

**STARTERS**

**Regional Clam Chowder**  
New England  
Rhode Island **GF | DF**  
"Fresh Salt" Style (blend of both)  
Cup 9.95 | Bowl 13.95

**Salmon Tartare\***  
Chilled Cucumber-Miso Broth  
Sesame, Crispy Wontons  
16.95

**Traditional Fried Calamari**  
Marinara Sauce & Lemon  
17.95

**Fresh Salt Sriracha Calamari**  
Sweet Chili Glaze, Sweet Peppers  
Scallions, Sesame Seeds, Wasabi  
19.95

**Artisanal Cheese Board\*\***  
Chef's Selection of Local Cheeses  
Dried Fruit Compote, Crisp Apple  
Roasted Almonds, Toasted Baguette  
Cranberry Walnut Crostini  
19.95

**Add Charcuterie**  
Tuscan Salami, Soppressata, Prosciutto  
11.95

**Asian Turkey Meatballs** **DF**  
Sticky Rice, Pickled Vegetables  
Sesame-Soy Dipping Sauce  
16.95

**Grilled Spanish Octopus**  
Roasted Garlic-Lemon Hummus  
Cucumber-Tomato-Cilantro Salad  
Crostini, Smoked Paprika Oil  
21.95

**Field Green Salad** **GF | DF | V**  
Carrots, Tomato  
Red Onion, Cucumber  
Radish, Carrot Ginger Dressing  
7.95 | 13.95

**Citrus & Beet Salad** **GF | DF | V**  
Watercress, Orange, Carrot  
Fennel, Citrus Vinaigrette  
16.95

**Romaine, Radicchio & Baby Kale Caesar Salad**  
Romaine Hearts, Parmigiano Shavings  
White Anchovies, Brioche Croutons  
Classic Caesar Dressing  
8.95 | 14.95

**Additions**  
**Grilled Chicken** **GF | DF** 9.95  
**Grilled Shrimp** **GF | DF** 5.95 ea.  
**Grilled Salmon\*** **GF | DF** 10.95  
**Prosciutto** **GF | DF** 4.95  
**Butter Poached Lobster** 5-oz. **GF** 29.95  
**Avocado Half** **GF | DF** 4.95

**FRESH SALT SPECIALTIES**

**Fresh Salt Cioppino** **DF**  
Shrimp, Scallops, Calamari  
Mussels, Swordfish, Tomato  
Capellini, Lobster-Saffron Essence, Crostini  
34.95 | 43.95  
Substitute Fresh Spinach for Pasta **GF** 4.95

**Apricot & Mustard Glazed Salmon\*** **GF | DF**  
Citrus Quinoa, Apple-Watercress Salad  
Sautéed Spinach, Lemon Beurre Blanc  
29.95

**Pan Roasted Long Island Duck Breast\***  
Honey-Lavender Glaze, Black Barley Pilaf  
Roasted Figs, Haricots Verts, Duck Jus  
34.95

**House-Aged 14 Oz Certified Angus Beef Ribeye\*** **GF**  
Bacon-Gorgonzola Whipped Potatoes  
Grilled Asparagus, Roasted Shallots, Port Demi-Glace  
49.95  
Add Garlic & Herb Roasted Wild Mushrooms 9.95

**Sautéed North Atlantic Cod Filet** **GF | DF**  
Spring Peas, Asparagus, Pea Sprouts, Radish  
Peruvian Purple Potato, Golden Beet & Carrot Sauce  
31.95

**Cast Iron Seared 12 oz Pork Chop\*** **GF**  
Creamy Mashed Potatoes, Sautéed Corn  
Bacon & Scallions, Cognac Cream Sauce  
32.95

**Coleman's All-Natural Half Chicken** **GF**  
Fava Beans, Morel Mushrooms, Carrots  
Fingerling Potatoes, White Wine Chicken Jus  
29.95

**Pan Seared Swordfish Steak\*** **GF**  
Mediterranean Style Tomato Sauce, Capers  
Olive, Fennel, Celery, Artichoke, Basil  
Onions, Sautéed Spinach, Lemon Risotto  
33.95

**Spring Vegetable Gnocchi** **V**  
Seacoast Mushrooms, Asparagus, Peas  
Madeira Brown Butter, Grana Padano  
28.95

Splitting an Entrée, Includes an Additional Side 7.95

**SHELLFISH | RAW BAR\***

**Fresh Oysters\*** **GF | DF** 3.95 each  
Featuring our Commitment to Cool Local Waters  
We Offer a Variety Based on Availability.

