



SUSHI & STARTERS

Soup du jour

White Asparagus Bisque lump crabmeat, chives 10**Steamed Edamame** sea salt 8**Avocado Maki** 9**California Roll** crab meat, avocado, cucumber & sesame seeds 18**Spicy Tuna Roll** yellowfin tuna, scallions, avocado, wasabi mayo 20**Shrimp Tempura Roll** scallion, avocado & your choice of sweet soy or spicy mayo 18**Tuna Tartare** chili dressing & crispy wontons 16**Tex-Mex Chicken Quesadillas** cajun marinated chicken, Monterey jack, salsa fresca, guacamole, sour cream 13**Margherita Flatbread** tomato sauce, torn basil, fresh mozzarella 13SALADS *add to any salad: grilled organic chicken 8 • tiger shrimp 10 • salmon 12***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***Warm Beet Timbale** 15

warm roasted red and golden beets, orange, toasted walnuts & goat cheese tossed in walnut vinaigrette

Tuscan Kale Salad 14

navel, valencia & cara cara oranges, haricot verts, hearts of palm, green goddess dressing, shaved ricotta salata

*add pecan crusted organic chicken 10***Sesame Crusted Tuna** 23

pan roasted ahi tuna, baby spinach, yellow bell pepper, green beans, crispy wontons

with a soy-ginger lime vinaigrette

Caesar Salad 13

grilled romaine hearts, focaccia toast, grape tomatoes, grana parmigiano 13

Sails Cobb Salad 15

mixed field greens, applewood bacon, chopped tomato, avocado, blue cheese, hard boiled egg

Chicken Souvlaki 15

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

ENTREES & SANDWICHES

Soup & Sandwich daily special 15**American Omelet** tomato, applewood bacon, American cheese, French fries 12**Prosciutto di Parma Flatbread** fresh mozzarella, grana parmigiano, ricotta,

baby arugula, extra virgin olive oil 15

B.L.T. applewood bacon, bibb lettuce, tomato, cheddar cheese, avocado & mayo 15*add egg 2***Buttermilk Fried Chicken Sandwich** applewood smoked bacon, avocado & Swiss cheese 15**Philly Cheese Steak Wrap** top sirloin steak, wild mushrooms, roasted red peppers, caramelized onions,

garlic mayo & monterey jack on a flour tortilla 16

Turkey Club roasted turkey, apple-wood bacon, Swiss cheese, lettuce, tomato, basil,

mayonnaise, whole wheat toast 15

Gnocchi Bolognese shaved parmesan, parsley & basil 23**Chicken Stir Fry** stir fry vegetables & jasmine rice

choice of Asian sauce: Szechuan, sweet & sour or garlic sesame 22

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 • **Roasted Brussels Sprouts** • **Haricot Verts****Steamed Broccoli** • **Whipped Potato** • **Parmesan Tater Tots** • **Broccolini**

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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