



STARTERS

- Sweet Corn Tomatillo Soup** fresh avocado, crispy tortilla garnish 12
- Steamed Edamame** Maldon sea salt 10
- Crispy Rice (4) choose one: Ahi Tuna • Lump Crab • Spicy Salmon** avocado, jalapeno, unagi, togarashi 16
- General Tso's Cauliflower** scallion, chilis, toasted sesame seeds 16
- Point Judith Calamari** fried zucchini, cherry peppers, sweet chili mango dipping sauce 14
- Pulled Chicken Quesadilla** pulled marinated chicken, pepperjack cheese, pico de gallo, guacamole, sour cream 15
- Blistered Shishito Peppers** garlic ginger sesame dipping 16
- Fig & Prosciutto Flatbread** roasted tomatoes, fresh mozzarella, baby arugula, balsamic syrup 20
- 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
- Maine Lobster Salad** butter lettuce, avocado, sweet corn, strawberries, smoked bacon, lemon herb vinaigrette, toasted almonds 23
- Super Grain Salad** quinoa, arugula, kale, edamame, avocado, grapes, cucumbers, feta cheese, tarragon vinaigrette, toasted pistachios 17

SANDWICHES, BURGERS, & ENTREES

served with hand-cut fries | sweet potato fries 4 | truffle fries 5

- 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 (2)** avocado, mango salsa fresca, salsa verde, corn tortilla, hand-cut fries 17
- Maryland Crab Cake Burger** bacon, avocado, house cole slaw, toasted brioche, hand-cut fries 22
- Maine Lobster Roll** hot butter, toasted brioche, truffle parmesan hand-cut fries 35
- 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, bbq ranch aioli, toasted brioche, hand-cut fries 16
- 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

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