



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.

Supplemental nutritional information is available on our website.

If you have other nutrition questions, please contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid 3/6/2017 - 4/30/2017

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
LOBSTERFEST®											
Creamy Shrimp-Topped Lobster Tail	380	240	26	10	0.5	230	1130	5	1	1	30
Fire-Grilled Lobster and Red Shrimp	710	410	45	23	0	335	1740	41	2	3	32
Fire-Grilled Lobster, Shrimp and Salmon	960	440	49	14	0	315	2530	69	2	26	60
Fire-Grilled Maritime Lobster Tail	510	440	49	24	0	195	840	1	0	0	14
Grilled Tilapia with Lobster Beurre Blanc	380	180	20	6	0	115	890	6	1	2	47
Lobster Lover's Dream™	1530	870	97	37	1	530	3390	69	4	14	94
Lobsterfest® Surf and Turf with Sirloin	1020	520	58	25	1.5	385	2840	47	6	7	78
Lobsterfest® Surf and Turf with New York Strip	1400	770	86	36	4	470	2740	46	6	9	113
Lobster Topping	160	130	14	4.5	0	30	450	3	0	1	6
Roasted Maritime Lobster Bake	810	380	42	8	0.5	260	1810	57	4	2	45
Roasted Maritime Lobster Tail	460	400	44	23	0	195	740	1	0	0	14
Seafood-Stuffed Lobster Tail	360	130	15	4	0	180	960	11	1	2	46
Seaport Lobster and Shrimp	960	610	67	27	0.5	395	2320	41	1	2	44
Ultimate Feast®	1270	820	91	30	1	390	3670	58	5	8	56
FEATURED COCKTAILS											
Island Lobster Punch	150	0	0	0	0	0	0	18	1	15	0
Lobsterfest® Fizz	190	0	0	0	0	0	15	25	1	21	0
FEATURED APPETIZER											
Chilled Lobster-and-Shrimp Cocktail	230	10	1	0	0	215	1540	10	0	6	43
FEATURED DESSERT											
Bananas Foster Cheesecake	1110	530	59	27	0	155	730	128	4	88	13
SEASIDE STARTERS											
Crispy Calamari and Vegetables	470	260	29	2.5	0	120	1330	41	3	6	13
Crispy Shrimp Lettuce Wraps	620	160	18	1.5	0	145	2560	93	9	45	23
Escargot	310	130	14	5	0	85	990	30	3	2	17

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Island Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Lobster-Artichoke-and-Seafood Dip	1030	500	56	17	1	115	2580	105	10	9	29
Mozzarella Cheesesticks	860	400	44	14	0.5	75	2340	78	6	5	72
Red Lobster Signature Pizza	750	560	72	19	1	100	1700	54	3	11	39
Seafood-Stuffed Mushrooms	610	410	45	18	1	105	1260	25	2	4	28
Seaside Sampler	920	510	57	20	1	245	2310	63	5	27	41
Signature Shrimp Cocktail	120	5	0	0	0	165	1020	9	0	6	20
Sweet Chili Shrimp	1160	730	81	10	1	230	2070	82	3	52	27
White Wine and Roasted-Garlic Mussels	1170	450	51	11	0.5	210	2660	81	9	9	92
Create Your Own Appetizer – Chicken Breast Strips	420	140	16	1.5	0	35	1130	48	1	15	20
Create Your Own Appetizer – Clam Strips	560	370	41	5	0.5	30	890	39	1	4	11
Create Your Own Appetizer – Crispy Calamari and Vegetables	470	260	29	2.5	0	120	1330	41	3	6	13
Create Your Own Appetizer – Escargot	310	130	14	5	0	85	990	30	3	2	17
Create Your Own Appetizer – Mozzarella Cheesesticks	450	210	23	7	0	35	1290	41	3	4	36
Create Your Own Appetizer – Stuffed Mushrooms	410	270	30	12	0.5	70	840	17	1	3	19
