



Terra Mar

BREAKFAST MENU

~ Fruits, Yogurt and Juices ~

Fresh Squeezed Orange Juice \$3.95
Cranberry, Pineapple, Grapefruit, Apple or V-8 Juice \$3.00
Low-Fat Yogurt \$3.50
Mixed Fresh Berries \$6.50 Fresh Fruit Cup \$4.00

~ Entrées ~

All of our Egg dishes are prepared with Organic Eggs from Connecticut and are served with 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 made with Sautéed Cimini Mushrooms and Gruyere Cheese

Shrimp Omelet \$15
A delightful combination of Crisp Asparagus, Sautéed Fresh Shrimp and Mozzarella Cheese

Fine Herbs Omelet \$11
Fresh Parsley, Chives, and Tarragon give this Fluffy Omelet a delicate and Fresh Flavor

Omelet's \$11 (Your Choice)
Cabot Cheddar Cheese, Gruyere Cheese, Mozzarella Cheese, Cremimi Mushrooms, Sliced Cherry Tomatoes, Italian-Seasoned, Roasted Red Tomatoes, 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 Breakfast Potatoes or
Fresh Fruit Cup*

Italian Garden Frittata \$12
A Fluffy open-faced dish prepared with Italian-Seasoned, Roasted Red Tomatoes, Crispy Asparagus and Creamy Mozzarella Cheese

Norwegian Smoked Salmon Plate \$15
A Toasted Bagel and Cream Cheese with Capers, Chopped Red Onion, Sliced Cherry 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*

Vanilla Custard French Toast \$11
Two slices of Buttery Brioche are dipped into our Cinnamon and Vanilla- Bean Batter and served golden from the griddle with Homemade Strawberry-Banana Compote

Organic Steele Cut Oatmeal \$9
Whole Grain, Steele-Cut Irish Oatmeal is prepared with Dried Cherries and Whole Milk and lightly sweetened with a touch of Brown Sugar, then topped with sliced, Toasted Almonds and a Sprinkle of Ground Cinnamon

Terra Mar Granola \$8
Homemade Honey and Spice Granola is served atop Reduced-Fat Yogurt and finished with 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 ~
Bigelow Herbal and Regular Teas ~
Coffee/Tea \$2.75
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

GRILL & BAR LUNCH MENU

~ Salads & Appetizers ~

Saybrook Point's New England Clam Chowder...\$8

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

Muscling Greens... \$8
With Apples, Walnuts, Gorgonzola Cheese, and Poppy Seed Dressing

PEI Mussels... \$9
Poached with Leeks, Tomato, Garlic, Fresh Herbs, and White Wine

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

Fried Calamari...\$19
Tossed with Arugula, Crispy Zucchini, and Zesty Tomato-Citrus Vinaigrette

Jumbo Grilled Shrimp & Arugula Salad... \$14
With Goat Cheese, Mandarin Oranges, Toasted Pine Nuts, and Citrus Vinaigrette

~ Sandwiches & Entrees~

Risotto with Roasted Tomatoes, Asparagus and Parmesan... \$10

Grilled Cheese Tomato and Arugula Sandwich... \$9
Sharp Vermont Cheddar Cheese, Tomato, and Arugula Pesto on Tuscan Bread

Traditional New England Lobster Roll... \$18
Vegetable Slaw and Terra Mar Kettle Chips

Fresh Maine Lobster Salad... \$18
Classic Lobster Salad in a light Lemon-Celery Mayo over Greens or served on a Ciabatta Roll With Kettle chips

Wild Mushroom Ravioli \$12
Lightly sautéed Artichoke Hearts, Grape Tomatoes, Garlic, Basil and Extra Virgin Olive Oil

6 oz. Atlantic Grilled Swordfish Sandwich... \$17
Served on a Ciabatta Roll Topped with Lettuce, Tomato, Avocado and a Cilantro-Lime Mayo

Grilled Chicken Panini... \$11
Served on Tuscan Bread with Roasted Tomatoes, Basil Pesto and Mozzarella Cheese

Terra Mar Burger... \$12
Black Angus Sirloin Burger served on a Ciabatta Roll and topped with Applewood Bacon, Vermont Cheddar, and served with French Fries and Cole Slaw*

All of our Sandwiches served with Orzo Salad

* Thoroughly Cooking Meats, Poultry, Seafood, Shellfish Or Eggs Reduces The Risk Of Food-Born Illness

