



STARTERS

- Sweet Corn Tomatillo Soup** avocado, crispy tortilla chips 12
Steamed Edamame Maldon sea salt 10
Ahi Tuna Crispy Rice (3) avocado, jalapeno, unagi, togarashi 16
Chicken Tostada avocado, pico de gallo, sour cream 12
Sticky Rock Shrimp tossed in sweet chili ginger glaze 15

POTSTICKERS 4 pieces

served with ponzu dipping sauce

- Shrimp Scallion** 15 • **Chicken Lemon Grass** 14 • **Pork Ginger** 14

SALADS

- *add to any salad** • *grilled organic chicken* 10 • *tiger shrimp (3)* 14 • *organic salmon* 14 • *ahi tuna* 16 • *crab cake* 16
• *gorgonzola / goat cheese / feta / mozzarella / parmesan* 3

Sails Salad chopped mixed greens, cucumbers, tomatoes, red onions, crumbled blue cheese, sherry shallot vinaigrette 12

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 17

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, & TACOS

** sweet potato fries 3 | truffle fries 4*

Sails Classic Burger American cheese, lettuce, tomato, onions, toasted English muffin, hand-cut fries 18
**add gorgonzola or cheddar 3 • egg or smoked bacon 3*

Buttermilk Fried Chicken Sandwich smoked bacon, aged cheddar cheese, bbq ranch aioli, toasted brioche, hand-cut fries 16

Blackened Halibut Tacos (2) avocado, mango salsa fresca, salsa verde, corn tortilla, hand-cut fries 17

Smoked Turkey BLT bacon, lettuce, tomato, avocado, spicy aioli, seven grain bread, hand-cut fries 16

Grilled Salmon BLT bacon, onions, tomato, avocado, spicy aioli, seven grain bread, hand-cut fries 17

BRUNCH

served with french fries & mixed green salad

Fresh Mozzarella, Tomato Basil Omelet 16

Smoked Salmon, Red Onion, Ricotta & Avocado Omelet 17

Bacon, Tomato, Cheddar Omelet 16

Short Rib Hash tomatoes, onions, potatoes, over-easy eggs 19

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: SailsAmericanGrill.com • Email us: Eat@SailsAmericanGrill.com