



Summer 2025

STARTERS

Regional Clam Chowder
New England
Rhode Island GF | DF
"Fresh Salt" Style (blend of both)
Cup 9.95 | Bowl 14.95

Chilled Honey Cantaloupe Soup GF | V
Basil Crème Fraîche
Cup 9.95 | Bowl 14.95

Mrs. Tag's Meatballs
Beef, Pork, Veal Meatballs
Marinara Sauce
Liuzzi Ricotta, Basil, Crostini
19.95

Fresh Salt Sriracha Fried Calamari
Sweet Chili Glaze, Sweet Peppers
Scallions, Sesame Seeds, Wasabi
22.95

Classic Fried Calamari
Crispy Rings & Tentacles
Marinara Sauce, Lemon
20.95

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

Add Charcuterie
Tuscan Salami, Soppressata, Prosciutto
15.95

Seacoast Mushroom Bruschetta V
Roasted Garlic Ricotta, Truffle Oil
Grilled Ciabatta, Asiago Shavings
17.95

Romaine, Radicchio & Baby Kale Caesar Salad
Romaine Hearts, Parmigiano Shavings
White Anchovies, Brioche Croutons
Classic Caesar Dressing
12.95 | 16.95

Heirloom Tomato & Liuzzi Burrata Salad\*\* GF | V
Avocado, Baby Arugula
Toasted Pine Nuts, Balsamic Vinaigrette
19.95

Add Prosciutto GF | DF 8.95

Field Green Salad GF | DF | VEGAN
Carrots, Tomato
Red Onion, Cucumber, Radish
Preserved Lemon Vinaigrette
12.95 | 15.95

Additions
Grilled Chicken GF | DF 10.95
Grilled Shrimp GF | DF 5.95 ea.
Grilled Salmon\* GF | DF 12.95
Prosciutto GF | DF 8.95
Avocado Half GF | DF 4.95
Butter Poached Lobster 5oz. GF 32.95

FRESH SALT SPECIALTIES

Fresh Salt Cioppino DF
Shrimp, Scallops, Calamari
Mussels, Swordfish, Tomato
Capellini, Lobster-Saffron Essence, Crostini
39.95 | 46.95
Substitute Fresh Spinach for Pasta GF 5.95

Sumac Crusted Salmon Filet GF | DF
Quinoa-Chickpea Tabbouleh
Baby Kale, Heirloom Tomatoes
Parsley, Mint, Lemon, Parsley Purée
33.95

Pan Seared Wild Caught Swordfish Steak\* GF | DF
Sicilian Eggplant-Artichoke Caponata
Capers, Tomato Confit, Basil Oil
37.95

Cast Iron Seared Pork Chop\* GF
Crispy Polenta Cake
Corn-Shiitake-Scallion Succotash
Aged Balsamic Scented Demi-Glace
37.95

10 oz. Grilled, Marinated CAB Hanger Steak\* GF
Grilled Corn & Avocado Salad, Chimichurri
Ancho Pepper Cream, Crispy Tortilla
44.95

14 oz. CAB Ribeye\* GF
Sautéed Broccolini, Baby Carrots
Shoestring Potatoes, Cacio e Pepe Butter
49.95

Add Roasted Local Seacoast Mushrooms GF | DF 11.95

Mediterranean Wild Caught Halibut Filet GF
Creamy Lemon Risotto, Sautéed Baby Spinach
Onions, Garlic, Tomato, Capers, Kalamata Olives
Fresh Herbs, White Wine & Tomato Broth
44.95

Grilled Coleman All-Natural Half Chicken GF
Herbes de Provence, Crushed Yukon Gold Potatoes
Haricots Verts, Lemon-Thyme Chicken Jus
32.95

Fettuccine & Lobster
Oven Roasted Grape Tomatoes
Broccoli, Basil, Perline di Mozzarella
Lemon Cream Sauce
(Omit Lobster for Vegetarian)
32.95 | 39.95

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.

Littleneck Clams\* GF | DF 1.95 each

Tuna Poke Bowl Brazilian Style DF
Mango, Avocado, Tomato, Corn, Black Beans
Toasted Coconut, Coconut-Jasmine Rice, Cilantro
Pickled Red Onion, Soy-Lime-Chili Dressing
29.95

Wild Tuna Triangles\* DF
Tuna Tartare, Sushi Rice
Ponzu Sauce, Pickled Ginger, Sriracha Aioli
27.95

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

Wild Shrimp Cocktail GF | DF
Extra Large, Poached in House Made
Pickling Spices
5.95 each

HAND HELDS

Fresh Salt Cheeseburger\*
Grilled Certified Angus Beef, Ancho Bacon
Smoked Cheddar, Cracked Pepper Aioli
Crispy Onions, Maple-Bourbon Glaze
24.95

