



BREAKFAST

Eggs

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

Two Eggs as You Wish 13.95

Two Egg Omelet 14.95

Includes Cheese: Cheddar, Swiss or Goat Cheese

Additions: .75 each

Mushrooms, Peppers, Asparagus, Tomato
Onion, Spinach, Applewood-Smoked Bacon, Ham
Pork Sausage, Chicken-Apple Sausage

Add Smoked Salmon 4.95

Add Fresh Lobster 16.95

Add 1 Egg 3.95

Add Avocado 4.95

Sub Egg Whites 3.95

Sub Berries for Breakfast Potatoes 5.95

Sub Fruit or Spinach for Breakfast Potatoes 4.95

Fresh Salt Specialties

Cheesecake French Toast 14.95

Roasted Strawberry or Blueberry Compote
New York Cheesecake Filling
Balsamic Glaze, Whipped Cream

Traditional Pancakes 12.95

Maple Syrup, Creamery Butter

Breakfast Skillet 17.95

Scrambled Eggs over Home Fried Potatoes
Ham, Peppers, Onions, Cheddar Cheese

Local "Cohen's" Bagel & Lox 19.95

Tomatoes, Capers, Red Onion
Whipped Dill Cream Cheese, Meyer Lemon Oil

Avocado Toast "Fresh Salt" Style 18.95

Guacamole, Black Himalayan Salt
Two Fried Eggs, Meyer Lemon Oil
Wheatberry Bread

Add Prosciutto 4.95

Add Smoked Salmon 4.95

Classic Egg Benedict 20.95

Poached Eggs, Canadian Bacon, Asparagus
Toasted English Muffin, Hollandaise Sauce
Breakfast Potatoes

Smoked Salmon-Avocado Benedict 23.95

Hollandaise Sauce, Breakfast Potatoes

Daybreak Sandwich 15.95

Two Fried Eggs, Cheddar Cheese
Apple-Wood Smoked Bacon
Plain Cohen's Bagel, Breakfast Potatoes

Add Avocado 4.95

Breakfast Cereal

Fresh Salt House Made Granola 9.95

Steel Cut Organic Oatmeal 11.95

Brown Sugar, Raisins, Cinnamon

Assorted Breakfast Cereals 8.95

Almond or Soy Milk plus .95

Add Bananas or Strawberries plus 2.95

Sides

**Applewood-Smoked Bacon, Canadian Bacon
Chicken-Apple Sausage, Pork Sausage** 7.95

Breakfast Potatoes 5.95

One (1) Egg 4.95

English Muffin 4.95

Local "Cohen's" Bagel 6.95

Cream Cheese

Breakfast Pastry 6.95

From our bake shop
Three (3) per Order, Our Daily Selection

Seasonal Mixed Berries 9.95

Seasonal Fresh Fruit 6.95

Fresh Salt Parfait 14.95

Greek Yogurt, Fresh Berries
House-Made Granola

Juice

Fresh Orange Juice 6.95

Assorted Juices 4.95

Cranberry, Pineapple, Tomato, Grapefruit, Apple

Beverages

"Lighthouse Columbian Blend" Coffee 5.95

Single Espresso 4.95

Lipton Tea 5

Steep Cafe by Bigelow Tea 6

Cappuccino, Latte, Double Espresso 5.95

BREAKFAST SPECIALTY DRINKS

Monday-Saturday from 9:00 am | Sunday from 10:00 am

Spritzes, 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.

* Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness. 3/24/2025