



ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 1/1/2018-1/28/2018

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

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

| Key to this Guide | PREPARATION | COMMON ALLERGENS | | | | | | | | | | | OTHER | |
|--|--|------------------|----------|-----|-----|-------|-------|---------|--|---|--------------|----------|--|-----|
| | | Peanut | Tree Nut | Soy | Egg | Dairy | Wheat | Finfish | Molluscan Shellfish oysters, clams, mussels, scallops | Crustacean Shellfish shrimp, crab, lobster | Sesame Seeds | Sulfites | Gluten* identified within ingredients | MSG |
| Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item <ul style="list-style-type: none"> Menu item presents a special risk of cross-contamination of all allergens due to the cooking method. | Risk of possible contamination due to cooking method | | | | | | | | | | | | | |
| SEASIDE STARTERS | | | | | | | | | | | | | | |
| Escargot with grilled artisan bread | • | | | Yes | | Yes | Yes | | Yes | | | Yes | Yes | |
| Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Lobster-Artichoke-and-Seafood Dip with tortilla chips | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Mozzarella Cheesesticks | • | | | Yes | | Yes | Yes | | | | | | Yes | |
| Peppercorn-Panko Calamari | • | | | | | Yes | Yes | | Yes | | | | Yes | |
| Red Lobster Signature Pizza | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Seafood -Stuffed Mushrooms | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Seaside Sampler | • | | Yes | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Signature Jumbo Shrimp Cocktail | • | | | | | | | | | Yes | | Yes | | |
| Sweet Chili Shrimp | • | | | Yes | Yes | | Yes | | | Yes | | Yes | Yes | |

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|--|--|--------|----------|-----|-----|-------|-------|---------|--|---|--------------|----------|--|-----|
| White Wine and Roasted-Garlic Mussels with <i>grilled artisan bread</i> | • | | | Yes | | Yes | Yes | | Yes | | | Yes | Yes | |
| Create Your Own Appetizer – Chicken Breast Strips | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Create Your Own Appetizer – Clam Strips | • | | | Yes | Yes | Yes | Yes | | Yes | | | | Yes | |
| TASTING PLATES | | | | | | | | | | | | | | |
| Dragon Broccoli | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Loaded Seaside Fries | • | | | Yes | | Yes | Yes | | Yes | | | Yes | Yes | |
| Petite Red Lobster Roll | • | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Shrimp Potstickers | • | | | Yes | | | Yes | | | Yes | | Yes | Yes | |
| Yucatan Shrimp with <i>grilled artisan bread</i> | • | | | | | Yes | Yes | | | Yes | | Yes | Yes | |
| SOUPS & SALADS | | | | | | | | | | | | | | |
| Classic Caesar Salad | | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Add Grilled Chicken | • | | | Yes | | | | | | | | | Yes | |
| Add Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | Yes | |
| Add Grilled Salmon | • | | | | | | | Yes | | | | | Yes | |
| Lobster Bisque | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Mediterranean Soup | | | | | Yes | Yes | Yes | | | | | Yes | Yes | |
| New England Clam Chowder | | | | Yes | | Yes | Yes | | Yes | | | | Yes | |
| ENTRÉES | | | | | | | | | | | | | | |
| Admiral's Feast | • | | | Yes | Yes | Yes | Yes | Yes | Yes | Yes | | Yes | Yes | |
| Bar Harbor Lobster Bake | • | | | Yes | | Yes | Yes | | Yes | Yes | | Yes | Yes | |
| Cajun Chicken Linguini Alfredo | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Canadian Snow Crab Legs | • | | | | | | | | | Yes | | | | |
| Crab Linguini Alfredo | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Lobster, Shrimp and Salmon | • | | | Yes | | Yes | | Yes | | Yes | | Yes | | |

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| Fire-Grilled Sirloin and Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Fire-Grilled Sirloin and Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Fire-Grilled Shrimp Skewer | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Maple-Glazed Chicken | • | | | Yes | | | Yes | | | | | | Yes | |
| Rock Lobster Tail Dinner | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Rock Lobster and Steak - Filet Mignon | • | | | Yes | | Yes | | | | Yes | | | | |
| Rock Lobster and Steak - NY Strip | • | | | Yes | | Yes | | | | Yes | | | | |
| Seafarer's Feast - <i>Limited Time Offer</i> | • | | | Yes | Yes | Yes | Yes | | Yes | Yes | | Yes | Yes | |
| Seaport Lobster and Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Seaside Shrimp Trio | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Steak - Filet Mignon | • | | | Yes | | Yes | | | | | | | | |
| Steak - NY Strip | • | | | Yes | | Yes | | | | | | | | |
| Steak - Sirloin | • | | | Yes | | Yes | | | | | | | | |
| Ultimate Feast® | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Walt's Favourite Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination – Fire-Grilled Chicken Breast | • | | | Yes | | | | | | | | Yes | | |
| Create Your Own Combination – Fire-Grilled Fresh Tilapia | • | | | Yes | | | | Yes | | | | | | |
| Create Your Own Combination – Fire-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Create Your Own Combination - Fire-Grilled Scallops | • | | | | | | | | | | | | | |
| Create Your Own Combination – Fire-Grilled Sirloin | • | | | Yes | | Yes | | | | | | | | |

