



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 5/28/2018 - 7/8/2018

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)
LOBSTER & SHRIMP SUMMERFEST											
Caribbean Lobster and Shrimp	750	390	43	13	0	200	1470	56	5	28	35
Cedar-Plank Seafood Bake	1050	600	67	29	0	380	2430	66	11	8	51
Lobster and Shrimp Overboard™	1160	710	79	32	1	535	5630	57	6	10	60
Norway Lobster-and-Shrimp Zoodle Pasta	1100	600	66	19	1.5	375	5510	78	8	8	56
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	1120	630	70	19	1	135	2250	91	11	7	33
Mozzarella Cheesesticks	660	300	33	11	0.5	55	1810	60	4	5	54
Peppercorn-Panko Calamari	830	550	61	5	0	215	3100	47	4	9	26
Red Lobster Signature Pizza	590	440	59	15	0.5	150	1490	49	4	6	36
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	890	560	62	8	1	155	2290	64	3	42	20
White Wine and Roasted-Garlic Mussels	760	450	50	12	0.5	75	2250	44	3	4	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	590	390	43	6	0	30	1050	39	3	4	10
Create Your Own Appetizer – Dragon Broccoli	440	220	24	2	0	0	1620	48	4	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

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TASTING PLATES											
Dragon Broccoli	460	230	26	2	0	0	1690	49	5	10	8
Loaded Seaside Fries	810	380	43	9	0	50	2100	82	7	4	23
Shrimp Potstickers	220	45	5	0.5	0	40	1260	35	2	15	9
Yucatán Shrimp	310	200	23	7	0	80	1370	18	2	3	11
SOUPS & SALADS											
Classic Caesar Salad	520	400	45	8	1	45	1090	22	4	6	9
Classic Caesar Salad with Fire-Grilled Chicken	100	30	3.5	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	70	20	2	0	0	110	600	0	0	1	5
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	520	15	2	3	3
Mediterranean Vegetable Soup (Bowl)	180	35	4	0.5	0	0	1040	29	4	6	7
New England Clam Chowder (Cup)	160	90	11	6	0	40	600	11	1	4	5
New England Clam Chowder (Bowl)	320	190	21	13	0	75	1210	22	1	8	11
PERFECT PAIRINGS											
Fire-Grilled Sea Scallops	90	40	4.5	1	0	30	570	1	0	0	12
Fire-Grilled Shrimp	90	35	4	1	2	100	570	1	0	0	12
Garlic Shrimp	210	150	17	2.5	0	105	920	2	1	1	12
Maritime Lobster Tail (Fire-Grilled)	410	350	39	22	0	190	800	1	1	0	13
Maritime Lobster Tail (Steamed)	360	310	34	21	0	185	620	1	0	0	12
Topped Maritime Lobster Tail	310	230	25	6	0	125	880	3	0	1	18
Walt's Favourite Shrimp	280	110	12	1	0	80	1700	33	2	6	11
DINNER ENTRÉES											
Admiral's Feast	1160	630	70	8	1	170	3920	94	6	15	40
Bar Harbor Lobster Bake	1250	510	57	13	1	325	3340	107	9	4	74
Cajun Chicken Linguini Alfredo	1430	610	68	20	1	215	4180	131	11	22	77
Canadian Snow Crab Legs	440	310	34	21	0	205	1600	1	0	0	32
Crab Linguini Alfredo	1260	550	62	19	1	140	2460	120	8	20	58
Dragon Shrimp	950	250	28	2.5	0	135	4300	140	8	33	33
Fire-Grilled Lobster, Shrimp and Salmon	900	470	53	14	0	275	2360	44	2	3	59
Fire-Grilled Shrimp	170	70	8	1.5	4	195	1150	2	0	1	24
Fire-Grilled Sirloin and Fire-Grilled Shrimp	360	120	14	4	2.5	225	1540	3	1	1	56
Fire-Grilled Sirloin and Garlic Shrimp	480	240	27	6	0.5	230	1890	4	1	1	56
Add a Fire-Grilled Shrimp Skewer	90	35	4	1	2	100	570	1	0	0	12
Add a Garlic Shrimp Skewer	210	150	17	2.5	0	105	920	2	1	1	12
Fire-Grilled Tacos with Chicken	450	170	19	2.5	0	75	1740	48	6	6	26
Fire-Grilled Tacos with Crunchy Fish	820	400	44	3.5	0	80	2240	77	8	6	33
Fire-Grilled Tacos with Maritime and Norway Lobster Meat	490	220	25	3	0	80	1480	47	6	4	25
Fire-Grilled Tacos with Shrimp	420	160	18	2.5	0	120	1610	47	6	6	13
Fire-Grilled Tacos with Tilapia	540	190	21	3	0	95	1720	43	5	3	49
Fish and Chips	1020	520	58	7	0.5	120	2270	86	8	20	39

