



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 1/1/2018 - 1/28/2018

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)
EXPLORE OUR NEW MENU											
Dragon Broccoli	460	230	26	2	0	0	1690	49	5	10	8
Dragon Shrimp	460	230	26	2	0	0	1690	49	5	10	8
Petite Red Lobster Roll	330	170	19	10	0	90	510	25	1	8	14
Seafarer's Feast	1150	720	80	28	0.5	425	3690	47	3	9	60
Yucatán Shrimp	260	150	17	10	0	90	860	17	2	3	9
Yucatán Tilapia and Shrimp	800	370	41	22	0	270	2130	50	3	7	59
FEATURED COCKTAILS											
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
SEASIDE STARTERS											
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

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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
TASTING PLATES											
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
SOUPS & SALADS											
Classic Caesar Salad	520	400	45	8	1	45	1090	22	4	6	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
PERFECT PAIRINGS											
Fire-Grilled Sea Scallops	220	100	11	2	0	45	920	7	0	0	22
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
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
DINNER ENTRÉES											
Admiral's Feast	1130	600	67	8	0.5	180	3340	91	4	13	42
Bar Harbor Lobster Bake	1340	530	59	13	1	335	2810	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	950	360	40	3.5	0	190	3200	111	7	37	34
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	400	150	17	5	3	245	1710	3	1	1	59
Fire-Grilled Sirloin and Garlic Shrimp	500	240	26	6	0.5	250	1490	3	1	1	61
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

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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	550	390	44	23	0	225	950	2	0	1	35
Rock Lobster and Steak - 6 oz. Filet Mignon	740	510	57	30	0	290	1410	4	1	1	53
Rock Lobster and Steak - 12 oz. New York Strip	1170	760	85	41	2.5	405	3180	4	1	2	97
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
Steaks: 7 oz. Sirloin	270	90	10	3.5	0	130	970	2	0	1	44
Steaks: 6 oz. Filet Mignon	190	80	9	3	0	75	560	2	0	0	27
Steaks: 12 oz. New York Strip	630	330	37	14	2.5	190	2340	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	220	100	11	2	0	45	920	7	0	0	22
Create Your Own Combination – Fire-Grilled Shrimp	320	90	10	2	2.5	120	1240	40	1	2	18

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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	270	90	10	3.5	0	130	970	2	0	1	44
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	270	90	10	3.5	0	130	970	2	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
TODAY'S FRESH FISH (pending availability)											
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
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

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LUNCH ENTRÉES											
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	520	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)	650	400	44	23	1	205	2060	40	3	12	18
Coastal Soup and Grilled Shrimp Salad (Mediterranean Vegetable Soup)	320	90	10	1.5	0	65	1610	43	6	9	12
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	530	310	34	18	0	160	1710	35	3	4	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
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
Petite Red Lobster Roll with Fries	1010	450	50	20	0	180	2110	106	6	29	32
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
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

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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
DESSERTS											
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
SIDES & ADDITIONS											
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	220	25	4.5	0	25	620	14	1	4	5
Coleslaw	190	110	12	2	0	15	370	16	4	9	3
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	2	0	0	0	160	13	2	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
DRESSINGS & CONDIMENTS											
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

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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
ALCOHOLIC DRINKS											
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
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

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)
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	1650	12	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
WINE											
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
BEER											
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
NONALCOHOLIC DRINKS											
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

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)
AFTER DINNER DRINKS											
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
KIDS' MENU											
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	220	25	4.5	0	25	620	14	1	4	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	2	0	0	0	160	13	2	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