



# BREAKFAST

## EGGS

Served with Breakfast Potatoes  
& Choice of Toast (White, Wheat, Rye)

**Two Egg Omelet** 13.95

Add One Egg 1.95

Cheese: Cabot Cheddar, Swiss, Goat Cheese  
Mushrooms, Peppers

Asparagus, Tomato, Onion, Spinach

Applewood-Smoked Bacon, Ham

Pork Sausage, Chicken-Apple Sausage

Add Smoked Salmon 2.95

Add Fresh Lobster 5.95

Substitute Egg Whites or

Cholesterol-Free Egg Beaters ©, add 1.95

Substitute Berries for Breakfast Potatoes 5.95

Substitute Spinach for Breakfast Potatoes 4.95

## FRESH SALT SPECIALTIES

**Traditional French Toast -or- Pancakes** 10.95

Maple Syrup, Creamery Butter

**Cohen's Bagel & Lox** 19.95

Tomatoes, Capers, Red Onion

Whipped Dill Cream Cheese, Meyer Lemon Oil

**Avocado Toast** 13.95

Smashed Avocado, Fried Egg

Black Himalayan Sea Salt

Meyer Lemon Oil, Wheatberry Bread

Add Prosciutto 2.95

Add Smoked Salmon 2.95

**Classic Egg Benedict** 17.95

Poached Eggs

Canadian Bacon, Asparagus Spears

Toasted English Muffin, Hollandaise Sauce

**Smoked Salmon-Avocado Benedict** 19.95

Hollandaise Sauce

**Strawberry Cheesecake French Toast** 14.95

Roasted Strawberries, NY Cheesecake Filling

Balsamic Glaze, Whipped Cream

**Granola Pancakes** 14.95

Laced with Our House-Made Granola

\*Contains Nuts\*

**Daybreak Sandwich** 12.95

Two Fried Eggs

Cheddar Cheese, Bacon, Plain Cohen's Bagel

## BREAKFAST CEREAL

**Steel Cut Organic Oatmeal** 10.95

Brown Sugar, Raisins, Cinnamon

**Assorted Breakfast Cereals** 6.95

Almond or Soy Milk plus .95

Add Bananas or Strawberries plus 2.95

**Overnight Oats** 11.95

Steeped in Almond Milk, Fresh Berries

## SIDES

**Toasted English Muffin** 3.95

**Cohen's Bagel** 4.95

With Cream Cheese

**Breakfast Pastry** from our bake shop 6.95

Two per Order, Our Daily Selection

Seasonal Mixed Berries 7.95

**Seasonal Fresh Fruit** 5.95

**Fresh Salt Parfait** 11.95

Greek Yogurt, House-Made Granola

Fresh Fruit and Berries

\*Contains Nuts\*

**Side Orders** 5.95

Applewood-Smoked Bacon, Canadian Bacon

Chicken-Apple Sausage, Pork Sausage

## JUICE

Fresh Orange Juice Med. 5.95 | Lg. 6.95

Assorted Juices Med. 4.95

Cranberry, Pineapple, Tomato, Grapefruit, Apple

## BEVERAGES

"Lighthouse Columbian Blend" Coffee 3.95

Steep Organic Tea 4.95

Cappuccino 4.95

Latte 4.95

Single Espresso 2.95

Double Espresso 4.95

### BREAKFAST SPECIALTY DRINKS

Monday-Sat from 9:00 am | Sunday from 11:00 am

Bloody Marys, Bellinis & Mimosas

FRESH SALT AT THE SAYBROOK POINT RESORT AND MARINA | SAYBROOK.COM

All Items Are Available "To Go"

If you have special dietary needs or allergies, please let a member of our staff know.

GF - Gluten Free ingredients contain no wheat, barley, rye, common oats, their crosses or derivatives

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