



**STARTERS**

**Regional Clam Chowder**

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

**Crabmeat & Corn Chowder** GF | V

Basil Crème Fraiche  
Cup 11.95 | Bowl 16.95

**Zucchini Carpaccio\*\*** GF | V

Extra Virgin Olive Oil, Lemon  
Mint, Basil, Pine Nuts, Parmesan  
Liuzzi Burrata  
18.95

**Fresh Salt Sriracha Fried Calamari**

Crispy Rings & Tentacles  
Sweet Chili Glaze, Sweet Peppers  
Scallions, Sesame Seeds, Wasabi  
23.95

**Classic Fried Calamari**

Crispy Rings & Tentacles  
Marinara Sauce, Lemon  
21.95

**Artisanal Local Cheese Board \*\*** V

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

**Add Charcuterie**

Prosciutto di Parma, Coppa, Soppressata  
16.95

**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 2.25 each

**Wild Tuna Triangles \*** DF

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

**Oysters Rockefeller** GF

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

**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

**Romaine, Radicchio & Baby Kale Caesar Salad**

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

**Field Greens Salad** GF | DF | VEGAN

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

**Heirloom Tomato & Burrata Salad\*\*** GF | V

Baby Arugula, Avocado, Toasted Pine Nuts  
White Balsamic Vinaigrette, Balsamic Glaze  
19.95

**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 3.95

**Butter Poached Lobster** 5oz. GF 34.95

**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

**Shrimp & Scallops Ceviche** GF | DF

Sweet Peppers, Corn, Mango, Lime, Chili  
Cilantro, Scallion, Avocado, Tortilla Crisps  
22.95

**FINS & BONES**

**Signature Cioppino** DF

Shrimp, Scallops, Calamari  
Mussels, Swordfish, Tomato  
Capellini, Lobster-Saffron Essence, Crostini  
41.95 | 49.95

Substitute Fresh Spinach for Pasta GF 5.95

**Pan Seared Salmon Filet\*\*** DF

Pistachio Pistou, Fingerling Potatoes  
Heirloom Tomatoes, Haricots Verts  
Baby Arugula, Toasted Pistachios  
34.95

**Seared Swordfish Steak** GF | DF

White Bean-Artichoke Purée  
Niçoise Olive Tapenade  
Sautéed Spinach & Artichokes  
Sweet Red Pepper Coulis  
44.95

**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  
26.95

**Traditional Cheeseburger \***

Grilled Certified Angus Beef, Lettuce, Tomato  
Onion, Toasted Potato Roll, Choice of Cheese  
23.95

**Bison Burger \***

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

**SANDBAR CLASSICS**

**Lobster Rolls**

Served on a Grilled Brioche Roll  
Parmesan-Truffle Tater Tots, Cole Slaw, Lemon  
42.95

**Connecticut**

Warm Buttered

**Maine**

Cold Lobster Salad, Lightly Dressed

**Tropical**

Cold Lobster Salad  
Mango-Avocado Salad, Cilantro, Scallions, Lime

**Twin Lobster Rolls** 79.95

**Whole Grilled Branzino\*\*** GF | DF

Sautéed Baby Bok Choy, Pinenuts  
Ginger-Scallion Jasmine Rice, Hot Chili Crisp Oil  
39.95

**Baby Spinach & Smoked Duck Salad** GF

Goat Cheese, Orange Segments  
Red Onion, Candied Pecans, Citrus Vinaigrette  
26.95

**Fettuccine alla Campidanese**

Sweet Italian Sausage, Fennel, Tomato  
Garlic, Saffron, Pecorino Romano  
29.95 | 38.95

**Roasted Lion's Mane Mushroom** GF | VEGAN

Asparagus, Fava Beans, Baby Carrots  
Carrot-Cardamon Emulsion, Carrot Crisps  
32.95

**House-Made Black Bean Burger** DF | V

Lettuce, Tomato, Red Onion  
Chipotle-Lime Aioli, Toasted Potato Roll  
(Omit Aioli for Vegan)  
20.95

**Seared House-Made Salmon Burger**

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

**Slow Roasted Chicken Salad Sandwich** DF

Heirloom Tomatoes, Baby Arugula  
Dill-Scallion Mayo, Toasted Ciabatta  
21.95

**Cast Iron Seared Pork Chop** GF

Creamy Mashed Potatoes  
Corn, Bacon & Scallions  
Cognac Cream Demi-Glace  
36.95