Traditional Cheeseburger\*
Grilled Certified Angus Beef, Lettuce, Tomato
Onion, Toasted Potato Roll, Choice of Cheese
21.95

House-Made Black Bean Burger DF | V
Lettuce, Tomato, Red Onion
Chipotle-Lime Aioli, Toasted Potato Roll
19.95

Seared House-Made Salmon Burger
Lettuce, Tomato, Red Onion
Dill Aioli, Toasted Brioche Roll
24.95

Grilled Chicken Caprese Sandwich
Heirloom Tomatoes, Baby Arugula
Fresh Liuzzi Mozzarella, Basil Pesto
Balsamic Glaze, Herbed Focaccia
22.95

Served with House-Made Daily Kettle Chips, Coleslaw

Substitutions

Fried Egg 2.95 Half Avocado 4.95
Bacon 4.95 Prosciutto 8.95
French Fries 4.95 Field Greens 9.95
Sweet Potato Fries 4.95 Caesar Salad 10.95
Truffle French Fries 7.95 Parmigiano-Truffle Tater Tots 7.95

SANDBAR CLASSICS

Steamed PEI Mussels DF
"Nduja", Tomatoes, White Beans
Garlic, Ciabatta Crostini
23.95

Maine Lobster Roll
Lobster Salad
New England Style Grilled Brioche Roll
Parmigiano-Truffle Tater Tots, Coleslaw, Lemon
39.95

Wild Caught Lobster Roll
Warm Buttered Lobster
New England Style Grilled Brioche Roll
Parmigiano-Truffle Tater Tots, Coleslaw, Lemon
39.95

Fish n' Chips DF
Battered, Fried, Fresh & Local
French Fries, Tartar Sauce, Coleslaw, Lemon
29.95

ENHANCEMENTS

House-Made Daily Kettle Chips DF 4.95
Fresh Salt Parmigiano-Truffle Fries 10.95
French Fries DF 7.95
Sweet Potato Fries DF 7.95
Parmesan-Truffle Tater Tots 10.95
Coleslaw GF | DF 5.95
Sea Coast Wild Mushrooms DF 11.95
Sautéed Spinach, Olive Oil & Garlic DF 9.95
Creamy Mashed Potatoes GF 8.95
Grilled Asparagus GF | DF 11.95
Seaweed Salad DF 9.95



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

## SPECIALTY COCKTAILS

**Jalapeno Mule** 15.95  
Tito's Vodka, Jalapeno Infused Fresh Lime  
Ginger Beer, Sliced Jalapenos

**Marina-Rita** 15.95  
Herradura Tequila, Watermelon Purée  
Fresh Basil and Lime, Lime-Salt Rim

**Boater's Paradise** 15.95  
Herradura Tequila, Club Soda  
Chambord, Prosecco, Fresh Lime

**Raspberry Lime Drop** 15.95  
Raspberry Vodka, Chambord  
Fresh Lime, Simple Syrup

**Fresh Salt Fashion** 15.95  
Angels Envy Bourbon, Orange Bitters  
Blackberry Hibiscus Simple Syrup

**Empress Collins** 15.95  
Empress Gin, Lavender Simple Syrup  
Fresh Lemon, Club Soda, Lemon Twist

**Summer Fling** 15.95  
Breckenridge Pear Vodka, Figenza Fig Vodka  
Elderflower Liqueur, Fresh Lemon

## FRESH SALT CLASSIC

**Woodford in Manhattan** 19.5  
Woodford Reserve Bourbon, Woodford Cherry  
Bitters, Carpano Antica Formula Vermouth  
Woodford Reserve Cherry

