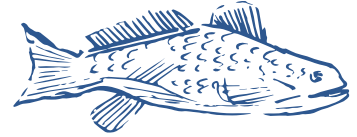


# Fall Menu

SALT & BARREL



## starters

OYSTERS M/P

LITTLE NECK CLAMS M/P

SHRIMP COCKTAIL 14

SEAFOOD BISQUE 12  
*shrimp, crab, lobster stock,  
cream, sherry*

TARRAGON BISCUITS 2.50

TUNA TARTARE 17  
*ponzu, avocado, spicy mayo,  
chilis, crispy wontons*

SPICY KOREAN SHRIMP 18  
*fried crispy, gochujang aioli*

CRISPY CALAMARI **GF** 16  
*rice flour, Fresno Chile, crunchy  
bean sprouts, Chile lime aioli*

BAKED CLAMS 13  
*chopped clam stuffing, bacon,  
roasted red pepper, basil, parsley*

OCTOPUS **GF** 19  
*crispy octopus, caramelized  
fennel puree, house-made  
chorizo, roasted cherry tomatoes,  
kalamata olives, cannellini  
beans, romesco sauce*

CRAB CAKE 18/27  
*1 crab cake, housemade tartar,  
red leaf baby kale, arugula,  
shaved daikon & fennel,  
grapefruit tarragon vinaigrette  
(entree gets 2 crab cake)*

## bowls + salads

POKE BOWL 21  
*diced yellowfin tuna, sushi rice,  
pickled cucumber, avocado,  
tobiko, citron mayo*

LOBSTER MAC N CHEESE  
BOWL 18

MAINE MUSSEL POT 30  
*PEI mussels, lobster, tomato  
lobster broth, charred bread*

CRISPY BRUSSEL SPROUT  
SALAD **GF** 16  
*fried brussels, candied almonds,  
pomegranate seeds, feta, apple  
cider vinaigrette*

FIG & BEET SALAD **GF** 16  
*sliced figs, roasted beets, arugula,  
goat cheese mousse, cherry  
balsamic reduction*

APPLE WALNUT SALAD **GF** 13  
*arcadia greens, candied walnuts,  
blue cheese crumble, sliced green  
apples, sherry-mustard vinaigrette*

\*add chicken or shrimp \$

\*\*add avocado \$



cocktails + full bar available

~cans & flasks to-go~

## sandwiches + burgers

S&B WARM LOBSTER  
ROLL 30  
*butter poached lobster, pickled  
celery, tomato aioli, house chips*

BLT+A+L 24  
*house-made bacon, lettuce,  
tomato, avocado, lobster, chips*

SHRIMP TACOS **GF** 15  
*slaw, crema, salsa, corn tortillas  
& chips*

CRISPY CHICKEN  
SANDWICH 16  
*crispy fried chicken thigh, asian  
slaw, carrot, cucumber, cilantro,  
togarashi mayo, fries*

FISHWICH 19  
*fried cod filet & kale coleslaw  
folded into a grill cheese with  
house-made tartare*

S&B BURGER 22  
*pat la Frieda aged beef, house-  
made bacon, tomato aioli,  
pickles, red onion jam, gruyere*

BBQ BURGER 23  
*pat la Frieda aged beef, bacon,  
onion rings, bbq sauce, slaw,  
cheddar, fries*

CALI BURGER 22  
*pat la Frieda beef, avocado,  
lettuce, tomato, red onion, spicy  
aioli, American cheese, fries*

FARMER BURGER **V** 20  
*black bean, lentil, spinach,  
mushroom, tomato chutney,  
mint, cilantro*

\*add avocado or fried egg  
to any sandwich \$\$

## kids

CHICKEN FINGERS + FRIES 11

BURGER + FRIES 11

GRILLED CHEESE + FRIES 11

PASTA BUTTER 11

## dinner

SHRIMP PAD THAI **GF** 29  
*tamarind, coconut milk, rice  
noodles, bean sprouts, peanuts,  
chili, lime*

SCALLOPS **GF** 34  
*parsnip puree, honey glazed  
carrots & yellow wax beans,  
roasted cauliflower, house-made  
chimichurri*

FLUKE 32  
*jumbo fluke filet over Israeli cous  
cous, julienned sweet peppers,  
onions, carrots in a curried  
coconut milk sauce*

SALMON 28  
*acorn squash rings, braised leeks,  
mustard cream sauce over barley  
risotto*

FISH N CHIP 21  
*beer battered cod, kale slaw, fries*

FRENCHED BREAST  
CHICKEN 26  
*roasted chicken breast, potato  
gnocchi, brussel sprouts, pan  
gravy*

NY STRIP STEAK **GF** 39  
*over potato gratin with  
caramelized onions, rosemary,  
roasted broccolini topped with a  
veal Demi-glaze*

\*\*vegan option available\*\*

## sides

FRIES 8

HOUSE MADE CHIPS 6

ONION RINGS 10

## dessert

CREME BRÛLÉE **GF** 12

CHOCOLATE CHIP COOKIE  
SKILLET WITH VANILLA  
GELATO 10

APPLE CINNAMON-PEAR  
COBBLER 10

61 W Main St Bayshore, NY 11706 / 631-647-8818 CHEF: Maximillian Manthos

\*Consumer Advisory Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.