**Grilled, Marinated All-Natural Chicken Breast\*\*** DF

Lemon Cous Cous, Roasted Garlic Chermoula  
Chickpeas, Preserved Lemon, Green Olives  
Crushed Almonds, Parsley  
32.95

**10 oz Grilled, Marinated CAB Hanger Steak** GF | DF

Grilled Corn & Roasted Poblano Salad  
Baby Arugula, Ancho Chimichurri, Crispy Tortilla  
46.95

**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** GF | DF 11.95

**Sautéed Spinach, Olive Oil & Garlic** GF | DF 9.95

**Creamy Mashed Potatoes** GF 8.95

**Grilled Asparagus** GF | DF 11.95

**Avocado Half** GF | DF | V 3.95

**Prosciutto di Parma** GF | DF 8.95

**Seaweed Salad** DF 9.95

**OUR PARTNERS**



## SPECIALTY COCKTAILS

**Spicy Mimosa** 13.95  
Tanteo Jalapeno Tequila  
Lime, Mango Purée, Prosecco

**Pineapple-Bourbon Lemonade** 15.95  
Fifth State Bourbon  
Lemonade, Pineapple Juice

**Coconut Guava Mojito** 15.95  
Blue Chair Coconut Rum, Fresh Lime  
Guava Purée, Fresh Mint, Club Soda

**Marina-rita** 15.95  
Herradura Silver Tequila, Fresh Lime  
Watermelon Purée, Fresh Basil

**Bridge Street Fizz** 15.95  
Michter's Bourbon, Honey Syrup  
Fresh Lemon, Gingerale

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

**Summer Mule** 15.95  
Tito's Vodka, Muddled Strawberries  
Fresh Lime, Ginger Beer

**Summer-Thyme Bee's Knees** 15.95  
Gray Whale Gin, Fresh Lemon  
Thyme-Honey Simple Syrup

**French Blonde** 13.95  
Sipsmith London Dry Gin, Lillet, Lemon  
Grapefruit Juice, Elderflower Liqueur

**Fresh Salt Spritz** 15.95  
Elderflower Liqueur, Blueberry Juice  
Fresh Mint, Club Soda, Prosecco

## FRESH SALT SIGNATURES

**The Albanian Hot & Dirty** 15.95  
Ketel One Vodka, Olive Juice  
Fresh Cherry Pepper 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**  
20 | 30 | 79  
**Duckhorn, Napa, CA**  
16 | 24 | 63

**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**  
12 | 18 | 47

**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**  
12 | 18 | 47

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

**MERLOT**  
**Duckhorn, Napa, CA**  
19 | 28.5 | 76

**MALBEC**  
**Gouguenheim, Mendoza, AR**  
12 | 18 | 47

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

**Caymus, Wagner Family, Napa CA**  
28 | 42 | 149

**Chateau Ste. Michelle, Ethos, WA**  
14 | 21 | 55

**Scattered Peaks, Napa, CA**  
20 | 30 | 79

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

**Côté Mas, Syrah-Grenache Languedoc-Rousillon, 1 LT, FR**  
12 | 18 | 47

**Chateau Malbat Bordeaux, FR**  
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, 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  
**Nutrl Seltzer** 8  
**Peroni, Nastro Azzurro** 9  
**Sam Adams Seasonal** 9  
**Stella Artois** 9  
**Suncruiser** 9

## NON-ALCOHOLIC

**Pomegranate Mimosa** 12.95  
N/A Josh Sparkling, Pomegranate Juice  
**Naloma** 11.95  
Fresh Lime, Grapefruit, Grapefruit Tonic  
**Narita** 11.95  
Mango Purée, Fresh Lime, RIPE Mix  
Club Soda

**Fresh Salt Mocktail** 11.95  
Fresh Lemon, Blackberry Purée, Club Soda

**No Breeze** 11.95  
Cranberry Juice, Pineapple Juice  
Club Soda

**Spritz del Conte** 13.95  
Non-Alcohol Aperol  
N/A Josh Sparkling, Orange

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

**Non-Alcoholic Sparkling** 12  
**Josh Cellars, CA**  
Peach, Citrus, Green Apple Aromas

**Non-Alcoholic Riesling**  
**Dr. Fischer Steinbock, DE** 12 | 18  
Dry & Lively in the Mouth

**Non- Alcoholic 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**  
**Alphonse Mellot Les Romains Sancerre Blanc, Loire Valley, FR**  
Lively, Fresh & Floral, Citrus, Ripe Fruit Aromas  
109

**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**  
**Oberon, Napa, CA**  
Velvety Texture  
Dark Cherry, Plum, Vanilla  
63  
**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