

# Fresh Salt LUNCH MENU

## RAW BAR

**Littleneck Clams** 1.95 each

**Local Oysters** 3.5 each

*Featuring our commitment to cool Northeastern Waters we offer a variety based on availability*

**Shrimp Cocktail** 4.5 each

Colossal, House-Made Pickling Spice

**Fresh Salt Plateau** 23.95 M | 44.95 L

**Medium** 3 Clams, 3 Oysters, 2 Shrimp

**Large** 6 Clams, 6 Oysters, 3 Shrimp

**Ahi Poke Bowl** 18.95

#1 Ahi Tuna, Jasmine Rice, Scallions, Pink Salt Red Peppers, Sesame Seeds, Avocado, Edamame Sea Vegetable, Carrot, Crispy Red Onion Sesame-Soy Dressing

## SOUP & SALAD

**Spiced Pumpkin Soup** 8.95 C | 10.95 B

Crème Fraiche, Toasted Sunflower Seeds

**Regional Clam Chowder** 8.95 C | 10.95 B

New England, Rhode Island GF or "Fresh Salt" Style (*Blend of Both*)

**Autumn Salad** 14.95

Baby Kale, Brioche Croutons, Sweet Potato, Red Onion Bacon, Brussel Sprouts, CT Bleu Cheese Maple-Champagne Vinaigrette  
*Omit Bacon for Vegetarian*

**Traditional Cobb Salad** GF 14.95

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

**Lobster-Mango Salad** GF 29.95

Celery, Red Onion, Endive Lettuce Chive Oil, Lemon Zest

**Field Green Salad** 9.95 GF

Carrots, Tomatoes, Red Onion, Cucumber White Balsamic Dressing

**Classic Caesar Salad** 13.95

Brioche Croutons, Romaine Hearts, Parmigiano Glass White Anchovy, Classic Dressing

**Add Grilled Items To Any Salad**

*Colossal Shrimp* 4.5 Each

*Salmon* 8.95

*Lobster* 19.95

*Chicken* 7.95

*U-10 Scallops* 6.95 Each

## FLATBREAD PIZZA

**Flatbread Of The Day** 16.95

**Plum Tomato & Cheese** 14.95

Liuzzi Mozzarella, Olive Oil Basil, Parmigiano

*Add Any Toppings to Flatbread plus 2.95 each*

- ||| Sautéed Diced Shrimp
- ||| Grilled Chicken Breast
- ||| Grilled Vegetables
- ||| Applewood-Smoked Bacon

## FRESH SALT SPECIALTY

**Korean Style BBQ Duck Wings** 13.95

**Connecticut Charcuterie Plate** 19.95 for 2 | 32.95 for 4  
Sweet & Hot Salami, Local Cheese, Roasted Peppers Prosciutto-Provolone Stuffed Cherry Peppers, Crostini

**Avocado Toast** 13.95

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

**Cajun Shrimp Tacos** 16.95

Lime-Jalapeño Coleslaw, Grilled Peach-Fennel Salsa Chipotle Aioli

**Fried Seaside Platter** 29.95

Two each: Golden Brown Scallops, Shrimp Oysters, Haddock (CT), Zucchini, Lemons Generous Helping of Calamari, Cole Slaw Tartar Sauce, French Fries

**Beer Battered Fish n' "Chips"** 18.95

Thimble Island Battered Fresh Haddock Fillet (CT) Cole Slaw, Tartar Sauce, Fresh Salt Kettle Chips

**Traditional Calamari** 13.95

Marinara Sauce

**Fresh Salt-Sriracha Calamari** 15.95

Sweet Chili Glaze, Scallions, Julienne Fresh Vegetables

## SANDWICHES

SERVED WITH FRESH SALT KETTLE CHIPS

**Blackened Chicken Wrap** 15.95

Salsa Cruda, Cheddar-Jack Cheese, Cole Slaw

**Lobster Grilled Cheese** 26.95

Arethusa Dairy Alpine Cheddar, Smoked Bacon Avocado, Wheatberry Bread

**Connecticut Lobster Roll** 29.95

Warm Buttered Lobster, Grilled New England Style Roll

**Fried Whole Belly Clam Roll** 14.95

Shredded Lettuce, Lemon-Caper Aioli Grilled New England Style Roll

**Chicken Bruschetta Panini** 14.95

Local Smoked Mozzarella, Marinated Tomatoes Grilled Chicken, Basil Pesto Aioli, Ciabatta Bread

**Smoked Gouda & American Ale Burger** 17.95

Blend of Custom Beef Cuts, Boston Lettuce Sautéed Bourbon-Glazed Onions & Mushrooms Balsamic Aioli, Brioche Roll, Fresh Salt Kettle Chips

**Grilled Hamburger on a Potato Roll** 13.95

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

**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 (*Bun Contains Dairy*)

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

*Sub French Fries + 2.95*  
*Sub Sweet Fries + 3.95*  
*Sub Truffle Fries + 4.95*

## SIDES

**Fresh Salt Malted Kettle Chips** 2.95

**Truffled Parmigiano French Fries** 8.95

**French Fries** 5.95

**Cole Slaw** 1.95

**Sweet Potato Fries** 7.95

LOU ANNE LANGLOIS | CHEF DE CUISINE

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.

