

Spring 2026



STARTERS

Regional Clam Chowder

New England
Rhode Island GF | DF
"Fresh Salt" Style (blend of both)
Cup 11.95 | Bowl 16.95

Potato, Leek, Truffle Soup GF

Butter Poached Lobster, Chives
Cup 12.95 | Bowl 16.95

Steamed PEI Mussels

"Nduja", Tomatoes, White Beans
Garlic, Ciabatta Crostini
24.95

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

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

Sweet Pea & Liuzzi Ricotta Bruschetta

House Cured Salmon Gravlax, Radishes, Chives
19.95

Romaine, Radicchio & Baby Kale Caesar Salad

Romaine Hearts, Parmigiano Shavings
White Anchovies, Brioche Croutons
Classic Caesar Dressing
12.95 | 17.95

Grilled Spanish Octopus GF | DF

Roasted Tomatoes, Kalamata Olives
Gigante Beans, Capers, Calabrian Chili
Extra Virgin Olive Oil, Garlic, Romesco Sauce
21.95

Field Greens Salad GF | DF | VEGAN

Carrots, Tomatoes, Red Onions, Radishes
Cucumbers, Preserved Lemon Vinaigrette
12.95 | 17.95

Spring Greens Salad GF

Baby Arugula, Watercress
Shaved Carrots, Radishes, Fennel
Golden Beets, Tarragon Vinaigrette
12.95 | 17.95

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 33.95

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 | 49.95

Substitute Fresh Spinach for Pasta GF 5.95

North Atlantic Salmon Filet * GF

Spring Vegetable Risotto
Carrot-Ginger Butter Sauce, Chives
33.95

Grilled Wild Caught Swordfish Steak * DF

Grape Tomatoes, Green Olives, Artichokes
Preserved Lemon, Olive Oil & Garlic Jus
Saffron Couscous, Fried Capers
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
Toasted Brioche Roll
25.95

Traditional Cheeseburger *

Grilled Certified Angus Beef, Lettuce, Tomato
Onion, Toasted Potato Roll, Choice of Cheese
22.95

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

Fettuccini & Citrus Cured Salmon

House Cured Salmon, Spring Peas
Asparagus, Basil, Lemon Cream
29.95 | 34.95

Roasted North Atlantic Skate ** GF

Lemon-Caper Brown Butter Sauce
Sautéed Spinach, Parsley Purée
Pine Nuts, Basmati Rice, Grilled Lemon
32.95

Tuna Poke Bowl * DF

Jasmine Rice, Scallions, Pink Sea Salt
Ginger, Red Peppers, Sesame Seeds
Avocado, Edamame, Sea Vegetable
Carrot, Crispy Red Onion, Sesame Soy
32.95

Roasted Lion's Mane Mushroom GF | VEGAN

Golden Beets, Baby Carrots, Gigante Beans
Blistered Grape Tomatoes, Arugula Pesto
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

Prosciutto & Soppressata Panini

Arugula, Roasted Red Peppers
Honey Mustard, Provolone Piccante, Ciabatta
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, Local Filet Battered & Fried
French Fries, Tartar Sauce, Coleslaw, Lemon
29.95

Substitute Salad for French Fries/Tater Tots 5.95

Pan Roasted All-Natural Chicken Breast

Fava Beans, Baby Carrots, Oyster Mushrooms
Truffled Ricotta Dumplings, Thyme Scented Chicken Jus
32.95

Spring Lamb Stew GF

Tender Braised Lamb Shoulder
Herb Roasted Vegetables, Marble Potatoes
Red Wine-Rosemary Lamb Jus
29.95 | 39.95

12 oz. Grilled CAB New York Strip * GF

Herb Roasted Fingerling Potatoes
Charred Romanesco
Roasted Garlic-Rosemary Butter
49.95

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

Seacoast 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

Avocado Half GF | DF | V 4.95

Prosciutto di Parma GF | DF 8.95

Seaweed Salad DF 9.95

OUR PARTNERS



CHEFS
Jeff 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

Spicy Pineapple Margarita 15.95

Jalapeno Infused Tequila, Fresh Lime Splash Pineapple, Agave, Jalapeno Slices

Blueberry-Lavender Tea 15.95

Ketel One Citroen, Iced Tea Lavender Simple Syrup Blueberry Puree

Bluegrass Bloom 15.95

Redwood Empire Rye, Fresh Lemon, Honey-Lavender Syrup

Raspberry Rhubarb Mojito 15.95

Blue Chair White Rum, Fresh Mint, Lime Raspberries, Rhubarb Simple Syrup

Honeydew Fizz 12.95

Melon Liqueur, Prosecco Sugar Rim, Honeydew Garnish

Spring Paloma 15.95

Herradura Blanco Tequila, Agave Fresh Lime, Grapefruit Tonic Dried Grapefruit

Cucumber Elderflower Spritz 15.95

Effen Cucumber Vodka, Fresh Lime Elderflower Liqueur, Splash Soda Cucumber Ribbon

