



Mt. Sunapee, NH

# Salt Hill Pub

Honest Food. Perfect Pints. Living Music.

Open 7 Days  
11am - Close

Ph 603-763-2667

## Breaking the Ice

### Irish Poutine

Hand-cut fries topped with shaved corned beef, Guinness gravy and cheddar curds... 11.99

### Buffalo Chicken Dip

Our homemade blend of hot and spicy buffalo chicken dip with melted cheddar and Monterey cheese topped with cracker crumbs served with tri-colored tortilla chips...9.99

### O'Brien Potato Wedges

Award-winning skins, baked to perfection with shredded jack cheese, bacon and scallions with a side of sour cream ... 8.99

### Judy's Hand-battered Rings

Onion, green pepper or both... sm 6.99 / lg 8.99

### Salt Hill Pub Wings & Chicken Tenders

Our famous jumbo chicken wings or tenders, served with carrots and celery

8 wings or 4 tenders... 9.99

Verde Mae Dusted, Buffalo or Honey-Sriracha

### Edamame Dumplings (Veg)

Fried wontons stuffed with edamame beans, mushrooms, ginger, shredded cabbage, and carrot served with sweet chili sauce for dipping...9.99

### NEW! Boxy Irish Potato Pancakes

Three Yukon gold potato cakes with chopped scallions, pan fried, with a side of sour cream... 8.99

### Salt Hill Nachos

Topped with shredded jack, jalapenos, sour cream and homemade salsa... 9.99

Homemade spicy black beans... 10.99

Add Chicken... 11.99

Add BBQ Pulled Pork... 12.99

### Fried Brussels Sprouts

Flash fried Brussels sprouts tossed with bacon and shaved parmesan

Individual order... 6.99 / Family order... 9.99

### NEW! Southwest Eggrolls

Three crispy eggrolls filled with spicy chicken, black beans, corn and pepper jack cheese, served with a side of chipotle mayo...8.99

## From the Kettle

### Salt Hill Beef & Guinness Stew

Made fresh and hearty every day, with more than a little stout...cup 4.99 /bowl 5.99

### 3 Alarm Chili

Topped with Monterrey jack, chopped red onion served with cornbread...cup 4.99 /bowl 5.99

*Want your stew, chili or soup in a home baked bread bowl? Add \$2*

## Skating the Glades

Dressings include:

*Balsamic Vinaigrette, Italian, Bleu Cheese, Ranch, 1000 Island, Honey Dijon*

### The Mountain Green

Simply: fresh greens, tomatoes, cucumber and red onion ...6.99

### Hummus Plate (V)

Fresh greens, onion, cucumber, tomato, feta, Kalamata olives, grilled flat bread and our homemade roasted red pepper and garlic hummus...10.99

### Salt Hill Chop Salads

Mixed green, cucumber, pickled red onions, grape tomatoes, artichoke hearts, crumbled gorgonzola and your choice of:

**Classic Chop** - Chicken breast & bacon... 12.99 (GF)

**Vegetarian Chop** - Grilled Portabella mushroom...10.99 (V) (GF)

### NEW! Maggie's Black Bean Salad

Fresh greens topped with homemade spicy black beans, Monterey Jake cheese, sour cream & homemade salsa in a house tortilla bowl... 10.99  
Add homemade guacamole... 2.99

### Caesar Salad

Crisp romaine hearts chopped and mixed with croutons, parmesan cheese and chopped bacon then tossed with creamy Caesar dressing... 8.99

### Add to any salad

Homemade guacamole or Portabella... 2.99

Grilled chicken breast... 3.99

Steak, Salmon or Shrimp... 4.99

## Tuesday Night Supper Club

### The Shanty Special

NY Sirloin grilled to your liking. Served over a bed of hand-cut Pub fries, topped with bacon jam served alongside the vegetable of the day...23.99

### NEW! Salt Hill Turkey & Biscuits

Fresh, seasoned oven-roasted turkey, simmered with vegetables and topped with our homemade turkey gravy and warmed biscuits...13.99

### NEW! Cabot Cheddar Mac & Cheese

Our new version of an old classic. Cavatappi pasta baked in Cabot cheddar cheese sauce and topped with cracker crumbs, served with a side salad....11.99

Add chopped bacon... 2.00

Add BBQ pulled pork... 3.00

### Slalom Salmon\*

Atlantic salmon with sweet and spicy honey-Sriracha glaze served with fresh vegetables and mashed potatoes... 16.99

### NEW! Irish Country Pie

A generous bowl of simmering ground beef, carrots, corn and peas topped with Guinness gravy, Yukon mashed potato and cheddar cheese...15.99

