



STARTERS

- French Onion Soup Gratinee** gruyere cheese, truffle pecorino 12
Steamed Edamame Maldon sea salt 10
Crispy Rice (4) choose one: **Ahi Tuna • Lump Crab • Spicy Salmon** avocado, jalapeno, unagi, togarashi 16
Bavarian Pretzel (5oz) Pommery mustard, cheesy beer dipping 14
General Tso's Cauliflower scallion, chilis, toasted sesame seeds 16
Point Judith Calamari banana peppers, pomodoro dipping sauce 14
Pulled Chicken Quesadilla pulled marinated chicken, pepperjack cheese, pico de gallo, guacamole, sour cream 15
Sticky Rock Shrimp tossed in sweet chili ginger glaze with Thai basil 15

POTSTICKERS

4 pieces, served with ponzu dipping sauce

- Shrimp Scallion** 14 • **Chicken Lemon Grass** 13 • **Pork Ginger** 12

SUSHI

- California Roll** lump crab, avocado, cucumber, sesame seeds 20
Shrimp Tempura Roll scallion, avocado, choice of sweet or spicy mayo 20
Coconut Shrimp Roll shiso leaf, avocado, togarashi mayo, toasted coconut flakes 20

TRADITIONAL ROLLS

- Tekka Maki** (tuna) 16 **Avocado Maki** 10
Sake Maki (salmon) 14 **Kappa Maki** (cucumber) 9

POKE BOWLS (choose one protein) combo: add 6

- Ahi Tuna • Spicy Salmon • Sweet Chili Shrimp • Vegan (tofu)** 25 / **Chicken Teriyaki** 24
sushi rice, avocado, wakame, edamame, cucumbers, carrots, watermelon radish, togarashi aioli, unagi ginger sesame

SALADS

- *add to any salad** • **grilled organic chicken** 10 • **tiger shrimp (3)** 12 • **fjord salmon** 13 • **ahi tuna** 14
• **gorgonzola / goat cheese / feta / mozzarella / parmesan** 2

- Sails Salad** chopped mixed greens, cucumbers, tomatoes, red onions, crumbled blue cheese, sherry shallot vinaigrette 13
Caesar Salad kale or romaine lettuce, garlic croutons 14 ***add white anchovies** 3
Chopped Cobb Salad mixed field greens, applewood smoked bacon, grape tomatoes, Hass avocado, gorgonzola, hard boiled egg, balsamic vinaigrette 16
Harvest Bowl Salad chopped kale, quinoa, pumpkin seeds, butternut squash, gala apples, red onions, avocado, goat cheese, lemon herb vinaigrette 18
Super Green Salad shaved Brussels sprouts, arugula, kale, edamame, avocado, grilled zucchini, ricotta salata, green goddess tarragon vinaigrette, toasted pistachios 18

SANDWICHES, BURGERS, & ENTREES

served with: *hand-cut fries* | *sweet potato fries* 1 | *truffle fries* 1

- Omelet du Jour** petite mixed green salad 17
Smoked Salmon Bagel everything bagel, cream cheese, tomatoes, red onions, avocado, capers, petite mixed green salad 20
Blackened Halibut Tacos (3) avocado, salsa fresca, chipotle lime crema, corn tortilla, petite mixed green salad 26
Maryland Crab Cake Burger bacon, avocado, house cole slaw, toasted brioche, hand-cut fries 22
Nantucket-Inspired Tuna Burger sunomono, ginger wasabi aioli, toasted brioche 22
Sails Classic Burger American cheese, lettuce, tomato, onions, toasted English muffin 17
***add gorgonzola or cheddar** 3 • **egg or smoked bacon** 3
The Lola Burger 8oz CAB beef, sweet red onion compote, cabot cheddar, toasted English muffin, foie gras demi reduction 18
Buttermilk Fried Chicken Sandwich smoked bacon, aged cheddar cheese, chipotle ranch aioli, toasted brioche, hand-cut fries 16
Grilled Filet Mignon Sandwich baby arugula, melted brie, pesto horseradish aioli, frizzled onions, toasted ciabatta, hand-cut fries 25
Turkey Burger lettuce, tomato, onion, avocado, pepper jack cheese, toasted English muffin 17
Chatham Cod Beer-Battered Fish & Chips house-made coleslaw, malt vinegar, tartar sauce 22
Chicken Fried Rice Jasmine rice stir-fry, bean sprouts, onions, bok choy, egg, ginger soy glaze 20
• **Shrimp** 24

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 • COVID19 fee \$3

Call for Reservations or Take-Out: 203-853-7245 • Find us Online: SailsBarAndGrill.com • Email us: Eat@SailsAmericanGrill.com