



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 12/4/2017 - 12/31/2017

| 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) |
|--|----------|-------------------|---------------|--------------|----------------|------------------|-------------|----------|-----------|-----------|-------------|
| <b>ULTIMATE SURF &amp; TURF™</b>   |          |                   |               |              |                |                  |             |          |           |           |             |
| Classic Surf and Turf - Sirloin  | 860      | 530               | 58            | 34           | 0.5            | 340              | 2170        | 26       | 3         | 3         | 57          |
| Classic Surf and Turf - 6 oz. Filet  | 790      | 520               | 58            | 33           | 0.5            | 290              | 1760        | 26       | 3         | 2         | 40          |
| Classic Surf and Turf - 12 oz. New York Strip  | 1210     | 770               | 85            | 44           | 2.5            | 400              | 2760        | 27       | 4         | 3         | 84          |
| Grilled Sirloin and Fried Shrimp   | 800      | 330               | 37            | 12           | 0.5            | 285              | 2810        | 50       | 5         | 9         | 67          |
| Grilled 6 oz. Filet and Fried Shrimp   | 720      | 320               | 36            | 12           | 0.5            | 235              | 2400        | 50       | 5         | 8         | 49          |
| Grilled 12 oz. New York Strip and Fried Shrimp   | 1140     | 570               | 63            | 23           | 3              | 350              | 3390        | 51       | 5         | 9         | 93          |
| Grilled Sirloin and Red Shrimp   | 740      | 370               | 41            | 14           | 1              | 300              | 2400        | 28       | 4         | 3         | 63          |
| Grilled 6 oz. Filet and Red Shrimp   | 660      | 370               | 41            | 14           | 1              | 250              | 1990        | 28       | 3         | 3         | 46          |
| Grilled 12 oz. New York Strip and Red Shrimp   | 1090     | 610               | 68            | 25           | 3              | 365              | 2980        | 29       | 4         | 3         | 90          |
| Grilled Lobster-and-Scallop Skewer   | 150      | 80                | 9             | 1.5          | 0              | 95               | 520         | 1        | 0         | 0         | 16          |
| Grilled Red Shrimp Skewer  | 170      | 100               | 11            | 2            | 0              | 140              | 680         | 1        | 0         | 0         | 15          |
| Lobster and Topped Steak - Sirloin   | 950      | 480               | 54            | 30           | 0.5            | 350              | 2050        | 53       | 6         | 6         | 65          |
| Lobster and Topped Steak - 6 oz. Filet   | 870      | 480               | 53            | 29           | 0.5            | 300              | 1640        | 53       | 5         | 6         | 48          |
| Lobster and Topped Steak - 12 oz. New York Strip   | 1300     | 720               | 80            | 40           | 3              | 415              | 3410        | 54       | 6         | 6         | 92          |
| Norway Lobster-and-Shrimp Smashed Potato   | 820      | 450               | 50            | 14           | 0.5            | 155              | 1590        | 62       | 9         | 5         | 31          |
| Surf and Turf Feast - Sirloin  | 1580     | 960               | 106           | 44           | 1              | 490              | 3380        | 65       | 9         | 5         | 91          |
| Surf and Turf Feast - 6 oz. Filet  | 1510     | 950               | 106           | 44           | 1              | 455              | 2940        | 65       | 9         | 5         | 75          |
| Surf and Turf Feast - 12 oz. New York Strip  | 1930     | 1200              | 133           | 55           | 3.5            | 550              | 4750        | 66       | 10        | 6         | 118         |
| <b>FEATURED APPETIZER</b>  |          |                   |               |              |                |                  |             |          |           |           |             |
| Crispy Crab Bites  | 1060     | 620               | 69            | 9            | 0.5            | 90               | 2190        | 86       | 6         | 17        | 23          |
| <b>FEATURED COCKTAILS</b>  |          |                   |               |              |                |                  |             |          |           |           |             |
| Berry Cosmo  | 180      | 0                 | 0             | 0            | 0              | 0                | 15          | 17       | 2         | 15        | 0           |
| Tiki Passion Punch   | 200      | 0                 | 0             | 0            | 0              | 0                | 15          | 37       | 1         | 34        | 0           |

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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| <b>SEASIDE STARTERS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Escargot  | 300             | 120                      | 13                   | 5                   | 0                     | 85                      | 1370               | 30              | 3                | 2                | 17                 |
| Island Jumbo Coconut Shrimp   | 610             | 350                      | 39                   | 11                  | 0                     | 95                      | 990                | 52              | 5                | 21               | 15                 |
| Lobster-Artichoke-and-Seafood Dip   | 1200            | 660                      | 73                   | 23                  | 1                     | 160                     | 2520               | 102             | 11               | 8                | 36                 |
| Mozzarella Cheesesticks   | 660             | 300                      | 33                   | 11                  | 0.5                   | 55                      | 1810               | 60              | 4                | 5                | 54                 |
| Peppercorn-Panko Calamari   | 970             | 680                      | 76                   | 7                   | 0                     | 235                     | 3450               | 49              | 4                | 10               | 27                 |
| Red Lobster Signature Pizza   | 660             | 470                      | 61                   | 18                  | 0.5                   | 145                     | 1760               | 54              | 3                | 11               | 40                 |
| Seafood-Stuffed Mushrooms   | 460             | 290                      | 32                   | 16                  | 1                     | 80                      | 920                | 21              | 2                | 4                | 24                 |
| Seaside Sampler   | 840             | 440                      | 49                   | 19                  | 1                     | 230                     | 2140               | 62              | 5                | 27               | 40                 |
| Signature Jumbo Shrimp Cocktail   | 120             | 5                        | 0                    | 0                   | 0                     | 165                     | 1020               | 9               | 1                | 6                | 20                 |
| Sweet Chili Shrimp  | 1070            | 680                      | 75                   | 10                  | 1                     | 200                     | 1900               | 77              | 3                | 51               | 23                 |
| White Wine and Roasted-Garlic Mussels   | 780             | 480                      | 53                   | 12                  | 0.5                   | 75                      | 2110               | 44              | 3                | 5                | 27                 |
