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Sea Salt

Menu Prices — October 24, 2026

Sea Salt menu with prices in United States, updated January 2020: 60 items across 6 categories, prices from $5.00 to $45.00.

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Sea Salt Menu with Prices (United States)

Sea Salt menu with prices in United States, updated January 2020: 60 items across 6 categories, prices from $5.00 to $45.00. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/sea-salt

Menu categories: Most Ordered · Lunch (Deep Copy) · Appetizers (Deep Copy) · Sides (Deep Copy) · Lunch · Lunch A La Carte (Deep Copy)

Most Ordered

ITEM	PRICE
Lunch Salmon Salmon available in five cooking levels. Choose two sides from a variety such as broccolini, corn, or lobster mac n chee...	**$17.25**

Lunch (Deep Copy)

ITEM	PRICE
Lunch Shrimp Basket Breaded shrimp, typically served with a side of fries and coleslaw, often accompanied by tartar or cocktail sauce.	**$17.25**
Lunch salmon sliders Grilled salmon patties on mini buns, typically includes a light spread and crisp lettuce, served in a set of three.	**$14.95**
Po’Boy	**$17.25**
Shrimp Linguine Linguine pasta served with sautéed shrimp finished and grape tomatoes in a lemon garlic butter spices	**$17.25**
Lunch Crab Cake Handcrafted with lump crab meat, lightly seasoned and served with a tangy remoulade sauce.	**$20.70**
Lunch shrimp and grits	**$17.25**
Lunch Wings Chicken wings available in hot, mild, lemon pepper, or sweet chili options	**$17.25**
Seafood. Nachos	**$17.25**
Catfish Basket	**$17.25**
Chicken Sandwich Crispy chicken nestled in a warm bun	**$16.10**
Lunch catfish and grits Cornmeal fried catfish typically served over creamy grits, often accompanied by a Cajun-style sauce.	**$17.25**
Caesar Salad Hearts of romaine lettuce, dressed in a traditional ceasar dressing with house made croutons, shaved parmesan, grated pa...	**$9.20**
Kale Salad Mangoe vinaigrette, candied sliced almonds, and shredded coconut	**$11.50**
Spinach Salad Typically includes fresh spinach leaves, a variety of fruits such as strawberries or apples, nuts like walnuts or almond...	**$16.00**
Lunch Salmon (Lunch (Deep Copy)) Salmon available in five cooking levels. Choose two sides from a variety such as broccolini, corn, or lobster mac n chee...	**$17.25**

Appetizers (Deep Copy)

ITEM	PRICE
Salmon Bites	**$20.00**

ITEM	PRICE
Fried Green Tomatoes Hand-breaded green tomatoes fried to golden perfection, typically served with a tangy remoulade.	**$15.00**
Sea Salt Dip Sea salt blended into a creamy base, typically includes a variety of herbs and spices, served with a selection of dippin...	**$23.00**
Snow Claw Delicately prepared crab claws, lightly dressed with a special blend of herbs and spices.	**$45.00**
Lobster Bites LIGHTLY BATTERED, FRIED LOBSTER, PAIRED WITH OUR HOUSE MADE REMOULADE DIPPING SAUCE	**$30.00**
Crab Cakes W/ Spinach Pan-fried crab cakes accompanied by sautéed spinach, typically served with a complementary sauce.	**$28.75**

Sides (Deep Copy)

ITEM	PRICE
Sauteed Spinach Fresh spinach sautéed with garlic and olive oil.	**$6.00**
FRIES	**$6.00**
Turkey Sausage	**$7.00**
Fried Rice	**$7.00**
Corn Sweet corn on the cob, lightly seasoned with herbs and a sprinkle of grated cheese.	**$7.00**
Garlic Mashed Potatoes Creamy mashed potatoes infused with roasted garlic flavor	**$7.00**
Fried Okra	**$6.00**
White Rice Light and fluffy white rice.	**$5.00**
Broccolini	**$8.00**
Home Fries Crispy, golden potatoes lightly seasoned, perfect for a comforting, homestyle side dish.	**$8.00**
Grits	**$7.00**
Brussel Sprouts	**$8.00**
Bacon Crispy thick-cut, smoked to perfection.	**$7.00**
Lobster Mac and Cheese	**$19.00**
Mac and Cheese	**$10.00**

Lunch

ITEM	PRICE
Lunch Grilled Herb Lamb Herb-seasoned lamb, cooked to preferred temperature.	**$35.00**
Lunch Pan Seared Salmon Pan-seared salmon, choice of temp. Served with sides like broccolini, cole slaw, fries, white rice, or mashed potatoes.	**$15.00**
Lunch Chicken Tenders Breaded chicken tenders, fried to a golden brown, typically served with french fries and accompanied by BBQ and honey mu...	**$15.00**

ITEM	PRICE
Sea Salt Sliders Toasted Bread with Lettuce, Tomatoes and pickles	**$20.00**
Lunch Sea Salt Wings Chicken wings with a variety of flavors: Hot, Mild, Lemon Pepper, Sweet Chili, Honey Garlic.	**$15.00**
Lunch Seafood Nachos Chip, Four cheese sauce, Tomatoes, Jalapeños, Shrimp and lobster meat	**$15.00**
Lunch Sea Salt Po'Boy Toasted Amoroso Roll, Lettuce, Tomatoes served with Fries	**$15.00**
Lunch Shrimp Linguine Sautéed Shrimp and Tomatoes in a Garlic lemon Butter sauce	**$15.00**
Lunch Fish and chips Golden Fried Cod served with Fries	**$15.00**
Lunch Sea Salt Chicken Sandwich Chicken sandwich with your choice of fried or grilled style, seasoned with sea salt.	**$14.00**
Lunch Lobster Roll Maine Lobster Meat poached in Hot Butter. Served on a Grill Boston roll w/ Fries and Cole Slaw	**$30.00**
Lunch Sea Salt Grits Sea salt grits with options of shrimp or catfish.	**$15.00**
Lunch Seafood Basket Shrimp or catfish in a seafood basket.	**$15.00**

Lunch A La Carte (Deep Copy)

ITEM	PRICE
Salmon Grilled salmon filet, typically accompanied by a selection of seasonal vegetables, showcasing a simple yet elegant prepa...	**$11.50**
Shrimp (Lunch A La Carte (Deep Copy)) Juicy, succulent shrimp, masterfully seasoned and perfectly cooked.	**$7.00**
Chicken Chicken typically served with a selection of vegetables and a side of rice or potatoes, often prepared grilled, baked, o...	**$8.05**
Catfish (Lunch A La Carte (Deep Copy)) Coated in seasoned cornmeal and deep-fried, typically served with signature smashed potatoes and seasonal vegetables.	**$10.00**
Lobster Lobster, served as the focal point of the dish, typically includes accompanying ingredients that complement its rich, sw...	**$22.00**
Chicken (Lunch A La Carte (Deep Copy)) Typically includes grilled or fried chicken, often served with vegetables or in a sandwich with various toppings.	**$7.00**
Catfish	**$11.50**
Salmon (Lunch A La Carte (Deep Copy)) Grilled salmon, served with a medley of roasted vegetables and a sun-dried tomato-caper relish.	**$10.00**
Shrimp Juicy, succulent shrimp, masterfully seasoned and perfectly cooked.	**$8.05**
Lobster (Lunch A La Carte (Deep Copy))	**$16.00**