

Fresh Salt BREAKFAST MENU

EGGS

Home Fries, Choice of Seven-Grain, Rye or White
Egg Whites or Egg Beaters, add 1.95
English Muffin add .95
Bagel add 1.95

Two Eggs, "As you Wish" 11.95

Three Egg Cheese Omelet 12.95

Cheddar, American, Mozzarella, Swiss
Additional Toppings Plus .50 Each
Mushrooms, Peppers, Asparagus, Tomato
Onion, Spinach, Applewood Bacon
Ham, Pork Sausage, Smoked Salmon

Side Orders 4.95

Bacon, Canadian Bacon
Chicken-Apple Sausage, Pork Sausage

FROM THE GRIDDLE

Served with Real Maple Syrup and Creamery Butter

Nutella Stuffed French Toast 13.95

Banana-Walnut Butter Sauce
Fresh Cinnamon Whipped Cream, Chocolate Shavings

Brown Butter Pancakes 12.95

Roasted Strawberries
Vanilla Whipped Cream, Basil Sugar

SPECIALTY

Daybreak Sandwich 12.95

Two Fried Eggs, Cheddar Cheese
Bacon, Plain Bagel

Eggs Benedict 15.95

Poached Eggs, Canadian Bacon
Asparagus Spears, English Muffin, Hollandaise Sauce

Cast Iron Frittatas

Spinach, Broccoli Rabe, Feta Cheese 14.95
Shrimp, Asparagus 17.95
Country Ham & Swiss Cheese 14.95

Red Flannell Hash 16.95

Poached Eggs, Hollandaise Sauce, Fried Shallots
Red Potato-Beet-Bacon-Scallion Hash
Balsamic Glaze

Bagel & Lox 13.95

Diced Tomatoes, Capers, Red Onions
Whipped Dill Cream Cheese

Grilled Breakfast Burrito 12.95

Eggs, Sausage, Peppers, Potatoes
Cheddar Blend, Pico De Gallo, Guacamole

Avocado Toast 13.95

Smashed Avocado, Sliced Prosciutto, Fried Egg
Black Himalayan Sea Salt, Meyer Lemon Oil

**AWARD-WINNING SUNDAY
BRUNCH BUFFET
10:30AM-2PM**

SIDES

English Muffin 3.95

Bagel 4.95
With Cream Cheese

Breakfast Pastry 5.95

Two per order, Choice of:
Muffin, Croissant, Scone

Breakfast Potatoes 3.95

Seasonal Mixed Berries 6.95

Seasonal Fresh Fruit 5.95

Low-Fat Greek Yogurt 3.95

Add Fresh Berries (In Season) plus 6.95

Fresh Salt Parfait 11.95

Greek Yogurt, House-made Granola
Fresh Fruit and Berries (Based on Availability)

BREAKFAST CEREAL

Steel-Cut Organic Oatmeal 9.95

(Made to Order)
Served on the side; Apple Compote
Medjool Dates, Real Maple Syrup

Special K, Raisin Bran, Cheerios

Frosted Flakes 4.95

Served with Whole or Skim
Almond or Soy Milk plus .95
Add Bananas or Strawberries plus 2.95

KIDS

Single Pancake 4.95

One Egg, "As You Wish" 5.95

JUICE

Fresh Orange Juice Med. 5.95 Lg. 6.95

Assorted Juices Med. 4.95

Cranberry, Pineapple, Tomato, Grapefruit, Apple

BEVERAGES

Fair Trade Organic Coffee* 3.95

Steep Organic Tea 4.95

Cappuccino 4.95

Almond or Soy Milk add .95

Latte 4.95

Almond or Soy Milk add .95

Single Espresso 2.95

Double Espresso 4.95

BREAKFAST SPECIALTY DRINKS

Monday-Sat from 9:00 am | Sunday from 11:00 am

Bloody Mary's & Mimosa's 8.95

**Regular Coffee is Indonesian Sumatra from a cooperative of 33 villages which is wet-hulled and sun-dried.*

The Decaffeinated blend is from Central and Southern Columbia, where the beans are washed and sun-dried.

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
BREAKFAST MENU

