



## ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 01/28/2019-4/21/2019

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	NUTRITION	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	
<b>Yes</b> = Menu item contains this specific allergen <b>Blank</b> = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Calories	Risk of possible contamination due to cooking method														
<b>LOBSTERFEST®</b>																
Lobster Lover's Dream™	1540	•			Yes		Yes	Yes					Yes		Yes	Yes
Ultimate Lobsterfest® Surf and Turf	1270	•			Yes		Yes	Yes					Yes		Yes	Yes
Lobster in Paradise®	1070	•		Yes	Yes	Yes	Yes	Yes					Yes		Yes	Yes
RL Signature Creamy Lobster Alfredo	1430				Yes		Yes	Yes					Yes		Yes	Yes
Lobster-Topped Tilapia	370	•			Yes		Yes	Yes	Yes				Yes		Yes	Yes
Seaport Lobster and Shrimp	690	•			Yes		Yes						Yes		Yes	
Classic Surf and Turf	620	•			Yes		Yes						Yes			
Butter-Poached Maritime Lobster Tail - Add on	250						Yes						Yes			
Coconut-Fried Maritime Lobster Tail - Add on	450	•		Yes	Yes		Yes	Yes					Yes		Yes	Yes
Lobster Lover's Dream® Pasta - Add on	820				Yes		Yes	Yes					Yes		Yes	Yes
Caribbean Shrimp and Lobster Bake - Add on	300			Yes	Yes		Yes	Yes					Yes		Yes	Yes
Buttered Lobster Bake - Add on	500						Yes						Yes			
Creamy Lobster Topping - Add on	160				Yes		Yes	Yes					Yes			Yes
<b>FEATURED APPETIZER</b>																
Chilled Lobster-and-Shrimp Cocktail	160												Yes		Yes	
<b>FEATURED SIDES</b>																
Roasted Green Beans	160				Yes		Yes									
Fresh Asparagus	80						Yes									
<b>SEASIDE STARTERS</b>																
Escargot with grilled artisan bread	300	•			Yes		Yes	Yes				Yes			Yes	Yes

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Island Jumbo Coconut Shrimp	610	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Lobster-Artichoke-and-Seafood Dip with tortilla chips	1120	•			Yes	Yes	Yes	Yes			Yes			Yes	
Mozzarella Cheesesticks	660	•			Yes		Yes	Yes						Yes	
Peppercorn-Panko Calamari	830	•					Yes	Yes		Yes				Yes	
Seafood-Stuffed Mushrooms	430				Yes		Yes	Yes			Yes		Yes	Yes	
Seaside Sampler	820	•		Yes	Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Signature Jumbo Shrimp Cocktail	120										Yes		Yes		
Sweet Chili Shrimp	890	•			Yes	Yes		Yes			Yes		Yes	Yes	
White Wine and Roasted-Garlic Mussels with grilled artisan bread	760	•			Yes		Yes	Yes		Yes			Yes	Yes	
Loaded Seaside Fries	820	•			Yes	Yes	Yes	Yes	Yes	Yes				Yes	
Shrimp Potstickers	380	•			Yes	Yes		Yes			Yes		Yes	Yes	
<b>SOUPS &amp; SALADS</b>															
Classic Caesar Salad	520					Yes	Yes	Yes	Yes					Yes	
Add Grilled Chicken	100	•				Yes	Yes	Yes	Yes					Yes	
Add Grilled Shrimp	70	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Add Grilled Salmon	310	•				Yes	Yes	Yes	Yes					Yes	
Lobster Bisque (cup/bowl)	270/520				Yes		Yes	Yes			Yes		Yes	Yes	
New England Clam Chowder (cup/bowl)	170/330				Yes		Yes	Yes		Yes				Yes	
<b>ENTRÉES</b>															
Admiral's Feast	1190	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes
Bar Harbor Lobster Bake	1250	•			Yes		Yes	Yes		Yes	Yes		Yes	Yes	
Cajun Chicken Linguini Alfredo	1410	•			Yes		Yes	Yes					Yes	Yes	
Canadian Snow Crab Legs	510	•									Yes				
Crab Linguini Alfredo	1240	•			Yes		Yes	Yes			Yes		Yes	Yes	
Double Lobster Tails	500	•			Yes		Yes				Yes		Yes		
Fire-Grilled Sirloin and Garlic Shrimp	450	•			Yes		Yes				Yes		Yes		
Fire-Grilled Sirloin and Grilled Shrimp	340	•			Yes		Yes				Yes		Yes		
Fire-Grilled Sirloin and Grilled Red Shrimp	560	•			Yes		Yes				Yes		Yes		
Fire-Grilled Shrimp Skewer	90	•			Yes		Yes				Yes		Yes		
Island Jumbo Coconut Shrimp	960	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Maple-Glazed Chicken	290	•			Yes			Yes						Yes	
Mixed Grill (Salmon)	730				Yes		Yes		Yes	Yes	Yes		Yes		
Mixed Grill (Sirloin)	670				Yes		Yes			Yes	Yes		Yes		
Mixed Grill (Chicken)	620				Yes		Yes			Yes	Yes		Yes		

