

Fresh Salt ALL DAY MENU

FRI - SAT 11:30 - 10:00 | SUN 12:30 - 9:00 | MON - THURS 11:30 - 9:30

RAW BAR

Local Oysters 3.5 each

Featuring our commitment to native waters, we offer Copsps Island, Niantic Bay, Noank, and Indian River Oysters based on availability

Littleneck Clams 1.95 each

Shrimp Cocktail 4.5 each

Extra Large, House-Made Pickling Spice

Fresh Salt Plateau 49

6 Clams, 6 Oysters, 3 Shrimp

Sushi Tuna Triangles 14.95

Tuna Tartare, Sushi Rice, Ponzu Sauce

Pickled Ginger, Sriracha Mayo, Wasabi Mayo

SOUP & SALAD

Clam Chowder Selections Cup/Bowl
Fresh Salt Style, New England 8.95/10.95
or Rhode Island

Butternut Squash Bisque GF V DF
8.95/10.95

Toasted Sunflower Seeds

Four-Bean Salad GF V 13.95

Cranberry Beans, Butter Beans, Garbanzo Beans
Baby Kale, Edamame, Pickled Red Onion
Passion Fruit Vinaigrette

Traditional Cobb Salad GF 14.95

Romaine, Diced Chicken, Chopped Egg, Bacon, Avocado
Tomato, Crumbled Gorgonzola, Light Buttermilk Dressing

Heirloom Tomatoes & Fresh Mozzarella GF 13.95

Thickly-Sliced Tomato and Local Mozzarella
Red Onion, Balsamic Reduction
Extra Virgin Olive Oil, Garden Basil
Foggy Harbor Black Currant Vinaigrette

Maine Lobster Salad GF 29.95

Hand-Picked Maine Lobster, Avocado
Field Greens, Lemon-Balsamic Vinaigrette

Classic Caesar Salad 12.95

Romaine Hearts, Shaved Brioche Croutons
Parmigiano, Anchovy, Classic Dressing

Add Grilled Items to Any Salad:

▤ Sautéed Colossal Shrimp 4.5 each

▤ Grilled Chicken Breast 4.95

Field Green Salad GF 9.95

Blackberry-Pepper Vinaigrette

SIDES

Fresh Salt Kettle Chips with Malt 3.95

Truffled Parmesan French Fries 9.95

French Fries 4.95

Cole Slaw 1.95

Sweet Potato Fries 7.95

CUSTOM HAMBURGER

Certified Angus Hamburger on a Potato Roll 13.95
Served with Fresh Salt Kettle Chips

Half-Pound of Outstanding Quality Beef
Lettuce, Tomato, Cole Slaw

Sub French Fries + 2.95

Sub Truffle Fries or Sweet Fries + 3.95

Add to Hamburger

▤ Cabot Creamery Cheddar Cheese + 1.95

▤ Applewood-Smoked Bacon + 2.95

▤ Add Fried Egg + 1.95

FLATBREAD PIZZA

Plum Tomato & Cheese 14.95

Liuzzi Mozzarella, Olive Oil, Basil, Parmigiano

Add Any Toppings to Flatbread plus 2.95 each

▤ Sautéed Colossal Shrimp

▤ Grilled Chicken Breast

▤ Grilled Vegetables

▤ Applewood-Smoked Bacon

SANDWICHES

SERVED WITH FRESH SALT KETTLE CHIPS

Sub French Fries + 2.95

Truffle Fries or Sweet Potato Fries + 3.95

Blackened Chicken Wrap 15.95

Salsa Cruda, Cheddar-Jack Cheese, Cole Slaw

Loaded Grilled Cheese 13.95

Brie, Cheddar, Fontina, Parker House Brioche

Add to Grilled Cheese

▤ Sliced Tomato .95

▤ House Made Guacamole 2.95

▤ Applewood-Smoked Bacon 2.95

▤ Fried Egg 1.95

Connecticut Lobster Roll 29.95

Warm Buttered Lobster, Grilled New England Style Roll

FRESH SALT SPECIALTY

Fish & "Chips" 19.95

Hand-Breaded Fresh Cod Fillet, Cole Slaw
Sriracha Aioli, French Fries

Seaside Platter 24.95

Two Golden Brown Scallops, Oysters, Shrimp
Zucchini, Peppers, Generous Helping Calamari
Cole Slaw, Fresh Salt Kettle Chips

Traditional Calamari 13.95

Fresh Salt-Sriracha Calamari 15.95

Sweet Chili Glaze, Scallions, Spicy Cherry Peppers
Julienne Fresh Vegetables

FRESH SALT AT THE SAYBROOK POINT INN & SPA | SAYBROOK.COM

All Items Are Available "To Go"

If you have special dietary needs or allergies, please let a member of our staff know.

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

Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness.

