

## STARTERS

### Regional Clam Chowder

New England  
Rhode Island **GF** | **DF**  
"Fresh Salt" Style (blend of both)  
cup 9.95 | bowl 13.95

### Italian Sausage & Autumn Squash Meatballs

Spinach, Butternut, Crostini  
Parmesan Cream Sauce  
(Omit Crostini for **GF**)  
16.95

### Fresh Salt Sriracha Calamari

Sweet Chili Glaze, Sweet Peppers  
Scallions, Sesame Seeds, Wasabi  
18.95

### Fried Calamari

Served with Marinara & Lemon  
16.95

### Artisanal Cheese Board\*\*

Chef's Selection of Local Cheeses  
Dried Fruit Compote, Crisp Apple  
Roasted Almonds, Toasted Baguette &  
Cranberry Walnut Crostini  
18.95

### Add Charcuterie

Genoa Salami, Soppressata, Prosciutto  
10.95

### Field Green Salad **GF** | **DF** | **V**

Carrots, Tomato, Red Onion  
Cucumber Radish, Carrot Ginger Dressing  
11.95

### Romaine, Radicchio & Baby Kale Caesar Salad

Romaine Hearts, Parmigiano Shavings  
White Anchovies, Brioche Croutons  
Classic Dressing  
14.95

### Autumn Cobb Salad **GF**

Hearty Greens, Apple  
Sweet Potatoes, Walnuts  
Goat Cheese, Roasted Chicken, Bacon  
Pomegranate, Apple Cider Vinaigrette  
19.95

### Steamed PEI Mussels

Whiskey-Poblano Cream Sauce  
Sweet Corn, Scallions, Cilantro  
Grilled Cornbread Crostini  
16.95

### Add to Any Salad

Grilled Chicken **GF** | **DF** 8.95  
Grilled Shrimp **GF** | **DF** 5.95 ea.  
Grilled Salmon **GF** | **DF** 9.95  
Prosciutto **GF** | **DF** 4.95  
Butter Poached Lobster 5-oz. **GF** 29.95  
Avocado Half **GF** | **DF** 4.95  
Liuzzi's Burrata **GF** 6.95

## FRESH SALT SPECIALTIES

### Fresh Salt Cioppino **DF**

Shrimp, Scallops, Calamari  
Mussels, Swordfish, Tomato, Capellini  
Lobster-Saffron Essence, Crostini  
32.95 | 39.95

Substitute

Fresh Spinach for Pasta 4.95

### Ancho Chile Glazed

#### North Atlantic Salmon Filet\* **GF** | **DF**

Roasted Poblano & Sweet Potato Hash  
Apple & Golden Raisins, Chorizo  
Toasted Pepitas, Sweet Onion Purée  
32.95

### Pan Seared Swordfish Steak **GF**

Pancetta, Squash Risotto, Sage, Leeks & Spinach  
Leek Oil, Red Wine Reduction, Crispy Leeks  
36.95

### Herb Roasted Coleman's Natural Half Chicken

Creamy Mashed Potatoes, Haricots Verts  
Roasted Shallots & Mushrooms, Herbed Chicken Jus  
29.95

### Cast Iron Seared 12-ounce Pork Chop **GF**

Mashed Sweet Potatoes, Crispy Shallots  
Brown Butter & Sage, Roasted Brussels Sprouts  
Bourbon Demi-Glace  
33.95

### House Aged 10-oz. CAB NY Strip\* **GF**

Herb & Garlic Roasted Fingerling Potatoes  
Grilled Asparagus, Roasted Garlic-Rosemary Butter  
39.95

### 14-oz. CAB Ribeye\* **GF**

Roasted Carrots, Crispy Potato Cake  
Marrow Bone, Red Wine Demi-Glace  
48.95

### Wild Boar Bolognese

Pancetta, Porcini Mushrooms  
Red Wine, Carrots, Parmigiano, Tagliatelle  
26.95 | 29.95

