



STARTERS

Regional Clam Chowder

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

French Green Lentil Soup GF | V | DF

Butternut Squash, Leeks, Wild Mushrooms
Cup 9.95 | Bowl 14.95

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

Grilled Spanish Octopus GF | DF

Potatoes, Fava Beans, Roasted Tomatoes
Grilled Lemon, Lemon-Oregano Vinaigrette
23.95

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 2.55 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

Wild Mushroom Bruschetta V

Grilled Ciabatta, Baby Arugula
Tucker Hill Crossroads Cheese
Blistered Cherry Tomatoes, Crispy Red Onions
18.95

Tuna Poke Bowl * DF

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

Romaine, Endive & Radicchio
Caesar Salad

White Anchovies, Toasted Garlic Breadcrumbs
Asiago Shavings, Caesar Vinaigrette
12.95 | 17.95

Field Green Salad GF | DF | V

Carrots, Tomatoes, Red Onions
Radishes, Cucumbers
Preserved Lemon 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 3.95

Butter Poached Lobster 5oz. GF 35.95

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
41.95 | 49.95

Substitute Fresh Spinach for Pasta GF 5.95

Sautéed Atlantic Salmon Filet * GF

French Green Lentil Ragout
Wild Mushrooms, Cauliflower Purée
Sherry Vinegar & Mushroom Reduction
34.95

Pan Seared Swordfish Steak** * GF | DF

White Beans & Autumn Squash
Roasted Butternut Squash, Shallots
Toasted Pistachios, Castelvetrano Olives
Lemon-Basil Salmoriglio
44.95

HAND HELDS

Served with Daily House-Made, Malted Kettle Chips and 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
24.95

Bison Burger Patty Melt *

Harbor Master IPA Braised Onions
Gruyère Cheese, “Special Sauce”
Grilled Marble Rye
26.95

SANDBAR CLASSICS

Choice of Lobster Rolls

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

Autumn Harvest

Warm Buttered Lobster, Grilled Corn
Roasted Poblanos, Crispy Bacon, Tajin

Maine

Chilled Lobster Salad, Lightly Dressed

Connecticut

Warm Buttered Lobster

Twin Lobster Rolls 79.95

Substitute Salad for Fries/Tots 6.95

Fresh Salt Autumn Salad** GF

Smoked Chicken, Roasted Butternut Squash
Arethusa Europa Cheese, Figs, Candied Pecans
Baby Greens, Hard Cider Vinaigrette
27.95

Duck & Pumpkin Risotto GF

Stewed Duck, Duck Leg Confit
Sage, Pecorino Romano, Spinach
Toasted Pumpkin Seeds, Red Wine Reduction
34.95

Roasted Acorn Squash GF | V | DF

Spiced Chickpea Stew
Tomatoes, Sweet Potatoes, Cauliflower
Baby Kale, Cardamon Scented Basmati Rice
29.95

Splitting an Entrée Includes an Additional Side
8.95

House-Made Black Bean Burger DF | V

Lettuce, Tomato, Red Onion
Chipotle-Lime Aioli, Toasted Potato Roll
(Omit Aioli for Vegan)
21.95

Seared House-Ground
Salmon Burger

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

Grilled Chicken & Zucchini Panini

Caramelized Onions, Smoked Mozzarella
Roasted Garlic Aioli, Toasted Ciabatta
22.95

Cast Iron Seared Pork Chop * GF

Creamy Mashed Potatoes
Corn, Bacon & Scallions
Cognac Cream Demi-Glace
38.95

Pan Roasted All-Natural Half Chicken GF

Apple-Rosemary-Pancetta Risotto
Roasted Brussels Sprouts, Apple Crisps
Herb Chicken Jus
36.95

12 oz. CAB New York Strip * GF

Roasted Garlic-Herb Smashed Yukon Gold Potatoes
Sautéed Asparagus, Leeks & Wild Mushrooms
Romesco Sauce
54.95

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



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

Apple Cider Margarita 15.95
Herradura Blanco Tequila
Apple Cider, Fresh Lime, Cointreau

Monte Paloma 15.95
4 Copas Reposado Tequila
Agave, Amaro Montenegro
Grapefruit, Club Soda

Division Bell 15.95
Vida Mezcal, Aperol
Fresh Lime, Maraschino Liqueur

Pumpkin Spritz 13.95
Pumpkin Purée, Orange Juice
Prosecco, Club Soda

Spiced Mule 15.95
Mt. Gay Rum, Ginger Beer
Bitters, Fresh Lime

Pear Collins 15.95
Breckenridge Pear Vodka
Club Soda, Fresh Lemon
Pear Nectar, Cinnamon Simple Syrup



Rosemary Bees Knees 15.95
Malfi Lemon Gin, Fresh Lemon
Rosemary-Honey Syrup, Club Soda

Maple-Black Walnut Old Fashioned 15.95
Knob Creek Bourbon, Maple Syrup
Walnut Bitters

Pumpkin Pie Martini 15.95
Van Gogh Vanilla Vodka, Baileys
Café Borghetti Liqueur, Pumpkin Cream

Aviation 15.95
Empress Gin, Maraschino Liqueur
Fresh Lemon, Crème de Violette

FRESH SALT SIGNATURES

Hot & Dirty 15.95
Absolut Tabasco Vodka, Olive Juice

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

Choo Choo Lounge

Offering over 80 Bourbons
Whiskeys, Ryes
Craft Cocktails & Food

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

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
M.A.C. FEST Oktoberfest 10
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

Autumn Narita 11.95
Apple Cider, 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 Borrorosa, 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

PINOT NOIR

Ken Wright Cellars Willamette Valley
Ripe Cherry, Red Plum & Blackberry Flavor
59

CrossBarn, Sonoma Coast, CA
Pomegranate, Black Cherry, Bay Leaf, Violet
88

Twomey, Russian River, CA
Red Fruits, Boysenberries & Hint of Oak
148

CABERNET

Stags Leap Winery, CA
Rich Dark Fruit Notes, Mouthwatering Finish
152

Far Niente, Napa Valley, CA
Mixed Berries, Black Tea, Spice Flavors
289

Chateau Montelena The Montelena Estate, Calistoga, CA
Raspberry, Mint, Plum & Black Cherry Flavor
309

Bonanza, Wagner Family, CA
Blackberries, Vanilla, Cassis Aromas
57

Ridge Monte Bello Santa Cruz Mountains, CA
Deep Ruby Color, Blackberry, Cassis Aroma
299

CABERNET

Raymond, North Coast, CA
Strawberry & Plum Flavors, Long Finish
87

Quilt, Wagner Family, Napa CA
Crème de Cassis, Hazelnut, Cocoa Aromas
99

Paul Hobbs, Beckstoffer Dr. Crane, CA
Dark Cherry, Blueberry, Clove & Tobacco Leaf
302

Groth, Napa CA
Full Body, Bold and Smooth Finish
139

Silver Oak, Alexander Valley, CA
Red Cherry, Raspberry, Blackberry Notes
284

Chappellet Pritchard Hill, Napa, CA
Rich, Robust Tannins, Dark Berry Flavors
352

Caymus, Wagner Family, Napa CA
Balanced, Rich, Impressively Complex
149

Jordan, Alexander Valley, CA
Black Cherry, Boysenberry, Fig Aromas
127

Austin, Paso Robles, CA
Dark Fruits, Fresh Vanilla, Hints of Coffee
55