



WINTER

STARTERS

Regional Clam Chowder New England Rhode Island GF DF “Fresh Salt” Style (Blend of both)	9.95 13.95
Baked Liuzzi’s Ricotta Cheese Rosemary Infused Honey Roasted Garlic, Grilled Ciabatta Crostini	13.95
Fried Calamari DF Marinara Sauce & Lemon	16.95
Fresh Salt Sriracha Calamari DF Sweet Chili Glaze, Sweet Peppers Scallions, Sesame Seeds, Wasabi	18.95
Oysters Rockefeller GF Spinach, Garlic, Fennel, Pernod	4.95 each
Steamed PEI Mussels DF Red Curry-Coconut Milk Broth, Cilantro Scallions, Lime, Grilled Ciabatta Crostini	18.95
Artisanal Cheese Board* 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...	17.95 10.95
Mrs. Tag's Meatballs Beef, Pork & Veal Liuzzi Ricotta, Marinara, Baby Arugula Raisins, Parmesan Shavings, Grilled Ciabatta	16.95
Traditional Cobb Salad GF Romaine, Diced Chicken Chopped Egg, Bacon, Avocado, Tomato Crumbled Gorgonzola, Light Buttermilk Dressing	19.95
Classic Caesar Salad Romaine Hearts, Parmigiano Shavings, Lemon Classic Dressing, White Anchovies, Brioche Croutons	14.95
Field Green Salad GF DF Carrots, Tomato, Red Onion, Radish Cucumber, White Balsamic Dressing	10.95
Add Items to Any Salad Grilled Chicken GF DF Grilled Extra-Large Shrimp GF DF Grilled Salmon GF DF Butter Poached Lobster 5 Oz. GF Fresh Salt Meatball	8.95 5.50 each 9.95 26.95 5.95

RAW BAR

Littleneck Clams GF DF	1.95 each
Fresh Oysters GF DF Featuring Our Commitment to Niantic Bay and Local Farms, Varieties Based on Availability	3.95 each
Extra-large Shrimp Cocktail GF DF Poached in House-made Pickling Spice Cocktail Sauce, Lemon	5.50 each
Fresh Salt Plateau GF DF Medium - 3 Clams, 3 Oysters, 3 Shrimp Large - 6 Clams, 6 Oysters, 6 Shrimp	31.95 59.95
Tuna Triangles DF Tuna Tartare, Sushi Rice, Ponzu Sauce, Sriracha Pickled Ginger, Seaweed Salad, Sesame Dressing	18.95

SHORELINE CLASSICS

SERVED WITH FRENCH FRIES, COLESLAW, LEMON	
Connecticut Lobster Roll Warm Buttered Lobster 5 Oz. Grilled New England Style Brioche Roll	34.95
Fish ‘n’ Chips DF Batter-fried Fresh Codfish Filet, Tartar Sauce	23.95

FRESH SALT SPECIALTIES

Fresh Salt Cioppino DF Shrimp, Scallops, Calamari, Mussels, Swordfish Lobster-Saffron Essence, Tomato, Capellini, Crostini <i>Substitute Fresh Spinach for Pasta + 5.95</i>	31.95 39.95
Grilled North Atlantic Salmon Filet GF Fennel Purée, Saffron-Tapioca Caviar Winter Citrus Salad, Chive Oil	24.95 31.95
Koji Marinated Swordfish Steak GF DF White Miso Broth, Ginger & Scallions Rice Noodles, Bok Choy, Shiitake Mushrooms	32.95
Sautéed Long Island Duck Breast GF Creamy White Polenta, Cipollini Onions Honey Glazed Carrots, Pinot Noir Demi-Glace	33.95
Red Curry & Roasted Butternut Stew V GF Roasted Tomatoes, Spinach, Cilantro Chick Peas, Scallions, Jasmine Rice	26.95
Pan Roasted All Natural Chicken Breast Yukon Gold, Sweet Potato & Brussels Sprouts Hash Herbed Chicken Jus	28.95
House-aged Certified Angus Beef NY Strip 8 Oz. 12 Oz. GF Rosemary Roasted Fingerling Potatoes Grilled Asparagus, Roasted Garlic-Rosemary Butter	33.95 39.95
Cast Iron Seared Pork Chop Black Pepper Spaetzle-Kale-Brown Butter-Sage-Walnuts Pecorino Romano, Butternut Purée, Red Wine Demi-Glace	29.95
Mushroom & Butternut Squash Ragout Garganelli Pasta, Winter Vegetables Stewed Tomatoes, Parmigiano Reggiano	24.95 29.95
Portuguese Style Linguini & Clams Chorizo, Roasted Tomatoes Kale, Olive Oil, Garlic, Cilantro	24.95 29.95