### Slow Roasted Butternut & Delicata Squash **GF** | **V**

Wild Rice, Dried Cranberries  
Roasted Beets, Sautéed Spinach, Parsnip Purée  
26.95

*Splitting an Entrée, Includes an Additional Side 7.95*

## SHELLFISH | RAW BAR\*

### Fresh Oysters **GF** | **DF** 3.95 each

Featuring our commitment to Cool Local Waters we offer a variety based on availability

### Littleneck Clams **GF** | **DF** 1.95 each

### Tuna Triangles **DF** 18.95

Tuna Tartare, Sushi Rice  
Ponzu Sauce, Pickled Ginger, Sriracha

### Ahi Tuna Poke Bowl **DF** 24.95

Jasmine Rice, Scallions, Pink Sea Salt  
Ginger Red Peppers Sesame Seeds, Avocado  
Edamame, Sea Vegetable, Carrot Crispy Red  
Onion, Sesame-Soy Dressing

### Fresh Salt Plateau **GF** | **DF**

Medium  
3 Clams, 3 Oysters, 3 Shrimp 33.95  
Large  
6 Clams, 6 Oysters, 6 Shrimp 64.95

### Shrimp Cocktail **GF** | **DF** 5.95 each

Extra-large, Poached in house-made Pickling Spice

## HAND HELDS

### Grilled Cheeseburger\*

½ Pound of Quality Beef, Toasted Potato Roll  
Lettuce, Tomato & Onion, Choice of Cheese  
18.95

### House-Made Black Bean Burger

Lettuce, Tomato, Red Onion  
Chipotle-Lime Aioli, Toasted Potato Roll  
(Omit Aioli and Roll for **V**)  
16.95

### Seared House-Made Salmon Burger

Lettuce, Tomato, Red Onion  
Dill Aioli, Toasted Brioche Roll  
21.95

### Grilled Chicken Panini

Zucchini, Smoked Cheddar, Arugula  
Pickled Red Onions, Chipotle Aioli, Ciabatta  
18.95

### Burger Additions

Fried Egg 1.95  
Bacon 2.95  
French Fries 2.95  
Sweet Potato Fries 3.95  
Truffle French Fries 5.95  
Half Avocado 4.95

*Served with Kettle Chips and Coleslaw*

## SANDBAR CLASSICS

### CT Lobster Roll

Warm Buttered Lobster  
Grilled New England Style Brioche Roll  
36.95

### Fish n' Chips

Batter Fried Fresh & Local Filet  
24.95

*Served with French Fries*

*Coleslaw, Tartar Sauce & Lemon*

## SIDES

Fresh Salt Kettle Chips **DF** 3.95  
Fresh Salt Parmigiano-Truffle Fries 9.95  
French Fries **DF** 5.95  
Sweet Potato Fries **DF** 6.95  
Coleslaw 4.95  
Sautéed Spinach Olive Oil & Roasted Garlic **DF** 8.95  
Creamy Mashed Potatoes **GF** 6.95  
Grilled Asparagus **GF** | **DF** 9.95  
Sliced Half Avocado **GF** | **DF** 4.95  
Roasted Brussels Sprouts **GF** 8.95



CHEFS  
Jeffrey Renkl | Monir | Bill Titus



*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 | **V** = Vegan | **DF** = Dairy Free | \*\* Contain Nuts