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

"Fish and Chips" \$13

Cod Brandade, Yuca Chips, Tomato-Olive Oil Puree

Home Made Duck Confit Ravioli \$14

Duck Confit, Prune and Mascarpone Raviolis in a Roasted Walnut and Sage Cream

Shrimp Cocktail \$14

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

Lobster Cavattapi \$15 Entrée \$30

Lobster Meat, Shitake Mushrooms, Light Sherry Cream

Oven Roasted Baby Brie \$12

Fig Chutney, Port Wine, Chestnut Honey and 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

~ 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

Truffled White Polenta, Artichoke Hearts, Cherry Tomatoes, Basil, and
Leek Compote with Saffron-Oil

Atlantic Halibut \$32

Olive Oil Poached with Clams, Baby Bok Choy, Tomato, Garlic and Nicoise Olive
Sauce

Stonington CT Seared Sea Scallops \$30

Sauteed Vegetables, Organic Pea Shoot Salad and Butternut Squash Ginger Sauce

Organic Roasted Chicken \$26

Organic Roasted Chicken with Baby Potatoes, Carrots, Braised Swiss Chard, Roasted
Tomatoes and Herb Shallot Au jus

8 oz. Center Cut Filet Mignon \$36

Roasted Garlic Mashed Potatoes, Roasted Chanterelle Mushrooms, Cognac Cherry Demi Glace and a Wedge of Roquefort Encrusted Goat Cheese

Organic Veal Rack Chop \$38

Herbed Marinated with Rosemary Polenta and a Local Apple and Black Fig Compote

Seared Wild Sea Bass \$34

Smoked Trout and Mascarpone Risotto, Truffled Fennel Sauce

Vegetarian Entrée \$20

White Sweet Potato Cake, Roasted Shitake Mushrooms, Organic Local Pea Shoot Salad and Butternut Squash Puree with Roasted Pumpkin Seed Pesto

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

DESSERT MENU

Poached Seckel Pear \$9

Nestled into an Almond Financier, Served with Raspberry Sorbet and Caramel

Sticky Toffee Pudding Cake \$9

Classically British, moist and warm, served with Vanilla and Toffee Sauces

Chocolate Walnut Torte \$9

Warm and Goopy with a Touch of Cognac, presented in a Delicate Pastry Purse

Crème Brulee \$9

Vanilla Crème Brulee infused with Cinnamon, Cardamon and Ginger

Carrot Cake \$9

Our rendition of a favorite, with Cream Cheese Frosting and Cinnamon Orange Sauce

Warm Apple Crisp \$9

Served warm with Vanilla Gelato and Calvados Caramel Sauce

Gelato and Sorbet \$8

Gelato and Sorbet from Award Winning Gelato Giuliana

Gelato

Vanilla
Chocolate
Caramel
Coconut

Gelato Yogurt

Peach
Blueberry

Sorbet

Raspberry
Lemon
Lime

LOUNGE MENU

~ Salads and Starters ~

Saybrook Point's Clam Chowder ...\$8

Maine Lobster Bisque...\$9

Made with Brandy and Tarragon, topped with a Sherry Cream

Organic Field Greens Salad...\$8
Tossed in a Poppy Seed Dressing with Candied Walnuts, Gorgonzola and Apples

Oven Roasted Baby Brie \$12
Topped with a Pear-Ginger Relish and Toasted Almonds, Served with Crostini

Shrimp Cocktail...\$14
The Classic Sauce, Lemon and a Grissini Stick

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

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

Seafood Salad... \$16
Chilled Calamari, Shrimp and Scallops tossed with Organic Greens, Cucumbers and Tomatoes
In a Virgin Olive Oil with Lemon and Spring Garlic

~ Light Fare ~

Caesar Salad...\$8
With Grilled Chicken...\$13
With Grilled Shrimp...\$16

Traditional Sautéed Lobster on Toasted New England Roll...\$19 / Double...\$34
Served with Terra Mar Kettle Chips and a Vegetable Slaw

Fresh Maine Lobster Salad...\$19
Classic Lobster Salad in a light Lemon-Celery Mayo
served over Greens Or on a Ciabatta Roll with Kettle Chips

Yellowfin Tuna Sandwich...\$15
Seared, Yellowfin, Tuna, Steak,
With Ginger Seaweed Salad and a Wasabi Mayo

Grilled Chicken Panini...\$11
Served on Tuscan Bread with Roasted Tomatoes, Basil Pesto,
and Mozzarella Cheese

Terra Mar Burger.... \$14
Black Angus Sirloin Burger on a Ciabatta Roll topped with
Applewood Bacon, Vermont Cheddar, Lettuce and Tomato,
Served with French Fries and Vegetable Slaw