



RAW BAR

Fresh Oysters 3.5 each
Featuring our commitment to cool Northeastern waters, we offer a variety 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

Ahi Tuna Poke Bowl 14.95
Jasmine Rice, Scallions, Pink Sea Salt, Ginger, Red Peppers
Sesame Seeds, Avocado, Edamame, Sea Vegetable
Carrot, Crispy Red Onion, Sesame-Soy Dressing

SOUP & SALAD

Regional Clam Chowder 8.95 C | 10.95 B
New England, Rhode Island
or "Fresh Salt" Style (Blend of Both)

Spring Pea Soup 7.95 C | 9.95 B GF
Roasted Morel Mushrooms, Vermont Creamery Mint Crème

Grilled Asparagus Salad 13.95 GF
Burrata, Tomatoes, Prosciutto, Artichokes, Arugula
Basil-Pesto Dressing, Balsamico Aged Salt

Petite Candy Beet Salad 13.95 GF
Candy Striped Beets, Beltane Farms Goat Cheese
Watermelon Radishes, Beet-Micro Bulls Blood Mix
Roasted Pistachios, Pistachio Dressing

Baby Kale-Blood Orange Salad 13.95 GF
Blueberries, Prosciutto, English Cucumbers
Roasted Cashews, Lemon-Thyme Vinaigrette

APPETIZERS

Steamed P.E.I. Mussels 15.95
White Wine-Dijon Cream, Fresh Parsley
Fried Shallots, Grilled Garlic Bread
Sub Littleneck Clams plus 2.95

Five Spice Crispy Duck Wings 13.95
Sticky Sweet & Spicy Glaze

Fried Oysters 14.95
Fennel-Anjou Pear Salad, Horseradish-Lemon Dressing
Chipotle-Lime Aioli

Shrimp-Asparagus Fritters 12.95
Sriracha Lemon-Caper Aioli

Hoisin Pork Belly Sliders 13.95
Shaved Jalapeño-Lime Coleslaw, Pickled Onions, Tahini Aioli

Traditional Calamari 13.95
Marinara Sauce

Fresh Salt Sriracha Calamari 15.95
Sweet Chili Glaze, Spicy Cherry Peppers
Julienne Fresh Vegetables, Scallions

PASTA

Short Rib Genovese Pappardelle 21.95 | 25.95
Feathered Parmigiano, Fresh Parsley

Linguine Carbonara 19.95 | 24.95
Sweet Peas, Country Ham, Tomatoes
Garlic-Cream Sauce, Egg Yolk

Sautéed Shrimp With Spinach Fettuccine 23.95 | 28.95
Sliced Squash Zucchini, Toasted Pine Nuts
Broccoli Rabe-Sweet Tomato Pesto

Baked Skillet Gorgonzola Gnocchi 19.95 | 24.95
Sweet Peas, Morel Mushrooms, Sautéed Leeks
Lemon-Rosemary Butter

SEAFOOD & DAY BOATS

Fresh Salt-Style Cioppino 29.95 | 36.95
Shrimp, Scallops, Calamari, Mussels, Swordfish, Tomato
Lobster-Saffron Essence, Capellini, Crostini, Parmigiano

Arctic Char 27.95 GF
Baluga Lentils, Shaved Brussels Sprouts, Bacon, Leeks
Blood Orange-Ginger Sauce, Meyer Lemon Oil
Baby Arugula-Blood Orange Salad

Grilled Grand Banks Swordfish Loin 29.95
Green Bamboo Risotto, Baby Bok Choy
Ginger Soy Glaze, Grilled Pineapple-Scallion Salsa
Substitute Swordfish Chop 14-16 Oz. plus 6.95 | 22 Oz. plus 12.95

Pan-Seared Stonington Diver Scallops 29.95 | 35.95
Fresh Tagliatelle Pasta, Asparagus Tips, Tasso Ham
Cipollini Onions, Roasted Shallot-Parmigiano Cream
Lemon Zest, Fresh Chives