Fresh Salt at Saybrook Point Resort & Marina | Saybrook.com | 860.388.1111

## SPARKLING

**Gloria Ferrer Brut, Sonoma, CA**  
Delicate Pear & Floral Notes, Toasty Finish  
BTL 59

**Laurent-Perrier, Brut La Cuvée, FR**  
Lightly Toasty & Vibrant, Flavorful & Intense  
BTL 139

**Laurent-Perrier, Brut Rosé, FR**  
Intense Berry Flavor, Rounded Finish  
BTL 137

**Veuve Clicquot Yellow Label, FR**  
Tiny Bubbles & Fruit Forward  
BTL 109

**Taittinger Brut La Française**  
Delicate, Balanced and Excellent  
BTL129

**Frexinet Cava Brut Carta Nevada, SP**  
Medium Bubbles, Fresh Apple & Citrus Notes  
9 | BTL 34

**I Love You Prosecco, IT**  
Villa Jolanda Limited Edition, Charmat Method  
11 | 14 | BTL 43

**Segura Viudas Cava Brut Rosé, SP**  
Delicate & Crisp, Fresh & Fruity, Strawberry  
10 | BTL 39

**Acinum Prosecco Millesimato Rosé, IT**  
Soft Notes of Red Fruits, Very Fresh & Balance  
BTL 36

## PINOT GRIGIO

**Cavazza, 2019 Veneto, IT**  
Light Body, Delicate, Crisp & Mineral  
9 | 14 | BTL 34

**Angelini, 2019 Veneto, IT**  
Medium Body, Bone Dry, Refreshing  
11 | 16.50 | BTL 43

## SAUVIGNON BLANC

**Mud House, NZ**  
Clean & Crisp, Mild Effervescence  
10 | 15 | BTL 39

**Vette di San Leonardo, Trentino, IT**  
Great Mineral Complexity, Full Bodied  
BTL 59

**Lobster Reef, NZ**  
Bold Citrus, Intense Aromatics, Earthly  
BTL 47

**Matua, NZ**  
Citrus, Smooth Finish  
BTL 41

**Henry Bourgeois Les Baronnes Sancerre Loire, FR**  
Acidic and Mineral, A Classic Sancerre  
14 | 21 | BTL 55

## ROSÉ

**Grand Baillard, 1 liter, FR**  
Light, Dry, Fresh Finish  
BTL 44

**Terres de St. Louis, Provence, FR**  
Light, Dry, Bright Berry & Garrigue Notes  
10 | 15 | BTL 39

**Quinn Vin De Pays du Var, FR**  
Aromatic, Light, Dry, Peach, Grapefruit  
BTL 52

**Whispering Angel, Provence, FR**  
Balanced & Mouthwatering, Expertly Crafted  
BTL 59

## CHARDONNAY

**Joseph Drouhin Macon-Villages Burgundy, FR**  
Unoaked, Medium Body, Lean Acidity  
12 | 18 | BTL 46

**Simi Select, Sonoma, CA**  
Citrus, Apple, Pear, Vanilla  
BTL 43

**Merf, Columbia Valley, WA**  
Smooth, Rich, Balanced, Tropical Fruit Notes  
9 | 14 | BTL 35

**Sonoma Cutrer Russian River, CA**  
Aged Sur Lie in New French Oak, Luxurious  
16 | 24 | BTL 63

**Bramito, Umbria, IT**  
Clean, Unoaked Finish, Tropical & Citrus Fruit  
BTL 49

**Kendall Jackson Vintners Reserve, CA**  
Oak, Full Body, Buttery, Maritime Climate  
BTL 46

## PINOT NOIR

**Cloudline, Willamette Oregon**  
Intense Aromatics, Concentrated Fruit  
15 | 23 | BTL 59

**Découverte Vineyard, Résonance**  
Strawberry, Plum, Wild Cherry Aromas  
128

