



ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 3/28/2022 - 6/19/2022

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	
		Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring		Gluten* identified within ingredients
Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • 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													
STARTERS														
Bacon-Wrapped Sea Scallops	•			Yes	Yes	Yes				Yes			Yes	
Escargot	•			Yes	Yes	Yes	Yes			Yes			Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes				Yes		Yes	Yes
Lobster-Artichoke-and-Seafood Dip	•			Yes	Yes	Yes	Yes				Yes			Yes
Mozzarella Cheesesticks	•					Yes	Yes							Yes
Seafood-Stuffed Mushrooms	•			Yes	Yes	Yes	Yes				Yes		Yes	Yes
Signature Jumbo Shrimp Cocktail	•										Yes		Yes	
Sweet Chili Shrimp	•			Yes	Yes		Yes				Yes		Yes	Yes
Tempura Calamari	•			Yes	Yes	Yes	Yes			Yes			Yes	Yes
White Wine and Roasted-Garlic Mussels	•			Yes	Yes	Yes	Yes			Yes			Yes	Yes
SOUPS														
Lobster Bisque (cup/bowl)	•			Yes		Yes	Yes				Yes		Yes	Yes
New England Clam Chowder (cup/bowl)	•			Yes		Yes	Yes			Yes				Yes
BOWLS														
Baja Shrimp Bowl	•			Yes	Yes	Yes					Yes		Yes	

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Classic Caesar Salad	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Fire-Grilled Chicken	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Fire-Grilled Salmon	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Seasoned Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes
Sesame-Soy Salmon Bowl	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes
Kung Pao Noodles with Crispy Maritime Lobster Tail	•		Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes	Yes
Kung Pao Noodles with Chicken	•		Yes	Yes			Yes				Yes	Yes	Yes
Kung Pao Noodles with Crispy Shrimp	•		Yes	Yes			Yes			Yes	Yes	Yes	Yes
Linguini Alfredo with Cajun Chicken	•			Yes	Yes	Yes	Yes					Yes	Yes
Linguini Alfredo with Crab	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Lobster-and-Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
HANDHELDS													
Crispy Cod Sandwich	•			Yes	Yes	Yes	Yes	Yes				Yes	Yes
Nashville Hot Chicken Sandwich	•			Yes	Yes	Yes	Yes					Yes	Yes
Wagyu Bacon Cheeseburger	•			Yes	Yes	Yes	Yes						Yes
PERFECT PAIRINGS - ADD TO ANY MEAL													
Bacon-Wrapped Sea Scallops	•			Yes	Yes	Yes			Yes			Yes	
Garlic Shrimp	•			Yes	Yes	Yes				Yes		Yes	
Maritime Lobster Tail – Classic (Add-On)	•			Yes	Yes	Yes				Yes			
Maritime Lobster Tail – Fire-Grilled (Add-On)	•			Yes	Yes	Yes				Yes			
Red Argentinian Shrimp Skewer	•			Yes	Yes	Yes				Yes		Yes	
INDULGENT CLASSICS													
Canadian Snow Crab Legs	•					Yes				Yes			
Double Lobster Tails	•			Yes	Yes	Yes				Yes		Yes	
Fish and Chips	•			Yes	Yes		Yes	Yes					Yes
Hand-Breaded Chicken Tenders	•						Yes					Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Island Jumbo Coconut Shrimp (Add six more)	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes

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Live Maritime Lobster Dinner (Classic)	•					Yes				Yes			
Live Maritime Lobster Dinner (Stuffed)	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Lobster-Topped Stuffed Tilapia	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes
Salmon New Orleans (half/full)	•			Yes		Yes		Yes		Yes		Yes	
Fire-Grilled Salmon	•							Yes					
Garlic Shrimp Skewers	•			Yes	Yes	Yes				Yes		Yes	
Garlic Shrimp Skewers - Add a skewer	•			Yes	Yes	Yes				Yes		Yes	
Tilapia and Scallops	•			Yes	Yes	Yes		Yes	Yes			Yes	
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
STEAKS													
7 oz. Sirloin	•			Yes		Yes							
6 oz. Filet Mignon	•			Yes		Yes							
10 oz. New York Strip	•			Yes		Yes							
SIGNATURE FEASTS													
Admiral's Feast	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Bar Harbor Lobster Bake	•			Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes
Date Night Feast For Two	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Lobster Lover's Dream	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Lobster, Shrimp and Salmon	•			Yes	Yes	Yes		Yes		Yes		Yes	
Mariner's Feast	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Seafarer's Feast	•			Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Ultimate Surf and Turf	•			Yes	Yes	Yes			Yes	Yes		Yes	
CREATE YOUR OWN (CYO) FEAST													
Bacon-Wrapped Sea Scallops - CYO	•			Yes	Yes	Yes			Yes			Yes	
Fire-Grilled Salmon - CYO	•							Yes					
Fire-Grilled Sirloin 7 oz. - CYO	•			Yes		Yes							
Fire-Grilled Tilapia - CYO	•							Yes					

