



RED LOBSTER

Allergen Menu



ALLERGEN LEGEND:

- Menu item contains specific allergen (includes all cooking sauces, condiments and fixed accompaniments)
- ▲ Menu item breaded with sauce also used to baste this allergen (risk of cross contamination of marked allergen)

MENU ITEM LEGEND:

- *Menu item contains a Fried component (risk of cross contamination of all allergens)
- **Menu item contains a Grilled component (risk of cross contamination of lobster, shrimp, scallops, fish, wheat/gluten, eggs, sulfites, dairy, and soy)
- ***Menu item contains a Fried and Grilled component (risk of cross contamination of all allergens)

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4/24/2012 - 5/28/2012

MENU ITEM:	SEAFOOD							Wheat/Gluten	Eggs	Peanuts	Tree Nuts	Sesame	Sulfites	Dairy	Soy	
	Molluscan Shellfish				Crustacean Shellfish											Fin Fish
	Clams	Mussels	Oysters	Scallops	Crab	Crawfish	Lobster									Shrimp
SEASIDE STARTERS																
Chilled Jumbo Shrimp Cocktail							●	●						●	●	
Crispy Calamari and Vegetables*								●	●	●				●	●	
Escargot									●	●				●	●	
Fire-Grilled Shrimp Bruschetta**				▲		▲	●		●	●				●	●	
Island Jumbo Coconut Shrimp*							●		●		●			●	●	
Lobster, Artichoke and Seafood Dip*						●	●	●	●	●				●	●	
Mozzarella Cheesesticks*														●	●	
Pan-Seared Crab Cakes					●			●	●	●				●	●	
Peach-Bourbon BBQ Scallops***				●			▲		●					●	●	
PEI Mussels	●								●					●	●	
Red Lobster Signature Pizza		●				●			●					●	●	
Seafood-Stuffed Mushrooms					●	●		●	●	●				●	●	
Shrimp Nachos*							●		●					●	●	
Create Your Own App-Chicken Strips*									●						●	
Create Your Own App-Clam Strips*	●								●	●				●	●	
Create Your Own App-Fire-Grilled Bacon-Wrapped Sea Scallops**				●					●	●				●	●	
SOUPS & ENTRÉE SALADS																
Broccoli Cheese Soup									●					●	●	
Creamy Potato Bacon Soup									●					●	●	
Hand-Tossed Caesar Salad - Chicken**								●	●	●				●	●	
Hand-Tossed Caesar Salad - Shrimp**				▲		▲	●	●	●	●				●	●	
Langostino and Lobster Bisque						●			●					●	●	
New England Clam Chowder	●							●	●					●	●	
DINNER ENTREES																
Admiral's Feast*	●			●			●	●	●	●				●	●	
Broiled Fisherman's Feast				●		●	●	●	●	●				●	●	
Cajun Chicken Linguini Alfredo									●					●	●	
Canadian Snow Crab Legs					●									●		
Grilled New York Strip Steak***									●	●				●	●	
Chef's Signature Lobster and Shrimp Pasta					●	●	●		●					●	●	
Crab Linguini Alfredo					●				●					●	●	
Crunchy Popcorn Shrimp*							●	●	●	●				●	●	
Fire-Grilled Lobster, Shrimp and Scallops (with rice)**				●		●	●		●	●				●	●	
Fire-Grilled Peppercorn Sirloin and Garlic Shrimp**							●		●	●				●	●	
Fire-Grilled Peppercorn Sirloin and Grilled Shrimp (with mashed potatoes)**				▲		▲	●		●	●				●	●	
Fire-Grilled Scallops, Shrimp and Chicken (with rice)**				●		▲	●		●	●				●	●	
Garlic-Grilled Jumbo Shrimp (with rice)**				▲		▲	●		●	●				●	●	
Haddock and Chips (with fries and coleslaw)*								●	●	●				●	●	
Island Jumbo Coconut Shrimp*							●		●		●			●	●	
Maple-Glazed Chicken (with rice)**									●	●				●	●	
Maple-Glazed Chicken w/ Shrimp Skewer (with rice)**							●		●	●				●	●	
Maple-Glazed Salmon and Shrimp (with rice)**							●	●	●	●				●	●	