**Robert Mondavi, Private Selection Central Coast CA**  
Maritime Climate Produces Fresh Vibrant Fruit  
9 | 14 | BTL 35

**Gary Farrell, Russian River Valley, CA**  
Deep, Dark Color, Silky Tannins  
Darker, Fruit Flavors  
BTL 99

## MALBEC

**Gougenheim, Mendoza, AR**  
Rich & Smooth, Low Tannins, Aromatic  
10 | 15 | BTL 39

**Piattelli Reserve, Mendoza, AR**  
Purple in Color, Notes of Ripe Plum & Violet  
BTL 43

**Sylvestra, Familia Bressia, AR**  
Dark Ripe Juice, Good Acidity, Fruit Tannins  
BTL 56

## MERLOT

**Sterling, Vintner's Collection, CA**  
Rich Black Fruits, Spicy Oak Aroma, Silky Finish  
BTL 43

**The Velvet Devil, WA**  
Land-to-Hand Harvest, Bordeaux-style, Smooth  
9 | 14 | BTL 35

**Duckhorn, Napa, CA**  
Medium Body, Creamy Tannins  
Cassis, Plum, Vanilla  
BTL 129

**Silverado, Stags Leap District**  
Medium Bodied, Red Plum & Cherries Flavor  
BTL 99

## CABERNET

**Stags' Leap Winery, CA**  
Rich Dark Fruit Notes, Mouthwatering Finish  
BTL 152

**Bonanza, Wagner Family, CA**  
Dark Berries & Vanilla Flavors, Soft Tannins  
12 | 18 | BTL 47

**Steep Ridge, Lodi CA**  
Big and Bold, Hints of Cherry & Cassis  
9 | 14 | BTL 35

**Rodney Strong, Sonoma CA**  
Aged 16 Months, Rich, Black Pepper, Spicy Oak  
BTL 56

**B.R. Cohn, North Coast, CA**  
Cassis, Black Cherry Aroma, Smooth Tannins  
15 | 23 | BTL 59

**Groth, Napa CA**  
Full Body, Bold and Smooth Finish  
BTL 119

**Joel Gott 815, CA**  
Bold, Concentrated Black Fruit, Velvety Tannins  
BTL 59

**Caymus, Wagner Family, Napa CA**  
Balanced, Rich  
Expressive and Impressively Complex  
BTL 169

**Stags Leap Artemis, Napa CA**  
Full Body, Elegant, Effortlessly Smooth  
BTL 139

**Jordan, Alexander Valley, CA**  
Black Cherry, Boysenberry, Fig Aromas  
BTL 127

**Louis M. Martini, CA**  
Full Body, Long Graceful Finish, Distinct Oak  
BTL 49

## ITALIAN

**Castello Banfi Brunello di Montalcino, Toscana**  
Ruby Red, Vanilla, Hints of Licorice  
BTL 149

**Castello D'Albola Chianti Classico, DOCG Toscana**  
Lots of Earthy Notes, Nice Depth, Dry Finish  
12 | 18 | BTL 47

**Antinori, Tignanello, Toscana**  
Bright Ruby Red Fruit, Hint of Chocolate  
BTL 299

**Principi di Butera Nero D'Avola, Amira, Sicilia**  
Medium Body, Sweet Fruit, Dry Finish  
BTL 44

**Masseria Altemura, Sasseo Primitivo, Puglia**  
Intense Aromas of Red Fruits, Sweet Tannins  
BTL 52

**Barolo Tenute Neirano DOCG Piemonte**  
Fruity Red, Plum, Chocolate & Walnut Aromas  
BTL 119

**Amarone Classico Masi Costasera DOCG, Veneto**  
Impressive Complexity, Hints of Anise  
BTL 129

**Bruni, Mini Super Tuscan**  
Cabernet Sauvignon & Sangiovese  
Dense, Gorgeous Depth & Richness  
Soft Tannins  
9 | 14 | BTL 35

