

SALTED. *On the Harbor* lunch

to start

one won't do... have a few

New England Clam Chowder

northport maritime festival best chowder contest winner...for good reason 12

Crispy Asian Brussels Sprouts

wok-fired brussels sprouts, general tso glaze 14

Eggplant Meatballs

Spicy "nonna" style marinara 16

Spicy Blackbean Hummus

insanely good blackbean hummus with a kick, grilled pita & crudité 16

Lawbsta Fries

butter poached lobster, truffled crème, melted cheese curds, sour cream, applewood smoked bacon, scallions 28

Tuna Poke Nachos

mango-cucumber salsa, ginger, guacamole, cucumber wasabi sauce, crispy wonton chips & pickled jalapeños 26

Edamame Guacamole (V)

edamame, avocado, cilantro, toasted pepitas, tortilla chips 16

SALTED. Mac n Cheese

just get it 14

Short Rib Sliders (2)

cherry pepper mayo, pepper jack cheese 16

Jumbo Wings

buffalo, chili lime - hot honey or BBQ Jerk (8) 18

salads

wrap it up + 4 with choice of side

add chicken 8 / shrimp 16 / steak 16 / salmon 14 / lobster 18

Shaved Brussel Caesar

shaved brussel sprouts, mixed greens, parmesan cheese croutons, citrus caesar vinaigrette 16

Ahi Tuna (Sushi) Bowl

smashed avocado, cucumbers, carrots, chipotle mayo, mango, wasabi cucumber sauce 28

Honest Bowl

grilled chicken, ancient grains, brussels sprouts, roasted beets, edamame, arugula, avocado, roasted corn, pepitas, lemon vinaigrette 22

Summer Salad

watermelon, feta, arugula, sliced almonds, pickled red onion, champagne vinaigrette 18

SALTED. Greek Salad

cucumbers, red onions, tomatoes, feta cheese, jalapeños, tzatziki sauce, lemon vinaigrette served over toasted pita 18

Mediterranean

grilled salmon, hummus, baby kale, mixed greens, cucumber, tomato, red onion, sliced avocado, crumbled feta, crispy falafel, lemon vinaigrette 32

California Cobb

marinated grilled chicken, bacon, crumbled hard boiled egg, roasted corn, avocado, tomatoes, edamame, cucumbers, crumbled bleu cheese, tossed, basil-lemon vinaigrette 22

mains

Served with choice of side salad or french fries.

Truffle fries + 4

Our Famous Lobster Roll

maine lobster, celery, bibb lettuce, taragon mayo mp

Steak Gyro

marinated steak, tzatziki, greek salad 26

Tuna Reuben

seared tuna, spicy mayonnaise, asian slaw, pickled cucumbers, multigrain choice of side 26

Grilled Chicken Panini

Broccoli rabe, fresh mozzarella, pesto, roasted red pepper 18

Cheddar BBQ Stack

house blend burger vidalia onion rings, cheddar, bbq, bacon over iceberg, choice of side 26

The Thick Chick

crispy chicken thigh, peach hot sauce, low country slaw, bread and butter pickles 24

***Sliced Steak Sandwich**

sliced steak, caramelized onions, melted pepperjack, cured tomatoes, arugula, hot cherry pepper mayo 26

Black Truffle French Dip

roasted sirloin, mozzarella, truffle butter, baguette, au jus, choice of side 28

B.L.T.A.

maplewood bacon, avocado, roma tomatoes, lettuce, chipotle aioli, on a croissant 16

tacos tacos tacos

made on our signature cheese stuffed white corn tortillas

add mexican skillet :

rice, beans, pico de gallo, queso fresco 9

***Seared Pepper-Crusted Ahi Tuna**

cucumber wasabi sauce, shredded red & white cabbage, pineapple mango salsa 2 /26

Chipotle Chicken

adobo braised chicken, tomato salsa fresca, avocado crema 2 /18

Buffalo Cauliflower

bleu cheese, shredded carrot and scallion 2 /14

Shrimp Tempura

miso sesame ginger coleslaw, pineapple, red onion mango salsa 2 /18

Butter Poached Lobster

butter lobster, charred corn, black beans, tomato salsa, old bay mayo 2 / 28

Short Rib

braised shredded beef, cheese sauce, lettuce, jalapeno, chipotle ranch, tortilla shreds 2/22

Steak Tacos

black bean hummus, sliced avocado, salsa verde 2/22

*Consuming raw or undercooked meats, fish, shell fish, or fresh eggs may increase your risk of foodborne illness, especially if you have certain medical conditions