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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)	600	360	40	24	0	310	700	20	1	2	39
Maple-Glazed Chicken	290	60	7	1.5	0	135	1570	22	1	21	37
Rock Lobster Tail	530	370	42	23	0	275	1180	1	1	0	37
Rock Lobster and Steak - 6 oz. Filet Mignon	680	440	49	26	0.5	290	1310	3	2	2	56
Rock Lobster and Steak - 12 oz. New York Strip	1120	730	81	37	2.5	395	3260	4	1	1	93
Salmon New Orleans (Half)	580	370	41	11	0	185	1340	10	2	3	42
Salmon New Orleans (Full)	890	540	61	14	0	280	1430	10	2	3	74
Seaport Lobster and Shrimp	690	540	60	26	0	375	2280	4	1	1	35
Seaside Shrimp Trio	1140	540	60	13	1	325	3970	98	8	17	52
Shrimp Linguini Alfredo	1260	560	62	19	1.5	290	2720	119	8	20	57
Shrimp Lover's Tuesday – Fried Shrimp	280	120	14	1	0	140	1620	24	2	6	16
Shrimp Lover's Tuesday – Garlic Shrimp	220	150	17	2.5	0	140	1140	2	1	1	16
Shrimp Lover's Tuesday – Popcorn Shrimp	420	180	19	1.5	0	90	1800	47	4	8	15
Sole (Golden-Fried)	1210	720	80	8	0	155	2770	71	5	8	51
Sole (Oven-Broiled)	400	70	8	0	0	205	620	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	230	90	10	4	0.5	90	480	2	1	1	34
Steaks: 12 oz. New York Strip	630	330	37	14	2.5	190	2340	2	1	1	71
Ultimate Feast®	960	620	68	26	0	425	3940	36	3	7	51
Walt's Favourite Shrimp	530	220	24	2	0	155	2870	58	4	7	22
Walt's Favourite Shrimp (Add 1/2 dozen more)	280	110	12	1	0	80	1700	33	2	6	11
Yucatán Tilapia and Shrimp	860	290	33	10	0	165	2580	85	3	6	57
Create Your Own Combination – Fire-Grilled Chicken Breast	300	50	6	1	0	70	1230	39	1	2	21
Create Your Own Combination – Fire-Grilled Fresh Tilapia	220	50	6	1.5	0	90	800	1	0	0	41
Create Your Own Combination – Fire-Grilled Sea Scallops	90	40	4.5	1	0	30	570	1	0	0	12
Create Your Own Combination – Fire-Grilled Shrimp	280	60	6	1	2	100	1070	40	1	2	15
Create Your Own Combination – Garlic Shrimp	220	150	17	2.5	0	140	1140	2	1	1	16
Create Your Own Combination – Island Jumbo Coconut Shrimp	780	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	650	280	31	9	0.5	145	1350	63	5	10	29
Create Your Own Combination – Soy-Ginger Salmon	360	170	19	3.5	0	90	770	10	0	8	33

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Create Your Own Combination – Walt's Favourite Shrimp	370	150	16	1.5	0	105	2090	41	3	6	15
4-Course Feast – Cajun Chicken Linguini Alfredo	730	310	34	10	0.5	105	2080	69	6	11	39
4-Course Feast – Fire-Grilled Fresh Tilapia	220	50	6	1.5	0	90	440	1	0	0	41
4-Course Feast – Fire-Grilled Shrimp	180	70	8	1.5	4	195	1150	3	0	1	24
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	650	280	31	9	0.5	145	1350	63	5	10	29
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	1	0	0	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)	600	360	40	24	0	310	700	20	1	2	39
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	120	80	8	5	0	50	510	6	0	3	6
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	1
LUNCH ENTRÉES											
Cajun Chicken Linguini Alfredo (Lunch)	650	280	31	9	0.5	70	1220	64	4	10	29
Cajun Chicken Linguini Alfredo (Full)	1430	610	68	20	1	215	4180	131	11	22	77
Captain's Catch	390	140	16	2.5	0	230	1870	16	2	6	43
Chicken Breast Strips	650	240	27	2.5	0	60	1700	70	2	16	34
Classic Caesar Salad	520	400	44	8	1	45	1080	22	3	8	9
Classic Caesar Salad with Chicken	100	30	3.5	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	70	20	2	0	0	110	600	0	0	1	5
Coastal Soup and Grilled Shrimp Salad (Lobster Bisque)	640	390	44	23	1	195	2010	41	3	12	17