| 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 – Dragon Broccoli   | 460             | 230                      | 26                   | 2                   | 0                     | 0                       | 1690               | 49              | 5                | 10               | 8                  |
| Create Your Own Appetizer – Escargot  | 300             | 120                      | 13                   | 5                   | 0                     | 85                      | 1370               | 30              | 3                | 2                | 17                 |
| Create Your Own Appetizer – Mozzarella Cheesesticks   | 380             | 180                      | 20                   | 6                   | 0                     | 30                      | 1120               | 35              | 3                | 4                | 31                 |
| Create Your Own Appetizer – Seafood-Stuffed Mushrooms   | 310             | 190                      | 21                   | 10                  | 0.5                   | 55                      | 620                | 14              | 1                | 3                | 16                 |
| <b>TASTING PLATES</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Dragon Broccoli   | 460             | 230                      | 26                   | 2                   | 0                     | 0                       | 1690               | 49              | 5                | 10               | 8                  |
| Loaded Seaside Fries  | 790             | 370                      | 41                   | 9                   | 0                     | 55                      | 1950               | 81              | 5                | 3                | 24                 |
| Petite Red Lobster Roll   | 330             | 170                      | 19                   | 10                  | 0                     | 90                      | 510                | 25              | 1                | 8                | 14                 |
| Shrimp Potstickers  | 210             | 35                       | 4                    | 0                   | 0                     | 40                      | 1220               | 35              | 1                | 16               | 9                  |
| Yucatán Shrimp  | 260             | 150                      | 17                   | 10                  | 0                     | 90                      | 860                | 17              | 2                | 3                | 9                  |
| <b>SOUPS &amp; SALADS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Classic Caesar Salad  | 540             | 430                      | 48                   | 9                   | 1                     | 45                      | 1060               | 19              | 3                | 5                | 9                  |
| Classic Caesar Salad with Fire-Grilled Chicken  | 90              | 15                       | 1.5                  | 0.5                 | 0                     | 70                      | 740                | 1               | 0                | 1                | 18                 |
| Classic Caesar Salad with Fire-Grilled Salmon   | 310             | 170                      | 19                   | 3.5                 | 0                     | 90                      | 490                | 0               | 0                | 0                | 32                 |
| Classic Caesar Salad with Fire-Grilled Shrimp   | 80              | 20                       | 2.5                  | 0.5                 | 0                     | 130                     | 690                | 0               | 0                | 1                | 6                  |
| Lobster Bisque (Cup)  | 250             | 170                      | 19                   | 11                  | 0                     | 70                      | 750                | 14              | 0                | 4                | 6                  |
| Lobster Bisque (Bowl)   | 510             | 340                      | 38                   | 22                  | 1                     | 140                     | 1500               | 27              | 1                | 8                | 12                 |
| Mediterranean Vegetable Soup (Cup)  | 90              | 20                       | 2                    | 0                   | 0                     | 0                       | 530                | 15              | 2                | 3                | 4                  |
| Mediterranean Vegetable Soup (Bowl)   | 180             | 40                       | 4                    | 0.5                 | 0                     | 0                       | 1060               | 30              | 4                | 6                | 7                  |
| New England Clam Chowder (Cup)  | 190             | 130                      | 14                   | 8                   | 0                     | 45                      | 580                | 11              | 1                | 0                | 6                  |
| New England Clam Chowder (Bowl)   | 390             | 250                      | 28                   | 17                  | 0                     | 95                      | 1160               | 22              | 1                | 1                | 12                 |
| <b>PERFECT PAIRINGS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Fire-Grilled Sea Scallops   | 120             | 60                       | 7                    | 1                   | 0                     | 25                      | 490                | 3               | 0                | 0                | 12                 |
| Fire-Grilled Shrimp   | 130             | 60                       | 7                    | 1.5                 | 2.5                   | 120                     | 740                | 2               | 0                | 0                | 15                 |
| Garlic Shrimp   | 220             | 150                      | 17                   | 2.5                 | 0                     | 120                     | 530                | 2               | 0                | 0                | 17                 |
| Maritime Lobster Tail (Fire-Grilled)  | 480             | 440                      | 49                   | 24                  | 0                     | 170                     | 760                | 1               | 0                | 0                | 9                  |

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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Maritime Lobster Tail (Steamed)   | 440             | 390                      | 44                   | 23                  | 0                     | 170                     | 680                | 1               | 0                | 0                | 9                  |
| Topped Maritime Lobster Tail  | 300             | 230                      | 25                   | 6                   | 0                     | 110                     | 820                | 3               | 0                | 1                | 16                 |
| Walt's Favourite Shrimp   | 320             | 130                      | 14                   | 1.5                 | 0                     | 90                      | 1590               | 37              | 2                | 8                | 12                 |
| <b>DINNER ENTRÉES</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Admiral's Feast   | 1130            | 600                      | 67                   | 8                   | 0.5                   | 180                     | 3340               | 91              | 4                | 13               | 42                 |
| Bar Harbor Lobster Bake   | 1640            | 830                      | 93                   | 34                  | 1                     | 425                     | 2960               | 115             | 8                | 5                | 82                 |