SOUPS & SALADS											
Classic Caesar Salad	540	430	48	9	1	45	1060	19	3	5	9
Classic Caesar Salad with Fire-Grilled Chicken	620	440	49	9	1	115	1630	19	3	6	27
Classic Caesar Salad with Fire-Grilled Shrimp	620	450	50	9	1	175	1760	19	3	6	15
Classic Caesar Salad with Fire-Grilled Salmon	850	610	67	12	1	140	1150	19	3	5	41
Creamy Potato Bacon Soup (Cup)	340	190	21	12	0.5	60	1040	34	2	1	6
Creamy Potato Bacon Soup (Bowl)	680	370	41	24	1	120	2080	69	3	3	12
Langostino and Lobster Bisque (Cup)	370	210	23	13	0.5	80	1020	29	0	5	9
Langostino and Lobster Bisque (Bowl)	740	420	47	27	1.5	160	2050	58	1	9	18
New England Clam Chowder (Cup)	240	70	8	2	2	10	760	37	1	4	6
New England Clam Chowder (Bowl)	490	150	17	4	4	20	1510	73	3	8	12
ADD TO ANY MEAL											
Garlic-Grilled Sea Scallops	160	100	11	1.5	0	25	590	4	0	0	12
Garlic-Grilled Shrimp	130	60	7	1.5	2.5	120	750	2	0	0	15
Hand-Crafted Garlic Shrimp	220	150	17	2.5	0	120	530	2	0	0	17
Lobster-Topped Maritime Lobster Tail	320	230	25	6	0	135	910	3	0	1	20
Maritime Lobster Tail (Roasted)	460	400	44	23	0	195	740	1	0	0	14
Maritime Lobster Tail (Fire-Grilled)	510	440	49	24	0	195	840	1	0	0	14
Walt's Favourite Shrimp	320	130	14	1.5	0	90	1590	37	2	8	12
DINNER ENTRÉES											
Admiral's Feast	830	450	49	6	0.5	180	2540	59	4	12	39
Bar Harbor Lobster Bake	1690	1150	128	40	1.5	415	3290	66	6	5	65
Cajun Chicken Linguini Alfredo	1790	970	108	26	1.5	210	4120	127	8	21	78
Canadian Snow Crab Legs	480	310	35	21	0	235	1870	0	0	0	40
Cheese-Crusted Fresh Tilapia	820	540	60	13	1	110	1320	22	1	4	49
Crab Linguini Alfredo	2250	1390	154	37	2.5	190	4860	138	7	28	78
Fire-Grilled Lobster, Shrimp and Salmon	960	440	49	14	0	315	2530	69	2	26	60

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Fire-Grilled Peppercorn Sirloin	470	200	22	8	1	115	1380	27	3	2	40
Fire-Grilled Peppercorn Sirloin and Garlic Shrimp	800	550	62	12	1.5	220	1950	7	1	1	54
Fire-Grilled Peppercorn Sirloin and Grilled Shrimp	570	250	28	9	1	230	1990	28	3	2	52
Fire-Grilled Tacos with Chicken	640	190	21	4	0	75	2030	84	6	7	30
Fire-Grilled Tacos with Maritime Lobster Meat	870	400	44	7	0.5	70	2370	87	6	7	29
Fire-Grilled Tacos with Shrimp	660	210	23	4.5	0.5	140	2240	87	6	9	18
Fire-Grilled Tacos with Fresh Tilapia	770	220	25	5	0	100	2410	83	6	6	52
Fish and Chips	1020	530	59	7	1	125	2300	84	7	20	39
Garlic-Grilled Shrimp	450	150	17	3	5	235	2000	42	1	3	32
Grilled New York Strip Steak	810	410	46	19	3.5	200	1200	26	3	4	75
Island Jumbo Coconut Shrimp	960	550	61	16	0	150	1620	77	8	27	24
Island Jumbo Coconut Shrimp (Add five more)	530	300	33	10	0	80	830	46	4	20	12
Lighthouse Canadian Snow Crab Legs	430	310	34	21	0	165	1110	8	3	2	23
Lighthouse Fire-Grilled Peppercorn Sirloin and Shrimp	600	170	19	6	3	215	2000	51	4	4	57
Lighthouse Garlic-Grilled Shrimp	360	90	10	2	2.5	120	1290	47	4	4	21
Lighthouse Maple-Glazed Chicken	480	50	6	1.5	0	135	2380	67	4	24	43
