

# Terra Mar

## ~ Fruits, Yogurt and Juices ~

Fresh Orange Juice \$3.95  
Juices \$3.00  
Stonyfield Farm Organic, 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 Breakfast Potatoes and Whole Grain Toast

### Two Eggs, any style \$9

### Farmhouse Omelet \$11

*A traditional favorite, made with Ham and Sharp Gruyere Cheese*

### Mariner's Omelet \$11

*Sausage, Roasted Red Peppers and Cabot Cheddar Cheese*

### Fenwick Omelet \$11

*Roasted Asparagus, Goat Cheese and Basil*

### Dock House Omelet \$11

*Roasted Wild Mushrooms, Herbs and Swiss Cheese*

### Omelets \$11 (Your Choice)

*Cabot Cheddar Cheese, Gruyere, Mozzarella Cheese, Goat Cheese, Mushrooms, Asparagus, Smoked Salmon, Roasted Red Peppers, Red Onion, Applewood Smoked Bacon, Ham or Sausage*

### Daybreak Sandwich \$8.75

*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*

### Smoked Salmon Plate \$15

*Fillets of Smoked Salmon are served with Capers, sliced Red Onion, slices of Roma Tomato, Hard Boiled Egg and a Toasted Bagel with Cream Cheese*

### Terra Mar Pancakes \$11

*Three Light and Fluffy Pancakes made from a variety of Organic Whole Grains and Flours served with Pure Vermont Maple Syrup  
Add Fresh Blueberries \$3.50*

### Cinnamon French Toast \$11

*French Baguette dipped in a Cinnamon Infused Batter grilled until golden and served with homemade applesauce and pure Vermont Maple Syrup.*

### Organic Steel Cut Oatmeal \$9

*Steel-Cut Irish Oatmeal is prepared with Whole Milk and a touch of pure Vermont Maple Syrup, then topped with Toasted Pecans and fresh Blueberries*

### Homemade Organic Granola \$8

*Homemade Vanilla-Almond Granola is served with Low-Fat Stoneyfield Farms Organic Yogurt and Fresh Blueberries*

## ~ Cold Cereals & Sides ~

*Special K · Raisin Bran · Cheerios \$5.00*

*With Bananas \$6 with Berries \$7*

*Applewood Smoked Bacon, Canadian Bacon or Breakfast Sausage \$4.50*

*English Muffin \$3 · Bagel \$3 · Toast \$3 · Home Fried Potatoes \$3*

## Coffee & Teas

Fair Trade Organic Coffee \$2.75  
Assorted Bigelow Teas \$2.75  
Hot Chocolate \$3.25

## Espresso Drinks

Espresso \$4.00  
Cappuccino \$5.00  
Café Latte \$5.00  
Mochaccino \$5.00



# Terra Mar

## Lunch Menu

### ~Appetizers~

*Saybrook Point's New England Clam Chowder...\$7*  
Classic Creamy Style

*Maine Lobster Bisque...\$7*  
Garnished with a Tarragon Lobster and Sherry Cream

*Shrimp Cocktail...\$12*  
Three Jumbo Shrimp with Cocktail Sauce, Grissini Stick and Lemon

*Crab Cake...\$12*  
With Vegetable Slaw and Cilantro Tartar Sauce with hints of Caper and Lime

*Fried Calamari...\$9*  
With Crispy Zucchini and a Zesty Tomato-Citrus Vinaigrette

### ~Salads~

*"Two Guys from Woodbridge Farm"*  
*Organic Bibb Salad* \$9  
With Crumbled Vermont Goat Cheese, Toasted Pecans, Pear d` Anjou,  
White Balsamic Lemon Vinaigrette

*"Starlight Gardens Farm" Organic Field Greens* \$8  
With "Lyman's Orchards" Apples, Candied Walnuts,  
Danish Blue Cheese and Poppy Seed Vinaigrette



Thoroughly Cooking Meats, Poultry, Seafood, Shellfish  
Or Eggs Reduce The Risk Of Foodborne Illness

# Terra Mar

## Lunch Menu

### *~Sandwiches & Entrees~*

#### **Salmon Burger ...\$14**

*Atlantic Salmon topped with Sliced Cucumbers and Caper-Tarragon Sauce on a Kaiser Roll, served with Kettle Chips*

#### **Portobello Mushroom Sandwich...\$12**

*Balsamic Roasted Portobello Mushroom topped with Roasted Red Peppers and Fresh Mozzarella Cheese on a Kaiser roll, served with Kettle Chips*

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

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

#### **Fresh Maine Lobster Salad... \$19**

*Chilled Lobster tossed in a light Lemon-Celery Mayonnaise  
Served either on a Ciabatta Roll with Kettle Chips or over Greens*

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

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

#### **Stonington Scallops...\$16**

*Pan Seared with Butternut Squash, Ricotta Cheese and Toasted Pumpkin Seeds  
Over Pennette Pasta*

