

SALTWATER
RESTAURANT & BAR

SEAFOOD • SPIRITS • BEER • WINE

NOW OPEN FOR LUNCH
WEDNESDAY - SATURDAY @ 11:30 AM

LUNCH MENU + HAPPY HOUR

HOURS

MONDAY - TUESDAY 3:00 P.M. - 10:00 P.M.

WEDNESDAY - SATURDAY 11:30 A.M. - 10:00 P.M./ F&S 11:00 P.M.

SUNDAY 11:30 A.M. - 9:00 P.M.

MONDAY & TUESDAY // HAPPY HOUR ALL DAY LONG!

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

WEDNESDAY & THURSDAY

WEDNESDAY - SATURDAY \$14.99 LUNCH 11:30AM - 3PM
HAPPY HOUR 11:30AM - 7PM

SUNDAYS *Brunch & Entertainment 11:30am - 3:00pm*

 **HAPPY HOUR EVERYDAY** 
EXCLUDES HOLIDAYS

50% SELECTED FOOD MENU ITEMS
\$7 HOUSE COCKTAILS - \$6 WINE BY THE GLASS - \$4 BEERS



203.939.9502 - 203.939.9503

WWW.SALTWATERSONO.COM

128 WASHINGTON STREET, SOUTH NORWALK, CT 06854

20% service charge will be added to all parties of six guests or more

SALTWATER

RESTAURANT & BAR



COCKTAILS

(HAPPY HOUR \$7)

FERRERO ROCHER MARTINI 10

Amaretto, Frangelico, Baileys,
Nutella-Hazelnut rim

RASPBERRY OR COCONUT MOJITO 10

Bacardi Rum, mint, fresh limes juice

PEACH NECTAR MARTINI 11

Cylinder vodka, peach tree, lime juice,
peach puree

SPARKLING BLUEBERRY MARGARITA 10

Montezuma, muddled Blueberries, agave,
fresh lime juice

SPRING CUCUMBER COOLER 10

Tanqueray, Elderflower liquor, simple syrup,
muddled lemon/cucumber

ARNOLD PALMER BOURBON 11

Maker`s Mark peach schnapps,
ice tea, lemonade

MOSCOW MULE 12

Tito`s hand made, lime juice, ginger beer

RED OR WHITE SANGRIA 9



WINES BY THE GLASS

SPARKLING

(HAPPY HOUR \$6 SELECTED)

ROSE

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

Liavendette, Alpes de Haute Provence,, FR 9/34
Cote des Roses, Gerard Bertrand, FR 11/42

WHITE

RED

Pinot Grigio, Vicolo, Pontedera, IT 8/30
 Gavi di Gavi, San Matteo, Piemonte, IT 10/38
 Riesling, 14Hands, Columbia Valley WA 9 /34
 Albarino, Martin Codax, Rias Baixas SP 9/34
 Sauvignon Blanc, Clifford Bay, NZ 10/38
Chardonnay, Black Stallion, Napa Valley , CA 10/38
Sancerre, Domaine Raffaitini, Loire Valley FR 13/ 48
 Chardonnay, 10 Span, Central Coast , CA 9/34
 Moscato, Twisted, CA 8/30

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



BEERS

DRAFT

(HAPPY HOUR \$4 SELECTED)

BOTTLE

SEAHAG 6
 STELLA 6
TWO ROADS 6
FAT TIRE AMBER ALE 6
 BLUE MOON 6
 GUINNESS 6

CORONA 6
 COORS LIGHT 6
PERONI 7
 MILLER LIGHT 6
 MODELO 6
SIERRA NEVADA SUMMER FEST 6
BITE HARD APPLE CIDER 8

SALTWATER

RESTAURANT & BAR

BEGINNING

 (HAPPY HOUR 50%
OFF SELECTED ITEMS)

 **NEW ENGLAND CLAM CHOWDER ... 9**

 **LOBSTER BISQUE ... 9**

 **PEI MUSSELS ... 12**

ver jus, savory, garlic toast

 **MEATBALLS ... 12**

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 ... 12

beans, tomato, parsley

SHRIMP & POLENTA ... 14

basil puree, parmesan

ARTICHOKE ... 12

lime aioli, cilantro, ricotta salata, jalapeno

TUNA TARTARE ... 16

avocado, ginger soy, taro

 **MINI CRAB CAKES ... 14**

pommery mustard sauce, arugula

 **FRIED CALAMARI ... 12**

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

 **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 ... 11**

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 ... 10**

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 MYAQL, 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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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 sauce

SEAFOOD RISOTTO ... 28

squid, market fish, shrimp, 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 ... 22

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

BRAISED SHORT RIB ... 24

saffran risotto, asparagus

128 BURGER ... 15

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

PASTA

LINGUINI SHRIMP & SCALLOPS...28

tomato, scallions, white wine sauce

RICCOTA GNOCCHI ... 20

classic bolognese, pecorino

PAPARDELLE LOBSTER ...26

fra diavolo sauce

ORECCHIETTE BROCCOLI RABE... 22

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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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,

