



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 5/29/2017 - 7/9/2017

<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>
<b>LOBSTER &amp; SHRIMP SUMMERFEST<sup>SM</sup></b>											
Cape Cod <sup>®</sup> Shrimp and Chips	1120	560	63	8	1	145	3500	113	11	24	25
Coastal Lobster and Shrimp <sup>TM</sup>	1200	730	81	31	0.5	360	3620	79	6	17	40
Creamy Lobster and Shrimp Cavatappi Pasta	1370	700	78	25	1.5	385	2790	86	3	22	80
Grilled Lobster and Red Shrimp	580	490	55	25	0	250	1350	2	1	1	19
Lobster and Shrimp Overboard <sup>TM</sup>	1980	1060	118	42	2	655	5590	131	6	21	98
Seaport Lobster and Shrimp	740	580	65	26	0	370	1750	2	1	1	36
<b>FEATURED COCKTAILS</b>											
Caribbean Long Island	140	0	0	0	0	0	0	15	1	13	0
Watermelon Margarita	170	0	0	0	0	0	630	22	0	21	0
<b>FEATURED APPETIZER</b>											
Panko-Crusted Red Shrimp	460	200	22	2	0	170	1420	42	1	7	23
<b>SEASIDE STARTERS</b>											
Crispy Calamari and Vegetables	910	510	57	4.5	0	235	2420	78	5	9	24
Crispy Shrimp Lettuce Wraps	620	160	18	1.5	0	145	2560	93	9	45	23
Escargot	310	130	14	5	0	85	990	30	3	2	17
Island Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Lobster-Artichoke-and-Seafood Dip	1030	500	56	17	1	115	2560	105	10	9	29
Mozzarella Cheesesticks	720	330	37	12	0.5	60	1980	66	5	5	60
Red Lobster Signature Pizza	630	450	59	17	0.5	105	1430	53	3	11	39
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 Shrimp Cocktail	120	5	0	0	0	165	1020	9	0	6	20
Sweet Chili Shrimp	1070	680	75	10	1	200	1900	77	3	51	23
White Wine and Roasted-Garlic Mussels	1170	450	51	11	0.5	210	2660	81	9	9	92
Create Your Own Appetizer – Chicken Breast Strips	560	350	39	4.5	0	60	1410	30	1	8	22
Create Your Own Appetizer – Clam Strips	560	370	41	5	0.5	30	890	39	1	4	11

<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>
Create Your Own Appetizer – Crispy Calamari and Vegetables	470	260	29	2.5	0	120	1330	41	3	6	13
Create Your Own Appetizer – Escargot	310	130	14	5	0	85	990	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 – Stuffed Mushrooms	310	190	21	10	0.5	55	620	14	1	3	16
<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	620	440	49	9	1	115	1630	19	3	6	27
Classic Caesar Salad with Fire-Grilled Salmon	850	610	67	12	1	140	1150	19	3	5	41
Classic Caesar Salad with Fire-Grilled Shrimp	620	450	50	9	1	175	1760	19	3	6	15
Creamy Potato Bacon Soup (Cup)	270	170	19	11	0	60	890	21	1	1	4
Creamy Potato Bacon Soup (Bowl)	530	340	38	23	1	120	1780	41	2	2	9
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
New England Clam Chowder (Cup)	170	60	7	1.5	2	10	600	23	1	4	5
New England Clam Chowder (Bowl)	340	120	13	3	3.5	20	1210	46	2	8	9
<b>ADD TO ANY MEAL</b>											
Garlic-Grilled Sea Scallops	100	35	4	0.5	0	25	450	3	0	0	12
Garlic-Grilled Shrimp	130	60	7	1.5	2.5	120	740	2	0	0	15
Hand-Crafted Garlic Shrimp	220	150	17	2.5	0	120	530	2	0	0	17
Lobster-Topped Maritime Lobster Tail	300	230	25	6	0	110	820	3	0	1	16
Maritime Lobster Tail (Fire-Grilled)	480	440	49	24	0	170	760	1	0	0	9
Maritime Lobster Tail (Roasted)	440	390	44	23	0	170	680	1	0	0	9
Walt's Favourite Shrimp	320	130	14	1.5	0	90	1590	37	2	8	12
<b>DINNER ENTRÉES</b>											
Admiral's Feast	1260	670	74	9	0.5	210	3820	99	4	14	51
Bar Harbor Lobster Bake	1640	830	93	34	1	425	3140	116	9	5	82
Cajun Chicken Linguini Alfredo	1550	690	77	25	1.5	235	3730	133	8	27	84
Canadian Snow Crab Legs	440	310	34	21	0	205	1600	0	0	0	32
Cheese-Crusted Fresh Tilapia	780	500	55	13	1	115	1260	23	1	5	50
Crab Linguini Alfredo	1860	960	106	35	2	210	3980	148	7	38	79
Fire-Grilled Lobster, Shrimp and Salmon	960	440	49	14	0	315	2530	69	2	26	60
Fire-Grilled Peppercorn Sirloin	260	110	12	4.5	0.5	100	760	3	0	0	36
Fire-Grilled Peppercorn Sirloin and Garlic Shrimp	500	260	29	7	1	220	1300	5	1	0	53
Fire-Grilled Peppercorn Sirloin and Grilled Shrimp	380	170	19	6	1	215	1370	4	0	0	48
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	1020	530	59	7	1	125	2300	84	7	20	39
Garlic-Grilled Shrimp	260	130	14	3	5	235	1480	3	1	1	29
Grilled New York Strip Steak	840	450	50	19	3.5	200	1270	26	3	4	75
Island Jumbo Coconut Shrimp	960	550	61	16	0	150	1620	77	8	27	24

