French Fries 2.50

To substitute all white or all sweet potato fries for the mix, add 1.

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.

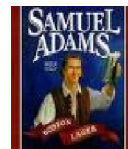
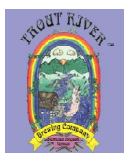
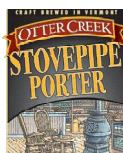
BEVERAGES

Snapple: Asian Pear Green Tea	2.50
Snapple: Kiwi Strawberry, Raspberry, Lemon or Diet Lemon Iced Tea	1.50
Adina Holistics Organic Herbal Elixir: Honey Lemon Aloe, Blackberry Hibiscus	2.00
Izze Naturals: Sparkling Clementine, Blackberry, Grapefruit, Pomegranate	2.50
Sodas: Cola, Diet Cola, Stewart's Root Beer, Canada Dry Ginger Ale, 7-Up, Club	1.75
Poland Springs Sparkling Water	2.50
Crystal Geyser Natural NH Spring Water	2.00
Milk or Chocolate Milk	Small 1.50 Large 2.25
Juices: Apple, Cranberry, Tomato, Orange, V-8	1.75
Cold Sparkling Cider	2.00
Mug of Hot Mulled Cider	2.50
Mug of Hot Chocolate with whipped cream	2.50



Mocha Joe's Organic bottomless cup of Coffee	1.75
Espresso	1.95
Cappuccino	3.00
Selection of Republic of Tea Herbal Teas	1.95
Iced Tea or Iced Coffee bottomless glass	2.50

REGIONAL BREWS



Award-Winning Woodstock Inn Pig's Ear Brown Ale	4.50
Otter Creek Stovepipe Porter	4.50
Trout River Rainbow Red Ale	4.50
Tuckerman Pale Ale	4.50
Long Trail IPA	4.00
Sam Adams Boston Lager	4.00
and... Bud, Bud Light	2.75
Stella Artois	5.00
Redbridge (gluten-free)	5.00
Buckler	2.75

SUNFLOWERS HAS A FULL LIQUOR LICENSE

*** SUNFLOWERS TO GO! ***

All items available for take-out ~ ask your server

SUNFLOWERS RESTAURANT

21B Main Street, Jaffrey NH 03452

603-593-3303

Sunflowers@webryders.net www.SunflowersCatering.com

Winter Hours:

Lunch 11–2

Dinner 5–8 Sunday, Monday, Wednesday, Thursday

Dinner 5–9 Friday & Saturday

Sunday Brunch 9–2

Live Music every other Sunday night

Try Monday Night Bistro - A friends and neighbors night with an international flair every Monday

Closed Tuesdays

Catering for all occasions.