



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

It's Back!: 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

Chicken Wings Or Tenders:

Our famous jumbo chicken wings or boneless tenders served with carrots and celery 8 wings or 4 tenders... 9.99

Verde Mae Dusted, Buffalo or Honey-Sriracha

New, Bigger, better!! Shanty Pub Pretzel (Veg)

Jumbo baked pretzel lightly salted and served with homemade cheddar ale cheese sauce and Pub sauce for dipping... 9.99

☘ Judy's Hand-battered Rings

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

Salt hill Nachos

Topped with shredded jack, jalapenos, sour cream and homemade salsa... 9.99
Homemade spicy black beans (Veg)... 10.99
Add Chicken... 11.99
Add BBQ Pulled Pork... 12.99

☘ Fried Brussels Sprouts (we can make a veg. option)

Flash fried Brussels sprouts tossed with bacon & shaved parmesan
Individual order... 6.99 / Family order... 9.99

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

Skiing the Glades

Dressings include:

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

The Mountain Green (Veg)

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

Hummus Plate (Veg)

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

Salt hill Cobb Salad

Fresh mixed greens topped with grilled chicken, warm bacon, chopped tomatoes, crumbled blue cheese, hardboiled egg, green onions and fresh avocado...12.99

☘ 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 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

Stuffed Baked Sweet Potato (Veg)(GF)

Filled with house spiced black beans, grilled onions, peppers & spinach topped with melted jack cheese and served with fresh homemade salsa and a side salad... 12.99

Topped with chili, onions and cheddar... 13.99

Add to any salad or entrée:

Guacamole or Grilled Portabella... 2.99
Grilled chicken breast... 3.99
Steak, Salmon or Shrimp... 4.99

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

Shanty Supper Club

The Shanty Special

12oz NY Sirloin grilled to your liking. Served over a bed of pub fries, topped with bacon jam served alongside the vegetable of the day...23.99

Shanty's Whiskey Tips*

Tender steak tips marinated in our homemade whiskey sauce, grilled to your liking served with hand-cut fries and fresh vegetables... 22.99

Mediterranean Pasta

Fresh spinach, Kalamata olives, roasted green peppers, feta cheese tossed in garlic, white wine sauce over cavatappi pasta...
#Also available as a cold pasta option...12.99

Cabot Cheddar Mac & Cheese

Cavatappi pasta baked in Cabot cheddar cheese sauce and topped with cracker crumbs, served with a side salad....11.99
Add chopped bacon 1.99 or pulled pork 2.99

Slalom Salmon*

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

Stuffed Portobello (Veg) (GF)

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

☘ Salt hill Fish & Chips

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

Shanty Pot Roast

Classic comfort food - served with your choice of mashed potatoes, baked potato, or hand-cut Pub Fries and vegetables, swimming in homemade gravy... 14.99

NEW! Chicken Pot Pie

Our take on the classic, a large bowl of roast chicken and root vegetable stew with baked puff pastry wedges, sure to warm you up on a cold winter day ... 14.99

Taking the Plunge

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

The Mayor

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

NEW! Cape Codder Wrap

Smoked turkey, bacon and cranberry mayo in a flour tortilla with all the fixings 8.99

☘ Steve's Classic Reuben

Grilled corned beef, sauerkraut, Swiss & 1000 island stuffed between marble rye... 9.99
Substitute a garden burger and try the Meggin's Sandwich

Shanty 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 (Veg) ... 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 & chipotle mayo... 11.99

It's back! Maple Monster*

Swiss cheese, Bacon, caramelized onion, and maple syrup... 12.99

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

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 MacConnell, 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," MacConnell 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.

Draft Beer

Irish Classics

Guinness Stout Smithwick's Irish Amber
Pint 5.50/ 20oz 6.50

Stella Artois, *Leuven, Belgium*
Smuttynose Finestkind IPA, Portsmouth, NH
Harpoon IPA, Windsor, VT
Sebago Fryes Leap IPA, Gorham, ME
Samuel Adams Seasonal Boston, MA
Switchback Unfiltered Ale, Burlington, VT
Blue Moon Belgian White, Golden, CO
Downeast Original Hard Cider, Boston, MA
Pint 5 / 20oz 6

Coors Light, Rocky Mountains
Pint 3 / 20oz 4

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, Non-Alcoholic, St Louis, MO
Kaliber, Non-Alcoholic, Dublin, Ireland
4.50

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

Pabst Blue Ribbon, Milwaukee, WI
Narragansett, Cranston, RI
2.50

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

Monday to Friday

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
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 4th Pub at the base of Mt Sunapee opened. We are pleased to be welcoming our 5th 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."

Salt hill Pub Shanty

PO Box 445

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Newbury, NH 03255

www.salthillpub.com