

The Old Salt

490 Lafayette Road • Hampton, NH • www.oldsaltnh.com
603.926.8322



Gluten free menu available!

Join us for
Dine In • Patio Seating • Curbside Pickup • Catering

SOUPS

NEW ENGLAND CLAM CHOWDER

cup 6.99 crock 8.99
quart to-go 22.99 can 6.99

HADDOCK CHOWDER

cup 7.99 crock 9.99 quart to-go 26.99

BAKED ONION SOUP

onions simmered in beef broth, baked with a garlic crouton and topped with layers of melted cheese 8.99

CROCK OF CHILI

our secret recipe with beef, onions, beans and a variety of spices, topped with shredded cheese and served with tri-colored tortilla chips 9.99

CREAMY TOMATO SOUP

cup 5.99 crock 7.99

SOUP OF THE DAY

cup 5.99 crock 7.99

APPETIZERS

LOCAL STEAMERS MARKET

SCALLOPS WRAPPED IN BACON 14.99
with maple dipping sauce

* OYSTERS ON THE HALF SHELL 2.75

BUFFALO POPCORN SHRIMP 14.99

SHRIMP COCKTAIL 3.50 each

with homemade cocktail sauce and fresh lemon

ESCARGOT 14.99

topped with provolone cheese

HONEY BUFFALO TENDERS 14.50

sweet with mild heat and some blue cheese for dipping

BUFFALO WINGS 16.99

CHICKEN TENDERS 13.50

ONION RINGS 10.99

with horseradish dipping sauce

CAROLINA MOONS 9.99

house chips with melted cheese and bacon

NACHOS

CHEESE NACHOS 12.99

with a three cheese blend

CLASSIC NACHOS 14.99

with, onions, black olives tomatoes and jalapeno peppers

CHILI NACHOS 16.99

our classic topped with homemade chili

CHICKEN NACHOS 17.99

our classic nachos topped with grilled chicken

SEAFOOD NACHOS 19.99

oh boy... our nachos meet the sea with this creamy, cheesy, seafood topping

SALADS

GARDEN SALAD 7.99

medley of fresh lettuce, tomatoes, cucumbers and onions with your choice of dressing

CAESAR SALAD 9.99

chopped romaine lettuce with croutons, parmesan cheese and tossed with our caesar dressing add anchovies for \$1

ROASTED BEET AND BLUE CHEESE SALAD 14.99

roasted beets with chopped cucumbers, onions, tomato, and crumbled blue cheese over a bed of baby greens

GREEK SALAD 11.99

mixed lettuce topped with tomatoes, cucumbers, red onions, feta, kalamata olives, and whole pepperoncini, served with greek dressing

SPINACH SALAD 12.99

baby spinach, chopped crispy bacon, hard boiled egg, berry tomatoes and red onions, topped with crumbled blue cheese

Dressing options...

house italian, oil & vinegar, ranch, russian, blue cheese, caesar, parmesan peppercorn, balsamic vinaigrette, citrus vinaigrette and greek



add any of these toppings to one of our delicious salads....

grilled chicken 8. buffalo chicken 8. salmon 10. steak tips 10. grilled scallops 12.

LOBSTER SALAD PLATE

a generous portion of lobster salad, lightly tossed in mayonnaise, lemon and seasonings and served on a bed of field greens with fresh garden vegetables market

CITRUS LIME SHRIMP AND CUCUMBER SALAD

gulf shrimp marinated in citrus lime, oven roasted and served chilled with chopped cucumber, tomato and onions over baby greens 18.99

CAPRESE SALAD

fresh mozzarella, tomato and basil on a bed of fresh greens served with balsamic dressing 14.99

HERBED CHICKEN SALAD

parsley, dill and chives give our salad a lively flavor, served on a fresh bed of greens, cucumbers, shredded carrots, and berry tomatoes 13.99



SANDWICHES

LOBSTER SALAD ROLL

fresh lobster meat tossed lightly in mayonnaise and seasoning
served on a grilled bun market price

