

FRESH SALT SPECIALTIES

Cheesecake French Toast

Roasted Strawberry or Blueberry Compote New York Cheesecake Filling, Balsamic Glaze, Whipped Cream
12.95

Traditional Pancakes

Maple Syrup, Creamery Butter
11.95

Breakfast Skillet

Scrambled Eggs over Home Fried Potatoes, Ham, Peppers, Onions, Cheddar Cheese
16.95

Cohen's Bagel & Lox

Tomatoes, Capers, Red Onion, Whipped Dill Cream Cheese, Meyer Lemon Oil
19.95

Avocado Toast

Smashed Avocado, Fried Egg, Red Onion, Black Himalayan Salt, Meyer Lemon Oil, Wheatberry Bread
15.95

Add Prosciutto | 4.95

Add Smoked Salmon | 4.95

Classic Egg Benedict

Poached Eggs, Canadian Bacon, Asparagus Spears, Toasted English Muffin, Hollandaise Sauce
17.95

Smoked Salmon-Avocado Benedict

Hollandaise Sauce
19.95

Lobster Benedict

Hollandaise Sauce
26.95

Daybreak Sandwich

Two Fried Eggs, Cheddar Cheese, Bacon, Plain Cohen's Bagel
13.95
Add Avocado | 4.95

EGGS

Served with breakfast potatoes & choice of toast (White, Wheatberry, Rye)

Two Eggs as You Wish | 11.95

Two Egg Omelet

Includes Cheese: Cheddar, Swiss, Goat Cheese
13.95

Additions:

Mushrooms, Peppers, Asparagus, Tomato, Onion, Spinach Applewood-Smoked Bacon, Ham, Pork Sausage, Chicken-Apple Sausage | .75 each

Smoked Salmon | 4.95

Fresh Lobster | 12.95

1 Egg | 2.95

Avocado | 4.95

Substitutions:

Egg Whites or Cholesterol-Free Egg Beaters | 12.95

Berries for Breakfast Potatoes | 15.95

Spinach for Breakfast Potatoes | 14.95

SIDES

Local "Cohen's" Bagel

Cream Cheese
6.55

Breakfast Pastry From Our Bake Shop

Two per order, our daily selection
6.95

English Muffin | 4.55

Seasonal Mixed Berries | 8.95

Seasonal Fresh Fruit | 5.95

Fresh Salt Parfait

Greek Yogurt, House-Made Granola Fresh Fruit and Berries
11.95

Side Orders

Applewood-Smoked Bacon, Canadian Bacon, Chicken-Apple Sausage, Pork Sausage
6.95

BREAKFAST CEREAL

Steel Cut Organic Oatmeal

Brown Sugar, Raisins, Cinnamon
11.95

Assorted Breakfast Cereals | 7.95

Additions & Substitutions:

Almond or Soy Milk | .95

Bananas or Strawberries | 2.95

BEVERAGES

Coffee, Tea, & Espresso

Lighthouse Columbian Blend Coffee | 4.55

Steep Cafe by Bigelow Tea | 5.95

Cappuccino | 4.95

Latte | 4.95

Single Espresso | 3.95

Double Espresso | 5.95

Breakfast Specialty Drinks

Bloody Marys, Bellinis & Mimosas

Monday-Saturday from 9:00 am

Sunday from 11:00 am

Juice

Fresh Orange Juice | 6.95

Cranberry, Pineapple, Tomato, Grapefruit, Apple | 4.95

All items are available "To Go"

If you have special dietary needs or allergies, please let a member of our staff know. Thoroughly cooking meats, poultry, seafood shellfish or eggs reduces the risk of illness.

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

Fresh Salt at Saybrook Point Resort & Marina | Saybrook.com