| Cajun Chicken Linguini Alfredo  | 1440            | 600                      | 67                   | 20                  | 1                     | 215                     | 3600               | 132             | 8                | 22               | 80                 |
| Canadian Snow Crab Legs   | 440             | 310                      | 34                   | 21                  | 0                     | 205                     | 1600               | 1               | 0                | 0                | 32                 |
| Crab Linguini Alfredo   | 1370            | 580                      | 65                   | 19                  | 1                     | 160                     | 2730               | 128             | 7                | 20               | 69                 |
| Dragon Shrimp   | 1180            | 420                      | 47                   | 4.5                 | 1.5                   | 315                     | 4970               | 131             | 9                | 33               | 55                 |
| Fire-Grilled Lobster, Shrimp and Salmon   | 1040            | 600                      | 66                   | 26                  | 0.5                   | 360                     | 2380               | 46              | 2                | 3                | 61                 |
| Fire-Grilled Shrimp   | 260             | 130                      | 14                   | 3                   | 5                     | 235                     | 1480               | 3               | 1                | 1                | 29                 |
| Fire-Grilled Sirloin and Fire-Grilled Shrimp  | 440             | 190                      | 21                   | 9                   | 3                     | 265                     | 1720               | 3               | 1                | 1                | 59                 |
| Fire-Grilled Sirloin and Garlic Shrimp  | 500             | 260                      | 29                   | 7                   | 1                     | 220                     | 1300               | 5               | 1                | 0                | 53                 |
| Add a Fire-Grilled Shrimp Skewer  | 130             | 60                       | 7                    | 1.5                 | 2.5                   | 120                     | 740                | 2               | 0                | 0                | 15                 |
| Add a Garlic Shrimp Skewer  | 220             | 150                      | 17                   | 2.5                 | 0                     | 120                     | 530                | 2               | 0                | 0                | 17                 |
| Fire-Grilled Tacos with Chicken   | 440             | 170                      | 19                   | 2.5                 | 0                     | 75                      | 1560               | 45              | 6                | 4                | 26                 |
| Fire-Grilled Tacos with Crunchy Fish  | 610             | 260                      | 29                   | 3                   | 0                     | 90                      | 2190               | 48              | 6                | 4                | 44                 |
| Fire-Grilled Tacos with Maritime and Norway Lobster Meat  | 510             | 240                      | 27                   | 3.5                 | 0                     | 80                      | 1530               | 47              | 6                | 4                | 25                 |
| Fire-Grilled Tacos with Shrimp  | 460             | 190                      | 21                   | 3                   | 0                     | 140                     | 1770               | 48              | 6                | 7                | 14                 |
| Fire-Grilled Tacos with Tilapia   | 560             | 210                      | 23                   | 3.5                 | 0                     | 100                     | 1940               | 44              | 6                | 3                | 49                 |
| Fish and Chips  | 1020            | 530                      | 59                   | 7                   | 1                     | 125                     | 2300               | 84              | 7                | 20               | 39                 |
| 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                 |
| Live Maritime Lobster (Steamed)   | 440             | 310                      | 34                   | 21                  | 0                     | 295                     | 290                | 1               | 0                | 0                | 33                 |
| Live Maritime Lobster (Stuffed)   | 580             | 360                      | 40                   | 23                  | 0                     | 310                     | 640                | 17              | 1                | 2                | 38                 |
| Maple-Glazed Chicken  | 260             | 30                       | 3                    | 1                   | 0                     | 135                     | 1570               | 22              | 1                | 21               | 37                 |
| Rock Lobster Tail   | 570             | 400                      | 44                   | 23                  | 0                     | 240                     | 1010               | 3               | 0                | 1                | 39                 |
| Rock Lobster and Steak - 6 oz. Filet Mignon   | 500             | 220                      | 24                   | 9                   | 0                     | 250                     | 1300               | 3               | 0                | 2                | 66                 |
| Rock Lobster and Steak - 12 oz. New York Strip  | 920             | 470                      | 52                   | 20                  | 2.5                   | 365                     | 3070               | 4               | 1                | 2                | 110                |
| Salmon New Orleans (Half)   | 560             | 330                      | 37                   | 8                   | 0                     | 185                     | 840                | 8               | 2                | 1                | 45                 |
| Salmon New Orleans (Full)   | 870             | 510                      | 56                   | 12                  | 0                     | 275                     | 930                | 8               | 2                | 1                | 77                 |
| Seaport Lobster and Shrimp  | 740             | 580                      | 65                   | 26                  | 0                     | 370                     | 1750               | 2               | 1                | 1                | 36                 |
| Seaside Shrimp Trio   | 1240            | 610                      | 67                   | 14                  | 1                     | 325                     | 3460               | 103             | 6                | 19               | 57                 |
| Shrimp Linguini Alfredo   | 1360            | 620                      | 69                   | 20                  | 1                     | 230                     | 2710               | 128             | 7                | 20               | 57                 |
| Shrimp Lover's Tuesday – Fried Shrimp   | 360             | 150                      | 17                   | 1.5                 | 0                     | 155                     | 1400               | 28              | 2                | 6                | 24                 |
| Shrimp Lover's Tuesday – Garlic Shrimp  | 250             | 150                      | 17                   | 2.5                 | 0                     | 170                     | 610                | 2               | 1                | 0                | 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                 |