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Rock Lobster and Steak - Filet Mignon	680	•			Yes		Yes				Yes		Yes		
Rock Lobster and Steak - New York Strip	1050	•			Yes		Yes				Yes		Yes		
Seaport Lobster and Shrimp	660	•			Yes		Yes				Yes		Yes		
Seaside Shrimp Trio	1120	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Linguini Alfredo	1230	•			Yes		Yes	Yes			Yes		Yes	Yes	
Steak - Filet Mignon	230	•					Yes								
Steak - New York Strip	560	•					Yes								
Steak - Sirloin	250	•					Yes								
Ultimate Feast®	940	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Walt's Favourite Shrimp	530	•				Yes	Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination – Fire-Grilled Chicken	300	•													
Create Your Own Combination – Fire-Grilled Tilapia	220	•							Yes						
Create Your Own Combination – Fire-Grilled Shrimp	280	•			Yes		Yes				Yes		Yes		
Create Your Own Combination – Fire-Grilled Scallops	90	•			Yes		Yes			Yes			Yes		
Create Your Own Combination – Fire-Grilled Sirloin	250	•			Yes		Yes								
Create Your Own Combination – Garlic Shrimp	220	•			Yes		Yes				Yes		Yes		
Create Your Own Combination – Coconut Shrimp	780	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination – Shrimp Linguini Alfredo	630	•			Yes		Yes	Yes			Yes		Yes	Yes	
Create Your Own Combination – Soy-Ginger Salmon	360	•			Yes			Yes	Yes					Yes	
Create Your Own Combination – Walt's Favourite Shrimp	370	•				Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Lover's Tuesday – Fried Shrimp	280	•				Yes	Yes	Yes			Yes		Yes	Yes	
Shrimp Lover's Tuesday – Garlic Shrimp	220	•			Yes		Yes				Yes		Yes		
Shrimp Lover's Tuesday – Popcorn Shrimp	420	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
<b>GLOBALLY INSPIRED</b>															
Dragon Shrimp	940	•			Yes			Yes			Yes		Yes	Yes	
Fire-Grilled Tacos with Chicken	450	•				Yes	Yes	Yes					Yes	Yes	
Fire-Grilled Tacos with Crunchy Fish	820	•				Yes	Yes	Yes	Yes				Yes	Yes	Yes
Fire-Grilled Tacos with Tilapia	540	•				Yes	Yes	Yes	Yes				Yes	Yes	
Fire-Grilled Tacos with Maritime & Norway Lobster Meat	490	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Tacos with Shrimp	420	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fish and Chips	1020	•			Yes	Yes	Yes	Yes	Yes					Yes	
Salmon New Orleans (half/full)	580/910	•			Yes		Yes		Yes		Yes		Yes		
Yucatan Tilapia and Shrimp	860	•			Yes		Yes	Yes	Yes		Yes		Yes	Yes	

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<b>CLASSIC FISH</b>															
Sole – Golden-fried	710	•					Yes	Yes	Yes				Yes	Yes	Yes
Sole – Oven-broiled	200				Yes				Yes						
<b>4-COURSE FEAST (unique items)</b>															
Cajun Chicken Linguini Alfredo	720	•			Yes		Yes	Yes					Yes	Yes	
Fire-Grilled Sirloin	250	•					Yes								
Fire-Grilled Shrimp	180	•			Yes		Yes				Yes		Yes		
Island Jumbo Coconut Shrimp	780	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes	
Shrimp Linguini Alfredo	630	•			Yes		Yes	Yes			Yes		Yes	Yes	
Soy-Ginger Salmon	360	•			Yes			Yes	Yes					Yes	
Dessert – Triple-Chocolate Brownie à la Mode	320				Yes	Yes	Yes	Yes						Yes	
<b>PERFECT PAIRINGS - ADD TO ANY MEAL</b>															
Fire-Grilled Sea Scallops Add-On	90	•			Yes		Yes			Yes			Yes		
Fire-Grilled Shrimp Skewer Add-On	90	•			Yes		Yes				Yes		Yes		
Garlic Shrimp Add-On	200	•			Yes		Yes				Yes		Yes		
Maritime Lobster Tail Add-On – Fire-Grilled	410	•			Yes		Yes				Yes				
Maritime Lobster Tail Add-On – Classic	360	•					Yes				Yes				
Topped Maritime Lobster Tail Add-On	220	•			Yes		Yes	Yes			Yes			Yes	
Walt's Favourite Shrimp Add-On	300	•				Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Red Shrimp Skewer - Add On	110	•			Yes		Yes				Yes		Yes		
<b>TODAY'S CATCH MENU</b>															
TODAY'S CATCH (pending availability)		•							Yes						
Blackened Seasoning - Preparation	15	•													
Broiled Seasoning - Preparation	10	•													
Grilled Seasoning - Preparation	0	•													
Creamy Norway Lobster Beurre Blanc Topping - Add-on	170				Yes		Yes	Yes			Yes			Yes	
Pineapple Relish Topping	10														
Soy Ginger Glaze Topping	40	•			Yes			Yes						Yes	
Yucatan Shrimp Topping	250				Yes		Yes	Yes			Yes		Yes	Yes	
Crab Cake Dinner	560	•			Yes	Yes	Yes	Yes			Yes			Yes	
King Crab Legs	480	•									Yes				
Live Maritime Lobster – Classic	440	•					Yes				Yes				
Live Maritime Lobster – Stuffed	600	•			Yes		Yes	Yes			Yes		Yes	Yes	
<b>LUNCH ENTRÉES</b>															

