

Fresh Salt LUNCH MENU

RAW BAR & SEAFOOD

Fresh Salt's commitment to our native waters features oysters from the cool waters north of CT.

Your server will inform you of today's varieties

Littleneck Clams 1.95 each

Oysters 3.5 each

Chilled Colossal Shrimp 4.5 each

Fresh Salt Plateau 49

6 Clams, 6 Oysters, 3 Jumbo Shrimp

Sushi Tuna Triangles 14.95

Tuna Tartare, Sushi Rice, Ponzu Sauce

Pickled Ginger, Sriracha Mayo, Wasabi Mayo

SOUP & SALAD

Clam Chowder Cup/Bowl

Fresh Salt Style, New England 8.95/10.95

or Rhode Island

Chilled Gazpacho GF 8.95/10.95

Vine-Ripened Tomatoes, Cucumbers, Peppers, Onion

Balsamic Vinegar

Traditional Cobb Salad 14.95

Romaine, Diced Chicken, Chopped Egg, Bacon, Avocado

Tomato, Crumbled Gorgonzola, Light Buttermilk Dressing

Three Bean Salad 13.95

Butter Bean, Edamame Bean, Garbanzo Bean

Spring Lettuce, Pickled Red Onion

Passion Fruit Vinaigrette

Maine Lobster Salad 28.95

Hand-Picked Maine Lobster, Avocado

Field Greens, Lemon-Balsamic Vinaigrette

Boston Lettuce & Radicchio Salad 13.95

Roasted CT Peaches, Spiced Walnuts, Goat Cheese

Foggy Harbor Black Currant Vinaigrette

Wakame & Cucumber Salad 11.95

Toasted Sesame Dressing, Jicama, Edible Seaweed

Classic Caesar Salad 12.95

Romaine Hearts, Shaved Brioche Croutons

Parmigiano, Anchovy, Classic Dressing

Add Grilled Items to Any Salad:

▬ Sauteed Colossal Shrimp 4.5 each

▬ Grilled Chicken Breast 4.95

▬ Grilled Fresh Salmon 7.95

Field Green Salad 9.95

Blackberry-Pepper Vinaigrette

CUSTOM HAMBURGER

Certified Angus Hamburger on a Potato Roll 13.95

Served with Fresh Salt Kettle Chips

Half-Pound of Outstanding Quality Beef

Lettuce, Tomato, Cole Slaw

Sub French Fries + 2.95

Sub Truffle Fries or Sweet Fries + 3.95

Add to Hamburger

▬ Cabot Creamery Cheddar Cheese + 1.95

▬ Applewood-Smoked Bacon + 2.95

▬ Fried Egg + 1.95

ANTIPASTO

10.95 SM | 18.95 LG

Cured Meats, Pepperoncini, Roasted Tomatoes

Gorgonzola, Stuffed Cherry Peppers, Roasted Peppers

FLATBREAD PIZZA

Plum Tomato & Cheese 14.95

Liuzzi Mozzarella, Olive Oil, Basil, Parmigiano

Add Any Toppings to Flatbread plus 2.95 each

▬ Sauteed Colossal Shrimp

▬ Grilled Chicken Breast

▬ Grilled Vegetables

▬ Applewood-Smoked Bacon

SANDWICHES

SERVED WITH FRESH SALT KETTLE CHIPS

Sub French Fries + 2.95

Truffle Fries or Sweet Potato Fries + 3.95

Croque-Madame 15.95

Honey Ham, Mustard, Fontina, Fried Egg, Sourdough

Blackened Chicken Wrap 15.95

Salsa Cruda, Cheddar-Jack Cheese, Cole Slaw

Loaded Grilled Cheese 13.95

Brie, Cheddar, Fontina, Parker House Brioche

Add to Grilled Cheese

▬ Sliced Tomato .95

▬ House Made Guacamole 2.95

▬ Applewood-Smoked Bacon 2.95

▬ Fried Egg 1.95

Connecticut Lobster Roll 29.95

Warm Buttered Lobster Grilled New England Style Roll

FRESH SALT SPECIALTY

Lemon-Baked Radiatore with Shrimp 22.95

Gruyere, Lemon Zest, Carrot, Celery, Leek

Pernod, Fresh Tarragon

Fish Tacos 14.95

Fried Cod, Shredded Romaine, Guacamole

Red Pepper Relish, Queso Fresca, Black Olives

Sriracha Aioli, Fresh Salt Kettle Chips

Fish and "Chips" 19.95

Hand-Breaded Cod Fillet, Cole Slaw

Sriracha Aioli, French Fries

Traditional Calamari, Marinara Sauce 13.95

Fresh Salt-Sriracha Calamari 15.95

Sweet Chili Glaze, Scallions, Spicy Cherry Peppers

Julienne Fresh Vegetables

Seaside Platter 24.95

Golden Brown Scallops, Shrimp, Oysters, Calamari

Zucchini, Peppers, Cole Slaw, Sriracha Aioli

Fresh Salt Kettle Chips

SIDES

French Fries GF 4.95

Truffle-Parmesan French Fries GF 9.95

Sweet Potato Fries GF 7.95

Fresh Salt Kettle Chips with Malt GF 3.95

Cole Slaw 1.95

FRESH SALT AT THE SAYBROOK POINT INN & SPA | SAYBROOK.COM

All Items Are Available "To Go"

If you have special dietary needs or allergies, please let a member of our staff know.

GF - Gluten Free ingredients contain no wheat, barley, rye, common oats, their crosses or derivatives

Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness.