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Coastal Soup and Grilled Shrimp Salad (Mediterranean Vegetable Soup)	320	90	10	1.5	0	55	1550	43	6	10	12
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	460	240	27	13	0	135	1720	36	3	12	15
Crab Linguini Alfredo (Lunch)	650	280	31	9	0.5	70	1220	64	4	10	29
Crab Linguini Alfredo (Full)	1260	550	62	19	1	140	2460	120	8	20	58
Crunchy Popcorn Shrimp	420	180	19	1.5	0	90	1800	47	4	8	15
Fire-Grilled Shrimp Skewers	350	90	10	2	0	110	1470	47	4	5	12
Fire-Grilled Tacos with Chicken	450	170	19	2.5	0	75	1740	48	6	6	26
Fire-Grilled Tacos with Crunchy Fish	820	400	44	3.5	0	80	2240	77	8	6	33
Fire-Grilled Tacos with Maritime & Norway Lobster Meat	490	220	25	3	0	80	1480	47	6	4	25
Fire-Grilled Tacos with Shrimp	420	160	18	2.5	0	120	1610	47	6	6	13
Fire-Grilled Tacos with Tilapia	540	190	21	3	0	95	1720	43	5	3	49
Fish and Chips	840	440	48	6	0.5	70	1850	78	7	20	23
Garlic Shrimp	210	150	17	2.5	0	105	920	2	1	1	12
Hand-Breaded Shrimp	230	100	11	1	0	110	1400	21	2	6	13
Maple-Glazed Chicken	190	30	3.5	0.5	0	70	830	21	0	20	18
Shrimp Linguini Alfredo (Lunch)	650	280	31	9	0.5	145	1350	63	5	10	29
Shrimp Linguini Alfredo (Full)	1260	560	62	19	1.5	290	2720	119	8	20	57
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp	440	110	12	1.5	0	135	2270	55	2	8	29
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	410	130	14	2.5	0	140	1800	40	1	3	29
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer	360	90	10	2	0	125	1580	40	1	3	24
Sole (Golden-fried)	710	460	51	6	0	85	1460	38	3	5	26
Sole (Oven-broiled)	200	35	4	0	0	100	310	1	0	0	35
Create Your Own Lunch – Bay Scallops – Broiled	60	5	0.5	0	0	35	490	3	1	0	11
Create Your Own Lunch – Bay Scallops – Fried	220	90	9	1	1	45	980	21	1	6	13
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	170	35	4	0.5	0	125	490	2	1	0	31
Create Your Own Lunch – Fish Fillet – Fried	470	330	36	5	0.5	75	1110	18	1	3	18
Create Your Own Lunch – Garlic-Grilled Shrimp	60	35	4	1	0	55	350	0	0	0	3
Create Your Own Lunch – Garlic Shrimp	120	80	9	1.5	0	75	620	2	0	0	8
Create Your Own Lunch – Hand-Breaded Shrimp	150	60	7	0.5	0	65	1030	16	1	6	8
Create Your Own Lunch – Lightly Breaded Clam Strips	590	390	43	6	0	30	1050	39	3	4	10
DESSERTS											
Brownie Overboard™	980	470	53	26	1	170	390	121	5	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

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SIDES & ADDITIONS											
Add Grilled Shrimp to Your Salad	50	25	3	0.5	0	45	280	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
Chesapeake Corn	100	25	2.5	1	0	5	45	19	3	3	3
Coleslaw	190	110	12	2	0	15	370	16	4	9	3
Creamy Norway and Maritime Lobster Baked Potato	380	150	16	4.5	0	30	470	48	5	3	12
Creamy Norway and Maritime Lobster Mashed Potatoes	350	210	23	8	0	40	1050	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>	60	15	1.5	0	0	0	130	11	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
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
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

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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
Lobster Caesar™	130	0	0	0	0	35	1650	12	1	7	4
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
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	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
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	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.)	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

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)
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
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	80	0	0	0	0	0	5	22	0	21	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Raspberry Lemonade	190	0	0	0	0	0	115	44	1	37	3
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Broiled Fresh Tilapia	220	50	6	1.5	0	90	440	1	0	0	41
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>	60	15	1.5	0	0	0	130	11	2	3	2
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Garlic-Grilled Shrimp	90	35	4	1	2	100	570	1	0	0	12
Grilled Chicken	170	30	3.5	0	0	70	1010	16	1	15	18
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Maritime Lobster Tail	360	320	35	21	0	175	580	1	0	0	10
Popcorn Shrimp	250	90	10	1	0	45	1120	34	3	13	8
Surf's Up Sundae	160	50	6	3	0	15	80	25	0	15	2