

SPRING

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 Lemon Zest, Basil 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
Turkey Meatballs GF Arugula Pesto, Carrots Zucchini, Leeks, Parmesan Broth	16.95
Artisanal Cheese Board* Chef's Selection of Local Cheese, Crisp Apple Dried Fruit Compote, Roasted Almonds Toasted Baguette & Cranberry-Walnut Crostini	18.95
Add Charcuterie: Genoa Salami, Soppressata, Prosciutto	10.95
Traditional Cobb Salad GF Romaine, Grilled Chicken Egg, Bacon, Avocado, Tomato Gorgonzola, Light Buttermilk Dressing	19.95
Kale & Roasted Beet Salad Farro, Toasted Pepitas Goat Cheese, Balsamic Herb Vinaigrette	18.95
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	8.95
Grilled Extra-Large Shrimp GF DF	5.50 each
Grilled Salmon GF DF	9.95
Butter Poached Lobster 5 Oz. GF	29.95
Avocado Half GF DF	4.95
Liuzzi's Burrata GF	6.95

RAW BAR

Littleneck Clams GF DF	1.95 each
Fresh Oysters GF DF Featuring Our Commitment to Niantic Bay & Local Farms, Varieties Based on Availability	3.95 each
Extra-large Shrimp Cocktail GF DF 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 Seaweed Salad	33.95 64.95 9.95
Tuna Triangles DF Tuna Tartare, Sushi Rice, Ponzu Sauce, Sriracha Pickled Ginger, Seaweed Salad, Sesame Dressing	18.95
Ahi Tuna Poke Bowl DF Jasmine Rice, Scallions, Pink Sea Salt Ginger, Red Peppers, Sesame Seeds Avocado, Edamame, Wakame Carrot, Crispy Red Onion, Sesame-Soy Dressing	24.95

FRESH SALT SPECIALTIES

Fresh Salt Cioppino DF Shrimp, Scallops, Calamari, Mussels, Swordfish Lobster-Saffron Essence, Tomato, Capellini, Crostini Substitute Fresh Spinach for Pasta 5.95	31.95 39.95
Grilled Arctic Char Filet Farro-Mint-Pea Salad, Goat Cheese Pea Sprouts, Roasted Tomatoes, Arugula Pesto	26.95 32.95
Grilled Swordfish Steak GF DF White Beans, Artichoke, Olives, Tomato Spinach, Lemon, Oregano, Sweet Red Pepper Coulis	32.95
Moroccan Lamb Tagine DF Saffron Cous-Cous, Carrots Chickpeas, Onions, Tomato Dried Apricots, Pomegranate Seeds, Cilantro	35.95
Grilled Coleman's Natural Half Chicken GF Roasted Garlic Mashed Potatoes Grilled Spring Vegetables, Lemon-Thyme Chicken Jus	28.95
Sautéed North Atlantic Cod Filet GF Wild Mushroom "Chowder", Bacon, Leeks Fingerling Potatoes, Parsley & Thyme	29.95
House-aged Certified Angus Beef NY Strip 8 Oz. 12 Oz. GF Olive Oil & Herb Smashed Yukon Gold Potatoes Grilled Asparagus, Roasted Garlic-Rosemary Butter	36.95 44.95
Lobster Pot Pie Lobster, Shrimp, Scallops, Asparagus, Carrot Leeks, Tarragon, Puff Pastry, Lobster Cream Sauce	46.95
Chickpea Penne V GF DF Fava Beans, Asparagus, Lemon Arugula, Basil, Extra Virgin Olive Oil, Garlic Add Liuzzi's Burrata (North Haven) 6.95 Add Shrimp 6.95	23.95 29.95
Splitting an Entrée, Includes an additional Side 7.95	

SANDWICHES

SERVED WITH KETTLE CHIPS AND COLESLAW	
Grilled Cheeseburger 8 Oz. Certified Angus Beef Lettuce, Tomato, Onion, Toasted Potato Roll (Omit Roll for GF) Additions: Fried Egg 1.95 Bacon 2.95 Avocado 4.95	18.95
House-Made Black Bean Burger Lettuce, Tomato, Red Onion, Chipotle Lime Aioli Potato Bun or GF Bun (Omit Aioli for V)	16.95
Seared House-Made Salmon Burger Lettuce, Tomato, Red Onion Dill Aioli, Toasted Brioche Roll	21.95
Additions and Substitutions: French Fries or Sweet Potato Fries 4.95 Truffle French Fries 5.95 Side Salad 7.95 Avocado 4.95	

SHORELINE CLASSICS

SERVED WITH FRENCH FRIES, COLESLAW, LEMON	
Connecticut Lobster Roll Warm Buttered Lobster 5 Oz. Grilled New England Style Brioche Roll	39.95
Fish 'n' Chips DF Batter-fried Fresh Codfish Filet, Tartar Sauce	24.95

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, Olive Oil and Garlic GF	9.95
Herb & Garlic Roasted RI Mushrooms GF DF	11.95
Smashed Yukon Gold Potatoes GF DF	8.95
Avocado Half	4.95



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

	5oz. 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
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
Acinum, Prosecco Millesimato Rosé, Italy <i>Soft Notes of Red Fruits, Very Fresh & Balanced</i>	36

