

# 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**

**Medium** 3 Clams, 3 Oysters, 2 Shrimp | 23.95

**Large** 6 Clams, 6 Oysters, 3 Shrimp | 44.95

**Sushi Tuna Triangles** 14.95

Tuna Tartare, Sushi Rice, Ponzu Sauce  
Pickled Ginger, Sriracha

**Poke Bowl** 16.95

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

*Available with #1 Ahi Tuna Plus 3.95*

## SOUP & SALAD

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

■ ■ ■ ■ ■ New England

■ ■ ■ ■ ■ "Fresh Salt" Style (*Blend of Both*)

■ ■ ■ ■ ■ Rhode Island GF

**Warm Asparagus Salad** 14.95 GF

Burrata, Prosciutto, Tomato, Arugula, Artichoke Hearts  
Feathered Parmigiano, Balsamic Glaze  
Basil Pesto Vinaigrette

**Traditional Cobb Salad** GF 14.95

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

**Quinoa & Grape Salad** 14.95

Baby Kale, Spiced Walnuts, Pomegranate Seeds  
Orange-Thyme Fried Goat Cheese  
Meyer Lemon Vinaigrette

**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**

**Margherita Flatbread** 13.95

Plum Tomato, Liuzzi Mozzarella  
Olive Oil, Basil, Parmigiano

*Add Any Toppings to Flatbread plus 2.95 each*

■ ■ ■ ■ ■ Sautéed Diced Shrimp

■ ■ ■ ■ ■ Grilled Vegetables

■ ■ ■ ■ ■ Grilled Chicken Breast

■ ■ ■ ■ ■ Applewood-Smoked Bacon

## FRESH SALT SPECIALTY

**Linguine & Clams** 18.95

Locally Caught Clams

Smoked Tomato & Kalamata Olive Tapenade

**Short Rib Meatloaf** 19.95

Petite Charred Carrots, Tomato Syrup, Mashed Potatoes

**Avocado Toast** 14.95

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

**Cajun Shrimp Tacos** 17.95

Lime-Jalapeño Coleslaw

Pineapple-Cucumber Salsa, Chipotle Aioli

**Fried Seaside Platter** 29.95

Two each: Golden Brown Scallops, Shrimp, Oysters  
Haddock (CT), Zucchini, Calamari, Cole Slaw, Tartar Sauce

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

Fresh Haddock Fillet (CT), Cole Slaw, Tartar Sauce

**Traditional Calamari** 13.95

**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

**Pulled Pork Sandwich** 15.95

Smoked Cheddar, Lime-Brussels Sprout Coleslaw  
Fried Red Onions, Brioche Roll

**Lobster Grilled Cheese** 26.95

Arethusa Dairy Alpine Cheddar, Smoked Bacon  
Roasted Apple, Wheatberry Bread

**Oyster Po' Boy** 16.95

Shredded Lettuce, Pickled Red Onion, Cajun Remoulade  
Grilled New England Style Roll

**Connecticut Lobster Roll** 29.95

Warm Buttered Lobster, Grilled New England Style Roll

**Butternut Squash-Goat Cheese Panini** 13.95

Spinach, Sage Butter, Ciabatta Bread

**Breakfast Burger** 14.95

Half-Pound of Outstanding Quality Beef, Egg  
Cheddar Cheese, Bacon, Cracked Pepper Aioli  
Lettuce, Tomato, Croissant

**Maple Waffle & Fried Chicken Sandwich** 15.95

Arugula, Bacon, Hot Honey Aioli, Fried Pickles

**Crab Cake Sandwich** 17.95

Shredded Lettuce, Tomato, Lemon-Caper Aioli, Potato Roll

**Grilled Hamburger on a Potato Roll** 13.95

Half-Pound of Outstanding Quality Beef, Lettuce, Tomato

**Vegan "Beyond Burger"** 13.95 GF DF V

5-Oz. Vegan Hamburger, Beets, Potatoes  
Coconut, Bamboo, Peas; Lettuce, Tomato  
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

**Hand Cut Fresh Salt Malted Kettle Chips** 2.95

**Truffled Parmigiano French Fries** 8.95

**Sweet Potato Fries** 7.95

**Mashed Potatoes** 7.95

**French Fries** 5.95

**Fried Brussels Sprouts** 5.95

# 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

	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
Bonterra, Zinfandel, 2016, Mendocina, CA	39	10/15
Hess Treo, 2014, Wine Makers Blend, CA	59	13/19

## SPECIALTY COCKTAILS

### Cranberry Mojito 12.95

Bacardi, Cranberry-Simple Syrup, Cranberries, Mint, Club Soda

### Winter Mule 12.95

Figenza Fig Vodka, Pear Vodka, Pomegranate Juice, Ginger Beer

### Venetian Muscat 12.95

Aperol, Apricot Brandy, Muscat Wine, Lemon Juice, Prosecco

### Jacked Up Cider 11.95

Jack Honey, Jack Fire, Apple Cider

### Brockman's Cosmo 12.95

Brockman's Gin, Triple Sec, Peach Puree  
Cranberry Juice, Fresh Lime Juice

### 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

### Blackberry Margarita 12.95

Herradura Tequila, Chambord  
Cranberry Juice, Ripe Margarita Mix

### New Fashioned 12.95

Slane Whiskey, Muddled Blueberries, Lemon, Club Soda

### The Alexander 10.95

Coffee Brandy, Brandy, Cream, Creme de Cacao

### House Made Winter Sangria 9/13.5

## SPIRIT FREE

### Ginger Sparkler 6.95

Gingerale, Apple Cider, Cranberry Juice

### 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

## CONNECTICUT BREWS & CRAFT

**Switchback Red Ale 7**  
5.0% ABV

**Thimble Island Coffee Stout 6.5**  
5.5% ABV | 42 IBU

**Thimble Island American Ale 6.5**  
5% ABV | 25 IBU

**Mystic Bridge IPA 6.5**  
6.0% ABV

**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

**Two Roads Double IPA 7.5**  
8% ABV

**Angry Orchard Cider 6.5**

## 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

**Stella Artois 6.5**  
5% ABV

**Coors Light 5.5**  
4.9% ABV | 14 IBU

**Corona Extra 6.5**  
4.5% ABV | 19 IBU

**Sam Adams  
Seasonal 6.5**  
5.3% ABV

**Michelob Ultra 5.5**  
4.2% ABV

**Truly Spiked  
Soda 6.5**