FRIED HADDOCK SANDWICH

fresh haddock filet fried and served on a bulky roll with lettuce and tomato
and creamy tartar sauce 15.99



CORNED BEEF REUBEN

sliced corned beef, sauerkraut and swiss cheese
with russian dressing on multigrain 15.99

TURKEY REUBEN

deli turkey with sauerkraut and swiss cheese
with russian dressing on multigrain 15.99

TURKEY RANCH BACON WRAP
roasted turkey with lettuce, tomato, bacon
and ranch dressing in a wrap 14.99

CHICKEN SALAD SANDWICH
parsley, dill and chives give our chicken salad a lively flavor,
with crisp lettuce and served on multigrain bread 12.99

GOODY COLE CHICKEN ON A BULKY ROLL
grilled chicken breast topped with
cheddar cheese and bacon 14.99

BLT SANDWICH
a classic... with bacon, lettuce and tomato
served on toasted white bread 12.99

FRENCH DIP AU JUS
thinly sliced roast beef with
melted provolone cheese
on lightly toasted French bread
served with au jus for dipping 16.99

BURGERS



All of our burger is fresh ground
and purchased locally from
Joe's Meat Shop

*TAVERN BURGER a classic 13.99

*CHEESEBURGER topped with cheddar cheese 15.99

*SMOKEY BACON BURGER
hickory smoked bacon & cheddar 16.99

*SURF AND TURF BURGER
our Tavern burger topped with lobster salad
and a delicious seafood sauce 19.99

*BUILD A BURGER...
begin with our traditional tavern burger a
nd add any of the following toppings...
jalapeños, sauteed peppers, mushrooms, onions, american
cheese, cheddar, provolone, swiss, bacon \$1.99 each



Substitute an Impossible Burger for any of the above burger entrees for an additional \$5

FRESH FROM THE SEA

FRESH NEW ENGLAND BOILED LOBSTER

lobster caught in local waters
served with warm butter market

NEW ENGLAND CLAMBAKE FOR ONE OR TWO

clam chowder, local steamers,
and a boiled lobster market

NORTH ATLANTIC HADDOCK

tender and flaky haddock filet, sprinkled with
seasoned cracker crumbs
and baked with butter and lemon 23.99

HADDOCK AU GRATIN

a tender filet of fresh haddock, oven baked
and topped with a creamy,
cheddar parmesan sauce 25.99

BAKED STUFFED HADDOCK

with a Seafood Cream Sauce
fresh haddock filet rolled with our homemade
savory stuffing and topped with our award
winning lobster seafood stew 29.99

NORTH ATLANTIC SALMON

fresh salmon basted in lemon butter
and grilled to perfection 26.99

FRESH BROILED SEA SCALLOPS

sweet sea scallops lightly dusted with herbed
bread crumbs and broiled in lemon butter
market

BAKED STUFFED SHRIMP

an American classic... shrimp baked in
a casserole topped with a buttery cracker
crumb stuffing 26.99



Fresh from the Sea entrees are
served with two sides...
fresh vegetable du jour , garlic
mashed potatoes, rice pilaf,
baked potato, french fries, house
made chips, or cole slaw

FRIED FROM THE SEA

All fried entrees are served
with french fries and cole slaw

FRIED CLAM PLATE

lightly fried and served with tartar sauce market

FRIED CLAM STRIP PLATE

no bellies on these 18.99

FRIED GULF SHRIMP

served with cocktail sauce for dipping 24.99

FRIED POPCORN SHRIMP

baby shrimp lightly fried and served with cocktail sauce 19.99

GOLDEN FRIED SEA SCALLOPS

sweet and delicious served with tartar sauce market

FRIED HADDOCK PLATE

lightly fried haddock filet, served with tartar sauce 22.99

FISH AND CHIPS

fresh north atlantic haddock , lightly
fried to perfection and served with tartar sauce 19.99

FISHERMAN'S PLATTER

fresh native clams, sweet sea scallops, shrimp, and Atlantic
haddock lightly breaded and fried to a golden brown 39.99