PINOT GRIGIO

	6oz 9oz 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

Mud House, NZ <i>Clean & Crisp, Mild Effervescence</i>	10 15 39
Vette di San Leonardo, Trentino, Italy <i>Great Mineral Complexity, Full Bodied</i>	59
Oyster Bay, NZ <i>Bold Citrus, Intense Aromatics, Earthy & Herbal</i>	47
Henry Bourgeois <i>Acidic and Mineral, A Classic Sancerre</i>	14 21 55
Matua, NZ <i>Citrus, Smooth Finish</i>	41

ROSÉ

Grand Baillard, 1 liter, FR <i>Light, Dry, Fresh Finish</i>	- 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

White Bordeaux Chateau Bonnet <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
Bruni, Plinio, Vermentino <i>Fresh, Full Bodied, Long Mineral Finish</i>	11 16.5 43
White Zinfandel Beringer, CA <i>Youthful, Sweet, Aromatic Rosé Wine</i>	9 14 34
Palagetto Vernaccia, San Gimignano <i>Soft & Creamy, Long-Balanced Mouthfeel</i>	11 16.5 43
Moscato, Stella Rosa, Italy <i>Pear & Apple Notes, Easy Drinking</i>	8 12 30
Statti, Lamezia Greco Bianco Mantónico, Italy <i>Almonds, Figs & Pears Flavors, Exotic Fruit Nose</i>	36

CHARDONNAY

	6oz 9oz. BTL
Joseph Drouhin Macon-Villages <i>Burgundy FR</i> <i>Unoaked, Medium Body, Lean Acidity</i>	12 18 46
Simi Select, Sonoma, CA <i>Citrus, Apple, Pear, Vanilla</i>	43
Merf, Columbia Valley, Washington <i>Smooth, Rich & Balanced, Tropical Fruit Notes</i>	9 14 35
Sonoma Cutrer <i>Aged Sur Lie in New French Oak, Luxurious</i>	16 24 63
Russian River CA <i>Clean, Unoaked Finish</i> <i>Tropical & Citrus Fruit Aroma</i>	49
Bramito, Umbria, Italy <i>Clean, Unoaked Finish</i> <i>Tropical & Citrus Fruit Aroma</i>	49
Kendall Jackson <i>Oak, Full Body, Buttery, Maritime Climate</i>	46

PINOT NOIR

Cloudline, Willamette Oregon <i>Intense Aromatics, Concentrated Fruit, Tea Notes</i>	15 23 59
Robert Mondavi, Private Selection <i>Central Coast CA</i> <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

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>	43
Sylvestra, Familia Bressia, Argentina <i>Dark Ripe Juice, Good Acidity, Fruit Tannin</i>	56

MERLOT

Sterling, Vintner's Collection, CA <i>Rich Black Fruits, Spicy Oak Aroma, Silky Finish</i>	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

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
Quinta do Portal <i>Full Bodied, Ripe Berry Aroma, Elegant Finish</i>	58
Douro Colheita Tinto, Portugal <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
Paul Autard, Châteauneuf-du-Pape, FR <i>Balanced, Elegant, Fresh & Pure Dark Berry Fruit</i>	129
Xiloca, Garnacha, Spain <i>Intense Blackberry Color & Aroma, Mineral Finish</i>	37

CABERNET

	6oz 9oz. BTL
Stags' Leap Winery, CA <i>Rich Dark Fruit Notes, Mouthwatering Finish</i>	152
Bonanza, Wagner Family, CA <i>Dark Berries & 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

Chianti Classico-Castello D'Albola <i>Lots of Earthy Notes, Nice Depth, Dry Finish</i>	12 18 47
DOCG 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 <i>Impressive Complexity, Hints of Anise</i>	129
Bruni, Mini Super Tuscan, Italy <i>Cabernet Sauvignon & Sangiovese</i> <i>Dense, Gorgeous Depth & Richness, Soft Tannins</i>	9 14 35

CONNECTICUT BREWS & CRAFT

Switchback Red Ale	7
Thimble Island American Ale	7
Thimble Island Ghost Double 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	Guinness Draught	9

SUMMER COOLERS

Decoy Seltzer	8.5
Chardonnay, Clementine-Orange	
Chardonnay, Lemon-Ginger	
Rosé, Black Cherry	
Sauvignon Blanc, Vibrant Lime	
Truly Spiked Soda	7.5
Pineapple	
Wild Berry	

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OFFERING AMBIANCE, ART
FOOD & FRESH-MADE COCKTAILS
LOCATED IN THE LOBBY

SPECIALTY COCKTAILS

Pistachio Martini 14.95 Van Gogh Vanilla Vodka, Amaretto Bailey's, Blue Curacao, Splash Cream
Sunset Kiss 14.95 Grapefruit Vodka, Muddled Orange Grapefruit Juice, Splash of Club Soda
Black Cherry Jalapeno Margarita 14.95 Tanteo Jalapeno Tequila Real Black Cherry Puree Ripe Margarita Mix, Black Salt Rim

Spring Fling Martini 14.95 Figenza, Pear Vodka, St. Germain Fresh Lemon, Drops of Simple Syrup
Blackberry Mojito 14.95 White Rum, Club Soda & Ginger Ale Muddled Blackberries, Mint & Lime
Aperol Spritz 14.95 Aperol, Prosecco Club Soda, Orange Slice

Blueberry-Lemon Mule 14.95 Tito's Vodka, Real Blueberry Puree Lemonade & Ginger Beer
Woodford in Manhattan 18.95 Woodford Bourbon, Woodford Cherry Woodford Cherry Bitters Carpano Antica Formula Vermouth

House Made
Red or White Sangria

11 | 16

Fresh Salt