

AUTUMN

STARTERS

Regional Clam Chowder	9.95 13.95
New England Rhode Island GF DF "Fresh Salt" Style (Blend of both)	
Baked Liuzzi's Ricotta Cheese	13.95
Rosemary Infused Honey Roasted Garlic, Grilled Ciabatta Crostini	
Fried Calamari DF	16.95
Marinara Sauce & Lemon	
Fresh Salt Sriracha Calamari DF	18.95
Sweet Chili Glaze, Sweet Peppers Scallions, Sesame Seeds, Wasabi	
Crispy Brussels Sprouts	13.95
Parsnip Purée, Maple Bacon, Crispy Onions	
Grilled Spanish Octopus DF	19.95
Roasted Garlic & Lemon Hummus Cucumber Salad, Extra Virgin Olive Oil, Crostini	
Duck Confit "Bruschetta"	18.95
Grilled Sage Cornbread, Baby Watercress Roasted Butternut Squash, Apple Pedro Ximénes Sherry Wine Reduction	
Artisanal Cheese Board*	19.95
Chef's Selection of Local Cheese, Crisp Apple Dried Fruit Compote, Roasted Almonds Toasted Baguette & Cranberry-Walnut Crostini	
Add Charcuterie:	
Genoa Salami, Soppressata, Prosciutto plus...	10.95
Mrs. Tag's Meatballs	17.95
Beef, Pork & Veal Liuzzi Ricotta, Marinara, Baby Arugula Raisins, Parmesan Shavings, Grilled Ciabatta	
Autumn Harvest Salad	16.95
Mesclun Greens, Farro, Roasted Butternut Toasted Pumpkin Seeds, Dried Cranberries Crumbled Goat Cheese, Apple Cider Vinaigrette	
Classic Caesar Salad	13.95
Romaine Hearts, Parmigiano Shavings, Lemon Classic Dressing, White Anchovies, Brioche Croutons	
Field Green Salad GF DF	11.95
Carrots, Tomato, Red Onion, Radish Cucumber, White Balsamic Dressing	
Add Items to Any Salad	
Grilled Chicken GF DF	9.95
Grilled Extra-Large Shrimp GF DF	4.95 each
Grilled Salmon GF DF	11.95
Butter Poached Lobster 5 Oz. GF	28.95
RAW BAR	
Littleneck Clams GF DF	1.95 each
Fresh Oysters GF DF	3.95 each
Featuring Our Commitment to Niantic Bay and Local Farms, Varieties Based on Availability	
Extra-large Shrimp Cocktail GF DF	4.95 each
Poached in House-made Pickling Spice Cocktail Sauce, Lemon	
Fresh Salt Plateau GF DF	
Medium - 3 Clams, 3 Oysters, 3 Shrimp	29.95
Large - 6 Clams, 6 Oysters, 6 Shrimp	59.95
Ahi Tuna Poke Bowl DF	22.95
Jasmine Rice, Scallions, Pink Sea Salt Ginger, Red Peppers, Wakame Avocado, Sesame Seeds, Edamame Carrots, Crispy Red Onion, Sesame-Soy Dressing	
Tuna Triangles DF	19.95
Tuna Tartare, Sushi Rice, Ponzu Sauce, Sriracha Pickled Ginger, Seaweed Salad, Sesame Dressing	

FRESH SALT SPECIALTIES

Fresh Salt Cioppino DF	34.95 39.95
Shrimp, Scallops, Calamari, Mussels, Swordfish Lobster-Saffron Essence, Tomato, Capellini, Crostini <i>Substitute Fresh Spinach for Pasta + 5.95</i>	
Grilled North Atlantic Salmon Filet GF	27.95 32.95
Vermont Maple & Dijon Mustard Cured French Green Lentil & Root Vegetables Ragout Sautéed Kale, Mustard Seed Beurre Blanc	
Sautéed Atlantic Cod Filet* DF	33.95
Crispy Smashed Yukon Gold Potatoes, Haricots Verts Preserved Lemon, Toasted Hazelnut, Hazelnut Romesco Sauce	
Pan-Seared Swordfish Steak	35.95
Autumn Squash Risotto, Sage, Leeks & Spinach Red Wine Reduction, Leek Oil, Crispy Leeks	
Roasted Coleman's All-Natural Half Chicken	28.95
Yukon Gold & Sweet Potato Gratin Roasted Brussels Sprouts, Herbed Chicken Jus	
House-aged Certified Angus Beef NY Strip 8 Oz. 12 Oz. GF	37.95 44.95
Rosemary Roasted Fingerling Potatoes Grilled Asparagus, Roasted Garlic Butter	
Braised Rabbit over Pappardelle Pasta	32.95 38.95
Wild Mushrooms, Carrots, Rosemary & Thyme Roasted Cipollini Onions, Parmigiano Reggiano	
Cast Iron Seared Pork Chop 14 Oz. GF	32.95
Sautéed Corn, Bacon & Scallions Creamy Mashed Potatoes, Cognac Cream Demi-Glace	
Roasted Organic Acorn Squash V GF	27.95
Chickpeas, Butternut Squash, Spinach Roasted Tomatoes, Scallion, Basmati Rice, Curry Sauce	
<i>Splitting an Entrée, Includes an additional Side 7.95</i>	