| Sole (Oven-Broiled)   | 420             | 90                       | 10                   | 0.5                 | 0                     | 205                     | 530                | 1               | 0                | 0                | 70                 |
| Sole (Baked with broccoli, rice, and cheese stuffing)   | 760             | 360                      | 41                   | 11                  | 0.5                   | 185                     | 2040               | 32              | 2                | 11               | 61                 |
| Steaks: 7 oz. Sirloin   | 310             | 130                      | 14                   | 7                   | 0                     | 145                     | 980                | 1               | 0                | 1                | 44                 |

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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Steaks: 6 oz. Filet Mignon  | 230             | 120                      | 13                   | 7                   | 0                     | 95                      | 580                | 1               | 0                | 0                | 27                 |
| Steaks: 12 oz. New York Strip   | 660             | 370                      | 41                   | 18                  | 2.5                   | 210                     | 1570               | 2               | 1                | 1                | 71                 |
| Add to Steak: Creamy Norway and Maritime Lobster Beurre Blanc Topping   | 120             | 80                       | 9                    | 5                   | 0                     | 75                      | 440                | 7               | 0                | 3                | 8                  |
| Ultimate Feast®   | 1010            | 630                      | 70                   | 26                  | 0                     | 440                     | 3400               | 40              | 3                | 9                | 54                 |
| 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                 |
| Yucatán Tilapia and Shrimp  | 800             | 370                      | 41                   | 22                  | 0                     | 270                     | 2130               | 50              | 3                | 7                | 59                 |
| Create Your Own Combination – Fire-Grilled Chicken Breast   | 90              | 15                       | 1.5                  | 0.5                 | 0                     | 70                      | 560                | 0               | 0                | 1                | 18                 |
| Create Your Own Combination – Fire-Grilled Fresh Tilapia  | 310             | 140                      | 15                   | 3                   | 0                     | 90                      | 300                | 2               | 0                | 0                | 41                 |
| Create Your Own Combination – Fire-Grilled Sea Scallops   | 120             | 60                       | 7                    | 1                   | 0                     | 25                      | 490                | 3               | 0                | 0                | 12                 |
| Create Your Own Combination – Fire-Grilled Shrimp   | 320             | 90                       | 10                   | 2                   | 2.5                   | 120                     | 1240               | 40              | 1                | 2                | 18                 |
| Create Your Own Combination – Garlic Shrimp   | 250             | 150                      | 17                   | 2.5                 | 0                     | 170                     | 610                | 2               | 1                | 0                | 24                 |
| 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. Fire-Grilled Sirloin  | 310             | 130                      | 14                   | 7                   | 0                     | 145                     | 980                | 1               | 0                | 1                | 44                 |
| Create Your Own Combination – Stuffed Sole (with broccoli, rice and cheese stuffing)  | 380             | 180                      | 20                   | 6                   | 0                     | 90                      | 1020               | 16              | 1                | 5                | 31                 |
| Create Your Own Combination – Shrimp Linguini Alfredo   | 700             | 330                      | 36                   | 10                  | 0.5                   | 115                     | 1350               | 64              | 3                | 10               | 28                 |
| Create Your Own Combination – Soy-Ginger Salmon   | 360             | 170                      | 19                   | 3.5                 | 0                     | 90                      | 770                | 10              | 0                | 8                | 33                 |
| 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   | 740             | 320                      | 35                   | 10                  | 0.5                   | 105                     | 1790               | 66              | 4                | 11               | 40                 |
| 4-Course Feast – Fire-Grilled Fresh Tilapia   | 310             | 140                      | 15                   | 3                   | 0                     | 90                      | 300                | 2               | 0                | 0                | 41                 |
| 4-Course Feast – Fire-Grilled Shrimp  | 450             | 150                      | 17                   | 3.5                 | 5                     | 235                     | 1980               | 42              | 1                | 3                | 32                 |
| 4-Course Feast – Fire-Grilled 7 oz. Sirloin   | 310             | 130                      | 14                   | 7                   | 0                     | 145                     | 980                | 1               | 0                | 1                | 44                 |
| 4-Course Feast – Island Jumbo Coconut Shrimp  | 780             | 450                      | 50                   | 14                  | 0                     | 120                     | 1310               | 65              | 6                | 24               | 19                 |
| 4-Course Feast – Shrimp Linguini Alfredo  | 700             | 330                      | 36                   | 10                  | 0.5                   | 115                     | 1350               | 64              | 3                | 10               | 28                 |
| 4-Course Feast – Soy-Ginger Salmon  | 360             | 170                      | 19                   | 3.5                 | 0                     | 90                      | 770                | 10              | 0                | 8                | 33                 |
| <b>TODAY'S FRESH FISH (pending availability)</b>  |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Arctic Char   | 350             | 140                      | 16                   | 4                   | 0                     | 50                      | 150                | 1               | 0                | 0                | 41                 |
| Catfish   | 220             | 100                      | 12                   | 2.5                 | 0                     | 90                      | 170                | 1               | 0                | 0                | 26                 |
| Lake Whitefish  | 310             | 130                      | 14                   | 2                   | 0                     | 130                     | 110                | 1               | 0                | 0                | 42                 |
| Perch   | 190             | 30                       | 3                    | 0                   | 0                     | 170                     | 115                | 3               | 1                | 1                | 36                 |