NEPTUNE PLATTER FOR TWO

fresh native clams, sweet sea scallops, shrimp, and Atlantic
haddock lightly breaded and fried to a golden brown 75.99

LAND LOVERS

* TAVERN TIPS

flame broiled and cooked to your liking 24.99



**TAVERN TIPS
WITH OUR
BAKED HADDOCK**
32.99

**TAVERN TIPS
WITH OUR
BAKED
STUFFED SHRIMP**
34.99

**TAVERN TIPS
WITH OUR
BROILED
SEA SCALLOP**
39.99

* NEW YORK SIRLOIN

12 ounces of lean, well flavored steak cut from the center of the sirloin 32.99

HERBED HALF CHICKEN

half of a fresh chicken, marinated in our herb rub for 24 hours, slow roasted to perfection. 21.99

The above entrees are served with two sides...
fresh vegetable du jour , garlic mashed potatoes, rice pilaf, baked potato, french fries,
house made chips, or cole slaw

Add a house salad
to any entree for 4.99
Add a caesar salad for 5.99

PASTA

CHEESE TORTELLINI

tossed in a parmesan cream sauce and served with garlic bread 17.99
or tossed with a lobster alfredo cheese sauce 21.99

CHICKEN AND CHEESE TORTELLINI

grilled chicken and cheese tortellini tossed in a parmesan cream sauce
and served with garlic bread 24.99

BREADED CHICKEN PARMESAN

boneless chicken breast, breaded and pan fried,
topped with marinara sauce
and melted provolone cheese served with linguini
and garlic bread 24.99

CHICKEN AND BROCCOLI ALFREDO

tender chicken breast tossed with broccoli
in a parmesan cream sauce
tossed with linguini 24.99

HERBED ROASTED VEGETABLES

zucchini, summer squash, tomatoes, peppers and onions, roasted and tossed in olive oil, garlic and
served on a bed of linguini 22.99



SIDES

FRIES	4.50
BAKED POTATO	3.99
MASHED POTATO	3.99
RICE PILAF	3.99
HOUSE CHIPS	3.99
COLE SLAW	3.99
VEGETABLE OF THE DAY	3.99
BROCCOLI	4.99



KIDS

CHICKEN FINGERS	8.99
GRILLED CHEESE	5.99
HAMBURGER	9.99
CHEESEBURGER	11.99
PASTA WITH SAUCE OR BUTTER	6.99
KRAFT MACARONI AND CHEESE	6.99
HOT DOG	6.99
FISH AND CHIPS	13.99
FRIED POPCORN SHRIMP	13.99

SWEET TREATS

CARROT CAKE	7.99
APPLE CRISP A LA MODE	7.99
CHOCOLATE LAYER CAKE	8.99
TAHITIAN CHEESECAKE	8.99
BREAD PUDDING	7.99
CHOCOLATE CHUNK BROWNIE SUNDAE	9.99

OLD SALT FAVORITE...MUD PIE
coffee ice cream in an oreo cookie
crust, topped with hot fudge,
whipped cream, chocolate syrup
FOR ONE 6.99
FOR TWO 10.99



NOTEWORTHY

*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs, may increase your risk of food borne illness, especially if you have certain medical conditions.

If you or your guests have an allergy or dietary restrictions, please inform your server, and our chefs will be happy to accommodate your needs.

A 20% gratuity will be added to parties of 8 or more.

HOURS OF OPERATION

Monday - Thursday
11:30 am - 9 pm

Friday and Saturday
11:30 am - 9 pm • 10 pm in the lounge

Sunday
Brunch... 9 am - 1 pm Full Menu Available... 1 pm - 8 pm

WHAT'S GOING ON

Tuesday	Trivia Night...from 7 - 9 pm in the lounge
Wednesday	Martini Night... \$5 martini's from 5- close
Friday	Fish and Chips... AYCE for only 19.99
Saturday	Roast Prime Rib Dinner... available after 4 pm -cooked to perfection 26.99
Sunday	Our award winning brunch buffet is served from 9 am til 1 pm