SHORELINE CLASSICS

SERVED WITH FRENCH FRIES, COLESLAW, LEMON

Connecticut Lobster Roll	33.95
Warm Buttered Lobster 5 Oz. Grilled New England Style Brioche Roll	
Fish 'n' Chips DF	24.95
Batter-fried Fresh Codfish Filet, Tartar Sauce	

SANDWICHES

SERVED WITH KETTLE CHIPS AND COLESLAW

Grilled Hamburger GF	17.95
8 Oz. Certified Angus Beef Lettuce, Tomato, Onion, Toasted Potato Roll (Omit Roll for Gluten Free) Additions: Cheese 1.95 Fried Egg 1.95 Bacon 2.95	
House-Made Black Bean Burger V	16.95
Lettuce, Tomato, Red Onion, Chipotle Lime Aioli Potato Bun or GF Bun (Omit Aioli for Vegan)	
Seared House-Made Salmon Burger	21.95
Lettuce, Tomato, Red Onion Dill Aioli, Toasted Brioche Roll	
Roasted Chicken Salad Sandwich	19.95
Dill-Scallion Dressing Baby Arugula, Tomato, Grilled Ciabatta	
Sandwich Additions and Substitutions:	
French Fries or Sweet Potato Fries 4.95 Truffle French Fries 5.95 Side Salad 7.95	

SIDES

Grilled Asparagus GF DF	10.95
Coleslaw GF DF	3.95
Hand-Cut Fresh Salt Kettle Chips GF DF	3.95
Creamy Mashed Potatoes GF	6.95
Fresh Salt Parmigiano-Truffle French Fries GF	9.95
French Fries GF DF	5.95
Sweet Potato Fries GF DF	6.95
Sautéed Spinach, <i>Olive Oil & Garlic</i> GF	8.95
Herb & Garlic Roasted RI Mushrooms GF DF	11.95
Herb Roasted Fingerling Potatoes GF DF	8.95



CHEFS: JEFFREY RENKL | MONIR | BILL TITUS
FRESH SALT AT THE SAYBROOK POINT RESORT & MARINA | SAYBROOK.COM



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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.

GF= Gluten Free | V =Vegan | DF=Dairy Free | *= Contain Nuts

WINE & SPIRITS

CHAMPAGNE & SPARKLING

	BTL	
Domaine Chandon Brut Classic, CA <i>Grapes from Northern California, Lingering Finish</i>	59	
Moet Et Chandon, Brut Imperial, FR <i>An Iconic Champagne, Soaring Acidity</i>	109	
Veuve Cliquot Brut Yellow Label, FR <i>Tiny Bubbles & Fruit Forward</i>	109	
I Love You Prosecco, 187 ml. Veneto, Italy <i>Villa Jolanda Limited Edition, Charmat Method</i>	14	
	5 Oz	BTL
Frexinet Cava Brut Carta Nevada, Spain <i>Medium Bubbles, Fresh Apple & Citrus Notes</i>	9	34
I Love You Prosecco, Italy <i>Villa Jolanda Limited Edition, Charmat Method</i>	11	43
Segura Viudas Cava Brut Rosé, Spain <i>Delicate & Crisp, Fresh & Fruity, Strawberry Aroma</i>	10	39

PINOT GRIGIO

	6/9	BTL
Cavazza, 2019 Veneto, IT <i>Light Body, Delicate, Crisp & Mineral</i>	9/14	34
Angelini, 2019 Veneto, IT <i>Medium Body, Bone Dry, Refreshing</i>	11/16.5	43

