

SALTWATER

RESTAURANT & BAR

SEAFOOD • SPIRITS • BEER • WINE

*"There are many good fishermen and some great ones.
But there is only one you"
-Ernest Hemingway-*

HOURS

MONDAY – THURSDAY 3:00 P.M. - 10:00 P.M.
FRIDAY & SATURDAY 3:00 P.M. - 11:00 P.M.
SUNDAY 11:30 A.M. - 9:00 P.M.

Sunday Brunch!

MONDAY & TUESDAY // HAPPY HOUR ALL DAY LONG!

\$27 3-course Prix Fixe Menu
\$25 Bottles of Wine!

WEDNESDAY & THURSDAY

FRIDAY & SATURDAY HAPPY 3PM
HOUR 7PM

SUNDAY BRUNCH
LIVE MUSIC

SALTWATER
SUNDAYS

 HAPPY HOUR EVERYDAY 

3PM- 7PM

BUY1-GET1 COCKTAILS. - \$5 WINE BY THE GLASS. - \$3 BEERS



203.939.9502 – 203.939.9503

WWW.SALTWATERSONO.COM

128 WASHINGTON STREET, SOUTH NORWALK, CT 06854

SALTWATER

RESTAURANT & BAR



COCKTAILS

(HAPPY HOUR BUY ONE, GET ONE)

FERRERO ROCHER MARTINI 10

Amaretto, Frangelico, Baileys,
Nutella-Hazelnut rim

RASPBERRY MOJITO 10

Naked Turtle Rum, Fresh Raspberries
marinated in Elderflower, mint, limes

AYE, AYE CAPTAIN 9

Captain Morgan Spiced, fresh lemon,
mint, ginger beer

SPARKLING BLUEBERRY MARGARITA 10

Sauza Azul, muddled Blueberries, agave,
fresh lime juice, sparkling water

128 LEMONADE 10

Ketel One, fresh made lemonade,
rosemary simple syrup

WINTER BOURBON SMASH 11

Maker`s Mark muddled raspberries,
simple syrup, orange juice

THE GODDESS 10

Absolut Elyx, ginger simple syrup, fresh lime
juice, drunken cranberries

OYSTER SHOOTERS 6

Waypoint spicy vodka, fresh oyster



WINES BY THE GLASS

SPARKLING

(HAPPY HOUR \$5 SELECTED)

ROSE

Pinot Grigio, Prima Perla, IT 9/34
 Cava Rose, Gran Gesta, SP 11/42
 Lambrusco, Quercioli, IT 10/38

Listel, Sable De Camargue, FR 8/32

WHITE

RED

Pinot Grigio, Vicolo, Pontedera, IT 7/28
 Gavi di Gavi, San Matteo, Piemonte, IT 8/32
 Riesling, Kung Fu Girl, Columbia Valley WA 8 /32
 Albarino, Martin Codax, Rias Baixas SP 9/34
 Sauvignon Blanc, Tohu, NZ 9/34
 Chardonnay, Black Stallion, Napa Valley , CA 10/38
 Sancerre, Domaine Reverdy, Loire Valley FR 12/ 46
 Sauv. Blanc, Hubert Veneau, Pouilly Fume, FR 12/46
 Pouilly-Fuisse, Vins Auvigue 'Solutre', Burg., FR 14/54

Red Blend, Gnarly Head, 1924 Double Black, CA 7/28
 Malbec, Gouguenheim, Mendoza, ARG 8/32
 Merlot, StoneCap, Columbia Valley, WA 8/32
 Pinot Noir, The Seeker, Vin de France 9/34
 Tempranillo, Bodegas Abanico Hazaña, Rioja, SP 9/34
 Montepulciano d` Abruzzo, Zaccagnini, IT 9/34
 Cabernet Sauvignon, Lander-Jenkins, Monterey, CA 9/34
 Cabernet Sauvignon, Josh, North Coast, CA 10/38
 Super Tuscan, Argiano NC, IT 11/42



BEERS

DRAFT

(HAPPY HOUR \$3 SELECTED)

