



ALLERGEN GUIDE

CANADA RESTAURANTS

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

Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchens, and our reliance on suppliers for accurate information, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen. Please also note that this information does not indicate which items may have been made in a facility with an allergen. * Lack of gluten-containing ingredients **does not** necessarily meet the definition of "gluten-free" for those who are highly sensitive. When placing your order, please let your server know if you have a food allergy or intolerance.

Unless noted, information excludes the sides, dressings and dipping sauces that may be automatically served with your meal, shown separately within this guide.

Key to this Guide	PREPARATION	COMMON ALLERGENS											OTHER	
Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item <ul style="list-style-type: none"> Menu item presents a special risk of cross-contamination of all allergens due to the cooking method. 	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites	Gluten* identified within ingredients	MSG
LOBSTERFEST®														
Creamy Shrimp-Topped Lobster Tail	•			Yes		Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Lobster and Red Shrimp	•			Yes		Yes				Yes		Yes		
Fire-Grilled Maritime Lobster Tail	•			Yes		Yes				Yes		Yes		
Grilled Tilapia with Lobster Beurre Blanc	•			Yes		Yes	Yes	Yes		Yes			Yes	
Lobster Lover's Dream™	•			Yes		Yes	Yes			Yes		Yes	Yes	
Lobsterfest® Surf and Turf - Sirloin	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Lobsterfest® Surf and Turf - NY Strip	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Lobster Topping				Yes		Yes	Yes			Yes		Yes	Yes	

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Roasted Maritime Lobster Tail	•			Yes						Yes				
Seafood-Stuffed Lobster Tail	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Seaport Lobster and Shrimp	•			Yes		Yes				Yes		Yes		
FEATURED APPETIZER														
Chilled Lobster-and-Shrimp Cocktail	•									Yes				
FEATURED DESSERT														
Bananas Foster Cheesecake			Yes	Yes	Yes	Yes	Yes						Yes	
LOBSTER LOVER'S LUNCH - Monday through Friday only														
1/2 Red Lobster Signature Pizza				Yes		Yes	Yes			Yes	Yes		Yes	
Lobster Roll with French Fries	•			Yes	Yes	Yes	Yes			Yes	Yes			
Lobster Caesar Side Salad	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes			
SEASIDE STARTERS														
Crispy Calamari and Vegetables	•			Yes	Yes	Yes	Yes		Yes			Yes	Yes	
Crispy Shrimp Lettuce Wraps	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Escargot with grilled artisan bread	•			Yes		Yes	Yes		Yes			Yes	Yes	
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Lobster-Artichoke-and-Seafood Dip with tortilla chips	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Mozzarella Cheesesticks	•			Yes		Yes	Yes						Yes	
Red Lobster Signature Pizza				Yes		Yes	Yes			Yes		Yes	Yes	
Seafood -Stuffed Mushrooms	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Seaside Sampler	•		Yes	Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Signature Shrimp Cocktail	•									Yes		Yes		
Sweet Chili Shrimp	•			Yes	Yes		Yes			Yes		Yes	Yes	

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White Wine and Roasted-Garlic Mussels with grilled artisan bread	•			Yes		Yes	Yes		Yes			Yes	Yes	
Create Your Own Appetizer – Chicken Breast Strips	•			Yes			Yes					Yes	Yes	
Create Your Own Appetizer – Clam Strips	•			Yes	Yes	Yes	Yes	Yes	Yes				Yes	
SOUPS & SALADS														
Classic Caesar Salad				Yes	Yes	Yes	Yes	Yes					Yes	
Classic Caesar Salad with Grilled Chicken	•			Yes	Yes	Yes	Yes	Yes					Yes	
Classic Caesar Salad with Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Classic Caesar Salad with Grilled Salmon	•			Yes	Yes	Yes	Yes	Yes					Yes	
Langostino and Lobster Bisque				Yes		Yes	Yes			Yes		Yes	Yes	
New England Clam Chowder				Yes		Yes	Yes		Yes				Yes	
ENTRÉES														
Admiral's Feast	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	
Bar Harbor Lobster Bake	•			Yes		Yes	Yes		Yes	Yes		Yes	Yes	
Cajun Chicken Linguini Alfredo	•			Yes		Yes	Yes					Yes	Yes	
Canadian Snow Crab Legs	•									Yes				
Cheese-Crusted Tilapia	•			Yes		Yes	Yes	Yes				Yes	Yes	
Crab Linguini Alfredo				Yes		Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Lobster, Shrimp and Salmon	•			Yes		Yes		Yes		Yes		Yes		
Fire-Grilled Peppercorn Sirloin	•			Yes		Yes						Yes		
Fire-Grilled Peppercorn Sirloin and Garlic Shrimp	•			Yes		Yes				Yes		Yes		
Fire-Grilled Peppercorn Sirloin and Grilled Shrimp	•			Yes		Yes				Yes		Yes		
Fire-Grilled Tacos with Chicken	•				Yes	Yes	Yes					Yes	Yes	