SAUVIGNON BLANC

	6/9	BTL
Matua, NZ <i>Citrus, Smooth Finish</i>	10/15	39
Oyster Bay, NZ <i>Bold Citrus, Intense Aromatics, Earthy & Herbal</i>		47
Henry Bourgeois, Les Baronnes Sancerre Loire, FR <i>Acidic and Mineral, A Classic Sancerre</i>	14/21	55
Duckhorn, 2019 Napa, CA <i>Lively & Bright, Fresh Aroma of Tangy Citrus</i>		74

ROSÉ

	6/9	BTL
Grand Baillard, 1liter, FR <i>Light, Dry, Fresh Finish</i>	9/14	44
Terres de St. Louis, Provence FR <i>Light, Dry, Bright Berry & Garrigue Notes</i>	10/15	39
Gerard Bertrand, Languedoc FR <i>Summer Fruits, Cassis, Fresh Finish</i>		49
Whispering Angel, Provence FR <i>Balanced & Mouthwatering, Expertly Crafted</i>		59

INTERESTING WHITES

	6/9	BTL
White Bordeaux Chateau Bonnet Bordeaux FR <i>Dry, Intense Tropical Aroma, Long & Tangy Finish</i>	11/16.5	43
Albarino, Veira de la Plata, SP <i>Light Body, Fresh & Crisp, Mineral & Lemon</i>	10/15	39
Riesling, Züm, Mosel GR <i>Steep Slate Hillside Vineyard, Tart & Flinty</i>	9/14	34
Moscato, Beringer CA <i>Luscious Fruit Expression, Easy Drinking</i>	8/12	30
White Zinfandel Beringer CA <i>Youthful, Sweet, Aromatic Rosé Wine</i>	9/14	34
Palagetto Vernaccia, San Gimignano Tuscany IT <i>Soft & Creamy, Long-Balanced Mouthfeel</i>	11/16.5	43

CHARDONNAY

	6/9	BTL
Joseph Drouhin Macon-Villages Burgundy FR <i>Unoaked, Medium Body, Lean Acidity</i>	12/18	46
Simi Select, Sonoma, CA <i>Citrus, Apple, Pear, Vanilla</i>	11/16.5	43
Chateau St. Jean North Coast CA <i>Light Oak, Medium Body, Hint of Butter</i>	9/14	35
Sonoma Cutrer Russian River CA <i>Aged Sur Lie in New French Oak, Luxurious</i>	16/24	63
Bramito, Umbria, Italy <i>Clean, Unoaked Finish</i>		49
Kendall Jackson Vintners Reserve, CA <i>Oak, Full Body, Buttery, Maritime Climate</i>		46

PINOT NOIR

	6/9	BTL
Cloudline, Willamette Oregon <i>Intense Aromatics, Concentrated Fruit, Tea Notes</i>	15/23	59
Robert Mondavi, Private Selection Central Coast CA <i>Maritime Climate Produces Fresh Vibrant Fruit</i>	9/14	35
Bonterra, Mendocino CA <i>Organic Grapes, Hints of Oak, Lovely Long Finish</i>		49
Firesteed, Oregon <i>Berry & Cherry Flavors, Soft Tannins, Lingering Finish</i>		39

MALBEC

	6/9	BTL
Gouguenheim, Mendoza, Argentina <i>Rich & Smooth, Low Tannins, Aromatic</i>	10/15	39
Terrazas, Mendoza, Argentina <i>Rich, Juicy, Soft-Well Ripened Tannin</i>	11/16.5	43

MERLOT

	6/9	BTL
Sterling, Vintner's Collection, CA <i>Rich Black Fruits, Spicy Oak Aroma, Silky Finish</i>	11/16.5	43
The Velvet Devil, Washington <i>Land-to-Hand Harvest, Bordeaux-style, Smooth</i>	9/14	35
Duckhorn, Napa, CA <i>Medium Body, Creamy Tannins, Cassis, Plum, Vanilla</i>		129

INTERESTING REDS

	6/9	BTL
Orin Swift, "Abstract", CA <i>Over 200 Unique Vineyard Sites; Impossibly Complex</i>		79
The Prisoner, Napa Valley CA <i>"Farm to Glass" Style Concentrated "Black" Blend</i>		109
Josh Cellars, Legacy, CA <i>A Tribute by Winemaker Joseph Carr to his Father</i>	11/17	43
Hess Treo, Wine Makers Blend CA <i>Medium Plus Body w/Soft Tannins for Easy Drinking</i>	13/19	51
Bogle, Zinfandel, Yolo CA <i>Old Vines with Low Yields, Intense, Silky Smooth</i>	9/14	35
Chateau Malbat Bordeaux FR <i>Organic Grapes, Dense Spicy Wine, Cabernet Lead</i>	10/15	39
Ridge, Zinfandel, Paso Robles, CA <i>Orange Peel-Blue & Black Berry Aromas, Soft Finish</i>		79