| Pickeral  | 210             | 35                       | 4                    | 0.5                 | 0                     | 180                     | 110                | 1               | 0                | 0                | 40                 |

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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Pacific Snapper   | 170             | 35                       | 4                    | 0.5                 | 0                     | 90                      | 130                | 1               | 0                | 0                | 33                 |
| Rainbow Trout   | 490             | 200                      | 22                   | 4.5                 | 0                     | 200                     | 170                | 1               | 0                | 0                | 67                 |
| Salmon (Lunch/Half)   | 310             | 170                      | 19                   | 3.5                 | 0                     | 90                      | 90                 | 1               | 0                | 0                | 32                 |
| Salmon (Full)   | 630             | 350                      | 39                   | 7                   | 0                     | 185                     | 180                | 1               | 0                | 0                | 64                 |
| Swordfish   | 310             | 140                      | 15                   | 3.5                 | 0                     | 135                     | 170                | 1               | 0                | 0                | 40                 |
| Tilapia (Lunch/Half)  | 220             | 50                       | 6                    | 1.5                 | 0                     | 90                      | 90                 | 1               | 0                | 0                | 41                 |
| Tilapia (Full)  | 430             | 100                      | 11                   | 3                   | 0                     | 180                     | 180                | 1               | 0                | 0                | 82                 |
| Yellowtail Tuna   | 250             | 25                       | 2.5                  | 0                   | 0                     | 85                      | 95                 | 1               | 0                | 0                | 52                 |
| Live Maritime Lobster (Steamed)   | 440             | 310                      | 34                   | 21                  | 0                     | 295                     | 290                | 1               | 0                | 0                | 33                 |
| Live Maritime Lobster (Roasted and Stuffed)   | 580             | 360                      | 40                   | 23                  | 0                     | 310                     | 640                | 17              | 1                | 2                | 38                 |
| Crab Cake Dinner  | 560             | 330                      | 37                   | 6                   | 0.5                   | 245                     | 1330               | 19              | 3                | 3                | 38                 |
| Split King Crab Dinner  | 480             | 320                      | 35                   | 21                  | 0                     | 210                     | 1560               | 1               | 0                | 0                | 41                 |
| Blackened Fish Seasoning  | 15              | 0                        | 0                    | 0                   | 0                     | 0                       | 280                | 3               | 1                | 0                | 1                  |
| Broiled Fish Seasoning  | 10              | 0                        | 0                    | 0                   | 0                     | 0                       | 460                | 2               | 1                | 0                | 0                  |
| Creamy Norway Lobster-and-Shrimp Topping  | 240             | 150                      | 16                   | 7                   | 0                     | 140                     | 900                | 6               | <1               | 1                | 17                 |
| Soy-Ginger Glaze  | 40              | 0                        | 0                    | 0                   | 0                     | 0                       | 270                | 10              | 0                | 8                | 1                  |
| <b>LUNCH ENTRÉES</b>  |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Cajun Chicken Linguini Alfredo (Lunch)  | 700             | 310                      | 34                   | 10                  | 0.5                   | 80                      | 1350               | 64              | 3                | 10               | 34                 |
| Cajun Chicken Linguini Alfredo (Full)   | 1440            | 600                      | 67                   | 20                  | 1                     | 215                     | 3600               | 132             | 8                | 22               | 80                 |
| Captain's Catch   | 620             | 350                      | 39                   | 6                   | 0                     | 250                     | 1770               | 17              | 2                | 6                | 49                 |
| Chicken Breast Strips   | 650             | 240                      | 27                   | 2.5                 | 0                     | 60                      | 1700               | 70              | 2                | 16               | 34                 |
| Classic Caesar Salad  | 540             | 430                      | 48                   | 9                   | 1                     | 45                      | 1060               | 19              | 3                | 5                | 9                  |
| Classic Caesar Salad with Chicken   | 90              | 15                       | 1.5                  | 0.5                 | 0                     | 70                      | 740                | 1               | 0                | 1                | 18                 |
| Classic Caesar Salad with Fresh Salmon  | 310             | 170                      | 19                   | 3.5                 | 0                     | 90                      | 490                | 0               | 0                | 0                | 32                 |
| Classic Caesar Salad with Shrimp  | 80              | 20                       | 2.5                  | 0.5                 | 0                     | 130                     | 690                | 0               | 0                | 1                | 6                  |
| Coastal Soup and Grilled Shrimp Salad (Lobster Bisque)  | 640             | 390                      | 44                   | 23                  | 1                     | 205                     | 2040               | 39              | 2                | 12               | 18                 |
| Coastal Soup and Grilled Shrimp Salad (Mediterranean Vegetable Soup)  | 320             | 90                       | 10                   | 1.5                 | 0                     | 65                      | 1590               | 42              | 6                | 9                | 12                 |
| Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)  | 520             | 310                      | 34                   | 18                  | 0                     | 160                     | 1690               | 34              | 3                | 5                | 17                 |
| Crab Linguini Alfredo (Lunch)   | 700             | 310                      | 34                   | 10                  | 0.5                   | 80                      | 1350               | 64              | 3                | 10               | 34                 |
| Crab Linguini Alfredo (Full)  | 1370            | 580                      | 65                   | 19                  | 1                     | 160                     | 2730               | 128             | 7                | 20               | 69                 |