Lighthouse Rock Lobster Tail	500	120	14	2	0	150	1270	48	4	5	46
Live Maritime Lobster (Steamed)	530	310	35	21	0.5	430	1130	0	0	0	54
Live Maritime Lobster (Roasted and Stuffed)	360	50	6	2.5	0.5	370	1160	15	1	2	60
Maple-Glazed Chicken	450	50	6	1.5	0	135	2350	59	1	22	40
New York Strip and Rock Lobster Tail	1300	800	89	41	3.5	375	1990	28	4	5	97
Roasted Maritime Lobster Bake	810	380	42	8	0.5	260	1810	57	4	2	45
Rock Lobster Tail	760	420	47	23	0	240	1520	40	1	3	43
Salmon New Orleans (Half)	730	500	55	11	0.5	185	1430	15	5	2	46
Salmon New Orleans (Full)	1040	670	75	15	0.5	280	1520	15	5	2	78
Seaside Shrimp Trio	1710	1060	118	22	1.5	325	4550	103	6	18	57
Shrimp Linguini Alfredo	1710	990	110	26	1.5	225	3580	124	7	19	56
Shrimp Lover's Tuesday – Coconut Shrimp Bites	400	200	22	7	0	90	800	38	3	16	11
Shrimp Lover's Tuesday – Fried Shrimp	360	150	17	1.5	0	155	1400	28	2	6	24
Shrimp Lover's Tuesday – Garlic Shrimp	560	440	49	7	0.5	170	1250	4	1	1	24
Shrimp Lover's Tuesday – Popcorn Shrimp	410	160	18	1.5	0	145	1930	47	4	9	17
Sole (Golden-fried)	740	400	44	6	0.5	175	820	13	0	5	73
(Oven-broiled)	420	90	10	0.5	0	205	530	1	0	0	70
(Baked with broccoli, rice, and cheese stuffing)	830	450	50	11	0.5	190	2130	29	3	8	60
Ultimate Feast®	1270	820	91	30	1	390	3670	58	5	8	56
Walt's Favourite Shrimp	610	260	28	3	0	180	2670	66	4	11	24
Walt's Favourite Shrimp (Add 1/2 dozen more)	320	130	14	1.5	0	90	1590	37	2	8	12
Create Your Own Combination – Fire-Grilled Chicken Breast	280	35	4	1	0	70	1060	39	1	2	21
Create Your Own Combination – Fire-Grilled Fresh Tilapia	310	140	15	3	0	90	300	2	0	0	41
Create Your Own Combination – Garlic-Grilled Sea Scallops	160	100	11	1.5	0	25	590	4	0	0	12
Create Your Own Combination – Garlic-Grilled Shrimp	320	90	10	2	2.5	120	1250	40	1	2	18
Create Your Own Combination – Garlic Shrimp	560	440	49	7	0.5	170	1250	4	1	1	24

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Create Your Own Combination – Island Jumbo Coconut Shrimp	790	450	50	14	0	120	1310	65	6	24	19
Create Your Own Combination – 7 oz. Peppercorn-Grilled Sirloin	240	80	9	4	0.5	100	710	3	0	0	36
Create Your Own Combination – Stuffed Sole (with broccoli, rice and cheese stuffing)	410	220	25	6	0	95	1060	14	1	4	30
Create Your Own Combination – Shrimp Linguini Alfredo	860	500	55	13	1	110	1790	62	3	10	28
Create Your Own Combination – Soy-Ginger Salmon	330	150	17	3	0	85	740	12	1	9	30
Create Your Own Combination – Walt's Favourite Shrimp	420	170	19	2	0	120	1950	47	3	9	16
4-Course Feast – Cajun Chicken Linguini Alfredo	890	490	54	13	1	105	2060	63	4	10	39
4-Course Feast – Fire-Grilled Sirloin	470	200	22	8	1	115	1380	27	3	2	40
4-Course Feast – Garlic-Grilled Shrimp	450	150	17	3	5	235	2000	42	1	3	32
4-Course Feast – Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
4-Course Feast – Shrimp Linguini Alfredo	860	500	55	13	1	110	1790	62	3	10	28
4-Course Feast – Soy-Ginger Salmon	330	150	17	3	0	85	740	12	1	9	30
