



BREAKFAST

Fresh Salt Specialties

Brown Butter Grilled French Toast 14.95
Chocolate-Hazelnut Ganache
Maldon Sea Salt 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, Picked 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 Egg Benedict 20.95
Poached Eggs, Canadian Bacon
Asparagus, Toasted English Muffin
Hollandaise Sauce Breakfast Potatoes

Smoked Salmon-Avocado 23.95
Hollandaise Sauce, Breakfast Potatoes

Breakfast Smash Burger 29.95
6 oz Burger, Over Easy Egg, Bacon
Cheddar, Toasted Brioche Roll

Daybreak Sandwich 15.95
Two Fried Eggs, Cheddar Cheese
Apple-Wood 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 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 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 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

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, 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

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. 4/2025