| Crunchy Popcorn Shrimp  | 410             | 160                      | 18                   | 1.5                 | 0                     | 145                     | 1930               | 47              | 4                | 9                | 17                 |
| Fire-Grilled Shrimp Skewers   | 360             | 100                      | 11                   | 2                   | 0                     | 130                     | 1500               | 47              | 4                | 5                | 12                 |
| Fire-Grilled Tacos with Chicken   | 440             | 170                      | 19                   | 2.5                 | 0                     | 75                      | 1560               | 45              | 6                | 4                | 26                 |
| Fire-Grilled Tacos with Crunchy Fish  | 610             | 260                      | 29                   | 3                   | 0                     | 90                      | 2190               | 48              | 6                | 4                | 44                 |
| Fire-Grilled Tacos with Maritime & Norway Lobster Meat  | 510             | 240                      | 27                   | 3.5                 | 0                     | 80                      | 1530               | 47              | 6                | 4                | 25                 |
| Fire-Grilled Tacos with Shrimp  | 460             | 190                      | 21                   | 3                   | 0                     | 140                     | 1770               | 48              | 6                | 7                | 14                 |
| Fire-Grilled Tacos with Tilapia   | 560             | 210                      | 23                   | 3.5                 | 0                     | 100                     | 1940               | 44              | 6                | 3                | 49                 |
| Fish and Chips  | 840             | 450                      | 50                   | 7                   | 0.5                   | 75                      | 1880               | 76              | 6                | 20               | 22                 |
| Garlic Shrimp   | 220             | 150                      | 17                   | 2.5                 | 0                     | 120                     | 530                | 2               | 0                | 0                | 17                 |

| <b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.</b> | <b>Calories</b> | <b>Calories from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans. Fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Carb (g)</b> | <b>Fibre (g)</b> | <b>Sugar (g)</b> | <b>Protein (g)</b> |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Hand-Breaded Shrimp   | 290             | 120                      | 14                   | 1.5                 | 0                     | 125                     | 1230               | 24              | 2                | 6                | 19                 |
| Maple-Glazed Chicken  | 170             | 15                       | 1.5                  | 0.5                 | 0                     | 70                      | 830                | 21              | 0                | 20               | 18                 |
| Shrimp Linguini Alfredo (Lunch)   | 700             | 330                      | 36                   | 10                  | 0.5                   | 115                     | 1350               | 64              | 3                | 10               | 28                 |
| Shrimp Linguini Alfredo (Full)  | 1360            | 620                      | 69                   | 20                  | 1                     | 230                     | 2710               | 128             | 7                | 20               | 57                 |
| Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp   | 470             | 110                      | 12                   | 1.5                 | 0                     | 140                     | 2170               | 57              | 2                | 8                | 33                 |
| Shrimp and Fire-Grilled Chicken – Garlic Shrimp   | 410             | 110                      | 12                   | 2                   | 0                     | 155                     | 1540               | 40              | 1                | 3                | 33                 |
| Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer  | 350             | 70                       | 8                    | 1.5                 | 0                     | 130                     | 1630               | 40              | 1                | 3                | 24                 |
| Sole (Golden-fried)   | 480             | 300                      | 33                   | 4.5                 | 0.5                   | 95                      | 490                | 9               | 0                | 4                | 37                 |
| Sole (Oven-broiled)   | 210             | 50                       | 5                    | 0                   | 0                     | 100                     | 250                | 1               | 0                | 0                | 35                 |
| Sole (Baked with broccoli, rice and cheese stuffing)  | 380             | 180                      | 20                   | 6                   | 0                     | 90                      | 1020               | 16              | 1                | 5                | 31                 |
| 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   | 70              | 35                       | 4                    | 1                   | 0                     | 65                      | 390                | 0               | 0                | 0                | 3                  |
| Create Your Own Lunch – Garlic Shrimp   | 130             | 80                       | 8                    | 1.5                 | 0                     | 85                      | 310                | 1               | 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                 |
| <b>SEAFOOD LOVER'S LUNCH™ (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Norway Lobster-and-Shrimp Smashed Potato  | 820             | 450                      | 50                   | 14                  | 0.5                   | 155                     | 1590               | 62              | 9                | 5                | 31                 |
| 1/2 Red Lobster Signature Pizza   | 330             | 230                      | 31                   | 9                   | 0                     | 75                      | 880                | 27              | 2                | 5                | 20                 |
| Seafood-Stuffed Mushrooms   | 460             | 290                      | 32                   | 16                  | 1                     | 80                      | 920                | 21              | 2                | 4                | 24                 |
| <b>DESSERTS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Brownie Overboard™  | 1000            | 500                      | 55                   | 25                  | 1                     | 165                     | 400                | 119             | 6                | 81               | 12                 |
| Chocolate Wave  | 1040            | 510                      | 57                   | 18                  | 1                     | 95                      | 730                | 129             | 6                | 87               | 10                 |
| Key Lime Pie  | 400             | 130                      | 14                   | 8                   | 0                     | 145                     | 200                | 59              | 1                | 49               | 8                  |