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Fire-Grilled Tacos with Fresh Tilapia	•				Yes	Yes	Yes	Yes				Yes	Yes	
Fire-Grilled Tacos with Maritime Lobster Meat	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Tacos with Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Garlic Grilled Shrimp Skewer	•			Yes		Yes				Yes		Yes		
Grilled NY Strip Steak	•			Yes		Yes						Yes		
Fish and Chips	•			Yes	Yes		Yes	Yes				Yes	Yes	
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Lighthouse Garlic-Grilled Shrimp with rice and broccoli	•			Yes		Yes				Yes		Yes		
Lighthouse Maple-Glazed Chicken with rice and broccoli	•			Yes			Yes					Yes	Yes	
Lighthouse Rock Lobster Tail with rice and broccoli	•			Yes		Yes				Yes		Yes		
Lighthouse Snow Crab Legs with broccoli and drawn butter	•					Yes				Yes				
Lighthouse Fire- Grilled Peppercorn Sirloin and Shrimp with rice and broccoli	•			Yes		Yes				Yes		Yes		
Maple-Glazed Chicken	•			Yes			Yes						Yes	
New York Strip and Rock Lobster Tail	•			Yes		Yes				Yes		Yes		
Roasted Maritime Lobster Bake	•			Yes		Yes	Yes			Yes		Yes	Yes	
Rock Lobster Tail	•			Yes		Yes				Yes		Yes		
Salmon New Orleans	•			Yes		Yes		Yes		Yes		Yes		
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes	
Sole – Baked with shrimp, broccoli, rice and cheese stuffing	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	

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Sole – Golden-fried	•					Yes	Yes	Yes				Yes	Yes	
Sole – Oven-broiled	•			Yes				Yes						
Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination – Fire-Grilled Chicken Breast	•			Yes								Yes		
Create Your Own Combination – Fire-Grilled Fresh Tilapia	•			Yes				Yes						
Create Your Own Combination – Garlic-Grilled Shrimp <i>with rice</i>	•			Yes		Yes				Yes		Yes		
Create Your Own Combination – Garlic Shrimp	•			Yes						Yes		Yes		
Create Your Own Combination – Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination – Peppercorn-Grilled Sirloin	•			Yes		Yes						Yes		
Create Your Own Combination – Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination - Soy Ginger Salmon	•			Yes			Yes	Yes					Yes	
Create Your Own Combination – Stuffed Sole	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Create Your Own Combination – Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Lover's Tuesday – Fried Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Lover's Tuesday – Garlic Shrimp	•			Yes						Yes		Yes		
Shrimp Lover's Tuesday – Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
4-COURSE FEAST (unique items)														
Cajun Chicken Linguini Alfredo	•			Yes		Yes	Yes					Yes	Yes	

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Fire-Grilled Sirloin	•			Yes		Yes						Yes		
Garlic-Grilled Shrimp	•			Yes		Yes				Yes		Yes		
Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes	
Soy-Ginger Salmon	•			Yes			Yes	Yes					Yes	
Dessert – Triple-Chocolate Brownie à la Mode				Yes	Yes	Yes	Yes						Yes	
TODAY'S FRESH FISH (pending availability)														
Blackened Preparation	•													
Broiled Preparation	•													
Crab Cake Dinner with Lemon Aioli				Yes	Yes	Yes	Yes			Yes	Yes		Yes	
King Crab Legs	•									Yes				
Live Maritime Lobster – Steamed	•									Yes				
Live Maritime Lobster – Stuffed	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Soy Ginger Glaze				Yes			Yes						Yes	
LUNCH ENTRÉES (unique items – please see main menu section)														
Captain's Catch	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Chicken Breast Strips	•			Yes			Yes	Yes				Yes	Yes	
Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i>	•			Yes		Yes	Yes			Yes		Yes	Yes	
Crunchy Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Cheeseburger	•			Yes	Yes	Yes	Yes						Yes	
Fire-Grilled Chicken Sandwich	•			Yes	Yes	Yes	Yes						Yes	