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	Molluscan Shellfish			Crustacean Shellfish			Fin Fish									
	Clams	Mussels	Oysters	Scallops	Crab	Crawfish	Lobster	Shrimp	Fish							
LUNCH ENTREES (con't)																
Haddock Sandwich - Broiled (with potato chips)*									●	●	●					●
Haddock Sandwich - Fried (with potato chips)*									●	●	●					●
Hand-Breaded Shrimp*								●	●	●	●					●
Maple-Glazed Chicken (with rice)**										●	●					●
Maple-Glazed Chicken w/ Shrimp Skewer (with rice)**								●		●	●					●
New England Lobster Rolls (with potato chips)***							●			●	●					●
Outer Banks Sampler				●				●		●	●					●
Sole - Broiled									●	●	●					●
Sole - Fried*									●	●	●					●
Stuffed Sole								●	●	●	●					●
Shrimp and Fire-Grilled Chicken - Hand-Breaded Shrimp (with rice)***								●	●	●	●					●
Shrimp and Fire-Grilled Chicken - Garlic Shrimp (with rice)**								●		●	●					●
Shrimp and Fire-Grilled Chicken - Fire-Grilled Shrimp (with rice)**				▲			▲	●		●	●					●
Shrimp Flatbread and Grilled Shrimp Salad (does not include dressing choice)**				▲			▲	●		●	●					●
Shrimp Jambalaya (with rice)								●		●	●					●
Create Your Own Lunch - Bay Scallops - Broiled				●												●
Create Your Own Lunch - Bay Scallops - Fried*				●					●	●	●					●
Create Your Own Lunch - Chicken Breast Strips*										●	●					●
Create Your Own Lunch - Fish Fillets - Broiled									●	●	●					●
Create Your Own Lunch - Fish Fillets - Fried*									●	●	●					●
Create Your Own Lunch - Garlic Shrimp								●								●
Create Your Own Lunch - Hand-Breaded Shrimp*								●	●	●	●					●
Create Your Own Lunch - Lightly Breaded Clam Strips*	●									●	●					●
KIDS' MENU																
Broiled Fish									●							●
Canadian Snow Crab Legs					●											●
Chicken Fingers*										●	●					●
Garlic-Grilled Shrimp**				▲			▲	●		●	●					●
Grilled Chicken**										●	●					●
Macaroni and Cheese										●	●					●
Popcorn Shrimp*								●	●	●	●					●
DESSERTS																
Chocolate Wave										●	●					●
Key Lime Pie										●	●					●
New York-Style Cheesecake with Strawberries										●	●					●
Surf's Up Sundae																●
Warm Apple Crumble à la Mode										●	●					●
Warm Chocolate Chip Lava Cookie										●	●					●
ADD-ON/ACCOMPANIMENTS																
Baked Potato																●
Caesar Salad									●	●	●					●
Canadian Snow Crab Legs Add-On					●											●
Coleslaw											●					
Creamy Langostino Baked Potato					●		●	●		●	●					●
Creamy Langostino Mashed Potatoes					●		●	●		●	●					●
French Fries*										●	●					●
Fresh Asparagus										●	●					●
Fresh Broccoli										●	●					●
Fresh Fruit - Orange Wedges																
Garden Salad (does not include dressing choice)																●

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MENU ITEM:	Clams	Mussels	Oysters	Scallops	Crab	Crawfish	Lobster	Shrimp	Fish							
ADD-ON/ACCOMPAINMENTS (con't)																
Home-Style Mashed Potatoes																●
Maritime Lobster Tail Add-On - Fire-Grilled**				▲			●	▲		●	●			●	●	●
Maritime Lobster Tail Add-On - Roasted							●								●	●
North Pacific King Crab Legs Add-On					●										●	●
Red Lobster Signature Biscuits										●	●				●	●
Rice											●				●	●
DRESSINGS/SAUCES																
100% Pure Melted Butter																●
Add Butter to Baked Potato																●
Add Sour Cream to Baked Potato																●
Balsamic Vinaigrette																●
Blue Cheese Dressing											●					●
Caesar Dressing										●	●					●
Cocktail Sauce									●				●			●
Creamy Italian																●
French Dressing																●
Ketchup																●
Marinara Sauce										●						●
Pico de Gallo																●
Pina Colada Dipping Sauce											●				●	●
Plum Sauce																●
Ranch Dressing											●					●
Red Wine Vinaigrette																●
Tartar Sauce											●					●
Thousand Island Dressing											●					●
PROMOTIONAL ITEMS - FESTIVAL OF SHRIMP																
Festival of Shrimp - Cajun Shrimp (with wild rice pilaf)								●							●	●
Festival of Shrimp - Crab-and-Seafood Stuffed Shrimp					●		●	●	●						●	●
Festival of Shrimp - Crunchy Potato-Crusted Shrimp (with bacon-ranch dip)*								●		●	●				●	●
Festival of Shrimp - Coconut Shrimp Bites*								●		●	●				●	●
Festival of Shrimp - Garlic Shrimp Scampi								●		●					●	●
Festival of Shrimp - Hand Breaded Shrimp*								●	●	●					●	●
Festival of Shrimp - Shrimp Linguini Alfredo								●		●					●	●
Festival of Shrimp - Tequila-Lime Grilled Shrimp Tacos**								●		●					●	●
Festival of Shrimp - Wood-Grilled Shrimp with BBQ Glaze (with wild rice pilaf and pineapple relish)**								●		●					●	●
Creamy Bacon-Ranch Dip										●					●	●
Harborside Lobster and Shrimp (with wild rice pilaf)**				▲			●	●		●	●				●	●

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