



## 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	
<b>Yes = Menu item contains this specific allergen</b> <b>Blank = means specific allergen is not in the Menu Item</b> <ul style="list-style-type: none"> <li>Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.</li> </ul>	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites	Gluten* identified within ingredients	MSG
<b>SEASIDE STARTERS</b>														
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	
<b>TASTING PLATES</b>														
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	
<b>SOUPS &amp; SALADS</b>														
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	
<b>ENTRÉES</b>														
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	
<b>GLOBALLY INSPIRED</b>														
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	
<b>CLASSIC FISH</b>														
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						
<b>4-COURSE FEAST (unique items)</b>														
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	
<b>PERFECT PAIRINGS - ADD-TO-ANY MEAL</b>														
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	
<b>TODAY'S FRESH FISH MENU</b>														
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	
<b>LUNCH ENTRÉES</b>														
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	
<b>KIDS' MENU</b>														
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		
<b>DESSERTS</b>														
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	
<b>SIDES &amp; ADDITIONS</b>														
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	
<b>DRESSINGS &amp; SAUCES</b>														
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									