**Little Neck Clams\*** **GF | DF**  
1.95 each

**Oysters Rockefeller** **GF**  
Niantic Bay Oysters, Garlic-Spinach Pernod  
Herb Breadcrumbs  
5.95 each

**Tuna Triangles\*** **DF**  
Tuna Tartare, Sushi Rice  
Ponzu Sauce, Pickled Ginger, Sriracha Aioli  
19.95

**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  
26.95

**Fresh Salt Plateau\*** **GF | DF**  
**Medium** - 3 Clams, 3 Oysters, 3 Shrimp  
33.95  
**Large** - 6 Clams, 6 Oysters, 6 Shrimp  
64.95  
**Extra Large** - 7 Clams, 7 Oysters, 7 Shrimp  
Chilled Lobster Tail  
99.95

**Shrimp Cocktail** **GF | DF**  
Extra Large, Poached in House Made  
Pickling Spice  
5.95 each

**HAND HELDS**

**Fresh Salt Cheeseburger\***  
Grilled Certified Angus Beef, Ancho Bacon  
Smoked Cheddar, Cracked Pepper Aioli  
Crispy Onions, Maple-Bourbon Glaze  
22.95

**Traditional Cheeseburger\***  
Grilled Certified Angus Beef, Lettuce, Tomato  
Onion, Toasted Potato Roll, Choice of Cheese  
19.95

**House-Made Black Bean Burger** **DF**  
Lettuce, Tomato, Red Onion  
Chipotle-Lime Aioli, Toasted Potato Roll  
(Omit Aioli and Roll for Vegan)  
17.95

**Seared House-Made Salmon Burger**  
Lettuce, Tomato, Red Onion  
Dill Aioli, Toasted Brioche Roll  
21.95

**Whole Belly Fried Clam Roll**  
Crisp Whole Belly Clams, Tartar Sauce  
Lemon, Cole Slaw, Toasted Brioche Roll  
26.95

**Grilled Eggplant Caprese Panini** **V**  
Liuzzi Fresh Mozzarella, Basil Pesto  
Tomato, Arugula, Grilled Ciabatta  
18.95

**Additions**  
Fried Egg 2.95  
Bacon 2.95  
French Fries 2.95  
Sweet Potato Fries 3.95  
Truffle French Fries 5.95  
Half Avocado 4.95

Served with House Made Kettle Chips and Coleslaw

**SANDBAR CLASSICS**

**CT Lobster Roll**  
Warm Buttered Lobster  
Grilled New England Style Brioche Roll  
36.95

**Fish n' Chips**  
Batter Fried Fresh & Local Filet  
25.95

**Fritto Misto**  
Fried Shrimp, Clams & Calamari  
Batter Fried Fresh & Local Filet  
36.95

Served with French Fries  
Coleslaw, Tartar Sauce & Lemon

**ENHANCEMENTS**

**Fresh Salt Kettle Chips** **DF** 3.95  
**Fresh Salt Parmigiano-Truffle Fries** 9.95  
**French Fries** **DF** 5.95  
**Sweet Potato Fries** **DF** 6.95  
**Coleslaw** **GF | DF** 4.95  
**Garlic & Herb Roasted Wild Mushrooms** **DF** 9.95  
**Sautéed Spinach, Olive Oil & Garlic** **DF** 8.95  
**Creamy Mashed Potatoes** **GF** 6.95  
**Grilled Asparagus** **GF | DF** 9.95  
**Seaweed Salad** **DF** 9.95



**SAYBROOK POINT**  
RESORT & MARINA



**CHEFS**

Jeffrey Renkl | Monir | Bill Titus

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** = Vegetarian | **DF** = Dairy Free | **\*\*** Contain Nuts

Fresh Salt at Saybrook Point Resort & Marina | Saybrook.com | 860.388.1111

**Paloma-Negroni Point**

Patron Silver Tequila, Agave, Fresh Lime  
Campari, Grapefruit Juice, Tonic Water

**Spring Fling**

Figenza Fig Vodka, Breckenridge Pear Vodka  
St. Germain Elderflower Liqueur  
Simple Syrup, Fresh Lemon

**Grapefruit Basil Drop**

Tito's Vodka, Grapefruit Juice, Fresh Basil  
Lime Juice, St. Germain Elderflower Liqueur  
Heavy Cream, Cinnamon

**Hugo Spritz**

St Germain Elderflower Liqueur, Prosecco  
Fresh Mint, Lemon, Club Soda

**Mezcal Blossom**

Casamigos Mezcal, Aperol, Pineapple Juice  
Fresh Lemon, Simple Syrup

**Black Manhattan**

Bulleit Rye, Amaro dell' Etna  
Angostura Bitters, Chocolate Bitters

**Peach Mojito**

Blue Chair White Rum, Peach Purée  
Fresh Mint, Fresh Lime

**Italian Gin & Tonic**

Aperol, Empress Gin, Pomegranate Juice, Lime

**CHOO CHOO CLASSIC | 19****Woodford in Manhattan**

Woodford Reserve Bourbon, Woodford Cherry  
Bitters, Carpano Antica Formula Vermouth