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

# Fresh Salt WINE & SPIRITS

## CHAMPAGNE

### & SPARKLING WINES

	BTL	5oz
Segura Viudas Cava Brut Rose, Catalunya, Spain	34	9
Prima Perla Prosecco, Italy	38	10
Frexinet Carta Nevada, Cava, Spain	34	9

## PINOT GRIGIO

	BTL	6oz/9oz
Angelini, 2017, Veneto, Italy	38	10/15
Cavazza, 2017, Veneto, Italy	34	9/14

## SAUVIGNON BLANC

Les Hexagonales, 2016, FR	34	9/14
Oyster Bay, 2017, Marlborough, N. Zea	42	11/17
Henry Bourgeois, 2017, Sancerre, FR	54	14/21

## CHARDONNAY

Chateau St Jean, 2017, CA	34	9/14
Kendall Jackson, Vintners Reserve	42	11/17
Joseph Drouhin Macon-Villages, 2016, Burgundy	46	12/18
Sonoma Cutrer, 2016, Russian River, CA	62	16/24

## INTERESTING WHITES

Züm, Reisling, 2015, Mosel, Germany	34	9/14
Moscato, Beringer	30	8/12
Albarino, Licia, 2016, Spain	39	10/15
White Bordeaux, Chateau Bonnet, 2016, FR	38	10/15
White Zinfandel, Beringer	34	9/14
Palagetto Vernaccia, Di San Gimignano	38	10/15

## ROSÉ

Torres de Saint Louis, 2017, Provence, FR	34	9/14
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## PINOT NOIR

Robert Mondavi, Private Selection, Cent. Coast, CA	34	9/14
Cloudline, 2017, Willamette, Oregon	58	15/23

## MERLOT

Grayson, 2016, CA	34	9/14
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## CABERNET & BLENDS

14 Hands, 2016, Columbia Valley, WA	34	9/14
Louis M. Martini, 2015, CA	46	12/18
Joel Gott, 2015, CA	58	15/23

## MALBEC

Gouguenheim, 2017, Mendoza, Argentina	34	9/14
Ique, 2017, Mendoza, Argentina	42	11/15

## INTERESTING REDS

Josh Cellars, Legacy, 2015, CA	42	11/17
Hess Treo, 2014, Wine Makers Blend, CA	59	13/19

## CONNECTICUT BREWS & CRAFT

<b>Switchback Red Ale</b> 7 5.0% ABV	<b>Thimble Island Ghost Double IPA</b> 7.5 8% ABV   115 IBU
<b>Thimble Island Coffee Stout</b> 6.5 5.5% ABV   42 IBU	<b>Guinness Draught</b> 7.5 4.3% ABV   401 IBU
<b>Thimble Island American Ale</b> 6.5 5% ABV   25 IBU	<b>Night Swim'ah, Revival Brewing</b> 8.5 4.4% ABV   13 IBU
<b>Mystic Bridge IPA</b> 6.5 6.0% ABV	<b>Two Roads Double IPA</b> 7.5 8% ABV
	<b>Angry Orchard Cider</b> 6.5

## MARTINI

**Poisoned Apple Sazerac** 12.95  
Apple Pie Moonshine, Ouzo, Apple Cider

**Pumpkins of the Caribbean** 12.95  
Kraken Rum, Pumpkin Pie Puree, Chai Bitters

**Ketel 'O Lantern** 12.95  
Ketel Orange Vodka, Ginger Zest Vodka, Triple Sec, OJ

**Witches Brew** 12.95  
Blackberry Infused Titos Vodka, Blue Curacao, Grenadine

**Bacio di Limone** 12.95  
Malfy Gin, Chambord, Triple Sec

## SPECIALTY COCKTAILS

**Chili Night in New England** 12.95  
Patron Incendio, Baileys, Triple Sec, Whipped Cream

**Slaughter Slide** 13.95  
Slaughter Whiskey, Lemon Juice, Agave, Sweet Vermouth

**The Autumn Mule** 12.95  
Figenza Fig Vodka, Pear Vodka, Apple Cider, Gosling's Ginger Beer

**New Fashioned** 12.95  
Berry Infused Whiskey, Muddled blueberries, lemon, Club Soda

**Apple Mimosa** 10  
Apple Cider, Prosecco

**House Made Rose Sangria** 9/13.5

## SPIRIT FREE

**Ginger Sparkler** 6.95  
Gingerale, Apple Cider, Cranberry Juice

**Pumpkin Spice** 6.95  
Pumpkin Pie Puree, Gingerale, Vanilla

**Rosemary's Baby** 6.95  
Rosemary Simple Syrup, Ripe Lemon, Club Soda

**Simple Sangria** 6.95  
Tea, Pom Juice Sierra Mist, Orange Juice

**Ariel** 8  
Dealcoholized California Chardonnay, Toasty Oak Notes

**Fre** 8  
Sutterhome Brut, Non-Alcoholic Champagne

**Athletic Run Wild** 6.5  
IPA Non-Alcoholic

## LIGHT & OTHER BEER

<b>Amstel Light</b> 6.5 3.5% ABV	<b>Coors Light</b> 5.5 4.9% ABV   14 IBU
<b>Bud Light</b> 5.5 4.2% ABV   27 IBU	<b>Corona Extra</b> 6.5 4.5% ABV   19 IBU
<b>Budweiser</b> 5.5 5% ABV   12 IBU	<b>Sam Adams Seasonal</b> 6.5 5.3% ABV
<b>Stella Artois</b> 6.5 5% ABV	<b>Michelob Ultra</b> 5.5 4.2% ABV
	<b>Truly Spiked Soda</b> 6.5