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Fresh Salt at Saybrook Point Introduces New Autumn Menu

Casual fine dining restaurant in Old Saybrook offers creative seasonal delights, featuring fresh locally sourced ingredients from land and sea

OLD SAYBROOK, Conn., (Sept. 24, 2020) – The Fresh Salt restaurant at Saybrook Point has introduced a new Autumn menu that features seasonal dishes inspired by the bountiful harvests of local farmers and fisheries. Named Best Upscale Dining in Connecticut by the state's restaurant industry association, Fresh Salt works closely with its local farmers and artisans to ensure the highest quality of locally grown ingredients from land and sea go into its creative delights. The Autumn menu features a variety of seasonal and local cuisine served in Old Saybrook's most spectacular setting –where the fresh waters of the Connecticut River meet the salt of Long Island Sound. It's a treasured and historic place, and the restaurant reflects that lively diversity.

Executive Chef Jeffrey Renkl's menu offers a simple yet high quality approach to transforming the fresh seasonal ingredients of Connecticut into beautifully inspired dishes. The new menu features the bounty of the season through unique dishes such as **Baby Kale and Butternut Squash Salad**, which includes Bacon, Quinoa, Apple Cider Vinaigrette Toasted Pumpkin Seeds, Crumbled Goat Cheese and a variety of classic comfort foods including a **Grilled 14Oz. White Marble Farms Pork Chop** with Creamy Roasted Garlic Mashed Potatoes, Sautéed Corn Bacon & Scallions, Whole Grain Mustard Demi-Glace and **House-Aged 12 Oz. Angus NY Strip, Haricots Verts, Gorgonzola-Truffle Butter, Garlic-Rosemary Roasted Fingerling Potatoes**. Fresh Salt will also continue to feature some of the year-round seafood favorites from the **Raw Bar** including a **Plateau of Seafood** and locally sourced **Oyster's** from Niantic Shellfish Farm.



The lunch and dinner menus are complimented by a seasonal drink menu with a plethora of flavors including our **Fig & Fall Pear Martini** made with **Grey Goose La Poire**, **Figenza Elderflower Liqueur**, **Simple Syrup Fresh Lemon Juice**, or a **Pick of the Patch** made with **Brockmans' Gin**, **Apple Cider Honey Simple Syrup**, **Lime Juice**, **Dash of Cinnamon**. Warm up with a **Hot Harvest Punch** made with **Tito's Handmade Vodka** **Fulton's Apple Pie Liqueur** **Apple Cider**, **Cinnamon Sticks Sliced Apples and Oranges**. Finish off your dining experience with a variety of decadent freshly made desserts like the **Pumpkin- Maple-Bourbon Crème Brûlée** with **Pecan-Pepita Brittle**, or a **Warm Apple Crisp** with **Cinnamon-Caramel Sauce**, and a **Scoop Gelato** to top it off. View the complete menus at Saybrook.com.

The venue's fresh ingredients and vibrant tastes are available daily for breakfast, lunch, and dinner. Saybrook Point Resort and Fresh Salt are committed to keeping our guests safe and have taken extensive precautions to have socially distant indoor spacing and continue to serve outdoor on the terrace and in the enclosed Fresh Salt Porch. Due to spacing limitations **we highly recommend that you call ahead for seating requests (860)388-1111**. As an added benefit for our guests Fresh Salt is working with Shorelinemenus.com offering take-out and delivery so you can enjoy the Autumn Menu at home.

Learn more about how we are committed to keeping our guests safe at

<https://www.saybrook.com/accommodations/stay-safe-at-saybrook/>

Saybrook Point has established the "Spotless Saybrook Program," which incorporates strict safety rules mandated by the State of Connecticut with recommendations from the hotel industry's top associations.

About Saybrook Point Resort & Marina:

Uniquely situated where the Connecticut River meets the Long Island Sound, Saybrook Point Resort & Marina is a year-round boutique resort in Old Saybrook, Conn., providing personalized service in a spectacular setting. The independent, family-owned property features 81 elegantly appointed guestrooms in the original Inn, two luxury guesthouses, a waterfront Lighthouse Suite and villas offering vacation and long-term rentals. The guest experience is complemented by a full-service Spa & Wellness Center, upscale casual restaurant, Fresh Salt, and Health Club. The resort, which is a national leader in



environmentally sustainable business practices, is also home to the pristine Saybrook Point Marina, accommodating vessels from 12 to 200 feet. More information is available at: www.Saybrook.com.

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