



STARTERS

Regional Clam Chowder

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

Roasted Cauliflower

Parsnip Bisque ** GF | V
Toasted Hazelnuts, Fried Sage
Cup 8.95 | Bowl 13.95

Fresh Salt Sriracha Fried Calamari

Crispy Rings & Tentacles
Sweet Chili Glaze, Sweet Peppers
Scallions, Sesame Seeds, Wasabi
22.95

Classic Fried Calamari

Crispy Rings & Tentacles
Marinara Sauce, Lemon
20.95

Steamed PEI Mussels

"Nduja", Tomatoes, White Beans
Garlic, Ciabatta Crostini
23.95

Artisanal Local Cheese Board **

Chef's Selection of Local Cheese
Dried Fruit Compote, Crisp Apples
Roasted Almonds, Toasted Baguette
Cranberry Walnut Crostini
19.95

Add Charcuterie

Tuscan Salami, Soppressata, Prosciutto
15.95

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

Wild Tuna Triangles * DF

Tuna Tartare, Sushi Rice
Ponzu Sauce, Pickled Ginger, Sriracha Aioli
27.95

Whipped Liuzzi Ricotta Brulée V

Black Pepper-Truffle Honey
Roasted Baby Carrots, Crostini
17.95

Romaine, Radicchio & Baby Kale Caesar Salad

Romaine Hearts, Parmigiano Shavings
White Anchovies, Brioche Croutons
Classic Caesar Dressing
12.95 | 16.95

Butternut Squash Strudel V

Leeks, Goat Cheese
Rosemary & Thyme, Cranberry Gastrique
18.95

Field Greens Salad GF | DF | VEGAN

Carrots, Tomatoes, Red Onions, Radishes
Cucumbers, Preserved Lemon Vinaigrette
12.95 | 15.95

Winter Greens Salad ** GF

Baby Kale & Mixed Greens
Candied Pecans, Goat Cheese
Roasted Pear, Mulled Cider Vinaigrette
12.95 | 18.95

Additions

Grilled Chicken GF | DF 10.95

Grilled Shrimp GF | DF 5.95 ea.

Grilled Salmon* GF | DF 12.95

Prosciutto di Parma GF | DF 8.95

Avocado Half GF | DF 4.95

Butter Poached Lobster 5oz. GF 32.95

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

FINS & BONES

Signature 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

North Atlantic Salmon Filet DF

Miso Seared, Buckwheat Soba Noodles
Lemongrass Ginger Broth, Baby Bok Choy
Shiitake Mushrooms, Ginger, Scallions, Sesame
33.95

Prosciutto di Parma Wrapped Swordfish

Wild Mushroom, Leek & Asparagus Risotto
Thyme Oil, Crispy Leeks
37.95

HAND HELDS

Served with House-Made Daily, Malted Kettle Chips, Coleslaw | Substitute Salad for Chips 9.95

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
(Omit Aioli for Vegan)
19.95

SANDBAR CLASSICS

Oysters Rockefeller GF

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

Maine Lobster Salad Roll

Chilled Lobster, Mayonnaise, Lemon, Celery
New England Style Grilled Brioche Roll
Parmigiano-Truffle Tater Tots, Coleslaw
39.95

Linguini & Littleneck Clams

Black & White Linguini
Calabrian Chilis, Pancetta, Fresh Oregano
Parsley, White Wine, Olive Oil, Sweet Butter, Garlic
29.95 | 34.95

Pan Roasted Wild Caught Monkfish ** GF

Roasted Garlic Mashed Potatoes
Toasted Hazelnuts, Blistered Tomatoes
Haricots Verts, Romesco Sauce
38.95

12 oz. Grilled CAB New York Strip ** GF

Herb Roasted Fingerling Potatoes
Charred Romanesco
Roasted Garlic-Rosemary Butter
44.95

Grilled Lion's Mane Mushroom "Steak" V | GF | VEGAN

White Bean-Celery Root Purée
Roasted Baby Carrots
Oven Dried Tomatoes, Chimichurri
32.95

Bison Burger

Bacon, Blue Cheese
Roasted Shallot Aioli, Toasted Brioche Roll
26.95

Seared House-Made Salmon Burger

Lettuce, Tomato, Red Onion
Dill Aioli, Toasted Brioche Roll
24.95

Hot Meatloaf Sandwich

Cognac Glazed Apples & Onions
Melted Brie, Black Pepper Aioli
Demi-Glace, Toasted Ciabatta Bread
21.95

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

Fresh Cod Filet Battered & Fried
French Fries, Tartar Sauce, Coleslaw, Lemon
29.95

Substitute Salad for French Fries/Tater Tots 5.95

Cast Iron Seared Pork Chop * GF

Potato, Onion & Bacon Gratin
Roasted Brussels Sprouts
Caramelized Onion & Apple Mostarda
Apple Cider Demi-Glace
37.95