TODAY'S FRESH FISH (pending availability)											
Arctic Char	350	140	16	4	0	50	150	0	0	0	41
Catfish	210	100	12	2.5	0	90	170	0	0	0	26
Lake Whitefish	310	130	14	2	0	130	110	0	0	0	42
Perch	180	30	3	0	0	170	115	0	0	0	36
Pickeral	210	35	4	0.5	0	180	105	0	0	0	40
Pacific Snapper	170	35	4	0.5	0	90	130	0	0	0	33
Rainbow Trout	490	200	22	4.5	0	200	170	0	0	0	67
Salmon (Lunch/Half)	310	170	19	3.5	0	90	90	0	0	0	32
Salmon (Full)	620	350	39	7	0	185	180	0	0	0	64
Swordfish	310	140	15	3.5	0	135	170	0	0	0	40
Tilapia (Lunch/Half)	210	50	6	1.5	0	90	90	0	0	0	41
Tilapia (Full)	430	100	11	3	0	180	180	0	0	0	82
Yellowtail Tuna	250	25	2.5	0	0	85	95	0	0	0	52
Live Maritime Lobster (Steamed)	530	310	35	21	0.5	430	1130	0	0	0	54
Live Maritime Lobster (Roasted and Stuffed)	360	50	6	2.5	0.5	370	1160	15	1	2	60
Crab Cake Dinner	750	360	40	7	0.5	245	1820	57	4	5	42
Split King Crab Dinner	690	350	39	22	0	305	4620	0	0	0	78
Blackened Fish Seasoning	80	70	7	0.5	0	0	390	4	1	0	1
Broiled Fish Seasoning	40	30	3.5	0	0	0	460	2	1	0	0
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	1
LUNCH ENTRÉES											
Cajun Chicken Linguini Alfredo (Lunch)	890	490	54	13	1	105	2060	63	4	10	39
Cajun Chicken Linguini Alfredo (Full)	1790	970	108	26	1.5	210	4120	127	8	21	78
Captain's Catch	770	490	55	8	0.5	250	2090	18	2	6	49
Chicken Breast Strips	650	240	27	2.5	0	60	1700	70	2	16	34

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Classic Caesar Salad	540	430	48	9	1	45	1060	19	3	5	9
Classic Caesar Salad with Chicken	620	440	49	9	1	115	1630	19	3	6	27
Classic Caesar Salad with Fresh Salmon	850	610	67	12	1	140	1150	19	3	5	41
Classic Caesar Salad with Shrimp	620	450	50	9	1	175	1760	19	3	6	15
Coastal Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup)	810	420	47	25	1.5	185	2620	81	5	7	17
Coastal Soup and Grilled Shrimp Salad (Langostino and Lobster Bisque)	870	470	53	28	1.5	225	2590	70	3	13	23
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	620	200	22	5	4	85	2060	86	4	12	18
Crab Linguini Alfredo (Lunch)	1130	690	77	18	1	95	2430	69	4	14	39
Crab Linguini Alfredo (Full)	2250	1390	154	37	2.5	190	4860	138	7	28	78
Crunchy Popcorn Shrimp	410	160	18	1.5	0	145	1930	47	4	9	17
Fire-Grilled Cheeseburger	1310	710	79	25	2	135	2440	100	7	21	45
Fire-Grilled Chicken Sandwich	1000	450	50	13	0.5	110	2820	100	7	21	32
Fire-Grilled Shrimp Skewers	360	100	11	2	0	130	1330	47	4	5	12
Fire-Grilled Tacos with Chicken	640	190	21	4	0	75	2030	84	6	7	30
Fire-Grilled Tacos with Maritime Lobster Meat	870	400	44	7	0.5	70	2370	87	6	7	29
Fire-Grilled Tacos with Shrimp	660	210	23	4.5	0.5	140	2240	87	6	9	18
Fire-Grilled Tacos with Fresh Tilapia	770	220	25	5	0	100	2410	83	6	6	52
Fish Sandwich	950	410	45	6	0.5	65	2080	110	7	23	22
Fish and Chips	840	450	50	7	0.5	75	1880	76	6	20	22
Garlic Shrimp	530	440	49	7	0.5	120	1160	4	1	1	17
Hand-Breaded Shrimp	290	120	14	1.5	0	125	1230	24	2	6	19
