



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
- Vanilla French Toast** apple-wood smoked bacon, Vermont maple syrup, fresh fruit 14
- 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
- Lobster Benedict** sauteed spinach, cheddar biscuit, hollandaise 15

STARTERS & SALADS *add to any salad: grilled organic chicken 8 • tiger shrimp 10 • salmon 12*

- Soup du jour**
- Chilled Tomato Gazpacho** heirloom tomatoes, grilled shrimp, avocado 12
- Tuna Tartare** chili dressing & crispy wontons 16
- Margherita Flatbread** tomato sauce, torn basil & homemade mozzarella 13
- Warm Beet Timbale** roasted red & golden beets, orange wedges, walnuts, goat cheese, arugula, tossed in walnut vinaigrette 15
- Iceberg Wedge** 14
heirloom grape tomatoes, candied pecans, crumbled bacon, elegant blue cheese dressing
- Simple Salad** 10
baby gem lettuce, English cucumbers, carrot ribbons, tomato, sherry shallot vinaigrette
add gorgonzola, goat or feta cheese 2
- Caprese Salad Balsamic Reduction** 15
heirloom tomatoes, fresh mozzarella, fresh basil, extra-virgin olive oil
- Sails Cobb Salad** 15
mixed field greens, applewood bacon, chopped tomato, avocado, blue cheese, hard boiled egg
- Traditional Caesar Salad** 13
grilled romaine hearts, white boquerones, croutons, grana parmigiano
- Sesame Crusted Tuna Nicoise** 23
bibb lettuce, haricot verts, Mediterranean olives, artichokes hearts, cherry tomatoes, 3 minute hardboiled egg, champagne dressing
- Chicken Souvlaki** 15
chopped salad, romaine lettuce, grape tomatoes, feta, cucumber, red wine vinaigrette

SANDWICHES & BURGERS

- Turkey Club** roasted turkey, apple-wood bacon, Swiss cheese, lettuce, tomato, basil, mayonnaise, whole wheat toast 15
- 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 Classic Burger** American cheese, lettuce, tomato, pickles, onions 13
add Swiss, gorgonzola or Cabot cheddar 2 • avocado, organic egg or bacon 2
- Sails Tuna Burger** creamy wasabi, sunomono & soy ginger dipping sauce 21

FRIES

- Simple Fries** 6 • **Spicy Fries** 9
- Truffle Fries** 9

MARKET SIDES 7 each

- Sautéed Garlic Spinach • Broccolini • Haricot Verts**
- Steamed Broccoli • Whipped Potato • Parmesan Tater Tots**

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