Splitting an Entrée, Includes an additional Side 7.95

SANDWICHES

SERVED WITH KETTLE CHIPS AND COLESLAW	
Grilled Hamburger GF 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	16.95
House-Made Black Bean Burger V Lettuce, Tomato, Red Onion, Chipotle Lime Aioli Potato Bun or GF Bun (Omit Aioli for Vegan)	14.95
Seared House-Made Salmon Burger Lettuce, Tomato, Red Onion Dill Aioli, Toasted Brioche Roll	19.95
Hot Open Faced Meatloaf-Mushrooms Sandwich Caramelized Onions, Chipotle Aioli Smoked Cheddar, Grilled Country White Bread	19.95

Sandwich Additions and Substitutions:
French Fries or Sweet Potato Fries 4.95
Truffle French Fries 5.95 | Side Salad 7.95

SIDES

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

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
Gloria Ferrer Sonoma Brut, CA <i>Delicate Pear & Floral Notes, Toasty Finish</i>		59
Taittinger Brut La Francaise <i>Delicate, Balanced and Excellent Champagne</i>	129	
Laurent-Perrier, Brut La Cuvée, FR <i>Lightly Toasty & Vibrant, Flavorful & Intense</i>	99	
Veuve Clicquot Rosé, FR <i>Elegant and Inviting with Rhubarb Aroma</i>	109	
Veuve Clicquot 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, 1 liter, 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
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
Moscato, Beringer, CA <i>Luscious Fruit Expression, Easy Drinking</i>	8/12	30

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

EVERY SUNDAY 10:30AM - 2:00PM

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 Tropical & Citrus Fruit Aroma</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
Gary Farrell, Russian River Valley, CA <i>Deep, Dark Color, Silky Tannins, Darker Fruit Flavors</i>		99
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
Piattelli Reserve, Mendoza, Argentina <i>Purple in Color, Notes of Ripe Plum & Violet</i>	11/16.5	43
Sylvestra, Familia Bressia, Argentina <i>Dark Ripe Juice, Good Acidity, Fruit Tannin</i>		56

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
Silverado, Stags Leap District <i>Medium-Bodied, Jucy Red Plum & Cherries Flavor</i>		99

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, Soft Tannins for Easy Drinking</i>	13/19	51
Stags' Leap Petite Sirah <i>Black & Blueberry, Pepper Spice & Floral Notes</i>		99
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, East Bench, Zinfandel, Dry Creek, CA <i>Orange Peel-Blue & Black Berry Aromas, Soft Finish</i>		82

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
B.R. Cohn, North Coast, CA <i>Cassis, Black Cherry Aroma, Smooth Tannins</i>	15/23	59
Groth, Napa CA <i>Full Body, Bold and Smooth Finish</i>		119
Joel Gott 815, CA <i>Bold, Concentrated Black Fruit, Velvety Tannins</i>		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
Northstar, Columbia Valley, WA <i>Cherry, Plum & Dark Chocolate Flavors</i>		99
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
Tignanello Antinori, Toscana <i>Bright Ruby Red Fruit, Hint of Chocolate</i>		299
Primitivo, Masseria Altemura, Sasseo <i>Intense Aromas of Red Fruits, Sweet Tannins</i>		52
Nero D’Avola, Principi di Butera, Amira <i>Medium Body, Sweet Fruit, Dry Finish</i>		44
Barolo, Tenute Neirano DOCG, Piemonte <i>Fruity Red, Plum, Chocolate & Walnut Aromas</i>		119
Amarone Classico, Masi Costasera DOCG, Toscana <i>Impressive Complexity, Hints of Anise</i>		129

CONNECTICUT BREWS & CRAFT

Switchback Red Ale	7
Thimble Island American Ale	7
Thimble Island Ghost Double IPA	7.5
Guinness Draught	9
Mystic Bridge IPA	7
Two Roads Double IPA	8
Stowe n' Sail "Ashlawn Farms" Coffee Stout	11

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	

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

Peppermintini 14.95
Tito's Vodka, Peppermint Schnapps
White Crème de Cocoa,
White Chocolate Liquor, Splash Cream

The Samoa 14.95
Pearl Coconut, Bicerin Chocolate
Van Gogh Caramel Vodka, 1/2 & 1/2
Toasted Coconut Rim

Pomegranate Margarita 14.95
La Pinta Pomegranate Tequila
Pama Liqueur, Pomegranate Juice
Ripe Margarita Mix, Black Salt Rim

Pumpkin White Russian 14.95
Mozart Pumpkin Chocolate Liqueur
Tito's Vodka, Kahlua, Cream, Nutmeg

Classic Winter Mojito 14.95
White Rum, Splash Soda
Muddled Mint & Cranberry
in a Cranberry Simple Syrup

Hugo Spritz 14.95
St. Germain, Prosecco, Club Soda
Simple Syrup, Muddled Mint & Lime

Ginger Zest Mule 14.95
Belvedere Ginger Zest
Splash of Lemon, Ginger Beer
Splash Rosemary Simple Syrup

"#209" Negroni 14.95
209 Gin, Aperol, Partner Sweet Vermouth

Woodford in Manhattan 18.95
Woodford Bourbon
Woodford Cherry
Woodford Cherry Bitters
Carpano Antica Formula Vermouth

Red or White Sangria
Eppa Suprafruta 10/15