Maple-Glazed Chicken	360	35	4	1	0	70	1470	59	1	22	22
Shrimp Linguini Alfredo (Lunch)	860	500	55	13	1	110	1790	62	3	10	28
Shrimp Linguini Alfredo (Full)	1710	990	110	26	1.5	225	3580	124	7	19	56
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp	470	110	12	1.5	0	140	2040	58	2	9	33
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	360	230	26	4	0	155	1190	3	1	1	30
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer	350	70	8	1.5	0	130	1460	40	1	3	24
Sole (Golden-fried)	480	300	33	4.5	0.5	95	490	9	0	4	37
(Oven-broiled)	210	50	5	0	0	100	250	1	0	0	35
(Baked with broccoli, rice and cheese stuffing)	420	230	25	6	0	95	1070	15	2	4	30
Create Your Own Lunch – Bay Scallops – Broiled	130	50	6	1	0	30	850	6	1	0	15
Create Your Own Lunch – Bay Scallops – Fried	150	40	4.5	0.5	0	25	900	17	1	6	11
Create Your Own Lunch – Chicken Breast Strips	420	140	16	1.5	0	35	1130	48	1	15	20
Create Your Own Lunch – Fish Fillet – Broiled	370	230	26	4	0	125	700	2	1	0	31
Create Your Own Lunch – Fish Fillet – Fried	470	330	36	5	0.5	75	1110	19	1	3	18
Create Your Own Lunch – Garlic-Grilled Shrimp	260	60	6	1	0	65	900	39	1	2	6
Create Your Own Lunch – Garlic Shrimp	280	220	24	3.5	0	85	630	2	0	0	12
Create Your Own Lunch – Hand-Breaded Shrimp	190	70	8	1	0	70	930	18	1	6	11
Create Your Own Lunch – Lightly Breaded Clam Strips	570	370	41	5	0.5	30	890	39	1	4	11

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LOBSTER LOVER'S LUNCH (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)											
Classic Caesar Salad	290	230	25	5	0	25	590	12	1	3	6
Garden Salad	70	15	1.5	0	0	0	140	12	1	3	2
Add Grilled Shrimp To Your Salad	50	30	3	<1	0	50	320	0	0	0	2
Langostino and Lobster Bisque - Cup	370	210	23	13	<1	80	1020	29	0	5	9
New England Clam Chowder - Cup	240	70	8	2	2	10	760	37	1	4	6
Lobster Roll with French Fries	540	200	22	3.5	0	45	1420	74	5	18	14
Lobster-Topped Caesar Side Salad	380	280	31	6	<1	55	810	13	2	3	13
1/2 Red Lobster Signature Pizza	310	220	30	9	0	50	720	27	2	5	19
DESSERTS											
Brownie Overboard™	610	300	33	16	0	120	260	74	3	50	7
Chocolate Wave	1050	520	57	18	1	95	750	131	6	88	10
Key Lime Pie	400	130	14	8	0	145	200	59	1	49	8
New York-Style Cheesecake	590	370	41	25	1	200	390	48	2	43	9
Triple-Chocolate Brownie a la Mode	320	150	16	9	0	65	140	42	2	28	4
Warm Apple Crostada	510	220	24	11	0	15	440	67	2	29	5
Warm Chocolate Chip Lava Cookie	860	340	37	17	0	90	550	123	4	77	10
SIDES & ADDITIONS											
Add Grilled Shrimp to Your Salad	50	30	3	0.5	0	50	320	0	0	0	2
Asparagus (seasonal)	110	80	9	6	0	25	530	5	2	2	3
Baked Potato	210	20	2	0	0	0	860	45	5	2	5
Add Butter	100	100	11	5	0	20	55	0	0	0	0
Add Sour Cream	25	20	2	1.5	0	10	10	1	0	0	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Caesar Salad	290	230	25	5	0	25	590	12	1	3	6
Coleslaw	200	140	15	2.5	0	20	430	13	3	8	2
Creamy Norway and Maritime Lobster Baked Potato	380	150	16	4.5	0	30	1310	48	5	3	12