CHICKEN TENDERS 10
mashed potatoes or fries,

NOODLES 10
butter, olive oil or red sauce,
GRILLED SALMON 10
mashed potatoes or fries,

LIVE MUSIC

SALTWATER RESTAURANT & BAR

SUNDAY 11:30 - 3:00PM

- THE MAIN EVENT!**
- AVOCADO TOAST \$10
Eggs, multi-grain, mix greens salad
 - LOBSTER BENEDICT \$18
Poached eggs, English muffin, hollandaise, home fries
 - SONO OMELETTE \$12
Mushrooms, shrimp, spinach, mozzarella cheese served with fries or salad
 - FRIED CALAMARI \$10
marinara sauce
 - TWO EGGS YOUR STYLE \$8
Bacon, home fries, toast
 - CHOCOLATE CHIP PANCAKES \$8
Berries, maple syrup
 - NUTELLA CREPES \$8
Banana, strawberries, whipped cream
 - SHORT RIB MAC N CHEESE \$13
 - SHRIMP CEVICHE \$14
Ecuadorian style
 - RAW BAR
COPPS ISLAND ... 2
MYSTIC OYSTERS, CT ... 2
LITTLE NECK CLAMS, NY ... 2
SHRIMP COCKTAIL ... 2

BRUNCH MENU



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"

THE OTHER STUFF

- TUNA COBB SALAD \$18
Avocado, eggs, bacon, romaine salad, cherry tomatoes, lemon, olive oil
- LOBSTER ROLL \$22
warm butter, lemon, fries
- FRENCH TOAST \$10
Whipped cream, cinnamon, raspberries, maple syrup
- SUPERFOOD SALAD \$9
Kale, shaved carrots, avocado, dried cherries, quinoa, nuts, orange vinaigrette dressing
- ADD: 2 poached Eggs, chicken or Salmon \$6
- HANGER STEAK & EGGS \$20
Served with Fries
- 128 BURGER \$15
Brioche bread, fontina cheese, bacon, egg, Lettuce, tomato, fries

- SIDES:**
- 2 SLICES BACON \$3
 - CHORIZO \$4
 - FRIES \$3
 - TRUFFLE FRIES \$4

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LUNCH MENU + HAPPY HOUR

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\$25 Bottles of Wine!

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EXCLUDES HOLIDAYS

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BEGINNING (HAPPY HOUR 50% OFF SELECTED TIMES)

- NEW ENGLAND CLAM CHOWDER ... 9**
- 🌶️ **LOBSTER BISQUE ... 9**
 - 🌶️ **PEI MUSSELS ... 12**
ver jus, savory, garlic toast
 - 🌶️ **MEATBALLS ... 12**
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 ... 12**
beans, tomato, parsley
 - SHRIMP & POLENTA ... 14**
basil puree, parmesan
 - ARTCHOKE ... 12**
lime aioli, cilantro, ricotta salata, jalapeno
 - TUNA TARTARE ... 16**
avocado, ginger soy, taro
 - 🌶️ **MINI CRAB CAKES ... 14**
pomey mustard sauce, arugula
 - 🌶️ **FRIED CALAMARI ... 12**
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, period sauce
- 🌶️ **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 ... 11**
beets, carrots, goat cheese, nuts, orange vinaigrette dressing
- 🌶️ **BRUSSELS SPROUTS ... 12**
crispy rice, truffle, lemon vinaigrette, parmesan cheese
- GRILLED ROMANE SALAD ... 10**
creamy anchovies dressing, parmesan, roasted peppers, crisp bread
- 🌶️ **SONO SALAD ... 10**
mixed greens, cherry tomato, cucumber balsamic vinaigrette
- SEAFOOD SALAD ... 14**
arugula, calamari, shrimp, mussels, celery, scallions, cherry tomatoes, lemon & olive oil

ADD Chicken 6, Salmon 8, Shrimp 10

RAW BAR

- 🌶️ **COPPS ISLAND ... 2**
- MARIN MYAQL, 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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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 sauce
- SEAFOOD RISOTTO ... 28**
squid, market fish, shrimp, 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

PASTA

- LINGUINI SHRIMP & SCALLOPS...28**
tomato, scallions, white wine sauce
- 🌶️ **RICCOTTA GNOCCHI ... 20**
classic bolognese, pecorino
- PAPARDELLE LOBSTER ... 26**
fra diavolo sauce
- 🌶️ **ORECCHIETTE BROCCOLI RABE... 22**
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

LAND

- HANGER STEAK... 25**
asparagus, truffle parmesan fries, green peppercorn sauce
- 🌶️ **CHICKEN MILANESE ... 20**
arugula, tomato, lemon aioli, house made mozzarella cheese
- ROASTED CHICKEN ... 22**
string beans, mashed potatoes, thyme-garlic-cherry pepper sauce
- 🌶️ **BRAISED SHORT RIB ... 24**
saffron risotto, asparagus
- 128 BURGER ... 15**
brioche bread, fontina cheese, bacon, Lettuce, tomato, fries

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