



# Terra Mar

## Breakfast Menu

### ~ Fruits, Yogurt and Juices ~

Fresh Orange Juice \$3.95  
Apple, Cranberry, Grapefruit, V-8 and Pineapple juice \$3.00  
Stony Field Farm Organic, Reduced-Fat, Plain Yogurt \$3.50  
Mixed Fresh Berries \$6.50 Fresh Fruit Cup \$4.00

### ~ Entrées ~

All of our Egg dishes are prepared with Local Organic Eggs  
and are served with Herbed Breakfast Potatoes and Whole Grain Toast

Two Eggs, any style \$9

New England Country Omelet \$11  
*A Traditional favorite, made with Ham and Cabot Cheddar Cheese*

Marina Omelet \$11  
*A Savory Classic with Baby Spinach, Crimini Mushrooms and Creamy Brie Cheese*

Shrimp Omelet \$15  
*Sautéed Fresh Shrimp, Crisp Asparagus, Cherry Tomatoes and Mozzarella Cheese*

East Coast Western Omelet \$11  
*Roasted Red Pepper, Red Onions, Bacon and Cabot Cheddar Cheese*

Omelet's \$11 (Your Choice)  
*Cabot Cheddar Cheese, Brie Cheese, Mozzarella Cheese, Crimini Mushrooms, Sliced Cherry Tomatoes, Italian-Seasoned Roasted Tomatoes, Baby Spinach, Crisp Asparagus, Red Bell Pepper, Red Onion, Applewood Smoked Bacon, Ham or Sausage*

Daybreak Sandwich \$8.25  
*Two Fried Eggs, are topped with Applewood Smoked Bacon, Cabot Cheddar Cheese and served on a Toasted Ciabatta Roll with Herbed Breakfast Potatoes or Fresh Fruit Cup*

Italian Omelet \$12  
*Italian Seasoned Roasted Tomatoes, Fresh Basil and Creamy Mozzarella Cheese*

Norwegian Smoked Salmon Plate \$15  
*A Toasted Bagel and Cream Cheese with Capers, Chopped Red Onion, Sliced Roma Tomatoes, a Sliced Hard Boiled Egg and Fillets of Smoked Salmon make the perfect combination plate*

Terra Mar Pancakes \$11  
*Three Light and Fluffy Pancakes made from a variety of Healthful, Organic, Whole Grains and Flours are served with Real Maple Syrup from Vermont  
Add Fresh Blueberries \$3.50*

Toasted Almond French Toast \$11  
*Two slices of Buttery Brioche are dipped in an Almond, Cinnamon and Vanilla Batter, and topped with Toasted Almonds*

Organic Steele Cut Oatmeal \$9  
*Whole Grain, Steele-Cut Irish Oatmeal is prepared with Whole Milk and a touch of Brown Sugar, then topped with Toasted Pecans and a dollop of Winter Fruit Compote and a sprinkle of Cinnamon*

SPI Granola \$8  
*Homemade Maple Granola is served atop Stony Field Farms Organic Reduced-Fat Plain Yogurt and Fresh Blueberries*

### ~ Cold Cereals & Sides ~

*Special K • Raisin Bran • Cheerios • Rice Krispies \$5.00  
With Bananas \$6 With Berries \$7*

*Applewood Smoked Bacon, Canadian Bacon or Breakfast Sausage \$4.50  
English Muffin \$3 • Bagel \$3.50 Toast \$3 • Home Fried Potatoes \$3*

~ Fair Trade Organic Coffee ~  
\$2.75

~ Harney & Sons Herbal Teas ~  
\$3.00

Regular and Decaffeinated Available

Hot Chocolate \$3.25

Cappuccino \$5.50

Espresso \$4.00

Café Latte \$5.50

Mochaccino \$5.50

Regular and Decaffeinated Available

# Terra Mar

GRILL & BAR

## ~ Salads & Appetizers ~

Saybrook Point's New England clam chowder...\$8  
Our Classic Creamy Version, New England Style

Maine Lobster Bisque... \$9  
*Garnished with a Sherry Cream and Tarragon Lobster*

Starlight Gardens Organic Mesclun Greens... \$8  
*With Apples, Walnuts, Gorgonzola Cheese and  
Poppy Seed Dressing*

Two Guys From Woodbridge Bibb Lettuce Salad...\$9  
*D'Anjou Pears, Toasted Pecans, Goat Cheese and White Balsamic  
Lemon Vinaigrette*

Fresh Maine Lobster Salad... \$19  
*Classic Lobster Salad in a light Lemon-Celery Mayo  
Served On a Ciabatta Roll with Kettle chips or Over Greens*

Crab Cake...\$14  
*With Vegetable Slaw and a Caper-Lime, Cilantro Tartar Sauce*

Fried Calamari...\$10  
*With Crispy Zucchini and a Zesty Tomato-Citrus Vinaigrette*