Creamy Norway and Maritime Lobster Mashed Potatoes	350	210	23	8	0	40	1050	27	3	3	10
French Fries	350	100	12	1	0	0	1090	56	4	12	4
Garden Salad <i>does not include dressing choice</i>	70	15	1.5	0	0	0	140	12	1	3	2
Mashed Potatoes	190	80	9	4	0	15	600	24	3	2	4
Rice	190	20	2.5	0	0	0	500	38	1	2	3
Roasted Carrots and Butternut Squash with Sweet Bourbon Glaze	230	110	12	7	0	30	520	31	6	18	2
Roasted Green Beans and Mushrooms	120	100	11	5	0	10	90	5	2	3	2
Signature Biscuits® (each)	170	100	11	4	0	0	430	17	1	1	2
Sweet Corn Cobette	100	20	2	0.5	0	0	45	20	2	3	3
Tomato-Mozzarella Caprese	120	70	8	4	0	25	310	6	1	4	7
DRESSINGS & CONDIMENTS											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2
Butter	100	100	11	5	0	20	55	0	0	0	0

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
Caesar Dressing	300	290	32	5	0.5	30	590	1	0	0	2
Champagne Vinaigrette Dressing	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	35	0	0	0	0	0	520	9	0	6	0
Ketchup	60	0	0	0	0	0	480	15	1	12	1
Marinara Sauce	35	20	2	0	0	0	230	4	0	2	1
Mayonnaise	200	200	22	3	0	10	190	0	0	0	0
Mustard	20	10	1	0	0	0	330	1	1	0	1
Pico de Gallo	10	0	0	0	0	0	190	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	1
Plum Sauce	60	0	0	0	0	0	270	15	0	14	0
Ranch Dressing	130	130	15	2.5	0	20	350	2	0	1	1
Sour Cream	25	20	2	1.5	0	10	10	1	0	0	0
Tartar Sauce	210	190	22	3.5	0	15	150	4	0	2	0
Thousand Island Dressing	190	160	18	3	0	15	240	6	0	3	0
ALCOHOLIC DRINKS											
Alotta Colada™	580	60	7	7	0	0	30	109	7	98	2
Bahama Mama	340	0	0	0	0	0	10	62	3	52	1
Berry Mango Daiquiri	320	0	0	0	0	0	10	54	3	44	1
Caramel Appletini	150	0	0	0	0	0	35	16	0	14	0
Chocolate Martini	340	20	2	1.5	0	10	50	48	1	42	3
Cosmopolitan	170	0	0	0	0	0	5	10	0	9	0
Liquor (1 oz.)	60	0	0	0	0	0	0	0	0	0	0
Liqueur (1 oz.)	100	0	0	0	0	0	0	11	0	11	0
Lobsterita® – Strawberry	440	0	0	0	0	0	10	81	3	68	1
Lobsterita® – Traditional	280	0	0	0	0	0	630	42	0	42	0
Lobsterita® – Raspberry	440	0	0	0	0	0	10	82	3	69	1
Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Malibu Hurricane	170	0	0	0	0	0	10	30	1	24	0
Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	0
Manhattan	170	0	0	0	0	0	0	6	0	4	0
Margarita – Classic (Frozen)	180	0	0	0	0	0	480	23	0	22	0
Margarita – Classic (Rocks)	120	0	0	0	0	0	480	7	0	6	0
Margarita – Grand Patrón	200	0	0	0	0	0	480	15	1	14	0
Margarita – Perfect 1800	160	0	0	0	0	0	480	12	1	11	0
Margarita – Strawberry (Frozen)	280	0	0	0	0	0	0	47	2	40	0
Margarita – Strawberry (Rocks)	170	0	0	0	0	0	0	20	1	17	0
Margarita – Top-Shelf (Frozen)	220	0	0	0	0	0	480	26	0	25	0
Margarita – Top-Shelf (Rocks)	160	0	0	0	0	0	480	10	0	9	0
Martini	160	15	1.5	0	0	0	260	1	0	0	0
Mojito	200	0	0	0	0	0	5	32	1	28	0
Mojito – Strawberry	260	0	0	0	0	0	10	47	1	42	0
Mudslide	520	200	22	13	1	70	95	53	1	43	6
Old Fashioned	120	0	0	0	0	0	5	14	1	13	0
Piña Colada	340	40	4	4	0	0	20	70	4	63	2

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Shrimp Caesar	130	0	0	0	0	35	1540	10	1	7	4