BOTTLE

SEAHAG 5
 STELLA 5
 TWO ROADS 5
FOOLPROOF 6
NARRAGANSETT 5
 GUINNESS 5

CORONA 5
 COORS LIGHT 5
 HEINEKEN 5
 BUD LIGHT 5
SOUTHERN TIER DBL IPA 8
SMUTTYNOSE PORTER 7
BITE HARD APPLE CIDER 8

SALTWATER

RESTAURANT & BAR

BEGINNING



(HAPPY HOUR 50%
OFF SELECT ITMES)

NEW ENGLAND CLAM CHOWDER ... 8

LOBSTER BISQUE ... 8

PEI MUSSELS ... 12

ver jus, savory, garlic toast

MEATBALLS ... 10

marinara sauce, crostini bread

FRIED OYSTERS ... 14

avocado, radish

SALMON TARTARE ... 12

baby arugula, jalapeños, house chips

EGGPLANT ROLLATINI ... 10

ricotta, parmesan cheese, marinara

GRILLED NARRAGANSETT SQUID ... 10

beans, tomato, parsley

SHRIMP & POLENTA ... 14

basil puree, parmesan

ARTICHOKE ... 12

lime aioli, cilantro, ricotta salata, jalapeno

TUNA TARTARE ... 15

avocado, ginger soy, taro

MINI CRAB CAKES ... 14

pommery mustard sauce, arugula

FRIED CALAMARI ... 10

marinara sauce

SAUTEED CLAMS ... 12

white wine, garlic, olive oil, brown sauce

FISH TACOS ... 10

pico de gallo, guacamole, sour cream

CHICKEN WINGS ... 10

buffalo sauce

GRILLED OCTOPUS ... 14

safran aioli, chorizo, celery, onions

ESCARGOT ... 13

puff pastry, garlic butter, pernod sauce

KING CRAB LEGS ... 19

steam crab leg, melted butter

CHORIZO A LA PLANCHA ... 10

Spanish chorizo, arugula salad

BEEF EMPANADAS ... 12

Pico de gallo

MOZZARELLA STICKS ... 8

marinara sauce

SHORT RIB MAC'N'CHEESE ... 10

GREENS

KALE SALAD ... 10

beets, carrots, goat cheese, nuts,
orange vinaigrette dressing

BRUSSELS SPROUTS ... 12

crispy rice, truffle, lemon vinaigrette,
parmesan cheese

GRILLED ROMAINE SALAD ... 10

creamy anchovies dressing, parmesan,
roasted peppers, crisp bread

SONO SALAD ... 9

mixed greens, cherry tomato, cucumber
balsamic vinaigrette

SEAFOOD SALAD ... 14

arugula, calamari, shrimp, mussels, clams,
celery, scallions, cherry tomatoes,
lemon & olive oil

ADD Chicken 6, Salmon 8, Shrimp 10

RAW BAR

COPPS ISLAND ... 2

MARIN MYAQI, WEST COAST ... 2.5

MYSTIC OYSTERS, CT ... 2

LITTLE NECK CLAMS, NY ... 2

SHRIMP COCKTAIL ... 2.5

THE SALTWATER ... 90

oysters, clams, shrimp, octopus, tuna

Consuming under-cooked meats, poultry, seafood, shellfish or eggs may increase your chances of food born illness.

