

The Old Salt

490 lafayette road • hampton, nh
www.oldsaltnh.com
603.926.8322

Menu

SOUPS

NEW ENGLAND CLAM CHOWDER

cup 7.99 crock 9.99
quart to-go 26.99 can 6.99

HADDOCK CHOWDER

cup 7.99 crock 9.99 quart to-go 26.99

CREAMY TOMATO SOUP

cup 5.99 crock 7.99

SOUP OF THE DAY

cup 5.99 crock 7.99

BAKED ONION SOUP 8.99

CROCK OF HOMEMADE CHILI 9.99

SANDWICHES

LOBSTER SALAD ROLL

served on a grilled bun market

FRIED HADDOCK SANDWICH

served on a bulky roll 15.99

GRILLED REUBEN

your choice of corned beef or turkey,
sauerkraut and swiss cheese with russian
dressing on multigrain 15.99

LOBSTER BLT

served on Texas toast market

TURKEY RANCH BACON WRAP

roasted turkey with lettuce, tomato, bacon
and ranch dressing in a wrap 14.99

CHICKEN SALAD SANDWICH

served on multigrain bread 14.99

GOODY COLE CHICKEN ON A BULKY ROLL

grilled chicken breast topped with
cheddar cheese and bacon 15.99

BLT SANDWICH

on toasted white bread 12.99

FRENCH DIP AU JUS

sliced roast beef with melted provolone on
toasted French bread served with au jus 17.99

BURGERS

*TAVERN BURGER

a classic 14.99

*CHEESEBURGER

topped with cheddar cheese 16.99

*SMOKEY BACON BURGER

hickory smoked bacon & cheddar 17.99

*SURF AND TURF BURGER

a Tavern burger topped with lobster salad
and a delicious seafood sauce 19.99

*BUILD A BURGER...

begin with our traditional tavern burger
and 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 an additional \$5)

STARTERS

LOCAL STEAMERS market

SCALLOPS WRAPPED IN BACON 15.99

OYSTERS ON THE HALF SHELL 2.75 each

BUFFALO POPCORN SHRIMP 14.99

(3) SHRIMP COCKTAIL 9.99

CHICKEN TENDERS 13.99

ONION RINGS 12.99

ESCARGOT

topped with provolone cheese 14.99

HONEY BUFFALO TENDERS

sweet with mild heat 14.99

BUFFALO WINGS

blue cheese dressing, celery and carrots 16.99

CAROLINA MOONS

house chips with melted cheese and bacon 9.99

NACHOS

CHEESE NACHOS 13.99

with a three cheese blend

CLASSIC NACHOS 15.99

onions, black olives peppers,
tomatoes and jalapeños

CHILI NACHOS 17.99

our classic topped with
homemade chili

CHICKEN NACHOS 18.99

our classic nachos 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

CAESAR SALAD 9.99

(add anchovies \$1)

SEARED APPLE AND WALNUT SALAD

with gorgonzola cheese over mixed greens
accompanied by a maple vinaigrette 13.99

GREEK SALAD

mixed lettuce with tomatoes, cucumbers, red
onions, feta, kalamata olives, pepperoncini 12.99

SPINACH SALAD

baby spinach, crispy bacon, hard boiled egg,
berry tomatoes, red onion, blue cheese 13.99

add one of these toppings to our delicious salads

grilled chicken 8. grilled shrimp 9.
salmon 10. steak tips 12. grilled scallops 14.

LOBSTER SALAD PLATE

a generous portion of lobster salad,
served on a bed of field greens with fresh
garden vegetables market

HERBED CHICKEN SALAD

served on a fresh bed of greens, with
cucumbers, shredded carrots, and berry
tomatoes 14.99

DRESSING OPTIONS

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

SEAFOOD

NEW ENGLAND BOILED LOBSTER market

NEW ENGLAND CLAMBAKE FOR ONE OR TWO
clam chowder, local steamers, and a boiled lobster market

NORTH ATLANTIC HADDOCK 23.99

HADDOCK AU GRATIN
filet of haddock with a parmesan cream sauce 25.99

BAKED STUFFED HADDOCK
fresh haddock with our savory stuffing topped with our award winning seafood stew 29.99

NORTH ATLANTIC SALMON
fresh grilled salmon basted in lemon butter 26.99

FRESH BROILED SEA SCALLOPS
sweet sea scallops dusted with herbed bread crumbs and broiled in butter market

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

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

FRIED SEAFOOD

FRIED CLAM PLATE market

FRIED CLAM STRIP PLATE 18.99

FRIED GULF SHRIMP 24.99

FRIED POPCORN SHRIMP 19.99

GOLDEN FRIED SEA SCALLOPS market

FRIED HADDOCK PLATE 22.99

FISH AND CHIPS 21.99

FISHERMAN'S PLATTER
fried 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

All fried entrees are served
with french fries and cole slaw

LAND LOVERS

*** NEW YORK SIRLOIN**
12 ounces of lean, well flavored steak cut from the center of the sirloin 33.99

HERBED HALF CHICKEN
half of a fresh chicken, marinated in our herb rub and slow roasted 21.99

*** TAVERN TIPS**
flame broiled and cooked to your liking 28.99

WITH BAKED STUFFED SHRIMP 35.99
WITH BAKED HADDOCK 33.99
WITH BROILED SCALLOPS 39.99

Above entrees are served with two sides...
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
in a parmesan cream sauce 17.99
with a lobster alfredo cheese sauce 21.99

CHICKEN AND CHEESE TORTELLINI
grilled chicken and cheese tortellini tossed in a parmesan cream sauce 24.99

BREADED CHICKEN PARMESAN
boneless chicken breast, breaded and pan fried, topped with marinara sauce and provolone cheese served over linguini 24.99

CHICKEN AND BROCCOLI ALFREDO
tender chicken breast with broccoli tossed in a parmesan cream sauce over linguini 24.99

HERBED ROASTED VEGETABLES
zucchini, summer squash, tomatoes, peppers and onions, roasted and tossed in olive oil and garlic, served on a bed of linguini and drizzled with a balsamic glaze and sprinkled with parmesan cheese 19.99

LINGUINI WITH SAUCE 15.99

All pasta entrees are served with garlic toast points

KIDS

CHICKEN FINGERS 8.99

GRILLED CHEESE 6.99

HAMBURGER 10.99

CHEESEBURGER 12.99

PASTA WITH SAUCE OR BUTTER 7.99

KRAFT MACARONI AND CHEESE 7.99

HOT DOG 7.99

FISH AND CHIPS 14.99

FRIED POPCORN SHRIMP 14.99

DESSERTS

CARROT CAKE 8.99

APPLE CRISP A LA MODE 8.99

CHOCOLATE LAYER CAKE 9.99

TAHITIAN CHEESECAKE 9.99

BREAD PUDDING 8.99

BROWNIE SUNDAE 9.99

HOT FUDGE SUNDAE 6.99

MUD PIE

coffee ice cream in an oreo cookie crust, topped with hot fudge, whipped cream, chocolate syrup FOR ONE 8.99 | FOR TWO 14.99

NOTEWORTHY

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

If you or your guests have an allergy /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

Happy Hour is served in the lounge Monday-Friday 3-6 pm

Early Bird Dinners are served Monday-Friday from 3-5 pm

Hours of Operation

M-T 11:30 am - 9 pm
F and S 11:30 am - 9 pm (10 pm in the lounge)
Sundays Brunch 9 am - 1 pm
Full Menu 1 pm - 8 pm