



# Salt hill Pub

Honest Food. Perfect Pints. Living Music.

Open 7 Days  
Mon-Sat 11am-Close  
Sun 12pm-9pm

Ph - (603) 448-4532

## Starters

### NEW! Wicked Pub Pretzel

Jumbo baked pretzel served with homemade cheddar ale & Pub sauce 9.99

### Hand-Cut Pub Fries

Watch out, these are habit-forming 3.99 / 5.99

**Sweet Fries** served with spicy honey Dijon dressing 4.99 / 6.99

### Judy's Hand-battered Rings

Onion, green pepper or both 5.99 / 7.99

### Southwest Eggrolls

Three crispy eggrolls filled with chicken, black beans and jack cheese served with a side of chipotle ranch dressing 8.99

### Salt hill Nachos

Topped with your choice of either tangy BBQ pulled pork or house-spiced black beans, and shredded Jack, jalapenos, sour cream and homemade salsa 10.99

Loaded Nachos (*Black Beans & Pork*) 12.99

**Vegetarian BBQ Nachos** 11.99

### Salt hill Pub Wings & Tenders

Our famous chicken wings or boneless tenders with fresh carrots and celery sticks and your choice of finish - 8 wings or 4 tenders 10.99

### Tenders & Fries

Two tenders & a side of fries 8.99

*Classic & Extra Hot Buffalo / Sweet & Spicy Curry  
Honey BBQ / Garlic Parmesan / Verda Mae*

### Homemade Soup of the Day

See your server for today's homemade soup selection - cup 3.99 / bowl 5.99

### Beef & Guinness Stew

Made fresh and hearty every day, with more than a little stout - cup 3.99 / bowl 5.99  
*try the Beef Stew entrée 10.99*

### Lebanon Firehouse Chili

Topped with Monterrey Jack cheese, red onion and homemade cornbread cup 3.99 / bowl 5.99

### Fried Brussels Sprouts

Flash fried Brussels sprouts, with bacon and shaved parmesan small order 5.99 / Family order 9.99

## All Things Green & Leafy

Dressings include spicy Honey-Dijon, Blue Cheese, Ranch, 1000 Island, Italian, Greek, and Balsamic Vinaigrette

*(all salads are GF without the dinner roll)*

### Salt hill Town Green Salad

Simply: fresh greens, tomatoes, cucumber and onion - Full Size 9.99 / Half-size 5.99

Make your Town Green something special:

### Buffalo Chicken Salad

Spiced up with grilled buffalo chicken breast and crumbled gorgonzola cheese 14.99 / 9.99

### Grilled Pear Salad

Sliced marinated Bartlett pear, chopped walnuts, dried cranberries and crumbled gorgonzola cheese 12.99 / 8.99

### \*Blackened Salmon Salad

Spicy wild-caught Salmon fillet and crumbled gorgonzola cheese 15.99 / 11.99

### Salt hill Chop Salads

Topped with artichoke hearts, crumbled gorgonzola and your choice of:

**\*Steak Chop** - Grilled sirloin steak and bacon 17.99 / 12.99

**Classic Chop** - Grilled chicken breast and bacon 14.99 / 9.99

**Vegetarian Chop** - Grilled Portabella mushroom 12.99 / 8.99

### Salt hill Hummus Plate (V)

Featuring our homemade falafel, pickled onions, green peppers, feta, cucumbers, grape tomatoes, homemade hummus and Tzatziki and grilled pita wedges 12.99

*(GF without pita or falafel)*

Dress-up your salad with any of the following \*\*

**Grilled Chicken Breast**

**Grilled Sirloin**

**Fried Falafel**

**Grilled Salmon**

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

*\*\*An upcharge fee will be applied*

**☘** = Salt hill Specialty

## Hot & Cold Sandwiches

All sandwiches are served with homemade potato chips and on your choice of Marble Rye, Multigrain, Sourdough or **Gluten Free** bread with pub sauce.

*Substitute hand-cut Pub fries, Sweet Fries, fried Brussel sprouts or Onion Rings 1.79*

### Cape Codder Wrap

Smoked turkey, bacon and cranberry mayo in a flour tortilla with all the fixings 9.99

### Falafel Wrap (V)

Fried homemade falafel on grilled pita with fresh greens, red onions, tomato, and Feta, served with a side Pub chips and tzatziki 9.99

### Stevie's Grilled Reuben

Loaded with homemade corned beef, sauerkraut, Swiss & 1000 island 10.99

**Meggin's Sandwich (V)** - classic Reuben made with a veggie burger 9.99

### NEW! The Blackbird

Hot pastrami & Swiss with coleslaw on grilled rye bread with honey- Dijon dressing 9.99

### The Mayor of Lebanon

Black Forest Ham, apple, Swiss cheese and Honey-Dijon dressing 9.99

### Pulled Pork BBQ Sandwich

Swimming in tangy BBQ sauce, topped with slaw & melted cheddar 8.99

**Vegetarian BBQ Sandwich** - Jackfruit BBQ topped with slaw & melted cheddar 8.99

### Chicken Pesto Flatbread

Cherry tomato, grilled chicken, mozzarella and pesto on a warm Naan style flat bread drizzled with balsamic reduction 12.99

### Stevie's Philly Steak Bomb

Classic cheese steak with onions, peppers, mushrooms, & cheddar, served on a toasted hoagie roll with hand-cut Pub fries 9.99

## Non-Alcoholic Beverages

Proudly serving Coca-Cola, Diet Coke, Sprite, Ginger Ale, Iced Tea, Lemonade, Milk, Chocolate Milk, IBC Root Beer, Red Bull, Woodshed Roasting Company Coffee, San Pellegrino Sparkling water

## Don't forget to check out our DAILY SPECIALS!

Features great food and drink specials, complete beer list and upcoming events.