GRILL & OVEN

Steak & Frites 29.95 GF
Hanger Steak, Spring Onion Purée, Bourbon Demi Glaze
Poached Wild Mushrooms, Sumi Salad, Feta Cheese, Tomatoes
Cucumber, Red Onions, White Balsamic Vinaigrette

Pan-Seared Lemon Thyme Chicken 24.95 GF
Whole Grain Wild Rice, Grilled Peach Marmalade
Crispy Prosciutto, Haricot Vert

6 Oz. Petite Filet Mignon 33.95 GF
Roasted Garlic-Chive Mashed Potato, Grilled Asparagus
Connecticut Blue Cheese-Rosemary Butter

SHORELINE FAVORITES

Fried Seaside Platter 25.95
Two each: Golden Brown Scallops, Shrimp, Oysters, Cod
Zucchini, Grilled Lemons, Generous Helping of Calamari
Cole Slaw, Sriracha Tartar Sauce, French Fries

Fish n' "Chips" 19.95
Hand-Breaded Fresh Cod Fillet, Cole Slaw
Sriracha Tartar Sauce, French Fries

Vegan "Beyond Burger" 13.95 GF DF V
5-Oz. Vegan Hamburger, Made with Beets, Potatoes, Coconut
Bamboo, Peas; Lettuce, Tomato, Cooked on a Dedicated Grill
Vegan Potato Chips, Vegetarian Bun

Grilled Hamburger on a Potato Roll 13.95
Served with Fresh Salt Kettle Chips
Half-Pound of Outstanding Quality Beef
Lettuce, Tomato, Cole Slaw

Connecticut Lobster Roll 29.95
Warm Buttered Lobster, Fresh Salt Kettle Chips
Grilled New England Style Roll

Cabot Creamery Cheddar
Cheese + 1.95
Applewood Bacon + 2.95
Fried Egg + 1.95

Sub French Fries or Sweet
Fries + 2.95
Sub Truffle Fries + 3.95

SIDES

Fresh Salt Kettle Chips with Malt 3.95

Roasted Garlic-Chive Mashed Potatoes GF 6.95

French Fries 4.95

Fresh Salt Parmigiano Truffle Fries 8.95

Sweet Potato Fries 7.95

Sautéed Field Mushrooms GF 9.95

Sautéed Spinach GF 7.95

Grilled Asparagus GF 7.95

LOU ANNE LANGLOIS | CHEF DE CUISINE

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

Gluten-Free Bread Available Upon Request

GF - Gluten Free Ingredients Contain no Wheat, Barley, Rye, Common Oats, Their Crosses or Derivatives

DF = Non-Dairy Ingredients V = Vegan Ingredients

If you have special dietary needs or allergies, please let a member of our staff know. Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness.





WINE & SPIRITS

CHAMPAGNE

& SPARKLING WINES

	5oz	BTL
Piper Sonoma, Blanc de Blanc, CA		42
Domaine Chandon Brut Classic, CA		59
Perrier Jouett, Belle Epoque, 2007, Champagne, France		199
Mumm's Napa Cuvee M, CA	10	38
Segura Viudas Cava Brut Rose, Catalunya, Spain	9	34
Moet Et Chandon, Brut Imperial, Champagne, France		109
Veuve Cliquot Brut Yellow Label, Champagne, France		129
Carpene Malvolti Prosecco Extra Dry 1868, 187 ml, Veneto, Italy		13
Frexinet Cava Brut Carta Nevada, Catalunya, Spain	9	34
Prima Perla Prosecco, Veneto, Italy	10	38

PINOT GRIGIO/PINOT GRIS

	6oz/9oz	BTL
Cavazza, Pinot Grigio, 2016, Veneto, Italy	9/14	34
Angelini, Pinot Grigio 2016, Veneto, Italy	10/15	38
Joel Gott Pinot Gris, 2015, Oregon		39