#### **Rock Shrimp and PEI Mussels Risotto Milanese...\$16**

*Fresh Rock Shrimp and PEI Mussels sautéed with Sweet Peas and Tomatoes,  
In a Saffron Risotto*

#### **Yellowfin Tuna Burger...\$15**

*Encrusted with Sesame Seeds, topped with Ginger, Wasabi Mayonnaise and Seaweed Salad, On a Kaiser roll, Served with Kettle Chips*

#### **Italian Panini... \$10**

*Prosciutto di Parma, Tomatoes, Roasted Red Peppers, Basil Pesto and  
Fresh Mozzarella Cheese, served with Kettle chips*

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

*Grilled Chicken Breast with Roasted Tomatoes, Basil Pesto and Fresh Mozzarella Cheese, served with  
Kettle Chips*

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

*Grilled Black Angus Sirloin Burger with Vermont Cheddar and Applewood Bacon on a Ciabatta Roll  
with Lettuce, Sliced Tomato and Onions, Served with French Fries*

# Terra Mar

GRILL & BAR

## Dinner Menu

### *~Appetizers~*

New England Clam Chowder \$8

**A Rich and Hearty Creamy Classic**

*Maine Lobster Bisque \$9*

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

Shrimp Cocktail \$12

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

PEI Mussel Bruschetta \$12

*Sautéed Mussels with Niçoise Olives, Cherry tomatoes, Garlic, Fresh Herbs, Virgin Olive Oil and Arugula on Grilled Ciabatta Bread*

White Polenta Fries \$9

**Polenta Fries, with Roasted Chestnut Aioli and Mixed Candied Nuts**

*Scallops and Bacon \$14*

*Seared Stonington Scallops with Black Pepper Encrusted Bacon, Apple Tempura and Beet-Cabernet Vinaigrette*

**Baked Baby Brie \$10**

*Baked Baby Brie topped with Apple Chutney, Chestnut Honey and Crostinni*

**Tuna Tartare \$13**

*Sushi Grade Tuna with Cucumbers, Wasabi Lime Vinaigrette, Seaweed Salad, and Sesame Seed Tuile*

### *~Salads~*

***“Two Guys from Woodbridge 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*

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# Terra Mar

GRILL & BAR

## Dinner Menu

~ Entrées ~

Saybrook Point Inn Cioppino \$32  
*Shrimp, Stonington Scallops, Mussels and Calamari*  
**in a Lobster Tomato Saffron Broth over Cappellini with Tuscan Bread**

Chatham Cod Fillet \$28  
**Mussels, Baby Bok Choy, Roasted Tomatoes, Potatoes and Saffron Broth**

Grilled Atlantic Swordfish Provençal \$29  
*Over Parmesan Polenta, served in a Provençal Sauce with Tomatoes, Capers, Olives, Fennel and Fresh Garlic*

Pumpkin Ravioli \$24  
*Pumpkin filled Raviolis with Walnuts and Black Mission Figs in a Sage Sherry Cream*

Stonington CT Seared Sea Scallops \$28  
**With Beet, Sweet Potato and Apple Hash, Butternut Squash Ginger Sauce, Pumpkin Seed Oil and Roasted Pumpkin Seeds**

Organic Roasted Tuscan Chicken \$26  
*Parmesan Polenta, Mixed Vegetables, and Tuscan Style Sauce*

All Natural Veal Ossobuco \$36  
**Roasted Veal Shank, Served with Parmesan Risotto, and Wild Mushroom Au jus**

12oz Painted Hills Farm NY Strip Steak \$34  
**With Mashed Potatoes, Roasted Portobello Mushrooms, Asparagus and Gorgonzola Demi Glaze**

Grilled Organic Pork Chop \$29  
*Grilled Pork Chop with Cranberry & Pistachio Wild Rice with an Apple Fennel Cream*



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# Terra Mar

## Dessert Menu

### **Chocolate and Cherries \$9**

*Flourless Chocolate Cake, studded with Sundried Cherries accompanied by housemade Cherry Sorbet and finished with a Balsamic Cherry Drizzle.*

### **Tahitian Vanilla Panna Cotta \$9**

*A Delicate Vanilla Custard served with a Vanilla infused Blackberry Compote.*

### **Coconut Flan \$9**

*Served atop a toasted Coconut Macaroon, served with Carmel Sauce.*

### **Key Lime Cheesecake \$9**

*Cool and Refreshing, Served with a medley of Tropical Fruit.*

### **Grand Marnier Parfait \$9**

*Fresh seasonal Fruit with a touch of Grand Marnier, layered with moist sponge cake and sweetened whipped mascarpone.*

### **Connecticut Cheese Plate \$12**

*A selection of local Artesian cheeses. Your server will describe today's selection*

### **Gelato and Sorbet \$8**

*Gelato and Sorbet from Award Winning Gelato Giuliana*

**Gelato**  
Vanilla  
Chocolate  
Caramel  
Coconut

**Yogurt Gelato**  
Blueberry  
Raspberry

**Sorbet**  
Raspberry  
Lemon