<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>
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	0	0	0	33
Live Maritime Lobster (Roasted and Stuffed)	580	360	40	23	0	310	640	16	1	2	38
Maple-Glazed Chicken	250	30	3	1	0	135	1850	21	1	21	36
New York Strip and Rock Lobster Tail	1060	680	76	37	3	360	1290	3	1	3	93
Roasted Maritime Lobster Bake	1190	570	64	14	1	170	1940	111	9	7	40
Rock Lobster Tail	560	400	44	23	0	240	1010	2	0	1	39
Salmon New Orleans (Half)	680	450	50	11	0.5	195	1280	16	5	2	46
Salmon New Orleans (Full)	990	620	69	15	0.5	285	1370	16	5	2	78
Seaport Lobster and Shrimp	740	580	65	26	0	370	1750	2	1	1	36
Seaside Shrimp Trio	1290	630	70	16	1	335	3710	104	6	21	60
Shrimp Linguini Alfredo	1480	710	78	24	1.5	250	3180	130	7	26	62
Shrimp Lover's Tuesday – Coconut Shrimp Bites	400	200	22	7	0	90	800	38	3	16	11
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
(Oven-broiled)	420	90	10	0.5	0	205	530	1	0	0	70
(Baked with broccoli, rice, and cheese stuffing)	760	360	41	11	0.5	185	2040	32	2	11	61
Ultimate Feast®	1020	630	70	26	0	440	3400	45	5	9	55
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
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 – Garlic-Grilled Sea Scallops	100	35	4	0.5	0	25	450	3	0	0	12
Create Your Own Combination – Garlic-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. Peppercorn-Grilled Sirloin	260	110	12	4.5	0.5	100	760	3	0	0	36
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	740	350	39	12	0.5	125	1590	65	3	13	31
Create Your Own Combination – Soy-Ginger Salmon	330	150	17	3	0	85	740	12	1	9	30
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	780	340	38	12	0.5	120	1870	67	4	14	42
4-Course Feast – Fire-Grilled Sirloin	260	110	12	4.5	0.5	100	760	3	0	0	36
4-Course Feast – Garlic-Grilled Shrimp	450	150	17	3.5	5	235	1980	42	1	3	32
4-Course Feast – Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
4-Course Feast – Shrimp Linguini Alfredo	740	350	39	12	0.5	125	1590	65	3	13	31
4-Course Feast – Soy-Ginger Salmon	330	150	17	3	0	85	740	12	1	9	30

<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>
<b>TODAY'S FRESH FISH (pending availability)</b>											
Arctic Char	550	170	18	4.5	0	50	640	41	2	3	44
Catfish	410	130	14	2.5	0	90	660	38	1	2	29
Lake Whitefish	510	150	17	2.5	0	130	610	41	2	3	45
Perch	380	50	6	1	0	170	610	41	2	3	40
Pickeral	410	60	7	1	0	180	600	41	2	3	44
Pacific Snapper	370	60	6	1	0	90	630	41	2	3	36
Rainbow Trout	690	220	25	5	0	200	670	41	2	3	71
Salmon (Lunch/Half)	510	200	22	4	0	90	590	41	2	3	35
Salmon (Full)	820	370	41	8	0	185	670	41	2	3	67
Swordfish	510	160	18	4	0	135	660	41	2	3	44
Tilapia (Lunch/Half)	410	70	8	2	0	90	580	41	2	3	44
Tilapia (Full)	630	120	14	3.5	0	180	670	41	2	3	85
Yellowtail Tuna	440	45	5	1	0	85	590	41	2	3	55
Live Maritime Lobster (Steamed)	440	310	34	21	0	295	290	0	0	0	33
Live Maritime Lobster (Roasted and Stuffed)	580	360	40	23	0	310	640	16	1	2	38
Crab Cake Dinner	750	360	40	7	0.5	245	1820	57	4	5	42
Split King Crab Dinner	480	320	35	21	0	210	1560	0	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
Grilled Fish Seasoning	0	0	0	0	0	0	1000	0	0	0	0
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	1
<b>LUNCH ENTRÉES</b>											
Cajun Chicken Linguini Alfredo (Lunch)	780	340	38	12	0.5	120	1870	67	4	14	42
Cajun Chicken Linguini Alfredo (Full)	1550	690	77	25	1.5	235	3730	133	8	27	84
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	620	440	49	9	1	115	1630	19	3	6	27
Classic Caesar Salad with Fresh Salmon	850	610	67	12	1	140	1150	19	3	5	41
Classic Caesar Salad with Shrimp	620	450	50	9	1	175	1760	19	3	6	15
Coastal Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup)	660	390	44	24	1	185	2310	53	4	6	14
Coastal Soup and Grilled Shrimp Salad (Langostino and Lobster Bisque)	640	390	44	23	1	205	2040	39	2	12	18
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	470	170	19	4	3.5	85	1740	57	3	12	15
Crab Linguini Alfredo (Lunch)	930	480	53	18	1	105	1990	74	3	19	39
Crab Linguini Alfredo (Full)	1860	960	106	35	2	210	3980	148	7	38	79
Crunchy Popcorn Shrimp	410	160	18	1.5	0	145	1930	47	4	9	17
Fire-Grilled Cheeseburger	1310	710	79	25	2	135	2440	100	7	21	45
Fire-Grilled Chicken Sandwich	1000	450	50	13	0.5	110	2820	100	7	21	32
Fire-Grilled Shrimp Skewers	170	70	8	1.5	0	130	820	8	3	3	9