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| Create Your Own Combination – Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Create Your Own Combination – Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination – Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination - Soy Ginger Salmon | • | | | Yes | | | Yes | Yes | | | | | Yes | |
| Create Your Own Combination – Stuffed Sole | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Create Your Own Combination – Walt's Favourite Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Lover's Tuesday – Fried Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Lover's Tuesday – Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Shrimp Lover's Tuesday – Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| GLOBALLY INSPIRED | | | | | | | | | | | | | | |
| Dragon Shrimp | • | | | Yes | | | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Tacos with Chicken | • | | | | Yes | Yes | Yes | | | | | Yes | Yes | |
| Fire-Grilled Tacos with Crunchy Fish | • | | | Yes | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Fresh Tilapia | • | | | | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Maritime Lobster Meat | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Tacos with Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fish and Chips | • | | | Yes | Yes | | Yes | Yes | | | | Yes | Yes | |
| Salmon New Orleans | • | | | Yes | | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Yucatan Tilapia and Shrimp | • | | | Yes | | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| CLASSIC FISH | | | | | | | | | | | | | | |
| Sole – Baked with shrimp, broccoli, rice and cheese stuffing | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |

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| Sole – Golden-fried | • | | | | | Yes | Yes | Yes | | | | Yes | Yes | |
| Sole – Oven-broiled | • | | | Yes | | | | Yes | | | | | | |
| 4-COURSE FEAST (unique items) | | | | | | | | | | | | | | |
| Cajun Chicken Linguini Alfredo | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Fire-Grilled Sirloin | • | | | Yes | | Yes | | | | | | | | |
| Fire-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Soy-Ginger Salmon | • | | | Yes | | | Yes | Yes | | | | | Yes | |
| Dessert – Triple-Chocolate Brownie à la Mode | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| PERFECT PAIRINGS - ADD-TO-ANY MEAL | | | | | | | | | | | | | | |
| Fire-Grilled Sea Scallops Add-On | • | | | Yes | | Yes | | | Yes | | | Yes | | |
| Fire-Grilled Shrimp Skewer Add-On | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Garlic Shrimp Add-On | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Maritime Lobster Tail Add-On – Fire-Grilled | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Maritime Lobster Tail Add-On – Roasted | • | | | Yes | | | | | | Yes | | | | |
| Topped Maritime Lobster Tail Add-On | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Walt's Favourite Shrimp Add-On | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| TODAY'S FRESH FISH MENU | | | | | | | | | | | | | | |
| TODAY'S FRESH FISH (pending availability) | • | | | | | | | Yes | | | | | | |
| Blackened Preparation | • | | | | | | | | | | | | | |
| Broiled Preparation | • | | | | | | | | | | | | | |
| Grilled Preparation | • | | | | | | | | | | | | | |
| Creamy Norway Lobster Beurre Blanc Topping - Add-on | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |

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| Pineapple Relish | | | | | | | | | | | | | | |
| Soy Ginger Glaze | • | | | Yes | | | Yes | | | | | | Yes | |
| Yucatan Shrimp Topping | | | | Yes | | Yes | | | | Yes | | Yes | | |
| Crab Cake Dinner | • | | | Yes | Yes | Yes | Yes | | | Yes | Yes | | Yes | |
| King Crab Legs | • | | | | | | | | | Yes | | | | |
| Live Maritime Lobster – Steamed | • | | | | | | | | | Yes | | | | |
| Live Maritime Lobster – Stuffed | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| LUNCH ENTRÉES | | | | | | | | | | | | | | |
| Captain's Catch | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Chicken Breast Strips | • | | | Yes | | | Yes | Yes | | | | Yes | Yes | |
| Classic Caesar Salad | | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Add Grilled Chicken | • | | | Yes | | | | | | | | | Yes | |
| Add Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | Yes | |
| Add Grilled Salmon | • | | | | | | | Yes | | | | | Yes | |
| Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i> | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Crunchy Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Tacos with Chicken | • | | | | Yes | Yes | Yes | | | | | Yes | Yes | |
| Fire-Grilled Tacos with Crunchy Fish | • | | | Yes | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Fresh Tilapia | • | | | | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Maritime Lobster Meat | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Tacos with Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Shrimp Skewers | • | | | Yes | | Yes | | | | Yes | | Yes | | |