SALTWATER

RESTAURANT & BAR

SEA

PAN SEARED TUNA...29

sesame seed, fingerling potato, bok-choy,
wasabi, soy sauce

ATLANTIC SALMON ... 24

mashed potato, spinach, mustard sauce

CRISPY COD / FISH & CHIPS ... 24

beer batter, malt aioli, fries,
old religion style slaw

SEARED SCALLOPS ... 30

wild mushroom risotto cake,
English peas, lobster

SEAFOOD RISOTTO ... 28

squid, market fish, shrimp, lobster,
scallops, mussels, clams

PAN SEARED RED SNAPPER ... 25

julienne vegetable, quinoa,
lemon caper beurre blanc

LOBSTER ROLL ... MKT

warm butter, lemon, fries

SALTWATER SPICY FISH STEW...27

toasted garlic bread

LAND

HANGER STEAK... 25

asparagus, truffle parmesan fries,
green peppercorn sauce

CHICKEN MILANESE ... 20

arugula, tomato, lemon aioli,
house made mozzarella cheese

ROASTED CHICKEN ... 21

string beans, mashed potatoes,
thyme-garlic-cherry pepper sauce

BRAISED SHORT RIB ... 24

saffran risotto, asparagus

128 BURGER ... 15

ciabatta bread, fontina cheese, bacon,
Lettuce, tomato, fries

PASTA

LINGUINI SHRIMP & SCALLOPS...28

tomato, scallions, white wine sauce

RICCOTA GNOCCHI ... 19

classic bolognese, pecorino

PAPARDELLE LOBSTER ...26

tomato, garlic, light cream, sherry wine

ORICCIETTE BROCCOLI RABE... 20

sweet Italian sausage, broccoli rabe,
garlic, olive oil

LINGUINI CLAMS ... 23

clams, arugula, heirloom tomato,
garlic, white sauce

SIDES

POTATO CHIPS...3

MASHED POTATO ...4

SAUTEED SPINACH ... 5

BRUSSELS SPROUTS ... 6

FRIES ... 5

ASPARAGUS ... 6

TRUFFLE PARMESAN FRIES ... 6

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HAPPY HOUR?

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SALTWATER

RESTAURANT & BAR

HAND PICKS BY THE BOTTLE

SPARKLING

51 BRUT, JUVE Y CAMPS NATURE 'RESERVA DE LA FAMILIA'	\$56
52 BRUT, TAITTINGER, CHAMPAGNE, FR	\$114
53BLANC DE BLANC, SCHRAMSBERG, NORTH COAST, CA 2014	\$96
54 BRUT, VEUVE CLICQUOT, CHAMPAGNE, FR NV	\$124

WHITES

101 MUSCADET, DOMAINE DE LA QUILLA, LOIRE VALLEY, FR 2014	\$42
102 PINOT GRIGIO, PIGHIN, FRIULI, IT 2014	\$63
103 PINOT GRIS, PANTHER CREEK, WILLAMETTE VALLEY, OR 2014	\$59
104 SANCERRE, DOMAINE REVERDY-DUCROUX, LOIRE VALLEY, FR 2016	\$59
105 SAUVIGNON BLANC, TRENTADUE, ALEXANDER VALLEY, CA 2015	\$53
106 SAUVIGNON BLANC / SEMILLON, DELILLE CELLARS, COLUMBIA VALLEY 2015	\$98
107 CHENIN BLANC, RAATS FAMILY, WESTERN CAPE, SA 2016	\$42
108 CHARDONNAY, RAEBURN, RUSSIAN RIVER, CA 2015	\$59
109 CHARDONNAY, BENNETT FAMILY, RUSSIAN RIVER, CA 2013	\$53
110 CHARDONNAY, REMY,SONOMA COAST, CA 2014	\$68
111 CHARDONNAY, FISHER 'MOUNTAIN ESTATE', SONOMA, CA 2013	\$132
112 CHABLIS, DOMAINE LAROCHE 'VAILLONS' 1er CRU, BURGUNDY,FR 2014	\$108
113 CHASSAGNE MONTRACHET, ALBERT BICHOT, BURGUNDY, FR 2014	\$129
114 RIESLING, ESSENCE, MOSEL, GE 2015	\$32
115 RIESLING, SEMI-DRY, KEUKA LAKE, FINGER LAKES, NY 2015	\$38
116 ALBARINO, LA CANA, RIAX BAIXAS, SP 2015	\$45
117 GAVI, FRANCO SERRA, PIEDMONT, IT 2015	\$42