# Terra Mar

GRILL & BAR

## ~ Sandwiches & Entrees ~

**Grilled Swordfish ...\$15**

*With Warm Beet and Fennel Salad and Ginger Vinaigrette,  
Sesame Seeds and Pea Shoots*

**Tuscany B.L.T....\$11**

*Applewood Smoked Bacon, Kalamata Olive Tapanade, Arugula and  
Tomatoes on toasted Tuscan Bread*

**Traditional New England Hot Lobster Roll... \$19**

*Sautéed Lobster in a New England Style Roll,  
Served with Vegetable Slaw and Terra Mar Kettle Chips*

**Open Face Sirloin Steak Sandwich...\$17**

*7 oz Black Angus Steak with sautéed Mushrooms, Balsamic  
Caramelized Onions and Gorgonzola Cheese on Tuscan Bread with  
French Fries*

**Maine Lobster Risotto...\$16**

*Risotto with fresh Maine Lobster Meat, Asparagus,  
Shitake Mushrooms and Basil*

**Yellowfin Tuna Sandwich... \$15**

*Seared Yellowfin Tuna, Wasabi Mayo, Ginger Seaweed Salad with  
House made Kettle Chips*

**SPI Chicken Panini... \$12**

*Grilled Chicken on Tuscan Bread with Roasted Tomatoes,  
Basil Pesto and Mozzarella Cheese*

**Terra Mar Burger... \$14**

*Grilled Black Angus Sirloin Burger on a Ciabatta Roll, topped with  
Applewood Bacon, Vermont Cheddar, Served with French Fries*

*All of our Sandwiches served with Vegetable Slaw and House-Made Kettle Chips, unless otherwise specified  
Split Entrée: \$3*

# Terra Mar

GRILL & BAR

## Dinner Menu

### ~Appetizers~

#### **New England Clam Chowder \$8**

*A Rich and Hearty Creamy Classic with Bacon, Clams and Potatoes*

#### **Maine Lobster Bisque \$9**

*Made with Brandy and Tarragon, topped with Sherry Cream*

#### **Shrimp Cocktail \$14**

*Three Jumbo Shrimp with a Traditional Cocktail Sauce, Lemon and Grissini Stick*

#### **Lobster Cavattapi \$15 Entrée \$30**

*Fresh Lobster, Shitake Mushrooms, Light Sherry Cheese Sauce*

#### **Oven Roasted Baby Brie \$12**

*Topped with Fig Chutney, Port Wine and Chestnut Honey with Crostini*

#### **Fall Bruschetta Sampler...\$11**

- Maple Caramelized Onions • Apple Goat Cheese • Olive Cinnamon and Ginger Tapanade

### ~Salads~

#### **"Two Guys from Woodridge Farm"**

*Organic Bibb Salad ...\$9*

*Crumbled Vermont Goat Cheese, Toasted Pecans, Pear d` Anjou,  
White Balsamic and Lemon Vinaigrette*

#### **"Starlight Gardens Farm" Organic Field Greens \$8**

*With "Lyman's Orchards" Apples, Candied Walnuts,  
Danish Blue Cheese and Poppy Seed Vinaigrette*

# Terra Mar

GRILL & BAR

## Dinner Menu

~ Entrées~

**Saybrook Point Inn Cioppino \$32**

*Shrimp, Stonington Scallops, Mussels and Calamari,  
In a Lobster Tomato and Saffron Broth over Cappellini with Tuscan Bread*

**Grilled Block Island Swordfish \$30**

*Over Parmesan Polenta with Artichoke Hearts, Cherry Tomatoes, Basil and  
Leek Compote with Truffle-Lemon Oil*

**Stonington CT Seared Sea Scallops \$30**

*With Sautéed Vegetables, Organic Pea Shoot Salad and Butternut Squash Ginger  
Sauce*

**Organic Roasted Chicken \$26**

*With Baby Potatoes, Carrots, Braised Swiss Chard,  
Roasted Tomatoes and Herb Shallot Au jus*

**8 oz. Center Cut Filet Mignon \$36**

*With Roasted Garlic Mashed Potatoes, Portobello Mushroom,  
Crumbled Goat Cheese, Port Wine Demi Glace*

**Thyme Roasted Pork Tenderloin \$30**

*With Rosemary Polenta, Julienne Vegetables,  
Local Apple and Black Fig Compote*

**Atlantic Salmon \$32**

*Pan Seared with Asparagus Risotto, Nicoise Olive Tapanade, Tomato Coulis and  
Basil Oil*

**Vegetarian Entrée \$20**

*Roasted Winter Vegetables and Herb Risotto,  
Turnips, Celeriac, Beets, Butternut Squash, Carrots and Roasted Pumpkin Seeds*



Thoroughly cooking Meats, Poultry, Seafood, Shellfish, or Eggs reduces the risk of food borne illness