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| Fish and Chips | • | | | Yes | Yes | | Yes | Yes | | | | Yes | Yes | |
| Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Hand-Breaded Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Linguini Alfredo with Cajun Chicken | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Linguini Alfredo with Crab | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Linguini Alfredo with Shrimp | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Maple-Glazed Chicken | • | | | Yes | | | Yes | | | | | | Yes | |
| Petite Red Lobster Roll | • | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Shrimp and Fire-Grilled Chicken – Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Sole – Baked with shrimp, broccoli, rice and cheese stuffing | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Sole – Golden-fried | • | | | | | Yes | Yes | Yes | | | | Yes | Yes | |
| Sole – Oven-broiled | • | | | Yes | | | | Yes | | | | | | |
| Create Your Own Lunch – Bay Scallops – Broiled | • | | | Yes | | | | | Yes | | | | | |
| Create Your Own Lunch – Bay Scallops – Fried | • | | | | | Yes | Yes | | Yes | | | Yes | Yes | |
| Create Your Own Lunch – Chicken Breast Strips | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Create Your Own Lunch - Fire-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Create Your Own Lunch – Fish Fillets-Broiled | • | | | Yes | | | | Yes | | | | | | |
| Create Your Own Lunch – Fish Fillets-Fried | • | | | | | | Yes | Yes | | | | Yes | Yes | |
| Create Your Own Lunch – Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |

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| Create Your Own Lunch – Hand-Breaded Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Lunch – Lightly Breaded Clam Strips | • | | | Yes | Yes | Yes | Yes | | Yes | | | | Yes | |
| KIDS' MENU | | | | | | | | | | | | | | |
| Chicken Fingers | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Fresh Fruit – Orange Wedges | | | | | | | | | | | | | | |
| Garlic-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Grilled Chicken | • | | | | | | | | | | | | | |
| Grilled Tilapia | • | | | | | | | Yes | | | | | | |
| Golden Fried Fish | • | | | | | | Yes | Yes | | | | | Yes | |
| Macaroni and Cheese | | | | Yes | | Yes | Yes | | | | | | Yes | |
| Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Petite Lobster Tail | • | | | | | | | | | Yes | | | | |
| Petite Red Lobster Roll | • | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Kids' Surf's Up Sundae | | | | Yes | | Yes | | | | | | Yes | | |
| DESSERTS | | | | | | | | | | | | | | |
| Brownie Overboard™ | | | Yes | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Chocolate Wave | | | | Yes | Yes | Yes | Yes | | | | | Yes | Yes | |
| Key Lime Pie | | | | Yes | Yes | Yes | Yes | | | | | Yes | Yes | |
| Vanilla Bean Cheesecake <i>with Strawberries</i> | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Warm Apple Crostada | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| SIDES & ADDITIONS | | | | | | | | | | | | | | |
| Asparagus - Seasonal | | | | | | Yes | | | | | | | | |

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| Baked Potato | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | |
| Caesar Salad | | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Coleslaw | | | | | Yes | | | | | | | | | |
| Creamy Lobster Baked Potato | | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Creamy Lobster Mashed Potatoes | | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Fresh Roasted Brussel Sprouts | | | | | | Yes | | | | | | | | |
| French Fries | • | | | | | | | | | | | | | |
| Garden Salad <i>does not include dressing choice</i> | | | | | | Yes | Yes | | | | | | Yes | |
| Mashed Potatoes | | | | Yes | | Yes | | | | | | | | |
| Rice | | | | Yes | | | | | | | | Yes | | |
| Signature Biscuits | | | | Yes | | Yes | Yes | | | | | | Yes | |
| Tomato Caprese | | | | | | Yes | | | | | | Yes | | |
| Whipped Sweet Potatoes w/Honey-roasted Pecans | | | Yes | | | Yes | Yes | | | | | | Yes | |
| DRESSINGS & SAUCES | | | | | | | | | | | | | | |
| 100% Pure Melted Butter | | | | | | Yes | | | | | | | | |
| Add Butter to Baked Potato | | | | Yes | | Yes | | | | | | | | |
| Add Sour Cream to Baked Potato | | | | | | Yes | | | | | | | | |
| Blue Cheese Dressing | | | | | Yes | Yes | | | | | | | | |
| Caesar Dressing | | | | Yes | Yes | Yes | | Yes | | | | | | |
| Champagne Vinaigrette | | | | | | | | | | | | Yes | | |
| Cocktail Sauce | | | | Yes | | | | | | | | | | |

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| French Dressing | | | | Yes | | | | | | | | | | |
| Honey Mustard Dressing | | | | | Yes | | | | | | | | | |
| Ketchup | | | | | | | | | | | | | | |
| Marinara Sauce | | | | | | | | | | | | | | |
| Mayonnaise | | | | Yes | Yes | | | | | | | | | |
| Mustard | | | | | | | | | | | | | | |
| Pico de Gallo | | | | | | | | | | | | | | |
| Piña Colada Dipping Sauce | | | Yes | | | Yes | | | | | | | | |
| Ranch Dressing | | | | | Yes | Yes | | | | | | | | Yes |
| Tartar Sauce | | | | Yes | Yes | | | | | | | | | |
| Thousand Island Dressing | | | | Yes | Yes | | | | | | | | | |