Fresh Salt WINE & SPIRITS

CHAMPAGNE & SPARKLING WINES

	BTL	5oz
Prima Perla Prosecco, Italy	38	10
Frexinet Carta Nevada, Cava, Spain	34	9

PINOT GRIGIO

	BTL	6oz/9oz
Angelini, 2015, Veneto, Italy	34	9/14
Cavazza, 2016, Veneto, Italy	38	10/15

SAUVIGNON BLANC

Les Roches Tourain, 2015, Loire, FR	34	9/14
Oyster Bay, 2016, Marlborough, N. Zea	42	11/17
Henry Bourgeois, 2015, Sancerre, FR	54	14/21

CHARDONNAY

William Hill, 2015, Central Coast, CA	34	9/14
Joseph Drouhin Macon-Villages, 2015, Burgundy	46	12/18
Sonoma Cutrer, 2015, Russian River, CA	62	16/24

INTERESTING WHITES

Züm, Reisling, 2015, Mosel, Germany	34	9/14
Moscato Beringer	34	9/14
Albarino – Bodegas Nates, 2015, Cantabria, Spain	39	10/15
White Bordeaux, Chateau Bonnet, 2015, FR	39	10/15

ROSÉ

Torres de Saint Louis, 2016, Provence, FR	34	9/14
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PINOT NOIR

Robert Mondavi, Private Selection, Cent. Coast, CA	34	9/14
Gerard Bertrand, 2015, Burgundy, FR	49	13/20
Cloudline, 2015, Willamette, Oregon	58	15/23

MERLOT

Grayson, 2015, CA	34	9/14
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CABERNET & BLENDS

14 Hands, 2014, Columbia Valley, WA	34	9/14
Louis M. Martini, 2014, CA	46	12/18
Joel Gott, 2014, CA	58	15/23

MALBEC

Gouguenheim, 2016, Mendoza, Argentina	34	9/14
Ique, 2016, Mendoza, Argentina	42	11/15

ZINFANDEL & BLENDS

Josh Cellars, Legacy, 2014, CA	42	11/17
Renwood, Old Vines, 2014, CA	46	12/18
Hess Treo, 2013, CA	59	13/19

CONNECTICUT BREWS & CRAFT 6.50

Naughty Nurse Amber Ale	
Mystic Bridge I.P.A.	
Thimble Island Coffee Stout	
Thimble Island American Ale	
Thimble Island Ghost Double IPA	7.5
Night Swim'ah, Revival Brewing Co, RI	8.5
Boom! Citra Laka Double IPA	12

OTHER BEER

Budweiser	5.5
Sam Adams Seasonal	6.5
Guinness Draught	6.95
Stella Artois	6.5
Corona	6.5

HARD CIDER

Downeast Original Blend	6.5
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LIGHT BEERS 5.50

Bud Light
Coors Light
Michelob Ultra

NON ALCOHOLIC

Clausthaler	5.5
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MARTINIS

Fresh Saltini	12.95
Muddled Mint-Blackberries, St. Germaine	
Svedka, Champagne	

Sannotini	12.95
Pearl Pomegranate Vodka, Pama Liqueur	
Pome Juice, Orange Garnish	

Pumpkintini	12.95
Fultons Harvest Pumpkin Pie Cream, Pearl Pumpkin Spiced Vodka	
Svedka, Brown Sugar-Nutmeg-Cinnamon Rim	

Chocolate Inferno	14.95
House Made Chipotle Infused Karma Tequila, Bicerin Chocolate	
Marybelle Aztec Chocolate Rim	

The Reserve Manhattan	14.95
Woodford Reserve Bourbon, Carpano Sweet Vermouth	
Woodford Reserve Spiced Cherry Bitters	

COCKTAILS

Jacked Up Cider	11.95
Jack Daniels Tennessee Fire, Jack Daniels Tennessee Honey	
Fresh Lemon Juice, Apple Cider	

Kentucky Mule	12.95
Knob Creek Bourbon, Lime Juice, Goslings Ginger Beer	

Irish Apple	11.95
Jameson Irish Whiskey, Arrow Sour Apple, Gingerale	

Patron Incendio Coffee	12.95
Patron XO Cafe Incendio, Cold Pressed Coffee	

High West Boulevardier	12.95
High West Double Rye, Aperol Apertif, Carpano Sweet Vermouth	

Autumn Fizz	10.95
Champagne, Salted Caramel Vodka, Apple Cider	
Cinnamon-Sugar Rim	

SPECIALTY DRINKS

Anna's Creamy Limoncello	10.95
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Anna's Creamy Orangello	10.95
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Hot Karma Margarita	13.95
Smoked Chipotle Chili Peppers Infused,	
Karma Silver Tequila, Ct Made Ripe Margarita Mix	
Black Hawaiian Sea Salt	

Angelic Old Fashion	16.95
Angels Envy Bourbon, Demerara Simple Syrup,	
Soda, Muddled Woodford Bourbon Cherry-Orange	

Cold Brew Nutty Irishman	12.95
Baileys, Jameson, Frangelico, Cold Brew Coffee	

Cold Brew Baileys Almande	10.95
Baileys Almande, Gluten Free Dairy Free Almond Milk Liqueur	