<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>
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 Fresh Tilapia	560	210	23	3.5	0	100	1940	44	6	3	49
Fish Sandwich	950	410	45	6	0.5	65	2080	110	7	23	22
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
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	970	21	0	20	18
Shrimp Linguini Alfredo (Lunch)	740	350	39	12	0.5	125	1590	65	3	13	31
Shrimp Linguini Alfredo (Full)	1480	710	78	24	1.5	250	3180	130	7	26	62
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp	270	90	10	1.5	0	140	1500	19	1	7	29
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	210	90	10	2	0	155	870	1	0	1	30
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer	150	50	5	1.5	0	130	960	1	0	1	21
Sole (Golden-fried)	480	300	33	4.5	0.5	95	490	9	0	4	37
(Oven-broiled)	210	50	5	0	0	100	250	1	0	0	35
(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™ SPECIALS (MONDAY THROUGH FRIDAY, 11 A.M.-3 P.M.)</b>											
Cape Cod® Shrimp and Chips Basket	680	310	34	4.5	0	70	2270	80	7	15	14
1/2 Red Lobster Signature Pizza	310	220	30	9	0	50	710	27	2	5	19
Fire-Grilled Maritime Lobster Meat Tacos	510	240	27	3.5	0	80	1530	47	6	4	25
Fire-Grilled Shrimp Tacos	460	190	21	3	0	140	1770	48	6	7	14
Watermelon Lemonade	250	0	0	0	0	0	10	65	0	62	0
<b>DESSERTS</b>											
Brownie Overboard™	610	300	33	14	0	95	250	74	3	50	7
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	730	450	50	31	1	185	370	63	2	50	9
Warm Apple Crostada	520	220	24	11	0	10	450	69	2	30	5
Warm Chocolate Chip Lava Cookie	870	340	37	17	0	85	550	123	4	77	10

<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>
<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)	110	80	9	6	0	25	490	5	3	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	200	140	15	2.5	0	20	430	13	3	8	2
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
Grilled Zucchini and Squash	120	90	10	3.5	0	10	220	7	2	4	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)	170	100	11	4	0	0	430	17	1	1	2
Sweet Corn Cobette	100	20	2	0.5	0	0	45	20	2	3	3
Tomato-Mozzarella Caprese	130	80	9	5	0	20	220	7	1	4	7
<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	190	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

<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>
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
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>											
White (6 oz.)	140	0	0	0	0	0	10	5	0	2	0
White (9 oz.)	220	0	0	0	0	0	15	7	0	3	0
White (1/2 Litre)	410	0	0	0	0	0	25	13	0	5	0
White (Bottle)	630	0	0	0	0	0	35	19	0	7	1
White (Litre)	820	0	0	0	0	0	50	26	0	10	1
Red (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Red (9 oz.)	220	0	0	0	0	0	15	7	0	3	0
Red (1/2 Litre)	410	0	0	0	0	0	25	13	0	5	0
Red (Bottle)	630	0	0	0	0	0	30	19	0	5	1
Red (Litre)	850	0	0	0	0	0	40	26	0	6	1

<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>
<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
Hard Cider (10 oz.)	200	0	0	0	0	0	10	29	0	23	0
Guinness Can (17.5 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.)	170	0	0	0	0	0	25	10	0	0	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
<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	35	8	3	2	3
Broiled Fish	230	90	11	1.5	0	125	380	1	0	0	30
Caesar Salad	290	230	25	5	0	25	590	12	1	3	6



<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>
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
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	860	9	0	9	19
Lobster Tail	420	320	35	21	0	275	940	1	0	0	23
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
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