SAUVIGNON BLANC/SANCERRE

	6oz/9oz	BTL
Oyster Bay, Sauvignon Blanc, 2017, Marlborough, NZ	11/17	42
Les Roches Tourain, Sauvignon Blanc, 2015, Loire, FR	9/14	34
Henry Bourgeois, Les Baronnes Sancerre, 2016, Loire, FR	14/21	54

INTERESTING WHITES

	6oz/9oz	BTL
White Bordeaux, Chateau Bonnet, 2016, Bordeaux, FR	10/15	38
Soave Classico, Pieropan, 2016, Veneto, Italy		59
Alberino, Bodegas Nates, 2015, Cantabria, Spain	10/15	38
Gewürztraminer, Two Vines, 2015, Washington State		32
Reisling, Züm, 2016, Mosel, Germany	9/14	34
Moscato, Beringer, CA	8/12	30
White Zinfandel, Beringer, CA	9/14	34
Palagetto Vernaccia, Di San Gimignano, 2015, Tuscany, Italy	10/15	38
Grunger Vetlienr, Paul D., 2014, Weinland, Austria		34
White Burgundy, St. Veran "La Grande Bruyere", 2014, Burgundy, FR		49
Viogner, Yalumba, The Y Series, 2016, South Australia		38
Vermentino, Poggio Al Tesoro, Solosole, 2014, Tuscany, Italy		54
Pinot Bianco, Fruscalzo, 2014, Friuli, Italy		39

CHARDONNAY

	6oz/9oz	BTL
Joseph Drouhin Macon-Villages, 2015, Burgundy, FR	12/18	46
Kendall Jackson, Chardonnay, Vintners Reserve, 2015, CA	11/17	42
Hess Select, Chardonnay, 2015, CA	9/14	34
Sonoma Cutrer, Chardonnay, Russian River, CA	16/24	62
Albert Bichot, Chablis, Les Vaillon Domaine, 2014, Burgundy FR		89

MARTINI

- Fresh Saltini** 12.95
Muddled Mint-Blackberries or Raspberries, St. Germaine Svedka, Champagne, Berry Garnish
- Sannotini** 12.95
Pearl Pomegranate Vodka, Pama Pomegranate Liqueur Pomegranate Juice, Orange Garnish
- Key Lime** 12.95
V1 Vanilla Vodka, Pineapple Juice, Lime Juice
Graham Cracker Crumbs, Lime Garnish
- Coconut** 12.95
Pearl Coconut Vodka, Pineapple Juice
Coco Lopez, Toasted Coconut
- Stormy Kraken** 12.95
Kraken Black Spiced Rum, Goslings Ginger Beer
Fresh Ginger Juice, Lime Garnish

SPECIALTY COCKTAILS

- Anna's Creamy Limoncello or Orangello** 8.95
- Hot Karma Margarita** 13.95
Chipotle Chili Peppers Infused in Karma Tequila
CT Cold Pressed Margarita Mix, Black Hawaiian Sea Salt
- Angelic Old Fashion** 16.95
Angels Envy Bourbon, Simple Syrup, Soda Water
Muddled Woodford Bourbon Cherry-Orange, Woodford Spiced Bitters
- The Summer Mule** 12.95
Brockman's Berry Infused Gin, Stirring's Peach Puree, Lemon Juice
Gosling's Ginger Beer, Simple Syrup, Berry-Lime Garnish
- Hendricks Blossom** 12.95
Hendrick's Small Batch, Gin, Aperol, St. Germain, Grapefruit Juice
- Foggy Harbor Raspberry Mist** 12.95
Foggy Harbor Vodka, Muddled Mint & Raspberries, CT Cold Pressed Lemon Mix
- House Made Red Or White Sangria** 9/13.5

ROSÉ

	6oz/9oz	BTL
Terres de St. Louis, 2017, Provence, FR	9/14	34
Whispering Angel, 2016, Provence, FR		49

PINOT NOIR

	6oz/9oz	BTL
Cloudline, 2016, Willamette, Oregon	15/23	58
Fess Parker, 2013, Rita Hills, CA		50
Gerard Bertrand, 2016, Burgundy, France	13/20	49
Elk Cove, 2013, Willamette, Oregon		59
Robert Mondavi, Private Selection, 2016, Central Coast, CA	9/14	34
Willamette Valley, 2015, Oregon		69