### Stuffed Portobello (V) (GF)

Balsamic marinated Portobello stuffed with roasted red peppers, artichokes and spinach and topped with melted parmesan cheese...14.99

Add Chicken...3.99

Add Steak or Shrimp... 4.99

### Salt Hill Fish & Chips

Fresh Smithwick's beer-battered haddock fillet on a bed of hand-cut Pub fries... 15.99

### Shanty Pot Roast

Now you're talking comfort - served with your choice of mashed potatoes, baked potato, or hand-cut Pub Fries and vegetables, swimming in homemade gravy... 14.99

### NEW! Shanty's Garden Lasagna (V)

Seasonal vegetables, roasted red peppers and onions mixed with mozzarella, ricotta and parmesan cheeses, topped with marinara sauce and served with a side salad....15.99

*\*The consumption of raw or undercooked meat, poultry, shellfish or eggs may increase your risk of foodborne illness.*

## A Dusting from the Deli

Served with homemade potato chips

*Substitute hand cut Pub or Sweet fries...1.50*

*Judy's Onion or Pepper Rings... 2.00*

*Fried Brussel sprouts... 2.00*

### Salt Hill Cali Club

Piled with fresh lettuce, tomato, onion, smoked turkey, bacon, guacamole, and pub sauce... 11.99

### NEW! The Mayor

Grilled black forest ham, Brie, sliced apples and honey mustard on grilled sourdough, served with homemade potato chips...10.99

### NEW! BBQ Flatbread

Diced chicken, chopped bacon, caramelized onions, shredded jack and cheddar cheese BBQ sauce on warm Naan flatbread...13.99

### Steve's Classic Reuben

Grilled corned beef, sauerkraut, Swiss & 1000 island stuffed between marble rye... 8.99

*Substitute a garden burger and try the Meggin's Sandwich*

## Tuohys' Tavern All-Stars

Our fresh half-pound sirloin burgers are topped with fresh lettuce, tomato, red onion, pickles & Pub sauce and served with hand-cut Pub fries

Substitute Sweet fries... 1.50

Judy's Onion or Pepper Rings ... 2.00

**Substitute any burger with a Garden Burger (V) ... 1.00**

### Big Jim Basic Burger

Just like it sounds...It's Big...It's Basic... 9.99

### The Jake

Bacon, cheddar & a fried egg... 11.99

### Chipotle Bacon Burger

Bacon jam, cheddar cheese & chipotle mayo... 11.99

### NEW! Firehouse Burger

Pepperoni, pepper jack & horseradish ...11.99

### BBQ Pulled Pork Sandwich

Our homemade BBQ pulled pork on a toasted bulky topped with coleslaw and cheddar cheese ... 10.99

### Haddock Sandwich

Beer battered haddock on a toasted bulky with cheddar cheese, tartar sauce, fresh lettuce, and tomato... 13.99

### Chicken Farmer I Still Love You

Sliced sweet Italian sausage and diced chicken smothered with caramelized onions, roasted red peppers, mushrooms and cheddar cheese... 11.99

PO Box 445  
1407 Rt. 103  
Newbury, NH 03255

[www.salthillpub.com](http://www.salthillpub.com)

01/2017

## The Shanty Chalet

By Lynne Tuohy

Article originally appeared in the *SooNipi Magazine*



For decades, the Shanty Chalet was the social hub of the Sunapee region – a place where Tom Tuohy talked, and Judy Tuohy listened.

Many regulars fondly describe it as the original “Cheers,” long before the television series – a place where everyone knew your name and a great conversation was a guarantee. Frank McConnell, now owner of the neighboring Skinner’s Ski Shop, said when he’d return to the area from college, the Shanty was his first destination.

“The one thing I wanted to do was stop by the Shanty and say hello to people I hadn’t seen in who-knows-how-long and have a few words with Tom Tuohy,” Frank said. “That was the place we would show up after being gone for months to catch up with everyone. That’s where you could find everyone.”

With six children, Tom and Judy made the Shanty an extension of the Tuohy family home. A section of the restaurant was gated so Judy could watch over Tuohy toddlers while flipping steaks and burgers on the grill. The five brothers and I grew up sweeping floors, waiting tables, cooking and bartending. It was an education in people skills no school could teach.

Now, two decades after the family business closed, brothers Joe and Josh Tuohy have bought and reopened the restaurant on the site of the old Shanty. The pair never left the hospitality business and founded Salt hill Pub in Lebanon in 2003, followed by Salt hill Pub in Newport in 2007 and another Salt hill Pub in Hanover in 2010.

As this magazine went to print, Salt hill Pub at Mt. Sunapee was poised to open in mid-late December to much buzz about the return of the Tuohys.

