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Spring Brings New Beginnings to Fresh Salt at Saybrook Point

We Warmly Welcome Chef de Cuisine Lou-Anne Langlois and an All-New Menu

As a Connecticut native, Chef de Cuisine Lou-Anne Langlois, is no stranger to the New England coastal cuisine scene. Some of her earliest memories are intertwined with the sweet aroma of her mother's homemade, creamy béchamel sauce, with touches of cloves and nutmeg. Langlois, conveys the warm feeling that comes with a special home-cooked meal in each of her carefully crafted dishes. One of her specialties and personal creative culinary favorites is fresh seafood. Langlois has always placed an emphasis on ocean-to-table, as well as locally sourced ingredients, which is easily acquired at Saybrook Point. With her addition to the Fresh Salt culinary team, we look forward to her passion in the kitchen, as well as some new touches to our classic New England menu.

Langlois, has designed several new dishes for the Spring Dinner Menu. For a fresh new salad there's the Petite Candy Beet Salad, featuring Candy-Striped Beets, Beltane Farms Goat Cheese, Watermelon Radishes, Beet-Micro Bulls Blood Mix, finished with a Roasted Pistachio Dressing. In the mood for an appetizer? Try the Hoisin Pork Belly Sliders, with Shaved Jalapeno-Lime Coleslaw, Pickled Onions, Tahini Aioli, Caramelized Onion Naan Bread. The Grilled Grand Banks Swordfish Loin is quickly becoming a new favorite entree at Fresh Salt, served with a Green Bamboo Risotto, Baby Bok Choy, a Ginger Soy Glaze, topped with Grilled Pineapple-Scallion Salsa. For a new pasta dish try the Pan-Seared Stonington Driver Scallops with Fresh Tagliatelle Pasta, Asparagus Tips, Tasso Ham, Spring Onions, Roasted Shallot-Parmigiano Cream, Lemon Zest, and Fresh Chives. Arctic Char, served with Beluga Lentils, Shaved Brussels Sprouts, Bacon, Leeks, Blood Orange-Ginger Sauce, Meyer Lemon Oil, and a Baby Arugula-Blood Orange Salad is another not-to-be missed new menu item.

The Dinner Menu isn't the only menu at Fresh Salt with a Spring renewal. The Fresh Salt Breakfast Menu has added a Nutella-Stuffed French Toast with Banana-Walnut Butter Sauce, Fresh Cinnamon-Whipped Cream, and Chocolate Shavings. Other new go-to items for breakfast include, Brown Butter Pancakes, with Roasted Strawberries, Vanilla Whipped Cream, and Basil Sugar. There are also three new Cast Iron Frittatas to try; a Spinach Broccoli Rabe and Feta Cheese; a Shrimp with Asparagus; and a Country Ham and Swiss. We can't forget about the Lunch Menu, it also got some additional menu items, there's the Salmon Burger with Saffron Aioli, Grilled Pineapple-Cucumber Salsa served on a Potato Roll. A decadent Lobster Grilled Cheese, with Arethusa Dairy Alpine Cheddar, Smoked Bacon, and Avocado on Wheatberry Bread, or try the Cajun Shrimp Tacos with Lime Jalapeno Coleslaw, topped with a Grilled Peach-Fennel Salsa and a Chipotle Aioli for a lighter, refreshing lunch option. The Avocado Toast is quickly becoming a new favorite lunch fare with Smashed Avocado, Sliced Prosciutto, Fried Egg, Black Himalayan Sea Salt, Meyer Lemon Oil, and Wheatberry Bread.

About Saybrook Point

Saybrook Point, is located along the scenic shores of historic Old Saybrook, Connecticut, where the Connecticut River meets Long Island Sound. The Main Inn includes a collection of 82 classically-appointed guestrooms, many featuring water views and private balconies. The Main Inn also hosts SANNO, a relaxing and restorative full-service spa, Fresh Salt, a casual fine-dining experience, an elegant ballroom with a variety of intimate gathering spaces, perfect for private parties, meetings and receptions, and The Health Club, which is a state-of-the-art fitness center. Saybrook Point also features two luxury guesthouses, the historic Three Stories and Tall Tales both offering exquisite guestrooms that convey the story of famous Old Saybrook residents. The pristine Saybrook Point Marina, is a landmark boating destination conveniently located at the mouth of the Connecticut River, serving as a focal point for the Inn and home to the lively outdoor Marina Bar. Located at the very end of the Marina dock, is the unique waterside Lighthouse Suite, featuring breath-taking views and is available for seasonal overnight stays. More information is available at www.saybrook.com.

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