## INTERESTING WHITES

**Dr. Konstantin Frank Dry Riesling, CA**  
Ripe & Tropical, Fresh Citrus  
12 | 18 | BTL 47

**Albarino Veira de la Plata, SP**  
Light Body, Fresh & Crisp, Mineral & Lemon  
10 | 15 | BTL 39

**Bruni, Plinio, Vermentino, IT**  
Fresh, Full Bodied, Long Mineral Finish  
11 | 16.50 | BTL 43

**Beringer, White Zinfandel, CA**  
Youthful, Sweet, Aromatic Rosé Wine  
9 | 14 | BTL 34

**Palagetto Vernaccia San Gimignano, Tuscany, IT**  
Soft & Creamy, Long-Balanced Mouthfeel  
11 | 16.50 | BTL 43

**Stella Rosa, Moscato, Piemonte, IT**  
Pear & Apple Notes, Easy Drinking  
8 | 12 | BTL 30

**Statti Lamezia Greco Bianco Mantonico, IT**  
Almonds, Figs & Pears Flavors  
Exotic Fruit Nose  
BTL 36

**Chateau Bonnet, Bourdeaux Blanc, FR**  
Dry, Intense Tropical Aroma, Tangy Finish  
11 | 16.5 | BTL 43

## INTERESTING REDS

**Orin Swift, "Abstract", CA**  
Over 200 Unique Vineyard Sites  
Impossibly Complex  
BTL 79

**The Prisoner, Napa Valley CA**  
"Farm to Glass" Style Concentrated "Black" Blend  
BTL 109

**Josh Cellars, Legacy, CA**  
A Tribute by Winemaker Joseph Carr to his Father  
11 | 17 | BTL 43

**Hess Treo, Wine Makers Blend CA**  
Medium Plus Body, Soft Tannins for Easy Drinking  
13 | 19 | BTL 51

**Stags' Leap Petite Sirah**  
Black & Blueberry, Pepper Spice & Floral Notes  
BTL 99

**Quinta do Portal Colheita Duoro, Portugal**  
Full Bodied, Ripe Berry Aroma, Elegant Finish  
BTL 58

**Bogle, Zinfandel, Yolo CA**  
Old Vines with Low Yields  
Intense, Silky Smooth  
9 | 14 | BTL 35

**Chateau Malbat Bordeaux FR**  
Organic Grapes, Dense  
Spicy Wine Cabernet Lead  
10 | 15 | BTL 39

**Ridge, East Bench Zinfandel, Dry Creek, CA**  
Orange Peel-Blue & Black Berry Aromas  
Soft Finish  
BTL 82

**Paul Autard Châteauneuf-du-Pape, FR**  
Balanced, Elegant, Fresh & Pure Dark Berry Fruit  
BTL 129

## SPECIALTY COCKTAILS

**Autumn Spritz**  
Apfel, Jack Apple, Club Soda, Fresh Lemon  
16

**Smoked Margarita**  
Patron Silver Tequila, Smoked Maple Knob  
Creek Bourbon, Orange Bitters  
Maple Syrup, Fresh Lemon-Lime  
16

**Fig-Pear Mule**  
Figenza, Breckenridge Pear  
Fresh Lime, Ginger Beer  
16

**Pumpkin Biscotti White Russian**  
Mozart Pumpkin, Kahlua, Titos Vodka  
Biscotti Liqueur, Cream  
16

**Woodford in Manhattan**  
Woodford Bourbon, Woodford Cherry Bitters  
Carpano Antica Formula Vermouth  
19

**Caramel Apple Martini**  
Van Gogh Caramel Vodka  
Apfel Liqueur, Apple Cider, Cinnamon  
16

**Chipotle Cider Cocktail**  
House Made Chipotle Infused Tequila  
Cointreau, Fresh Lime  
Cinnamon-Sugar Rim  
16

**Maple Biscotti Old Fashion**  
Biscotti Liqueur, Knob Creek Smoked Maple  
Bourbon, Muddled Cherry and Orange  
16

**Pumpkin Pie Martini**  
Vanilla Vodka, Butter Shots  
Baileys, Kahlua, Mozart Pumpkin  
Splash Cream, Graham Cracker Rim  
16

**Red or White Sangria**  
12 | 16

## CONNECTICUT BREWS & CRAFT

Switchback Red Ale | 7  
Thimble Island American Ale | 7  
Thimble Island Ghost Double IPA | 7  
Two Roads Lil' Heaven | 7  
Two Roads Double IPA | 8

## OTHER

Bud Light | 5.75  
Coors Light | 5.75  
Corona Extra | 7  
Michelob Ultra | 5.75  
Heineken | 7.50  
Sam Adams Seasonal | 7.5  
Stella Artois | 7.5  
Guinness Draught | 9  
Truly Spiked Soda | 7.5  
N/A Athletic Run Wild | 6.5

**Choo Choo Lounge**  
Thursday – Sunday  
Offering over 65 Bourbons  
Whiskeys, Rye, Craft  
Cocktails and Food