Fresh Salt WINE & SPIRITS

CHAMPAGNE & SPARKLING WINES

| | BTL | 5oz |
|------------------------------------|-----|-----|
| Prima Perla Prosecco, Italy | 38 | 10 |
| Frexinet Carta Nevada, Cava, Spain | 34 | 9 |

PINOT GRIGIO

| | BTL | 6oz/9oz |
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| Angelini, 2015, Veneto, Italy | 34 | 9/14 |
| Cavazza, 2016, Veneto, Italy | 38 | 10/15 |

SAUVIGNON BLANC

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|---------------------------------------|----|-------|
| Les Roches Tourain, 2015, Loire, FR | 34 | 9/14 |
| Oyster Bay, 2016, Marlborough, N. Zea | 42 | 11/17 |
| Henry Bourgeois, 2015, Sancerre, FR | 54 | 14/21 |

CHARDONNAY

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|---|----|-------|
| William Hill, 2015, Central Coast, CA | 34 | 9/14 |
| Joseph Drouhin Macon-Villages, 2015, Burgundy | 46 | 12/18 |
| Sonoma Cutrer, 2015, Russian River, CA | 62 | 16/24 |

INTERESTING WHITES

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| Züm, Reisling, 2015, Mosel, Germany | 34 | 9/14 |
| Moscato Beringer | 34 | 9/14 |
| Albarino – Bodegas Nates, 2015, Cantabria, Spain | 39 | 10/15 |
| White Bordeaux, Chateau Bonnet, 2015, FR | 39 | 10/15 |

ROSÉ

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| Torres de Saint Louis, 2016, Provence, FR | 34 | 9/14 |
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PINOT NOIR

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| Robert Mondavi, Private Selection, Cent. Coast, CA | 34 | 9/14 |
| Gerard Bertrand, 2015, Burgundy, FR | 49 | 13/20 |
| Cloudline, 2015, Willamette, Oregon | 58 | 15/23 |

MERLOT

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| Grayson, 2015, CA | 34 | 9/14 |
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CABERNET & BLENDS

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| 14 Hands, 2014, Columbia Valley, WA | 34 | 9/14 |
| Louis M. Martini, 2014, CA | 46 | 12/18 |
| Joel Gott, 2014, CA | 58 | 15/23 |

MALBEC

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|---------------------------------------|----|-------|
| Gouguenheim, 2016, Mendoza, Argentina | 34 | 9/14 |
| Ique, 2016, Mendoza, Argentina | 42 | 11/15 |

ZINFANDEL & BLENDS

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| Josh Cellars, Legacy, 2014, CA | 42 | 11/17 |
| Renwood, Old Vines, 2014, CA | 46 | 12/18 |
| Hess Treo, 2013, CA | 59 | 13/19 |

CONNECTICUT BREWS & CRAFT 6.50

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| Naughty Nurse Amber Ale | |
| Mystic Bridge I.P.A. | |
| Thimble Island Coffee Stout | |
| Thimble Island American Ale | |
| Thimble Island Ghost Double IPA | 7.5 |
| Night Swim'ah, Revival Brewing Co, RI | 8.5 |
| Boom! Citra Laka Double IPA | 14 |

OTHER BEER

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| Budweiser | 5.5 |
| Sam Adams Seasonal | 6.5 |
| Guinness Draught | 6.95 |
| Stella Artois | 6.5 |
| Corona | 6.5 |

LIGHT BEERS 5.50

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| Bud Light |
| Coors Light |
| Michelob Ultra |

NON ALCOHOLIC

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| Clausthaler | 5.5 |
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MARTINIS

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| Fresh Saltini | 12.95 |
| Muddled Mint-Blackberries, St. Germaine Svedka, Champagne | |

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| Sannotini | 12.95 |
| Pearl Pomegranate Vodka, Pama Liquor Pome Juice, Orange Garnish | |

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| Coconut Martini | 12.95 |
| Coconut Vodka, Coco Lopez, Pineapple Juice Toasted Coconut Rim | |

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| Key Lime Martini | 12.95 |
| Van Gogh Vanilla Vodka, Lime Juice Pineapple Juice, Graham Cracker Crumbs Rim | |

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| Wild Hibiscus Martini | 14.95 |
| Belvedere Vodka, St. Germain, Wild Hibiscus Flower | |

COCKTAILS

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| Stormy Kraken | 12.95 |
| Kraken Spiced Dark Rum, Goslings Ginger Beer | |

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| Hendricks Blossom | 12.95 |
| Hendricks Gin, Aperol, St. Germain, Grapefruit Juice | |

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| Tito's Mule | 12.95 |
| Tito's Handmade Vodka, Lime Juice Rosemary-Ginger Reduction, Goslings Ginger Beer | |

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| Champagne Citrus Punch | 11.95 |
| Fresh Muddled Mint-Lime, Lime Juice Simple Syrup, Champagne | |

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| Foggy Harbor Raspberry Mist | 12.95 |
| Fresh Muddled Raspberry-Mint CT Made Foggy Harbor Vodka, Ripe CT Made Lemon Mix | |

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| The McCoy Breeze | 11.95 |
| The Real McCoy Rum, Ginger Simple Syrup Lime Juice, Orange Bitters | |

SPECIALTY DRINKS

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| Anna's Creamy Limoncello | 10.95 |
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| Anna's Creamy Orangello | 10.95 |
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| Hot Karma Margarita | 13.95 |
| Smoked Chipotle Chili Peppers Infused, Karma Silver Tequila, Ct Made Ripe Margarita Mix Black Hawaiian Sea Salt | |

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| Angelic Old Fashion | 16.95 |
| Angels Envy Bourbon, Demerara Simple Syrup, Soda, Muddled Woodford Bourbon Cherry-Orange | |

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| Cold Brew Nutty Irishman | 12.95 |
| Baileys, Jameson, Frangelico, Cold Brew Coffee | |

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| Cold Brew Baileys Almande | 10.95 |
| Baileys Almande, Gluten Free Dairy Free Almond Milk Liquor | |