

2026 Breakfast



Fresh Salt Specialties

Brown Butter Brioche French Toast 14.95**

Chocolate-Hazelnut Ganache
Crushed Hazelnuts, Whipped Cream

Traditional Pancakes 12.95

Maple Syrup, Creamery Butter

Steel Cut Oatmeal Bowl 17.95

Poached Egg, Avocado, Roasted Tomatoes
Smoked Cheddar, Pickled Red Onions

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 or Smoked Salmon 4.95

Classic Eggs 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

Breakfast Smash Burger 18.95

6 oz Burger, (1) Over Easy Egg, Bacon, Cheddar
Toasted Brioche Roll

Daybreak Sandwich 15.95

Two Fried Eggs, Cheddar Cheese, Applewood Smoked Bacon
Plain "Cohen's" Bagel, Breakfast Potatoes

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, American, 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 One (1) Egg 3.95

Add Avocado 4.95

Sub Egg Whites 3.95

Sub Fruit or Spinach for Breakfast Potatoes 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 .95

Add Bananas or Strawberries 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 Pastries 6.95**

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

Seasonal Mixed Berries 9.95

Seasonal Fresh Fruit 6.95

Half Avocado 4.95

Fresh Salt Parfait ** 14.95

Greek Yogurt, Fresh Berries
House-Made Granola

Juice

Fresh Orange Juice 6.95

Assorted Juices 4.95

Cranberry, Apple, Pineapple, Tomato, Grapefruit

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

Specialty Drinks

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

Spritzes, Bloody Marys, Bellinis & Mimosas (Also available Non-Alcoholic)

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. **CONTAINS/MAY CONTAIN NUTS

* Thoroughly Cooking Meats, Poultry, Seafood, Shellfish or Eggs reduces the risk of illness. 2/2026