ROSE

249 TXAKOLI ROSE, HIRUTZA, HONDARRIBIA, SP	\$40
250 ROSE OF PINOT NOIR, PONZI, WILLAMETTE VALLEY, OR 2016	\$60

RED

300 PINOT NOIR, DREW THE GATEKEEPERS, MENDOCINO, CA 2014	\$63
301 PINOT NOIR, DOMAINE FAIVELEY, MERCUREY, FR 2014	\$66
302 PINOT NOIR, DOMAINE DROUHIN 'ROSEROCK', WILLAMETTE VALLEY, OR 2014	\$96
303 MERLOT, KEENAN, NAPA VALLEY, CA 2013	\$96
304 MALBEC, PIATELLI, MENDOZA, ARG, 2015	\$49
305 RIOJA, VILLA BUJANDA, SP, 2011	\$43
320 CABERNET FRANC, BEDELL, NORTH FORK OF LONG ISLAND, NY, 2014	\$46
306 CABERNET SAUVIGNON, LA STORIA, ALEXANDER VALLEY, CA 2014	\$81
307 CABERNET SAUVIGNON, INCONCEIVABLE, COLUMBIA VALLEY, WA 2013	\$59
308 CABERNET SAUVIGNON, CONN CREEK, NAPA VALLEY, CA 2014	\$99
314 CABERNET SAUVIGNON, JUSTIN, PASO ROBLES, CA 2015	\$60
315 CABERNET SAUVIGNON, GRAPESMITH & CRUSHER COLUMBIA VALLEY, WA, 2014	\$45
309 MARGAUX, LES GRAVIERE DES MARSAC, BORDEAUX, FR 2013	\$84
310 SHIRAZ, TWO HANDS 'ANGELS SHARE', MCLAREN VALE, AU 2014	\$75
311 CHIANTI CLASSICO, SAN FELICE IL GRIGIO, CHIANTI CLASSICO RISERVA, TUSCANY, IT 2014	\$46
312 SUPER TUSCAN, TENUTA SAN GUIDO 'LE DIFESE' TUSCANY, IT 2015	\$78
313 BARBARESCO, MICHELE CHIARLO 'REYNA', PIEDMONT, IT 2012	\$105
321 BRUNELLO DI MONTALCINO, MATE, TUSCANY,IT 2011	\$75

LIL' ONES



FISH STICKS 10

mashed potatoes or fries,
carrot sticks

CHICKEN TENDERS 10

mashed potatoes or fries,
carrot sticks

NOODLES 10

butter, olive oil or red sauce,
carrot sticks

GRILLED SALMON 10

mashed potatoes or fries,
carrot sticks



BEGINNING

- NEW ENGLAND CLAM CHOWDER ...7**
BURRATA ...12
arugula, fire roasted pepper, pesto
- PEI MUSSELS ... 10**
ver jus, savory, garlic toast
- BEEF CARPACCIO ... 12**
arugula salad, truffle oil, shaved parmesan
- FRIED OYSTERS ... 14**
avocado, radish
- SALMON TARTARE ... 12**
baby arugula, jalapeños, house chips
- EGGPLANT ... 10**
mascarpone cheese, prosciutto
- GRILLED NARRAGANSETT SQUID ... 10**
beans, tomato, parsley
- SHRIMP & POLENTA ... 14**
basil puree, parmesan
- ARTICHOKE ... 12**
lime aioli, cilantro, ricotta salata, jalapeno
- TUNA TARTARE ... 15**
avocado, ginger soy, taro
- CRAB CAKE ... 14**
dill, cucumber salad, remoulade
- FRIED CALAMARI ... 10**
marinara sauce
- STUFFED CLAMS ... 10**
peppers, onions, bacon, parmesan, bread crumbs
- FISH TACOS...9**
pico de gallo, guacamole, sour cream
- LOBSTER MAC'N'CHEESE ... 15**

RAW BAR

- COPPS ISLAND ... 2**
- MARIN MYAQI, WEST COAST ... 2.5**
- MYSTIC OYSTERS, CT ... 2**
- LITTLE NECK CLAMS, NY ... 2**
- SHRIMP COCKTAIL ... 2.5**
- THE SALTWATER ... 90**
oysters, clams, shrimp, octopus, tuna

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SEA

- PAN SEARED TUNA...29**
sesame seed, fingerling potato, bok-choy, wasabi, soy sauce
- ATLANTIC SALMON ... 24**
mashed potato, spinach, mustard sauce
- CRISPY COD ... 24**
beer batter, malt aioli, fries, old religion style slaw
- SEARED SCALLOPS ... 30**
wild mushroom risotto, provencal sauce
- SEAFOOD RISOTTO ... 28**
squid, market fish, shrimp, lobster, scallops, mussels, clams
- PAN SEARED RED SNAPPER ... 25**
julienne vegetable, quinoa, lemon caper beurre blanc
- LOBSTER ROLL ... MKT**
celery, tomato, scallions, shallots, mayonnaise, fries
- SALTWATER SPICY FISH STEW...27**
toasted garlic bread