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Fire-Grilled Shrimp Skewers	•			Yes		Yes				Yes		Yes		
Fish Sandwich - with fried fish	•				Yes	Yes	Yes	Yes				Yes	Yes	
Garlic Shrimp	•			Yes						Yes		Yes		
Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp	•			Yes		Yes				Yes		Yes		
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	•			Yes						Yes		Yes		
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp <i>with rice</i>	•				Yes	Yes	Yes			Yes		Yes	Yes	
Sole – Baked with shrimp, broccoli, rice and cheese stuffing	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Sole – Golden-fried	•					Yes	Yes	Yes				Yes	Yes	
Sole – Oven-broiled	•			Yes				Yes						
Create Your Own Lunch – Bay Scallops – Broiled	•			Yes					Yes					
Create Your Own Lunch – Bay Scallops – Fried	•					Yes	Yes		Yes			Yes	Yes	
Create Your Own Lunch – Chicken Breast Strips	•			Yes			Yes					Yes	Yes	
Create Your Own Lunch – Fish Fillets-Broiled	•			Yes				Yes						
Create Your Own Lunch – Fish Fillets-Fried	•						Yes	Yes				Yes	Yes	
Create Your Own Lunch – Garlic Shrimp	•			Yes						Yes		Yes		
Create Your Own Lunch – Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes	
Create Your Own Lunch – Lightly Breaded Clam Strips	•			Yes	Yes	Yes	Yes	Yes	Yes				Yes	

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KIDS' MENU														
Broiled Fish	•			Yes				Yes						
Chicken Fingers	•			Yes			Yes					Yes	Yes	
Garlic-Grilled Shrimp	•			Yes		Yes				Yes		Yes		
Grilled Chicken	•													
Macaroni and Cheese				Yes		Yes	Yes						Yes	
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Petite Lobster Tail	•									Yes				
DESSERTS														
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes						Yes	
Chocolate Wave				Yes	Yes	Yes	Yes					Yes	Yes	
Key Lime Pie				Yes	Yes	Yes	Yes					Yes	Yes	
Kids' Surf's Up Sundae				Yes		Yes						Yes		
New York-Style Cheesecake with Strawberries				Yes	Yes	Yes								
Warm Apple Crostada				Yes	Yes	Yes	Yes						Yes	
Warm Chocolate Chip Lava Cookie				Yes	Yes	Yes	Yes						Yes	
SIDES & ADDITIONS														
Asparagus - Seasonal				Yes		Yes	Yes						Yes	
Baked Potato														
Broccoli				Yes			Yes						Yes	
Caesar Salad				Yes	Yes	Yes	Yes	Yes					Yes	

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Coleslaw					Yes									
Coconut Shrimp Add-On	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Creamy Lobster Baked Potato				Yes		Yes	Yes			Yes			Yes	
Creamy Lobster Mashed Potatoes				Yes		Yes	Yes			Yes			Yes	
French Fries	•													
Fresh Fruit – Orange Wedges														
Garden Salad <i>does not include dressing choice</i>						Yes	Yes						Yes	
Garlic-Grilled Shrimp Skewer Add-On	•			Yes		Yes				Yes		Yes		
Garlic-Grilled Sea Scallops Add-On	•			Yes		Yes			Yes			Yes		
Garlic Shrimp Add-On	•			Yes						Yes		Yes		
Maritime Lobster Tail Add-On – Fire-Grilled	•			Yes		Yes				Yes		Yes		
Maritime Lobster Tail Add-On – Roasted	•			Yes						Yes				
Mashed Potatoes				Yes		Yes								
Rice				Yes								Yes		
Roasted Carrots and Butternut Squash with Bourbon-Brown Butter				Yes		Yes	Yes					Yes		
Roasted Green Beans and Mushrooms						Yes								
Signature Biscuits				Yes		Yes	Yes						Yes	
Sweet Corn Cobette				Yes		Yes						Yes		
Tomato Caprese						Yes						Yes		
Topped Maritime Lobster Tail Add-On				Yes		Yes	Yes			Yes		Yes	Yes	
Walt's Favourite Shrimp Add-On	•				Yes	Yes	Yes			Yes		Yes	Yes	

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DRESSINGS & SAUCES														
100% Pure Melted Butter						Yes								
Add Butter to Baked Potato				Yes		Yes								
Add Sour Cream to Baked Potato						Yes								
Blue Cheese Dressing					Yes	Yes								
Caesar Dressing				Yes	Yes	Yes		Yes						
Champagne Vinaigrette												Yes		
Cocktail Sauce				Yes										
French Dressing				Yes										
Honey Mustard Dressing					Yes									
Ketchup														
Marinara Sauce														
Mayonnaise				Yes	Yes									
Mustard														
Pico de Gallo														
Piña Colada Dipping Sauce			Yes			Yes								
Ranch Dressing					Yes	Yes								Yes
Tartar Sauce				Yes	Yes									
Thousand Island Dressing				Yes	Yes									