## WINE BY THE GLASS

### SPARKLING

**I Love you, Prosecco, Split, IT**  
16

**Villa Sandi, Il Fresco, Prosecco**  
12 | 47

**Comté de Chamberí, Brut, SP**  
11 | 43

**Hampton Water, Bubbly Rosé**  
Red Fruit, Citrus, Floral Aromas  
17 | 67

**Segura Viudas, Brut Rosé, SP**  
11 | 43

### PINOT GRIGIO

**Chloe, Trentino Alto Adige, IT**  
12 | 18 | 47

**Angelini, Veneto, IT**  
14 | 21 | 55

### CHARDONNAY

**Raeburn Winery, Sonoma, CA**  
13 | 19.5 | 51

**Milton Park, South Australia**  
11 | 16.5 | 43

**Sonoma Cutrer  
Russian River, CA**  
16 | 24 | 63

### ROSÉ

**Hampton Water, Languedoc, FR**  
14 | 21 | 55

**Miraval, Côtes de Provence, FR**  
19 | 28.5 | 76

### SAUVIGNON BLANC

**Lobster Reef, NZ**  
12 | 18 | 47

**Domaine des Grandes Perrières  
Sancerre, FR**  
19 | 28.5 | 76

### INTERESTING WHITES

**Dr. Konstantin Frank  
Semi-Dry Riesling, NY**  
12 | 18 | 47

**La Battistina, Gavi, Piemonte, IT**  
13 | 19.5 | 51

**Albarino Veira de la Plata, SP**  
12 | 18 | 47

**Les Costieres de Pomerols  
Picpoul de Pinet, FR**  
12 | 18 | 47

**Stella Rosa  
Moscato, Piemonte, IT**  
11 | 16.5 | 43

**White or Red Sangria**  
14 | 21

### PINOT NOIR

**Z. Alexander Brown, Uncaged  
Russian River Valley, Sonoma, CA**  
11 | 16.5 | 43

**Cloudline, Willamette Valley, Oregon**  
16 | 24 | 63

### MERLOT

**The Velvet Devil, WA**  
11 | 16.5 | 43

### MALBEC

**Gouguenheim, Mendoza, AR**  
11 | 16.5 | 43

### CABERNET

**Swanson, Napa, CA**  
17 | 25.5 | 67

**Silver Gate, CA**  
11 | 16.5 | 43

**Rubus, CA**  
13 | 19.5 | 51

### OLD WORLD REDS

**Il Borro, Pian di Nova Toscana  
Syrah/Sangiovese**  
17 | 25.5 | 67

**Shannon Ridge, High Elevation  
Zinfandel/Primitivo, CA**  
10 | 15 | BTL 39

**Chateau Malbat  
Bordeaux FR**  
11 | 16.5 | 43

**Intrinsic, Red Blend  
Columbia Valley, Washington**  
12 | 18 | 47

**Castello D'Albola  
Chianti Classico, DOCG Toscana**  
14 | 21 | 55

## WINE BY THE BOTTLE

### SPARKLING

**Veuve du Varnay, Brut Rosé, FR**  
Strawberry, Apple, Tangerine, Minerals Aromas  
45

**Castello di Gabbiano, IT**  
Green Apple & Lemon Aromas, Bright & Fresh  
54

**Taittinger Brut La Francaise**  
Delicate, Peach, White Floer & Vanilla  
193

**Gloria Ferrer Brut, Sonoma, CA**  
Delicate Pear & Floral Notes, Toasty Finish  
63

**Laurent-Perrier, Brut La Cuvée, FR**  
Lightly Toasty & Vibrant, Flavorful & Intense  
165

**Laurent-Perrier, Brut Rosé, FR**  
Intense Berry Flavor, Rounded Finish  
220

**Bollinger Champagne Brut PN AYC, FR**  
Notes of Honey, Quince & Candied Fruit  
295

**Veuve Clicquot Yellow Label, FR**  
Tiny Bubbles & Fruit Forward  
160

### SAUVIGNON BLANC

**Vette di San Leonardo, Trentino, IT**  
Great Mineral Complexity, Full Bodied  
72

**Domaine Jean-Paul Sancerre, FR**  
Lively, Fresh & Floral, Citrus, Ripe Fruit Aromas  
86

**Château de Vallagon  
Touraine, Loire Valley, FR**  
Bright & Lively, Lychee- Lime Zest Aromas  
47

**Groth, Napa Valley, CA**  
Grapefruit, Melon, Mango, Kiwi, Lemon Aromas  
69

### ROSÉ

**Whispering Angel, Provence, FR**  
Balanced & Mouthwatering, Expertly Crafted  
79

**Il Borro, Toscana Borrerosa, IT**  
Fruity, Sour & Marasca Cherries Aromas  
55

### INTERESTING WHITES

**Marchesi Antinori Tenuta Gaudio  
Vermentino di Bolgheri**  
Citrus Aroma, Elderflowers Notes  
90

**Fritz Müller  
Troocken Riesling, Germany**  
Floral, Green Apple & Grapefruit Aromas  
59

**Palagetto, Vernaccia  
San Gimignano, Tuscany, IT**  
Soft & Creamy, Long-Balanced Mouthfeel  
55

**Chateau Bonnet, Bordeaux Blanc, FR**  
Dry, Intense Tropical Aroma, Tangy Finish  
50

### CHARDONNAY

**Paul Hobbs, Russian River, CA**  
Crisp, Elegant, Juicy Apple & Crisp Asian Pear  