Floral Twister 15.95

Drumshanbo Irish Gin, Fresh Lemon, Elderflower Liqueur, Amaro Nonino

Strawberry Mint Mule 13.95

Penelope Architect Bourbon Strawberry Puree, Fresh Mint Ginger Beer

Spring Berry Lemonade 15.95

Tito's Vodka, Mixed Berry Puree Fresh Lemon & Berries Lemonade, Simple Syrup

Peach Blossom 15.95

Empress Gin, Peach Puree Simple Syrup, Club Soda

FRESH SALT SIGNATURES

Fresh, Hot & Dirty 15.95

Absolut Tabasco Vodka Olive & Peppercornini Juice

Woodford in Manhattan 19.95

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

BY THE GLASS

SPARKLING

Villa Sandi, Il Fresco

Prosecco Split, IT 14

Gloria Ferrer Brut, Sonoma, CA

12 | 47

Hampton Water, Bubbly Rosé

17 | 67

PINOT GRIGIO

Chloe, Trentino Alto Adige, IT

12 | 18 | 47

Angelini, Veneto, IT

14 | 21 | 55

CHARDONNAY

Raeburn Winery, Sonoma, CA

14 | 21 | 55

Mâcon-Lugny Les Charmes, FR

12 | 18 | 47

Sonoma Cutrer

Russian River, CA

17 | 25.5 | 67

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

Sancerre of the Moment, FR

19 | 28.5 | 75

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

Josh, Seaswept

Pinot Grigio-Sauvignon Blanc, CA

11 | 16.5 | 43

Michele Chiarlo, Nivole

Moscato d'Asti, Piemonte, IT

13 | 19.5 | 51

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

BEERS

CONNECTICUT BREWS

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

SAYBROOK POINT SIGNATURE:



Harbor Master NEIPA, 16 oz. 11

Happy Lil Pils, 16 oz. 10

Fuzzy Baby Ducks IPA 8

Sea Hag IPA 8

Road 2 Ruin Double IPA 9.5

Blue Moon 8

Bud Light 8

Corona Extra 8

Guinness Draught 10

Michelob Ultra 8

Miller Lite 8

Nutri Seltzer 8

Peroni, Nastro Azzurro 9

Sam Adams Seasonal 9

Stella Artois 9

Suncruiser Tea 9

NON-ALCOHOLIC

Pomegranate Mimosa 12.95

N/A Steinbock Reisling, Pomegranate Juice

Naloma 11.95

Fresh Lime, Grapefruit, Grapefruit Tonic

Narita 11.95

Mango Puree, 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

Spritz del Conte 11.95

Non-Alcohol Aperol, Club Soda, Orange

N/A Athletic Run Wild IPA 8

N/A Heineken "0" 8

N/A Guinness 8

Josh Cellars

Non-Alcoholic Sparkling, CA 12

Peach, Citrus, Green Apple Aromas

Riesling

Dr. Fischer Steinbock, DE 12 | 18

Dry & Lively in the Mouth

Sauvignon Blanc

Lobster Reef Zero, NZ 12 | 18

Tropical, Citrus Fruit Aroma

BY THE BOTTLE

SPARKLING

Castello di Gabbiano, Prosecco, IT

Green Apple & Lemon Aromas, Bright & Fresh 54

Taittinger Brut La Francaise

Delicate, Peach, White Floer & Vanilla 193

Josh Cellars, Seaswept, Sparkling, CA

Bright, Clean & Citrusy, Lively Bubbles 43

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

Domaine Jean-Paul Sancerre, FR

Lively, Fresh & Floral, Citrus, Ripe Fruit Aromas 75

Domaine des Grandes Perrières Sancerre, FR

Spice & Lively Acidity Finish 75

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

Les Costieres de Pomerols

Picpoul de Pinet, FR

Fresh Fruit & Citrus Aroma, Well Balanced Acidity 47

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 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

Fresh Salt at Saybrook Point Resort & Marina

Saybrook.com