“I can’t wait for the next Shanty to happen,” McConnell said.

*Lynne Tuohy is an award-winning journalist, incredible mom, and the best big sister you could ask for. She also pours a mean pint of Guinness.*



 = Salt hill Specialty

## Draft Beer

### The Irish Trinity

Guinness Stout      Harp Lager  
Smithwick’s Irish Amber  
Pint 5.50/ 20oz 6.50

### Trinity Sampler

Half a glass each of Guinness, Harp & Smithwick’s  
6

Stella Artois	Leuven, Belgium
Smuttynose Finestkind IPA	Portsmouth, NH
Harpoon IPA	Windsor, VT
Sebago Brewing Fries Leap IPA	Portland, ME
Samuel Adams Seasonal	Boston, MA
Switchback Unfiltered Ale	Burlington, VT
Blue Moon Belgian White	Golden, CO
Angry Orchard Hard Cider (gf)	Boston, Ma

Pint 5 / 20oz 6

Coors Light	Rocky Mountains
Pint 4 / 20oz 5	

## Guest Pours

So many great beers, so little time... Please ask your server about our seasonal & guest draft offerings from the best breweries in New England and beyond.

Don’t see your favorite pint here? Let us know!

## Bottled Beer

(GF) Omission Pale Ale 16oz	Portland, OR
5.50	

Heineken	Amsterdam
Corona/Corona Light	Mexico
Michelob Ultra	St Louis, MO
O’Douls, Becks, Non-Alcoholic	St Louis, MO
Twisted Tea Original/Half and Half	Cincinnati, OH
4.50	

Bud/Bud Light	St Louis, MO
Miller Lite	Milwaukee, WI
3.75	

Pabst Blue Ribbon	Milwaukee, WI
Narragansett	Cranston, RI
2.50	

Ask you server about our featured craft beer bottles!

## Non-Alcoholic Beverages

Proudly serving Coca-Cola, Diet Coke, Sprite, Ginger Ale, Iced Tea, Lemonade, Milk, Chocolate Milk

Root Beer and Orange Soda (bottle)

Please ask your server for a full list of our wine and cocktail selections.

## Happy Hour M-F

Check our daily specials every week Monday-Friday 3-6 P.M.



Mt. Sunapee, NH

## Thank You

## Full-service catering

### Our place or yours!

We’d love to host your next business luncheon, holiday gathering, birthday party, reunion, rehearsal dinner, or any other special event at Salt hill Pub.

Our restaurants offer unique settings for most any occasion, and we are also happy to cater your event off-site.

Please feel free to call, email or stop by Salt hill Pub to speak with us about menus, pricing and planning. We look forward to serving you!

Mt. Sunapee  
603-763-2667

Lebanon  
603-448-4532

Newport  
603-863-7774

Hanover  
603-676-7855

West Lebanon (Spring 2017)  
603-298-5566

## Honest Food. Perfect Pints. Living Music.

Salt hill Pub is an ideal, smoke-free gathering place for friends and family, proudly owned and operated by brothers Joe and Josh Tuohy. Joe and Josh have been offering their inspired blend of honest Irish-American comfort food, perfect pints, good humor and living music since June 2003 at the pub in Lebanon. In February 2007 we opened Salt hill Pub on Main Street in Newport, February 2010 saw the introduction of Salt hill Pub in Hanover, and in December 2014 our 4<sup>th</sup> Pub at the base of Mt Sunapee opened. We are pleased to be welcoming our 5<sup>th</sup> Pub in West Lebanon in the spring of 2017.

Salt hill Pub is named for a neighborhood in Galway, Ireland, home of our grandparents. Today, much of what we know about good food and good people comes from “Ma Tuohy.” Stop by anytime for great pub fare and lively conversation and you’ll know what we mean when we say “Welcome to Salt hill.”

## Top Ten Reasons to Visit Salt hill Pub!

10. The BEST Fish & Chips in NH!
9. Right off the snowmobile trail!
8. PUB TRIVIA every Tuesday @ 7 pm
7. Moms & Dads, check out our new Easy Choices Kids Menu  
(Designed with help from our friends at CHaD)
6. Craft Beer Series - Selections change all the time. Ask what we have in-house today!
5. Tons of live sports action on 5+ big screens...
4. Salt hill Pub is an avid supporter of local non-profits... consider hosting your next fundraiser with us!
3. New Game Room downstairs... fun for the whole family!
2. Everything we make is available to-go... for the hike, slopes, trail or home
1. More live music and entertainment than anyone around.

Submit your top 10 reason to visit Salt hill Pub online or on one of our comment cards!