105

**Cakebread, Napa, CA**  
Apple, Citrus & Pear Aromas, Long Finish  
127

**Joseph Drouhin  
Macon-Villages, FR**  
Fresh, Light, Very Pleasant Aftertaste  
67

**Jordan, Russian River, Sonoma, CA**  
Fuji Apple, Grapefruit & Lime Aromas  
99

### INTERESTING REDS

**Orin Swift, "Abstract", CA**  
Over 200 Unique Vineyard Sites  
Impossibly Complex Red Blend  
81

**The Prisoner, Napa Valley CA**  
Concentrated "Black" Blend  
109

**Opus One, Napa, CA**  
Cassis, Blackberry, Black Cherry Aromas  
472

**Louis Bernard  
Châteauneuf-du-Pape, FR**  
Full Bodied Wine, Mocha & Black Tea Notes  
148

### MERLOT

**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  
125

**Castello Banfi  
Brunello di Montalcino, Toscana**  
Ruby Red, Vanilla, Hints of Licorice  
194

**Antinori, Tignanello, Toscana**  
Bright Ruby Red Fruit, Hint of Chocolate  
339

**Barolo  
Tenute Neirano DOCG Piemonte**  
Fruity Red, Plum, Chocolate & Nut Aromas  
137

**Amarone Classico  
Masi Costasera DOCG, Veneto**  
Impressive Complexity, Hint of Anise  
169

### PINOT NOIR

**Ken Wright Cellars  
Willamette Valley, Oregon**  
Ripe Cherry, Red Plum & Blackberry Flavor  
59

**CrossBarn, Sonoma Coast, CA**  
Pomegranate, Black Cherry, Bay Leaf, Violet  
88

**Twomey, Russian River, CA**  
Red Fruits, Boysenberries & Hint of Oak  
148

### CABERNET

**Stags' Leap Winery, CA**  
Rich Dark Fruit Notes, Mouthwatering Finish  
152

**Far Niente, Napa Valley, CA**  
Mixed Berries, Black Tea, Spice Flavors  
289

**Chateau Montelena  
The Montelena Estate, Calistoga, CA**  
Raspberry, Mint, Plum & Black Cherry Flavor  
309

**Bonanza, Wagner Family, CA**  
Blackberries, Vanilla, Cassis Aromas  
57

**Ridge Montebello  
Santa Cruz Mountains, CA**  
Deep Ruby Color, Blackberry, Cassis Aroma  
299

**Raymond, North Coast, CA**  
Strawberry & Plum Flavors, Long Finish  
87

**Quilt, Wagner Family, Napa CA**  
Crème de Cassis, Hazelnut, Cocoa Aromas  
99

**Paul Hobbs, Beckstoffer Dr. Crane, CA**  
Dark Cherry, Blueberry, Clove & Tobacco Leaf  
302

**Groth, Napa CA**  
Full Body, Bold and Smooth Finish  
139

**Silver Oak, Alexander Valley, CA**  
Red Cherry, Raspberry, Blackberry Notes  
284

**Chappellet  
Pritchard Hill, Napa, CA**  
Rich, Robust Tannins, Dark Berry Flavors  
352

**Caymus, Wagner Family, Napa CA**  
Balanced, Rich, Impressively Complex  
169

**Jordan, Alexander Valley, CA**  
Black Cherry, Boysenberry, Fig Aromas  
127

**Austin, Paso Robles, CA**  
Dark Fruits, Fresh Vanilla, Hints of Coffee  
55

## BEERS

### CONNECTICUT BREWS

Myrcene Ale Company – Old Saybrook  
New England Brewing Co. - Woodbridge  
Two Roads Co. - Stratford

**Saybrook Point Signature  
Harbor Master NEIPA** 11

**Happy Lil Pils** 10

**Fuzzy Baby Ducks IPA** 8

**Sea Hag IPA** 8

**Road 2 Ruin Double IPA** 9.5



### DOMESTIC

**Bud Light** 8

**Michelob Ultra** 8

**Miller Lite** 8

**Blue Moon** 8

**Sam Adams Seasonal** 9

**Nutri Seltzer** 8

**Sun Cruiser  
Lemonade Iced Tea** 9

### IMPORTED

**Peroni, Nastro Azzurro** 9

**Stella Artois** 9

**Corona Extra** 8

**Guinness Draught** 10

**N/A Athletic Run Wild IPA** 8

**N/A Heineken "0"** 8

**N/A Guinness** 8

### NON-ALCOHOL 11.95

**Pomegranate Mimosa**  
N/A Steinbock Reisling, Pomegranate Juice

**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

**Spritz del Conte**  
Non-Alcohol Aperol  
Club Soda, Orange Slice

### NON-ALCOHOLIC WINE & SPARKLING

**Dr. Fischer Steinbock** 12

**Sparkling Riesling, Germany**  
Dry & Lively in the Mouth

**Lobster Reef Zero** 12

**Sauvignon Blanc**  
Tropical, Citrus Fruit Aroma

## Choo Choo Lounge

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