MALBEC

	6oz/9oz	BTL
Ramon Bilbao, 2011, Rioja Reserva, Rioja, Spain		49
Gouguenheim, 2016, Mendoza, Argentina	9/14	34
Ique, 2016, Mendoza, Argentina	11/15	42

MERLOT & BLENDS

	6oz/9oz	BTL
Swanson, 2013, Napa, CA		65
Grayson, 2016, CA	9/14	34
Lassegue, Saint Emilion Grand Cru, 2013 Bordeaux, FR		59

CABERNET & BLENDS

	6oz/9oz	BTL
Louis M. Martini, 2015, CA	12/18	46
14 Hands, 2015, Columbia Valley, WA	9/14	34
Rodney Strong Symmetry, 2014, Alexander Valley, CA		119
Joel Gott 815, 2015, CA	15/23	58
Caymus, Wagner Family, 2015, Napa, CA		169
Stags Leap Artemis, 2014, Napa, CA		135

ITALIAN

	6oz/9oz	BTL
Chianti Classico-Tenuta di Renieri, DOCG, 2013, Tuscany	12/18	46
Super Tuscan-Antinori, Il Bruciato, DOC, 2015, Tuscany		59
Barolo-Marcantini, Brunate, DOCG, 2011		119
Barbera-Prunotto Barbera D'Asti Fiulot DOCG, 2013, Piedmont		49
Pergolo-Rosso - Angelini, A-Z Agricola DOC, 2015		39
Brunello, Renieri di Montalcino, DOCG, 2011, Tuscany		97
Amarone Classico, Masi Costasera, DOCG, 2012, Tuscany		129

INTERESTING REDS

	6oz/9oz	BTL
Chateau la Nerthe, 2013, Châteauneuf du Pape, FR		99
Orin Swift, "Abstract", 2015, CA		69
Renwood Old Vines, Zinfandel, 2014, CA		46
The Prisoner, 2016, Napa Valley, CA		99
Josh Cellars, Legacy, 2015, CA	11/17	42
Hess Treo, 2014, Wine Makers Blend, CA		59

SPIRIT FREE

- Blueberry Smash** 6.95
Muddled Blueberries, Honey, Lemon Juice, Sparkling Water, Rosemary Sprig Garnish
- Pineapple Ginger Float** 6.95
Pineapple Juice, Ginger Juice, Lime Juice, Gosling's Ginger Beer, Lime Wedge
- Pom Wonderful Lemon Soda** 6.95
Pomegranate Juice, Sparkling Water, CT Cold Pressed Lemon Mix, Lemon Garnish
- Clausthaler** 5.5
Lager, Pale Pilsner, Germany
- Ariel** 8
Dealcoholized California Chardonnay, Tropical Fruit, Toasty Oak Notes
- Fre** 8
Sutterhome Brut, Non-Alcoholic Champagne
- Cold Brew Nitro Coffee** 5

CONNECTICUT BREWS & CRAFT

- Naughty Nurse Amber Ale** 6.5
5.2% ABV
- Thimble Island Coffee Stout** 6.5
5.5% ABV | 42 IBU
- Thimble Island American Ale** 6.5
5% ABV | 25 IBU
- Thimble Island Ghost Double IPA** 7.5
8% ABV | 115 IBU
- Guinness Draught** 7.5
4.3% ABV | 401 IBU
- Night Swim'ah, Revival Brewing** 8.5
4.4% ABV | 13 IBU

LIGHT & OTHER BEER

- Amstel Light** 6.5
3.5% ABV
- Bud Light** 5.5
4.2% ABV | 27 IBU
- Budweiser** 5.5
5% ABV | 12 IBU
- Coors Light** 5.5
4.9% ABV | 14 IBU
- Corona Extra** 6.5
4.5% ABV | 19 IBU
- Heineken** 6.5
5% ABV | 25 IBU