



Sea Salt

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

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
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

ITEM	PRICE
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
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

ITEM	PRICE
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