Strawberry Daiquiri	270	0	0	0	0	0	5	52	3	43	1
Sunset Passion Colada	330	30	3.5	3.5	0	0	15	70	4	61	2
Triple Berry Sangria	270	0	0	0	0	0	55	51	3	46	1
WINE											
White (6 oz.)	140	0	0	0	0	0	10	5	0	2	0
White (9 oz.)	220	0	0	0	0	0	15	7	0	3	0
White (1/2 Litre)	410	0	0	0	0	0	25	13	0	5	0
White (Bottle)	610	0	0	0	0	0	35	19	0	7	1
Blush (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Blush (9 oz.)	220	0	0	0	0	0	10	7	0	2	0
Blush (1/2 Litre)	420	0	0	0	0	0	20	13	0	3	0
Blush (Bottle)	850	0	0	0	0	0	40	26	0	6	1
Red (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Red (9 oz.)	220	0	0	0	0	0	10	7	0	2	0
Red (1/2 Litre)	420	0	0	0	0	0	20	13	0	3	0
Red (Bottle)	630	0	0	0	0	0	30	19	0	5	1
BEER											
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Hard Cider (10 oz.)	200	0	0	0	0	0	10	29	0	23	0
Guinness Can (17.5 oz.)	180	0	0	0	0	0	35	14	0	14	9
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Draft Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	1	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NONALCOHOLIC DRINKS											
Boston Iced Tea (Classic Cranberry)	50	0	0	0	0	0	15	14	0	13	0
Boston Iced Tea (Peach)	120	0	0	0	0	0	10	29	1	25	1
Boston Iced Tea (Raspberry)	110	0	0	0	0	0	10	28	1	23	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke®	190	0	0	0	0	0	60	52	0	52	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Flavoured Lemonade (Classic)	240	0	0	0	0	0	15	65	0	62	0
Flavoured Lemonade (Peach)	230	0	0	0	0	0	10	59	1	55	0
Flavoured Lemonade (Strawberry)	230	0	0	0	0	0	10	60	2	53	0
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	3.5	0	25	240	95	3	79	7
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
IBC™ Cream Soda	180	0	0	0	0	--	75	48	0	48	0
IBC™ Root Beer	160	0	0	0	0	--	60	43	0	43	0
Iced Tea	5	0	0	0	0	0	15	1	0	0	0

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
Minute Maid® Raspberry Lemonade	240	0	0	0	0	0	30	64	0	60	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
AFTER DINNER DRINKS											
Baileys and Coffee	200	90	10	6	0	35	45	15	0	11	2
Irish Coffee	200	50	5	3.5	0	20	15	17	0	15	1
KIDS' MENU											
Casco Bay Cooler (Cherry Wave Slushy)	150	0	0	0	0	0	25	37	0	36	0
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	115	45	1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	90	0	0	0	0	0	5	24	0	23	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Broiled Fish	230	90	11	1.5	0	125	380	1	0	0	30
Caesar Salad	290	230	25	5	0	25	590	12	1	3	6
Chicken Fingers	480	150	16	1.5	0	35	1610	63	2	27	21
Garden Salad does not include dressing choice	70	15	1.5	0	0	0	140	12	1	3	2
Garlic-Grilled Shrimp	130	60	7	1.5	2.5	120	750	2	0	0	15
Grilled Chicken	290	180	20	3.5	0	85	900	10	0	9	19
Lobster Tail	380	320	35	21	0	195	660	1	0	0	14
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Popcorn Shrimp	250	80	9	1	0	75	1180	34	2	14	9
Surf's Up Sundae	120	35	4	2.5	0	20	60	20	0	12	1