| Triple-Chocolate Brownie a la Mode  | 320             | 150                      | 16                   | 8                   | 0                     | 50                      | 135                | 42              | 2                | 28               | 4                  |
| Vanilla Bean Cheesecake   | 710             | 440                      | 48                   | 30                  | 1                     | 175                     | 350                | 62              | 2                | 49               | 8                  |
| Warm Apple Crostada   | 520             | 220                      | 24                   | 11                  | 0                     | 10                      | 450                | 69              | 2                | 30               | 5                  |
| <b>SIDES &amp; ADDITIONS</b>  |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Add Grilled Shrimp to Your Salad  | 50              | 30                       | 3                    | 0.5                 | 0                     | 50                      | 310                | 0               | 0                | 0                | 2                  |
| Asparagus (seasonal)  | 80              | 60                       | 7                    | 4                   | 0                     | 20                      | 470                | 4               | 2                | 2                | 3                  |
| Baked Potato  | 210             | 20                       | 2                    | 0                   | 0                     | 0                       | 20                 | 45              | 5                | 2                | 5                  |
| Add Butter  | 60              | 60                       | 7                    | 3.5                 | 0                     | 10                      | 35                 | 0               | 0                | 0                | 0                  |
| Add Sour Cream  | 20              | 15                       | 2                    | 1                   | 0                     | 5                       | 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  | 190             | 110                      | 12                   | 2                   | 0                     | 15                      | 370                | 16              | 4                | 9                | 3                  |

| <b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.</b> | <b>Calories</b> | <b>Calories from Fat</b> | <b>Total Fat (g)</b> | <b>Sat. Fat (g)</b> | <b>Trans. Fat (g)</b> | <b>Cholesterol (mg)</b> | <b>Sodium (mg)</b> | <b>Carb (g)</b> | <b>Fibre (g)</b> | <b>Sugar (g)</b> | <b>Protein (g)</b> |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Creamy Norway and Maritime Lobster Baked Potato   | 370             | 150                      | 16                   | 4.5                 | 0                     | 30                      | 450                | 48              | 5                | 3                | 12                 |
| Creamy Norway and Maritime Lobster Mashed Potatoes  | 350             | 210                      | 23                   | 8                   | 0                     | 45                      | 1030               | 27              | 3                | 3                | 10                 |
| French Fries  | 290             | 100                      | 12                   | 1                   | 0                     | 0                       | 610                | 42              | 3                | 0                | 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                  |
| Signature Biscuits® (each)  | 150             | 80                       | 9                    | 3.5                 | 0                     | 0                       | 390                | 17              | 0                | 1                | 2                  |
| Tomato-Mozzarella Caprese   | 130             | 80                       | 9                    | 5                   | 0                     | 20                      | 510                | 7               | 1                | 4                | 7                  |
| Whipped Sweet Potatoes with Honey-Roasted Pecans  | 320             | 140                      | 16                   | 5                   | 0                     | 15                      | 680                | 43              | 4                | 32               | 3                  |
| <b>DRESSINGS &amp; CONDIMENTS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| 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  | 60              | 60                       | 7                    | 3.5                 | 0                     | 10                      | 35                 | 0               | 0                | 0                | 0                  |
| 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                       | 170                | 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  | 20              | 15                       | 2                    | 1                   | 0                     | 5                       | 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                  |
| <b>ALCOHOLIC DRINKS</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| 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   | 200             | 0                        | 0                    | 0                   | 0                     | 0                       | 85                 | 27              | 0                | 23               | 1                  |
| 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                  |

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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| 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 - Peach (Frozen)  | 290             | 0                        | 0                    | 0                   | 0                     | 0                       | 0                  | 48              | 1                | 43               | 1                  |
| Margarita - Peach (Rocks)   | 170             | 0                        | 0                    | 0                   | 0                     | 0                       | 0                  | 19              | 1                | 17               | 0                  |
| Margarita - Raspberry (Frozen)  | 280             | 0                        | 0                    | 0                   | 0                     | 0                       | 0                  | 46              | 2                | 40               | 0                  |
| Margarita - Raspberry (Rocks)   | 170             | 0                        | 0                    | 0                   | 0                     | 0                       | 0                  | 20              | 0                | 18               | 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                  |
| 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                  |
| <b>WINE</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Wine (6 oz.)  | 150             | 0                        | 0                    | 0                   | 0                     | 0                       | 5                  | 5               | 0                | 1                | 0                  |
| Wine (9 oz.)  | 220             | 0                        | 0                    | 0                   | 0                     | 0                       | 10                 | 7               | 0                | 2                | 0                  |
| Wine (Bottle)   | 630             | 0                        | 0                    | 0                   | 0                     | 0                       | 30                 | 19              | 0                | 5                | 1                  |
| White (Litre)   | 820             | 0                        | 0                    | 0                   | 0                     | 0                       | 50                 | 26              | 0                | 10               | 1                  |
| Red (Litre)   | 850             | 0                        | 0                    | 0                   | 0                     | 0                       | 40                 | 26              | 0                | 6                | 1                  |
