

**BRUNCH FAVORITES** served with fresh fruit**American Breakfast** two eggs any style with hash browns, your choice of meat, toast 12**Huevos Rancheros** two eggs any style, black beans, crispy flour tortilla, guacamole, sour cream, salsa fresca 15**Buttermilk Pancakes** honey butter, Vermont maple syrup 10*add banana 2 • chocolate chips 2***Short Rib Hash** two eggs any style, choice of toast, crispy potatoes, roasted peppers, caramelized onion, garlic aioli 15**Breakfast Burrito** scrambled eggs, caramelized onions, roasted red peppers, wild mushrooms, applewood bacon, American cheese, flour tortilla 13**Strawberry Waffles** whipped cream, maple syrup 13**Steak & Eggs** CAB NY steak, 2 eggs any style, home fries 18**OMELETS & SCRAMBLES** served with hash browns & toast**Roasted Mushroom & Spinach** creamy goat cheese 11**Applewood Smoked Bacon** Vermont cheddar cheese 12**Southwestern** ham, onions, peppers & Swiss cheese 12**BENEDICTS** served with hash browns**Sails Eggs Benedict** Canadian ham, griddled English muffin, hollandaise 12**Maine Lobster Benedict** asparagus, homemade cheddar biscuit, hollandaise 14**Pastrami Smoked Salmon Benedict** red onion, dill, capers, English muffin, hollandaise 13**STARTERS & SALADS****Soup du jour****New England Clam Chowder** with oyster crackers 10**Tuna Tartare** chili dressing & crispy wontons 16**Margherita Flatbread** tomato sauce, torn basil & homemade mozzarella 13**Warm Beet Timbale** warm roasted red and golden beets, orange, toasted walnuts, goat cheese tossed in walnut vinaigrette 15**Simple Salad** 10baby gem lettuce, English cucumbers, carrot ribbons, tomato, sherry shallot vinaigrette  
*add gorgonzola, goat or feta cheese 2***Tuscan Kale Citrus Salad** 14navel orange, grapefruit, cara cara, hearts of palm, ricotta salata, haricot verts, green goddess dressing  
*add pecan crusted organic chicken 10 • tiger shrimp 8 • salmon 10***Sails Cobb Salad** 17mixed field greens, applewood bacon, chopped tomato, avocado, blue cheese, hard boiled egg  
*add grilled organic chicken 8 • tiger shrimp 8 • salmon 10***Caesar Salad** 13grilled romaine hearts, focaccia toast, grape tomatoes, grana parmigiano  
*add grilled organic chicken 8 • tiger shrimp 8 • salmon 10***Chicken Souvlaki** 15

chopped salad, romaine lettuce, grape tomatoes, feta, cucumber, red wine vinaigrette

**SANDWICHES & BURGERS****Turkey Melt** roasted turkey, tomato, applewood bacon, Cabot cheddar cheese, cranberry mayo, whole wheat toast 14**Buttermilk Fried Chicken Sandwich** applewood smoked bacon, avocado, Swiss cheese, brioche roll 15**B.L.T.** applewood bacon, bibb lettuce, tomato, cheddar cheese, avocado, mayo 15  
*add egg 2***Philly Cheese Steak Wrap** top sirloin steak, wild mushrooms, roasted red peppers, caramelized onions, garlic mayo, monterey jack, flour tortilla 16**Lola Burger** 8oz CAB beef, sweet red onion compote, cabot cheddar, foie gras demi sauce 18**Sails Tuna Burger** creamy wasabi, sunomono & soy ginger dipping sauce 23**Sails Classic Burger** American cheese, lettuce, tomato, pickles, onions 13*add Swiss, gorgonzola or Cabot cheddar 2 • avocado, organic egg or bacon 2***FRIES****Simple Fries** 6 • **Truffle Fries** 9 • **Spicy Fries** 9

Please inform your server of any food allergies • Consuming raw or undercooked meat or seafood may increase your risk of food borne illness • 20% gratuity added to parties of 6 or more • Split plate charge \$5

Call for Reservations or Take-Out: 203-853-7245

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