

WELCOME TO ONE MILE WEST!!



One Mile West

Tavern • Bar • Grille

6 Brook Road, Sunapee, NH 03782

(603) 863-7500

NEW ENGLAND CLAM CHOWDER

4.99 / cup 6.99 / crock

HOMEMADE SOUP OF THE DAY

3.99 / cup 5.99 / crock

THE EL LOCO

A layered southwestern dip with refried beans, cream cheese, cheddar cheese, sour cream, salsa, guacamole, scallions, and plenty of chips for scoopin' 9.99

ROASTED RED PEPPER HUMMUS

Homemade hummus served with a variety of fresh veggies and crackers 9.99

BUFFALO WINGS

Our homemade buffalo sauce make these wings the best 9/8.99 18/14.99



BUFFALO FRITTERS

Same great OMW recipe without the bone 9/7.99 18/13.99

CALAMARI CADOCH

Golden fried, tender, sweet, calamari, tossed with olive oil and hot cherry peppers 8.99

ONE MILE PILE

Buffalo wings, sirloin skewers, and thick hand-cut onion rings 10.99

ESCARGOT MIGGS

Topped with garlic butter, melted provolone, and parmesan cheese 8.99

ONE MILE NACHOS

Fresh chips topped with melted cheddar, tomato, scallions, served with salsa/sour cream 8.99 Add chicken 10.99

LOADED POTATO SKINS

Piled high with grilled chicken, bacon, red onion, jalepenos, and cheddar cheese 9.99

ONION RINGS

Flour dusted, hand-cut rings served with honey mustard sauce 6.99

House Salad

Fresh romaine, cukes, tomatoes, carrots, onions, red cabbage, croutons
7.99

Caesar's Caesar

Romaine, grated parm, croutons 8.99
Chicken \$3 Shrimp \$5 Sirloin \$6

Lobstah Salad

Fresh greens, cukes, tomatoes, red onions, topped with fresh Maine lobster meat, with a touch of mayo and celery 17.99

Tuscan Chicken Salad

Marinated grilled chicken breast, tomatoes, Kalamata olives, mozzarella, basil olive oil dressing 12.99

Blue Steak Salad

Onions, tomatoes, crumbled blue cheese 8 oz. grilled sirloin cooked to your liking, topped with crispy potato confetti 13.99



TAVERN FARE

Note: consumption of undercooked meat increases your risk of food born illness.

Wrong Side of the Circle Burger

Bacon and American cheese 8.99

Shroom Burger

Fresh sautéed mushrooms and Swiss cheese 9.99

Blues Burger

Topped with garlic, crumbled blue cheese, and bacon 10.99



The Cadogan

Tasty meatloaf topped with grilled onions, bacon, provolone and 34B sauce on a flour dusted bun 10.99



Garden Burger

Veggie patty, cheddar, lettuce, and tomatoes on multi-grain bread with basil vinaigrette dressing 8.99

Southern Fried Shepherd's Pie

Boneless fried chicken fritters, kernel corn, and potato topped with melted cheddar and gravy 9.99

The Niboli

Prosciutto, salami, fresh mozzarella, tomato, lettuce, and basil oil dressing on multi-grain bread 11.99

Grilled Chicken Sandy

8 oz chicken breast topped with provolone, bacon, lettuce, and tomato served with mayo 9.99

Gloucester Haddock Sandwich

Golden fried haddock topped with American cheese served with lettuce on a toasted roll 9.99

Spinach and Hummus Sandwich

Fresh spinach and tomatoes served with roasted red pepper hummus on whole grain bread 10.99

OMW Quesadilla

Whole wheat tortilla stuffed with cheese, tomatoes, and scallions. Served with chips, salsa, and sour cream 8.99 Chicken 10.99

ENTREES

Side choices: Baked Potato, Mashed Potato, French Fries, Rice or Vegetable Add \$1 for Onion Rings

PARMEUS MAXIMUS Chicken Parmesan in the traditional Italian style with penne or fettucini 12.99



DONNY ZZZ'S Sautéed shrimp, scallops, roasted garlic, basil, and cream over cheese ravioli 17.99



FETTUCCINI ALFREDO Pasta tossed in a rich sauce of butter, grated parm, heavy cream, and black pepper 11.99
With Chicken 13.99 Shrimp 14.99 Lobster 18.99

BBQ RIBS Marinated in homemade sauce and slow roasted St. Louis Ribs
½ Rack 13.99* Full Rack 19.99* **SUPER** Rack 25.99*

Seafood

FRIED COMBO

Golden fried sea scallops, jumbo shrimp, fresh haddock 19.99*



FRIED JUMBO SHRIMP

7 jumbo shrimp served with cocktail sauce 15.99*



FRIED SEA SCALLOPS

Sweet sea scallops served with tartar sauce Market*

FRIED HADDOCK

Atlantic Haddock lightly dredged in seasoned flour 15.99*

BROILED HADDOCK

With garlic herb butter and Ritz cracker crumbs 15.99*

ATLANTIC SALMON

Choose between a grilled cajun seasoned filet topped with zesty salsa or broiled with rosemary, basil, and thyme 15.99*

Beef

Choose a steak sauce:

Mushroom Demi-glaze, Garlic Horseradish or 34B Steak Sauce

BBQ TENDERLOIN TIPS

The plate that put us on the map...14 juicy ounces 17.99*



NY SIRLOIN

12 oz Choice Cut...Dave's "Heaven on a plate" 19.99*

TOP "BUTT" SIRLOIN

Thick, robust, and juicy 8 ounces 14.99*

SURF & TURF

12 oz sirloin - served with fried or grilled shrimp 24.99*

SIRLOIN STEAK SANDWICH

Cajun rubbed 8 oz. sirloin, topped with sautéed onions and melted provolone on a bun 13.99

Split Meal Charge \$1.99

18% gratuity for parties of 6+

*entrees are served with soup or salad and choice of one side dish