**SPARKLING****Valdo Numero 1, IT**

10 | 39

**Castello di Gabbiano, IT**

11 | 43

**Segura Viudas Cava Brut Rosé, SP**

10 | 39

**I Love you, Prosecco, IT .187ml**

14

**PINOT GRIGIO****Chloe, Trentino Alto Adige, IT**

11 | 16.5 | 43

**Angelini, Veneto, IT**

12 | 18 | 47

**CHARDONNAY****Corvidae, Mirth, WA**

11 | 16.5 | 43

**Sonoma Cutrer Russian River, CA**

16 | 24 | 63

**ROSÉ****Hampton Water, Languedoc, FR**

12 | 18 | 47

**SAUVIGNON BLANC****Lobster Reef, NZ**

11 | 16.5 | 43

**Henry Bourgeois****Les Baronnes Sancerre, Loire, FR**

15 | 23 | 59

**INTERESTING WHITES****Dr. Konstantin Frank, Dry Riesling, NY**

12 | 18 | 47

**Stella Rosa, Moscato, Piemonte, IT**

10 | 15 | 39

**Albarino Veira de la Plata, SP**

11 | 16.50 | 43

**PINOT NOIR****Robert Mondavi, Private Selection****Central Coast CA**

10 | 15 | 39

**Cloudline, Willamette Valley, Oregon**

15 | 23 | 59

**MALBEC****Gouguenheim, Mendoza, AR**

10 | 15 | BTL 39

**MERLOT****The Velvet Devil, WA**

10 | 15 | 39

**CABERNET****Swanson, Napa, CA**

17 | 25 | 67

**Steep Ridge, Lodi CA**

11 | 16.5 | 43

**Vina Robles, Paso Robles, CA**

15 | 23 | 59

**Bonanza, Wagner Family, CA**

13 | 19.5 | 51

**OLD WORLD REDS****Castello D'Albola****Chianti Classico, DOCG Toscana**

13 | 19.5 | 51

**Delas Frères, Côtes du Rhône FR**

11 | 16.5 | 43

**Chateau Malbat, Bordeaux FR**

10 | 15 | BTL 39

**House-Made Red or White Sangria**

14 | 21

**BEERS****CONNECTICUT BREWS**

New England Brewing Co. - Woodbridge  
Thimble Island Brewing Co. - Branford  
Half Full Brewery - Stamford  
Myrcene Ale Company - Old Saybrook

**-Fuzzy Baby Ducks IPA | 8****-Sea Hag IPA | 8****-Happy Lil Pils Pilsner 16oz. | 10****-Thimble Island Ghost**

Double IPA 16oz. | 10

**-Half Full Bright Blonde Ale | 8****DOMESTIC****Bud Light | 7****Michelob Ultra | 7****Miller Lite | 7****Sam Adams Seasonal | 8****IMPORTED****Peroni, Nastro Azzurro | 8****Stella Artois | 8****Corona Extra | 8****Guinness Draught | 9****High Noon | 8****N/A Athletic Run Wild IPA | 8****N/A Heineken "0" | 7.5****N/A Guinness | 8****MOCKTAILS | 9****Naloma**