Pan Roasted Colman Chicken Breast GF

Chicken Confit & Vegetable Stuffed Savoy Cabbage
Wild Rice Blend, Dried Cranberries
Roasted Shallots, Sage Scented Chicken Jus
32.95

Braised Boneless Beef Short Ribs GF

Yukon Gold Mashed Potatoes
Roasted Carrots, Cipollini Onions
Crispy Garlic, Red Wine Jus
42.95

Splitting an Entrée Includes an Additional Side
8.95

ENHANCEMENTS

House-Made Malted Kettle Chips DF 4.95

Parmigiano-Truffle Fries 10.95

French Fries DF 7.95

Sweet Potato Fries DF 7.95

Parmigiano-Truffle Tater Tots 10.95

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

Fried Egg GF | DF 2.95

Bacon GF | DF 4.95

Half Avocado GF | DF | V 4.95

Prosciutto di Parma GF | DF 8.95

Seaweed Salad DF 9.95

Coleslaw GF | DF 5.95

OUR PARTNERS



SPECIALTY COCKTAILS

Snowy White Cosmo 15.95
Pear Vodka, Cointreau
White Cranberry, Fresh Lime, Cranberry

Winter Margarita 15.95
Poblano Infused Tequila, Fresh Lime
Triple Sec, Ripe Margarita Mix

Jasmine Cocktail 15.95
Empress Gin, Campari, Triple Sec
Simple Syrup, Fresh Lemon

Snowball Martini 15.95
Van Gogh Vanilla, Coconut Purée
Blue Chair Coconut Rum
Amaretto Disaronno, Cream

Holiday Fizz 13.95
Prosecco, Apple Cider
Cinnamon-Sugar Rim

Part Time Lover 15.95
Herradura Tequila, Aperol, Elderflower
Lemon Juice, Orange Bitters

The Nutcracker 15.95
Amaretto Disaronno, Bailey's
Vanilla Vodka, Blue Curacao, Cream

Maple Old Fashion 15.95
Bulleit Rye, Maple Syrup, Orange Bitters
Orange Peel, Cinnamon Stick, Cherry

Blackberry Bourbon Sour 15.95
Knob Creek, Simple Syrup, Fresh Lemon
Blackberry Syrup, Orange Bitters

FRESH SALT SIGNATURES

Fresh, Hot & Dirty 15.95
Ketel One Vodka, Olive Juice
Pepperoncini Juice

Woodford in Manhattan 19.95
Woodford Reserve Bourbon
Woodford Cherry Bitters
Carpano Antica Formula Vermouth
Woodford Reserve Cherry

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
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**
11 | 16.5 | 43

Cloudline, Willamette Valley
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 di Monsanto
Chianti Classico, DOCG Toscana**
18 | 27 | 71

BEERS

CONNECTICUT BREWS

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

SAYBROOK POINT SIGNATURE:



Harbor Master NEIPA 11
Tessie Kolsch 10
Fuzzy Baby Ducks IPA 8
Sea Hag IPA 8
Road 2 Ruin Double IPA 9.5

Bud Light 8
Michelob Ultra 8
Miller Lite 8
Blue Moon 8
Sam Adams Seasonal 9
Nutrl Seltzer 8
Sun Cruiser Tea 9
Peroni, Nastro Azzurro 9
Stella Artois 9
Corona Extra 8
Guinness Draught 10

NON-ALCOHOLIC

Pomegranate Mimosa 12.95
N/A Steinbock Reising, Pomegranate Juice

Naloma 11.95
Fresh Lime, Grapefruit, Grapefruit Tonic

Pear Narita 11.95
Pear Puree, Cinnamon, Nutmeg
Fresh Lime, RIPE mix, Club Soda

Fresh Salt Mocktail 11.95
Fresh Lemon, Blackberry Puree, Club Soda

No Breeze 11.95
Cranberry Juice, Pineapple Juice
Club Soda

NoSpritz 11.95
Non-Alcohol Aperol, Club Soda, Orange

N/A Athletic Run Wild IPA 8
N/A Heineken “0” 8

N/A Guinness 8

Sparkling Riesling

Dr. Fischer Steinbock 12
Dry & Lively in the Mouth

Sauvignon Blanc

Lobster Reef Zero 12 | 18
Tropical, Citrus Fruit Aroma

Choo Choo Lounge

Offering over 80 Bourbons
Whiskeys, Ryes
Craft Cocktails & Food



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

ROSÉ

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

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

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

INTERESTING WHITES

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

**Fritz Müller
Trocken 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 d’Albola
Chianti Classico**
Full Bodied, Red Berry Flavor, Rich & Intense
65

**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