## \*Burgers, Etc.

Our famous half-pound sirloin burger char-grilled to your liking and topped with fresh lettuce, tomato, red onion, pickles, Pub Sauce and served with our hand-cut Pub fries on a toasted bulky.

**Basic Burger** - Simply a classic 10.99

**Substitute hand-cut Pub fries, Sweet Fries, fried Brussel sprouts or Onion Rings 1.79**

*Substitute a Garden Burger or chicken breast on any burger 1.00*

**Verda Mae** - Irish Rasher Bacon, A1, fried onions, white cheddar 12.99

**NEW! Phantom of the Opera** - Fried peppers, onions, mushrooms & cheddar 12.99

**☘ The Jake** - A Classic from day one! Piled high with bacon, cheddar and a fried egg 12.99

## Main Plates

### \*Sirloin Steak (GF)

12oz NY Sirloin cooked to choice, topped with garlic herb butter, served with your choice of starch and seasonal vegetables 23.99

**Make it Black n' Blue** - blackening spices, gorgonzola cheese and crispy bacon bits 25.99

### \*Honey-Sriracha Grilled Salmon (GF)

Atlantic Salmon fillet glazed with sweet and spicy honey-Sriracha sauce, served with your choice starch and seasonal vegetables 18.99

### Mac and Cheese

Creamy three-cheese sauce tossed with Cavatappi pasta and Ritz cracker topping 11.99

Smoked Gouda with Chicken and Bacon 14.99  
Roasted peppers, broccoli and zucchini 13.99

### ☘ Salt hill Fish & Chips

Fresh, beer-battered haddock fillet and hand-cut Pub Fries with homemade slaw, the best Fish & Chips in New Hampshire! 15.99

### Stuffed Baked Sweet Potato (V)(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

With Firehouse chili, onions and cheddar 13.99  
With Jackfruit BBQ and cheddar 13.99

### ☘ Bangers & Mash

Irish Bangers, mashed potatoes with Guinness stout cabbage & bacon, with a side of Pub Sauce, a true Salt hill classic 14.99



## Salt hill Lebanon

2 West Park Street  
Lebanon, NH 03766  
603.448.4532  
www.salthillpub.com

*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. Our newest Pub, located on Route 12A in West Lebanon, opened in April 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.”

## Fundraising with Salt hill

Salt hill has a long tradition of supporting local charities, youth sports teams and non-profits.

Please feel free to speak with a manager about arranging a fundraiser night today!



Tom and Judy Tuohy

## 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

## A Brief History of Beer

*Original article from www.vinepair.com*

Like wine, beer has a long history, one that’s longer than we’ll ever be able to trace. Residue of the first known barley beer was found in a jar at the Godin Tepe excavation site in modern day Iran, presumably sitting there since someone took his or her last sip around 3400 B.C. But chances are, the first beer had been “cracked” millennia before that.

So, while an exact date or time for the first chug, or keg stand, or even hiccup, is not known, what is known is that beer, like bread, developed best in farm-based, agrarian societies where there was an enough grain and time for fermentation. One thing we definitely know is that ancient man loved beer as much as—if not more—than we do: the Babylonians had about 20 recipes for beer, Egyptian Pharaohs were buried with vats of the stuff, even the workers who built the pyramids were essentially paid in beer. One of the first written recipes for beer actually comes from a poem, a 3800-year-old ode to brewing that was etched into clay tablets. Found in ancient Sumer (modern day Iraq), the “Hymn to Ninkasi” celebrates the

Sumerian goddess of beer and also conveniently outlines steps for brewing (lines like “The filtering vat, which makes a pleasant sound,/ You place appropriately on a large collector vat” could give Shakespeare a run for his money).

However, it began, beer rapidly took hold as one of civilization’s favorite—and safest—ways to drink. Historically speaking, water wasn’t always reliably potable for most cultures, and alcoholic drinks like beer (also sanitized by the application of heat) would have been safer. Of course, the appearance of beer was changing as brewing methods evolved. Babylonians drank their beer with a straw—it was thicker, full of grain. But by the 16th Century, Germany’s “Reinheitsgebot” beer purity law had essentially removed everything but water, hops, and barley from acceptable brewing ingredients (yeast, a slight oversight, was added back to the list a few centuries later).

Even hops weren’t always as ubiquitous. Ancient Egyptians would have had a beer stabilized and flavored with things like wild herbs, dates, olive oil, and meadowsweet. And for centuries, beer cultivation in Europe relied on a mixture of herbs and spices called gruit. Only around the turn of the first millennium A.D. were hops regularly finding their way to beer, with Germany exporting hops for brewing around the 13th century.

Over the centuries, beer’s popularity has risen and fallen and risen again. In America, Prohibition introduced our palates to watered-down beer, a lighter flavor profile that lingers to this day, especially among mass-marketed beers. But craft beer has made serious gains in the market, yielding a historically unprecedented diversity of styles. Craft brewers are even reviving ancient recipes: in 1990, Anchor Steam’s Fritz Maytag brewed a beer using the Ninkasi poem’s recipe, and Dogfish Head’s Ancient Ales line includes beers like the “Ta Henket,” or Egyptian bread beer, which you can simply purchase and imbibe, no pyramid experience required.

*Thank you!*