
SEA
SALT
FRY co

LETTER OF INTRODUCTION

We are excited to introduce you to Sea Salt Fry Company! A locally owned an operated restaurant serving chef inspired cuisine featuring locally sourced ingredients. Showcasing craft cocktails, a professionally curated wine list, and a menu created by our Michelin award-winning chef, Sea Salt Fry company will be making a splash in the Seacoast dining scene!

CHEF NORMAN OWENS

PROPRIETOR | EXECUTIVE CHEF

"I'm taking this menu back to the basics ...great ingredients and proper technique." – Chef Norm

Throughout his 25+ year career and travels, Chef Norm has had the opportunity to work with some of the best chefs in the world. He has also proven his own talent at his former restaurant in Sonoma, CA, winning himself a Michelin Bib Gourmand Award, among other accolades.

ACCOLADES

PEER REVIEWED BCA BEST CHEFS AMERICA

Named one of the TOP 100 Chefs in America by Best Chefs America

Received multiple Bib Gourmand awards from the Michelin Guide

CERTIFICATE of EXCELLENCE tripadvisor

Trip Advisor Award of Excellence

CHEF NORMAN'S COMMUNITY HEART

At the core of Chef Norman's culinary journey is a deep-rooted passion for giving back to the community that has supported him. As a dedicated volunteer at Footprints, the local food pantry, he works to combat hunger and ensure families have access to nutritious meals. His commitment extends further as a member of the Eliot Agriculture and Food Security Commission, where he advocates for sustainable food systems and resilient local agriculture.

Beyond the kitchen, Chef Norman shares his warmth through therapy work with his trusted companion, Cowboy—a certified therapy dog. Together, as a certified therapy team, they bring comfort and joy to those in need, visiting hospitals, schools, nursing homes, and community events to upliftspirits and foster connections.

This unwavering love for his community complements Chef Norman's acclaimed career, including his Michelin Guide recognition and features in top culinary press. Whether crafting exquisite dishes or lending a helping hand, he remains devoted to enriching the lives of those around him in Eliot and beyond.

SAMPLE WINTER MENU

APPETIZERS

Moules Frites*
maine mussels, crispy maine potatoes, lemon, white wine, capers, preserved lemon, garlic, butter, parsley pistou

Winter Squash Hummus
roasted local squash, chickpeas, tahini, garlic, falafel, pine nuts, feta, olive, p.r.o.

Prosciutto Wrapped Fries*
duck fat fries wrapped in proscuitto, grana padano, malt vinegar ailoi

Oven Roasted Oysters (3)
maine oysters, bacon veloute, parmesan, vermouth, potato “crumbs”, butter, herbs

SOUPS & SALAD

Chef’s Seasonal Soup*
a rotating special soup crafted from the freshest local seasonal ingredients

New England Clam Chowder
fresh local clams, maine potatoes, salt pork, cream, thyme, homemade oyster crackers

Crispy Egg Salad
crispy soft-boiled egg, warm bacon vinaigrette, chicories, herbs

Sea Salt Caesar Salad
romaine, grana padano, preserved lemon caesaer dressing, crispy breadcrumbs

Winter Green Salad*
mixed greens, winter chicory, vegetables, lemon herb vinaigrette

ADD TO ANY SALAD:

Crispy soft	Chicken
Boiled egg	Grilled Fish
Falafel	Steak

*Gluten free

MAIN DISHES

Smash Burger
double patty, american cheese, lettuce, onion, toasted bun, special sauce, pickles

add: avocado, local bacon, mush/blue

Falafel Smash Burger
house falafel, tzatziki, lettuce, onion, toasted bun

add: feta or avocado

Lobster Roll
fresh local lobster served warm in drawn butter, toasted bun

Cast Iron Brick Chicken*
roasted boneless ½ chicken cooked under a brick. salsa verde, jus, roasted lemon

Winter Pasta
homemade ricotta gnocchi, hazelnut brown butter, local mushrooms and squash, crispy sage, garlic, chili flake.

add: chicken, lobster

Grilled Fish*
salsa verde, charred lemon

Fried Fish
changes with the season

Filet Mignon*
8oz center cut, sauce diane

NY Strip Steak*
12oz center cut, red and green chimichurri, cowboy butter

SIDE OPTIONS

Duck Fat Belgian Fries*
maine potatoes, maine sea salt, 100% duck fat

Belgian Style Fries
cajun, old bay, bistro style (garlic, butter, parsley), truffle (truffle oil, parmesan), poutine (duck fat gravy, confit, cheese curds)

Skinny Fries*
maine potatoes, maine sea salt

Shoestring Onion Rings

Brussels Sprouts*
add: pancetta

Creamed Spinach*
shallot, garlic, cream

Sweet Potato Gratin
ancho cream, sage, shallot

Blue Cheese Potato Gratin
gorgonzola cream, garlic, maine potatoes

Small Winter Green Salad

Small Caesar

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“The fundamentals of cooking are often overlooked.” – Chef Norm

EVENTS & PRIVATE PARTIES

If you’re interested, our restaurant can expertly book your private party, offering a tailored experience with customizable menus and dedicated service to make your gathering unforgettable. We’re also thrilled to announce that we’ll be launching special events soon, featuring unique themes, live entertainment, and seasonal celebrations—stay tuned for more details!

Discover Chef Norman’s exclusive cooking classes—private or group! Master techniques with a Michelin Bib Gourmand recipient chef from hands-on sessions in an inspiring setting. Ideal for date nights, team-building, or celebration.

Contact us at events@seasaltfryco.com

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