



Salt hill Pub

Honest Food. Perfect Pints. Living Music.

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

Ph - (603) 298-5566

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

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

Starters

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

Curry Poutine

A platter of hand-cut Pub fries with cheese curds and homemade curry gravy 9.99

Buffalo Cauliflower (V)

Fried cauliflower florets tossed in our Buffalo wing sauce 7.99

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

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 / Spicy Garlic
Honey BBQ / Voodoo Rub / Verda Mae Dusted*

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

* 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

Tavern Steak Salad*

Fresh baby spinach topped with grilled sirloin, red onion, cherry tomato, chopped bacon and a hardboiled egg 17.99 / 12.99

Salt hill Hummus Plate (V)

Our house hummus served with warm pita, fresh spring mix, pickled red onions, cucumbers, grape tomatoes, Kalamata olives, Tzatziki sauce & Feta 12.99 (*GF without pita*)

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

Grilled Chicken Breast

Grilled Sirloin

Grilled Salmon

Grilled Tuna

** 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

North Country BLT

North Country bacon, lettuce, tomato & mayo on toasted sour dough bread 9.99

NEW! Hummus Wrap (V)

Hummus with spring mix, pickled onions, cucumbers & tomatoes 9.99
Add grilled chicken breast 12.99

🍀 Aric's Grilled Reuben

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

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

Pulled Pork BBQ Sandwich

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

NEW! California Chicken Club

Toasted sour dough with grilled chicken breast, melted sharp white cheddar, Pub sauce & topped with thick slices of tomato, red onion, mixed greens and homemade guacamole 12.99

California Veggie Club (V) - Served as seen above without Chicken 9.99

Fried Haddock Po 'Boy

North Atlantic Haddock in our famous Smithwick's beer batter fried to perfection on a toasted bulky roll with tomato, chopped lettuce and homemade remoulade, with hand-cut Pub fries 11.99

Philly Steak Bomb

Our version of the classic cheese steak with onions, peppers, mushrooms, mayo & cheddar, served with hand-cut Pub fries 9.99

NEW! Galway Grinder*

Juicy Roast Beef topped with melted Irish Porter Cheese, caramelized onions & candied bacon served with our hand-cut Pub fries 13.99

West Leb Firehouse

Smoked turkey breast, pepperoni, horseradish, pepper jack and Pub sauce on toasted bread of your choice 9.99

Tuna Tacos*

Fresh Ahi tuna steak over shredded lettuce and our pico de gallo in a soft-shell flour taco, with guacamole, remoulade & coleslaw 12.99

* 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

Frehley's Big Brother* Swiss cheese, bacon, sautéed baby spinach, garlic and onions 12.99

🍀 **The Jake*** Piled high with bacon, cheddar and a fried egg 12.99

NEW! Sunnymede Farm Burger* As locally sourced as we could make it! A half-pound, 100% local raised, Angus burger from Sunnymede Farm in Hartland, VT. With Cabot (Cabot, VT) sharp white cheddar and North Country Smokehouse (Claremont, NH) bacon, with a side of hand-cut Pub fries 15.99
Substitute a Sunnymede Burger on any burger \$3

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

* Jameson Glazed Salmon* (GF)

North Atlantic Salmon fillet char-grilled and topped with Jameson whiskey glaze, with mashed potatoes and seasonal veggies 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
BBQ Pulled Pork & BBQ sauce 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

Irish Cumberland Pie

Slow simmered beef & vegetables topped with mashed Yukon potatoes, sharp cheddar and gravy, served with a side salad 15.99
(GF) When served without gravy

🍀 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 West Lebanon

5 Airport Road
W. Lebanon, NH 03784
603.298.5566
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 4th 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!