LAND

- HANGER STEAK... 25**
asparagus, truffle parmesan fries, green peppercorn sauce
- CHICKEN MILANESE ... 20**
arugula, tomato, lemon aioli, house made mozzarella cheese
- ROASTED CHICKEN ... 21**
string beans, mashed potatoes, thyme-garlic-cherry pepper sauce
- SHORT RIB SANDWICH ... 15**
brioche bun, fontina cheese, parmesan fries

PASTA

- LINGUINI SHRIMP & SCALLOPS...28**
tomato, scallions, white wine sauce
- RICCOTA GNOCCHI ... 19**
classic bolognese, pecorino
- PAPARDELLE LOBSTER ...26**
tomato, garlic, light cream, sherry wine
- FUSILLI ... 18**
mix vegetables, parmesan, garlic, olive oil
- LINGUINI CLAMS ... 23**
clams, arugula, heirloom tomato, garlic, white sauce
- BUTTERNUT SQUASH PANZOTTI...18**
toasted almonds, brown butter sage

SIDES

- POTATO CHIPS...3**
- MASHED POTATO ...4**
- SAUTEED SPINACH ... 5**
- BRUSSELS SPROUTS ... 6**
FRIES ... 5
- ASPARAGUS ... 6**
- TRUFFLE PARMESAN FRIES ... 6**

LOOKING TO HOST A PRIVATE EVENT OR CORPORATE HAPPY HOUR?

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LIVE MUSIC

RAW BAR

- COPPS ISLAND ... 2
 - MYSTIC OYSTERS, CT ... 2
 - LITTLE NECK CLAMS, NY ... 2
 - SHRIMP COCKTAIL ... 2
-
- Ecuadorian style
- SHRIMP CEVICHE \$10
 - Banana, strawberries, whipped cream
 - NUTELLA CREPES \$8
 - Berries, maple syrup
 - PANCAKES \$8
 - BANANA OR CHOCOLATE CHIP
 - Bacon, home fries, toast
 - TWO EGGS YOUR STYLE \$8
 - Chorizo, red bell pepper, onions, mushrooms
 - FRIYATA \$8
 - Mozzarella cheese served with fries or salad
 - Mushrooms, shrimp, spinach
 - SONO OMELETTE \$12
 - home fries
 - LOBSTER BENEDICT \$15
 - Poached eggs, English muffin, hollandaise,

THE MAIN EVENT!

SALTWATER RESTAURANT & BAR

SUNDAY
11:30 – 3:00PM

BRUNCH DRINKS

BOTTOMLESS \$15

Until 3:00 PM

MIMOSAS

BELLINI

MICHELADA

MANMOSA

BLOODY MARY'S

Add Bacon \$1 per slice

Add Shrimp \$2 per piece

FISH BOWL PUNCH \$15

"A Mix of Goodness"

BRUNCH MENU



SIDES:

- 2 SLICES BACON \$2.5
- CHORIZO \$3
- FRIES \$2.5
- TRUFFLE FRIES \$3

LOBSTER MAC N CHEESE \$12

SHORT RIBS SANDWICH \$12

Brioche bun, mushroom, fontina cheese, fries

Served with fries

HANGER STEAK & EGGS \$18

\$2 \$4 \$6

ADD: 2 poached Eggs, chicken or Salmon

vinaigrette dressing

Kale, shaved carrots, avocado, grapes, dried cherries, quinoa, nuts, orange

SUPERFOOD SALAD \$8

maple syrup

Whipped cream, cinnamon, raspberries,

FRENCH TOAST \$10

Eggs, multigrain, mix greens salad

AVOCADO TOAST \$10

THE OTHER STUFF

SEAFOOD • SPIRITS • BEER • WINE



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But there is only one you"*
-Ernest Hemingway-

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MONDAY – THURSDAY 3:00 P.M. – 10:00 P.M.
FRIDAY & SATURDAY 3:00 P.M. – 11:00 P.M.
SUNDAY 11:30 A.M. – 9:00 P.M.

We Have Sunday Brunch!

HAPPY HOUR

MONDAY – THURSDAY 3:00 PM – 7:00 PM
FRIDAY – SUNDAY 3:00 PM – 6:00 PM

SELECT WINE, COCKTAILS,
BEER & APPETIZERS

STAY CONNECTED



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