CABERNET

	6/9	BTL
Bonanza, Wagner Family, CA <i>Dark Berries and Vanilla Flavors, Soft Tannins</i>	12/18	47
Steep Ridge, Lodi CA <i>Big and Bold, Hints of Cherry & Cassis</i>	9/14	35
Rodney Strong, Sonoma CA <i>Aged 16 Months, Rich, Black Pepper, Spicy Oak</i>		56
Groth, Napa CA <i>Full Body, Bold and Smooth Finish</i>		119
Joel Gott 815, CA <i>Bold, Concentrated Black Fruit, Velvety Tannins</i>	15/23	59
Caymus, Wagner Family, Napa CA <i>Balanced, Rich, Expressive and Impressively Complex</i>		169
Stags Leap Artemis, Napa CA <i>Full Body, Elegant, Effortlessly Smooth</i>		139
Tamarack Cellars, Columbia Valley, WA <i>Concentrated Red Fruit, Balanced-Smooth Finish</i>		89
Louis M. Martini, CA <i>Full Body, Long Graceful Finish, Distinct Oak</i>		49

ITALIAN

	6/9	BTL
Chianti Classico-Castello D'Albola DOCG Toscana <i>Lots of Earthy Notes, Nice Depth, Dry Finish</i>	12/18	47
Barolo, Ceretto DOCG <i>Roses, Tart Cherries Aroma, Hints of Truffle</i>		119
Amarone Classico, Masi Costasera DOCG, Toscana <i>Impressive Complexity, Hints of Anise</i>		129
Tignanello Antinori, Toscana <i>Bright Ruby Red Fruit, Hint of Chocolate</i>		299

CONNECTICUT BREWS & CRAFT

Switchback Red Ale	7
Thimble Island American Ale	7
Thimble Island Ghost Double IPA	7.5
Guinness Draught	9
Night Swim'ah Revival Brewing	9
Mystic Bridge IPA	7
Two Roads Double IPA	8

LIGHT & OTHER BEER

Bud Light	5.75	Heineken	7.5
Coors Light	5.75	Sam Adams Seasonal	7.5
Corona Extra	7	Stella Artois	7.5
Michelob Ultra	5.75	Truly Spiked Soda	7.5

SUMMER COOLERS

Decoy Seltzer	8.5
Chardonnay, Clementine-Orange	
Chardonnay, Lemon-Ginger	
Rosé, Black Cherry	
Sauvignon Blanc, Vibrant Lime	

JOIN US FOR OUR 32 YEARS +
COUNTING FABULOUS
SUNDAY BRUNCH BUFFET

EVERY SUNDAY 10:30AM - 2:00PM

Fresh Salt

Please note that availability of wine and spirits has been significantly affected by COVID so there may be periodic shortages beyond our control. Thank you for your understanding.

SPECIALTY COCKTAILS

Fig Pear Mule 14.95 Pear Vodka, Figenza Fresh Lime Juice, Ginger Beer	Empress Lemonade 14.95 Empress 1908 Gin Honey Simple Syrup, Lemonade	Woodford in Manhattan 18.95 Woodford Bourbon Woodford Cherry Bitters Sweet Vermouth, Woodford Cherry
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Pumpkin Pie Martini 14.95 Van Gogh Vanilla Vodka Bailey's, Buttershots, Kahlua Mozart Pumpkin, Splash Cream Graham Cracker Rim, Cinnamon Sprinkle	Caramel Apple Martini 14.95 Van Gogh Caramel Vodka Apfel Apple Liqueur, Buttershots	Pomegranate Margarita 14.95 La Pinta Pomegranate Tequila Pama Liqueur, Pomegranate Juice
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Pumpkin White Russian 14.95 Mozart Pumpkin Chocolate Liqueur Tito's Vodka, Kahlua, Cream, Nutmeg	Apple Cider-Car 14.95 Jack Daniels Apple Lemon Juice, Apple Cider Cinnamon Sugar Rim	Hugo Spritz 14.95 St. Germain, Prosecco Simple Syrup, Muddled Mint & Lime
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Red or White Sangria
Eppa Suprafruta 10/15