| Sparkling (Bottle)  | 630             | 0                        | 0                    | 0                   | 0                     | 0                       | 40                 | 38              | 0                | 38               | 2                  |
| Sparkling (Split)   | 160             | 0                        | 0                    | 0                   | 0                     | 0                       | 10                 | 10              | 0                | 10               | 1                  |
| <b>BEER</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| 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                  |
| Can (15 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.)   | 100             | 0                        | 0                    | 0                   | 0                     | 0                       | 15                 | 6               | 0                | 0                | 1                  |
| Regular Draft Beer (20 oz.)   | 150             | 0                        | 0                    | 0                   | 0                     | 0                       | 15                 | 13              | 0                | 0                | 2                  |



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|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| <b>NONALCOHOLIC DRINKS</b>  |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| Boston Iced Tea (Classic Cranberry)   | 80              | 0                        | 0                    | 0                   | 0                     | 0                       | 25                 | 22              | 0                | 21               | 0                  |
| Boston Iced Tea (Peach)   | 180             | 0                        | 0                    | 0                   | 0                     | 0                       | 25                 | 45              | 1                | 42               | 1                  |
| Boston Iced Tea (Raspberry)   | 170             | 0                        | 0                    | 0                   | 0                     | 0                       | 25                 | 44              | 1                | 39               | 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                  |
| 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                  |
| Hand-Crafted Lemonade (Classic)   | 240             | 0                        | 0                    | 0                   | 0                     | 0                       | 15                 | 65              | 0                | 62               | 0                  |
| Hand-Crafted Lemonade (Peach)   | 230             | 0                        | 0                    | 0                   | 0                     | 0                       | 10                 | 59              | 1                | 55               | 0                  |
| Hand-Crafted Lemonade (Strawberry)  | 230             | 0                        | 0                    | 0                   | 0                     | 0                       | 10                 | 60              | 2                | 53               | 0                  |
| Hot Tea   | 0               | 0                        | 0                    | 0                   | 0                     | 0                       | 5                  | 1               | 0                | 0                | 0                  |
| IBC™ Cream Soda   | 180             | 0                        | 0                    | 0                   | 0                     | 0                       | 75                 | 48              | 0                | 48               | 0                  |
| IBC™ Root Beer  | 160             | 0                        | 0                    | 0                   | 0                     | 0                       | 60                 | 43              | 0                | 43               | 0                  |
| Iced Tea  | 130             | 0                        | 0                    | 0                   | 0                     | 0                       | 50                 | 34              | 0                | 34               | 0                  |
| 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                  |
| <b>AFTER DINNER DRINKS</b>  |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| 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                  |
| <b>KIDS' MENU</b>   |                 |                          |                      |                     |                       |                         |                    |                 |                  |                  |                    |
| 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                       | 220                | 8               | 3                | 2                | 3                  |
| Broiled Fresh Tilapia   | 220             | 50                       | 5                    | 0                   | 0                     | 100                     | 250                | 1               | 0                | 0                | 35                 |
| Caesar Salad  | 290             | 230                      | 25                   | 5                   | 0                     | 25                      | 600                | 12              | 2                | 2                | 5                  |
| Chicken Fingers   | 480             | 150                      | 16                   | 1.5                 | 0                     | 35                      | 1610               | 63              | 2                | 27               | 21                 |
| Garden Salad <i>does not include dressing choice</i>  | 70              | 15                       | 1.5                  | 0                   | 0                     | 0                       | 140                | 12              | 1                | 3                | 2                  |
| Golden-Fried Fish   | 290             | 140                      | 16                   | 1.5                 | 0                     | 50                      | 670                | 23              | 1                | 1                | 15                 |
| Garlic-Grilled Shrimp   | 130             | 60                       | 7                    | 1.5                 | 2.5                   | 120                     | 740                | 2               | 0                | 0                | 15                 |
| Grilled Chicken   | 290             | 180                      | 20                   | 3.5                 | 0                     | 85                      | 1030               | 10              | 0                | 9                | 19                 |
| Macaroni and Cheese   | 280             | 90                       | 10                   | 3                   | 0                     | 15                      | 550                | 39              | 1                | 9                | 10                 |
| Petite Maritime Lobster Tail  | 360             | 310                      | 35                   | 21                  | 0                     | 170                     | 590                | 1               | 0                | 0                | 9                  |
| Petite Red Lobster Roll   | 330             | 160                      | 17                   | 9                   | 0                     | 90                      | 470                | 25              | 0                | 8                | 14                 |
| Popcorn Shrimp  | 250             | 80                       | 9                    | 1                   | 0                     | 75                      | 1180               | 34              | 2                | 14               | 9                  |
| Surf's Up Sundae  | 120             | 40                       | 4.5                  | 2.5                 | 0                     | 15                      | 60                 | 20              | 0                | 12               | 1                  |