Fresh Lime, Ruby Red Grapefruit  
Agave Nectar, Grapefruit Tonic

**Blueberry Nojito**

Fresh Blueberries, Mint Leaves  
Fresh Lime, Simple Syrup, Club Soda

**Fresh Salt Mocktail**

Fresh Lemon, Blackberry Puree, Club Soda

**No Breeze**

Cranberry Juice, Pineapple Juice  
Club Soda

**Choo Choo Lounge**

Offering over 80 Bourbons  
Whiskey, Rye, Craft  
Cocktail & Food

**SPARKLING****Taittinger Brut La Francaise**

Delicate, Peach, White Floer & Vanilla  
168

**Gloria Ferrer Brut, Sonoma, CA**

Delicate Pear & Floral Notes, Toasty Finish  
63

**Laurent-Perrier, Brut La Cuvée, FR**

Lightly Toasty & Vibrant, Flavorful & Intense  
143

**Laurent-Perrier, Brut Rosé, FR**

Intense Berry Flavor, Rounded Finish  
192

**Bollinger Champagne Brut PN AYC, FR**

Notes of Honey, Quince & Candied Fruit  
295

**Veuve Clicquot Yellow Label, FR**

Tiny Bubbles & Fruit Forward  
139

**Acinum Prosecco****Millesimato Rosé, IT**

Soft Notes of Red Fruits, Very Fresh & Balance  
39

**SAUVIGNON BLANC****Vette di San Leonardo, Trentino, IT**

Great Mineral Complexity, Full Bodied  
59

**Mud House, NZ**

Clean & Crisp, Mild Effervescence  
39

**Groth, Napa Valley, CA**

Grapefruit, Melon, Mango, Kiwi, Lemon Aromas  
99

**ROSÉ****Terres de St. Louis, Provence, FR**

Light, Dry, Bright Berry & Garrigue Notes  
39

**Whispering Angel, Provence, FR**

Balanced & Mouthwatering, Expertly Crafted  
69

**Quinn Vin De Pays du Var, FR**

Aromatic, Light, Dry, Peach, Grapefruit  
52

**CHARDONNAY****Bramito, Umbria, IT**

Clean, Unoaked Finish, Tropical & Citrus Fruit  
59

**Jordan, Russian River, Sonoma, CA**

Fuji Apple, Grapefruit & Lime Aromas  
99

**Joseph Drouhin****Macon-Villages Burgundy, FR**

Unoaked, Medium Body, Lean Acidity  
59

**Maison L'Envoyé, Straight Shooter****Willamette Valley, Oregon**

Pear & Apple Aromas, Fresh Light Finish  
47

**Marchesi Antinori Tenuta Gaudio****Vermentino di Bolgheri**

Citrus Aroma, Elderflower Notes  
79

**INTERESTING WHITES****Bruni, Plinio, Vermentino, IT**

Fresh, Full Bodied, Long Mineral Finish  
43

**Palagetto Vernaccia****San Gimignano, Tuscany, IT**

Soft & Creamy, Long-Balanced Mouthfeel  
47

**Statti Lamezia****Greco Bianco Mantonico, IT**

Almonds, Figs & Pears Flavors  
Exotic Fruit Nose  
39

**Chateau Bonnet****Bordeaux Blanc, FR**

Dry, Intense Tropical Aroma, Tangy Finish  
43

**PINOT NOIR****Laetitia, Limité, Santa Barbara, CA**

Ripe Plum & Blackberry Aromas  
68

**Découverte Vineyard****Résonance, FR**

Strawberry, Plum, Wild Cherry Aromas  
148

**Belle Glos, Las Alturas, CA**

Blackberries, Plum, Ruby Red, Rich Tannins  
199

**CABERNET****Stags' Leap Winery, CA**

Rich Dark Fruit Notes, Mouthwatering Finish  
152

**Far Niente, Napa Valley, CA**

Mixed Berries, Black Tea, Spice Flavors  
289

**B.R. Cohn, North Coast, CA**

Cassis, Black Cherry Aroma, Smooth Tannins  
59

**Groth, Napa CA**

Full Body, Bold and Smooth Finish  
139

**Austin, Paso Robles, CA**

Dark Fruit, Vanilla, Hints of Coffee  
68

**Caymus, Wagner Family, Napa CA**

Balanced, Rich, Impressively Complex  
169

**Jordan, Alexander Valley, CA**

Black Cherry, Boysenberry, Fig Aromas  
127

**MERLOT****Sterling, Vintner's Collection, CA**

Rich Black Fruits, Spicy Oak Aroma, Silky Finish  
43

**Duckhorn, Napa, CA**

Medium Body, Creamy Tannins Cassis, Plum,  
Vanilla  
139

**Silverado, Stags Leap District, CA**

Medium Bodied, Red Plum & Cherries Flavor  
99

**ITALIAN****Castello di Monsanto****Chianti Classico Riserva DOCG**

Full Bodied, Red Berry Flavor, Rich & Intense  
109

**Castello Banfi****Brunello di Montalcino, Toscana**

Ruby Red, Vanilla, Hints of Licorice  
169

**Antinori, Tignanello, Toscana**

Bright Ruby Red Fruit, Hint of Chocolate  
299

**Bruni, Mini Super Tuscan**

Cabernet Sauvignon & Sangiovese  
Gorgeous Depth & Richness  
Dense, Soft Tannins  
43

**Barolo****Tenute Neirano DOCG Piemonte**

Fruity Red, Plum, Chocolate & Nut Aromas  
119

**Amarone Classico****Masi Costasera DOCG, Veneto**

Impressive Complexity, Hints of Anise  
149

**Masseria Atemura, Sasseo****Primitivo, Puglia**

Intense Aromas of Red Fruits  
Sweet Tannins  
52

**INTERESTING REDS****Orin Swift, "Abstract", CA**

Over 200 Unique Vineyard Sites  
Impossibly Complex  
81

**The Prisoner, Napa Valley CA**

"Farm to Glass" Style Concentrated "Black"  
Blend  
109

**Jeff Carrel, Les Darons****Languedoc, FR**

Black & Blueberry, Pepper Spice & Floral Notes  
48

**Paul Autard****Châteauneuf-du-Pape, FR**

Balanced, Elegant, Pure Dark Berry Fruit  
129