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Garlic Shrimp - CYO	•			Yes	Yes	Yes				Yes		Yes	
Island Jumbo Coconut Shrimp - CYO	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Red Argentinian Shrimp Skewers	•			Yes	Yes	Yes				Yes		Yes	
Shrimp Linguini Alfredo - CYO	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp - CYO	•				Yes	Yes	Yes			Yes		Yes	Yes
CLASSIC SIDES													
Baked Potato													
Add Butter to Baked Potato				Yes		Yes							
Add Sour Cream to Baked Potato						Yes							
Coleslaw					Yes								
Green Beans													
Mashed Potatoes				Yes		Yes							
Rice				Yes	Yes	Yes						Yes	
Sea-Salted Fries	•												
PREMIUM SIDES													
Bacon Mac and Cheese	•			Yes	Yes	Yes	Yes			Yes			Yes
Crispy Brussel Sprouts	•			Yes			Yes						Yes
Lobster Topped Baked Potato	•			Yes		Yes	Yes	Yes		Yes		Yes	Yes
Lobster Topped Mashed Potatoes	•			Yes		Yes	Yes	Yes		Yes		Yes	Yes
DAILY DEALS													
MONDAY: Endless Shrimp - Hand-Crafted Garlic Shrimp (Initial/Refill)	•			Yes	Yes	Yes				Yes		Yes	
MONDAY: Endless Shrimp - Grilled Shrimp Skewer (Initial/Refill)	•			Yes	Yes	Yes				Yes		Yes	
MONDAY: Endless Shrimp - Island Jumbo Coconut Shrimp (Initial/Refill)	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
MONDAY: Endless Shrimp - Walt's Favourite Shrimp (Initial/Refill)	•				Yes	Yes	Yes			Yes		Yes	Yes
TUESDAY: Sirloin and Fried Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
WEDNESDAY: Fish and Chips	•			Yes	Yes		Yes	Yes					Yes
FRIDAY: Walt's Favourite	•				Yes	Yes	Yes			Yes		Yes	Yes

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DESSERTS													
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes						Yes
Chocolate Wave				Yes	Yes	Yes	Yes					Yes	Yes
Vanilla Bean Cheesecake				Yes	Yes	Yes	Yes						Yes
Warm Apple Crostada				Yes	Yes	Yes	Yes						Yes
Signature Biscuits													
Signature Biscuits	•			Yes	Yes	Yes	Yes					Yes	Yes
DRESSINGS & SAUCES													
100% Pure Melted Butter						Yes							
Blue Cheese Dressing				Yes	Yes	Yes							
Butter				Yes		Yes							
Caesar Dressing				Yes	Yes	Yes		Yes					
Champagne Vinaigrette Dressing				Yes								Yes	
Cocktail Sauce												Yes	
French Dressing													
Ketchup													
Marinara Sauce													
Pico de Gallo													
Piña Colada Sauce			Yes			Yes							
Plum Sauce												Yes	
Ranch Dressing					Yes	Yes							
Sour Cream						Yes							
Tartar Sauce				Yes	Yes								
Thousand Island Dressing				Yes	Yes								
WEEKDAY LUNCH SPECIALS													
Classic Caesar Salad with Fire-Grilled Chicken	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Seasoned Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes
Crispy Cod Sandwich	•			Yes	Yes	Yes	Yes	Yes				Yes	Yes
Fire-Grilled Salmon	•							Yes					

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Fire-Grilled Tilapia	•							Yes					
Garlic Shrimp	•			Yes	Yes	Yes				Yes		Yes	
Grilled Chicken Breast	•												
Hand-Battered Cod	•			Yes	Yes		Yes	Yes					Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
3 FROM THE SEA													
CHOOSE A SOUP OR SALAD													
Lobster Bisque	•			Yes		Yes	Yes			Yes		Yes	Yes
New England Clam Chowder	•			Yes		Yes	Yes		Yes				Yes
Side Caesar Salad	•				Yes	Yes	Yes	Yes					Yes
CHOOSE A STARTER													
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Mozzarella Cheesesticks	•					Yes	Yes						Yes
Signature Jumbo Shrimp Cocktail	•									Yes		Yes	
CHOOSE AN ENTRÉE													
Fish and Chips	•			Yes	Yes		Yes	Yes					Yes
Linguini Alfredo with Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Baja Shrimp Bowl	•			Yes	Yes	Yes				Yes		Yes	
Fire-Grilled Salmon	•							Yes					
Hand-Breaded Chicken Tenders	•						Yes					Yes	Yes
Linguini Alfredo with Cajun Chicken	•			Yes	Yes	Yes	Yes					Yes	Yes
Wagyu Bacon Cheeseburger	•			Yes	Yes	Yes	Yes						Yes
KIDS' SEASIDE MENU													
Fire-Grilled Shrimp	•			Yes	Yes	Yes				Yes		Yes	
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Macaroni & Cheese	•			Yes		Yes	Yes						Yes

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Chicken Tenders	•						Yes					Yes	Yes
Grilled Chicken	•												
Golden-Fried Fish	•						Yes	Yes					Yes
Petite Maritime Lobster Tail	•			Yes	Yes	Yes				Yes			
Fresh Fruit - Orange Wedges													
Green Beans													
FAMILY MEALS - ONLINE ORDERING													
Admiral's Feast - Family Feast/Entrée	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Ultimate Feast® - Family Feast/Entrée	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Seaside Shrimp Trio - Family Feast/Entrée	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Shrimp - Family Entrée	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Cajun Chicken - Family Entrée	•			Yes	Yes	Yes	Yes					Yes	Yes
Linguini Alfredo with Crab - Family Entrée	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Kung Pao Noodles with Crispy Maritime Lobster Tail - Family Entrée	•		Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes	Yes
Kung Pao Noodles with Chicken - Family Entrée	•		Yes	Yes			Yes				Yes	Yes	Yes
Kung Pao Noodles with Crispy Shrimp - Family Entrée	•		Yes	Yes			Yes			Yes	Yes	Yes	Yes
Sesame-Soy Salmon Bowl - Family Entrée	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes
Signature Biscuits (8 Count) - Family Biscuits	•			Yes	Yes	Yes	Yes					Yes	Yes
Green Beans - Family Side													
Mashed Potatoes - Family Side				Yes		Yes							
Rice - Family Side				Yes	Yes	Yes						Yes	
Sea-Salted Fries - Family Side	•												
Classic Caesar Salad - Family Side	•				Yes	Yes	Yes	Yes					Yes