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Captain's Catch	390	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Chicken Breast Strips	650	•			Yes			Yes					Yes	Yes	
Classic Caesar Salad	520					Yes	Yes	Yes	Yes					Yes	
Add Grilled Chicken	100	•				Yes	Yes	Yes	Yes					Yes	
Add Grilled Shrimp	70	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes	
Add Grilled Salmon	310	•			Yes	Yes	Yes	Yes	Yes					Yes	
Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i>	120	•			Yes		Yes	Yes			Yes		Yes	Yes	
Crunchy Popcorn Shrimp	420	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Tacos with Chicken	450	•				Yes	Yes	Yes					Yes	Yes	
Fire-Grilled Tacos with Crunchy Fish	820	•				Yes	Yes	Yes	Yes				Yes	Yes	Yes
Fire-Grilled Tacos with Tilapia	540	•				Yes	Yes	Yes	Yes				Yes	Yes	
Fire-Grilled Tacos with Maritime Lobster Meat	490	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Tacos with Shrimp	420	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Fire-Grilled Shrimp Skewers	160	•			Yes		Yes				Yes		Yes		
Fish and Chips	840	•			Yes	Yes	Yes	Yes	Yes					Yes	
Garlic Shrimp	210	•			Yes		Yes				Yes		Yes		
Hand-Breaded Shrimp	230	•				Yes	Yes	Yes			Yes		Yes	Yes	
Linguini Alfredo with Cajun Chicken	720	•			Yes		Yes	Yes					Yes	Yes	
Linguini Alfredo with Crab	640	•			Yes		Yes	Yes			Yes		Yes	Yes	
Linguini Alfredo with Shrimp	630	•			Yes		Yes	Yes			Yes		Yes	Yes	
Maple-Glazed Chicken	190	•			Yes			Yes						Yes	
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp	360	•			Yes		Yes				Yes		Yes		
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	410	•			Yes		Yes				Yes		Yes		
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp	440	•				Yes	Yes	Yes			Yes		Yes	Yes	
Sole – Golden-fried	710	•					Yes	Yes	Yes				Yes	Yes	Yes
Sole – Oven-broiled	200	•			Yes				Yes						
Create Your Own Lunch – Bay Scallops – Broiled	70				Yes					Yes					
Create Your Own Lunch – Bay Scallops – Fried	220	•					Yes	Yes		Yes			Yes	Yes	Yes
Create Your Own Lunch – Chicken Breast Strips	420	•			Yes			Yes					Yes	Yes	
Create Your Own Lunch - Fire-Grilled Shrimp	60	•			Yes		Yes				Yes		Yes		
Create Your Own Lunch – Fish Fillets-Broiled	170				Yes				Yes						
Create Your Own Lunch – Fish Fillets-Fried	470	•					Yes	Yes	Yes				Yes	Yes	Yes
Create Your Own Lunch – Garlic Shrimp	110				Yes		Yes				Yes		Yes		

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Create Your Own Lunch – Hand-Breaded Shrimp	150	•				Yes	Yes	Yes			Yes		Yes	Yes	
Create Your Own Lunch – Lightly Breaded Clam Strips	590	•			Yes	Yes	Yes	Yes	Yes	Yes				Yes	
<b>EARLY DINING SPECIALS (Monday - Friday, available all day) Available in select locations</b>															
MONDAY: Fire-Grilled Shrimp Skewer (initial/refill)	310/60	•			Yes		Yes				Yes		Yes		
MONDAY: Garlic Shrimp (initial/refill)	410/200	•			Yes		Yes				Yes		Yes		
MONDAY: Hand-Breaded Shrimp (initial/refill)	280/200	•				Yes	Yes	Yes			Yes		Yes	Yes	
MONDAY: Shrimp Linguini Alfredo	630	•			Yes		Yes	Yes			Yes		Yes	Yes	
THURSDAY: Fish and Chips Dinner	1020	•			Yes	Yes	Yes	Yes	Yes					Yes	
<b>KIDS' MENU</b>															
Broiled Tilapia	250				Yes				Yes						
Chicken Fingers	420	•			Yes			Yes					Yes	Yes	
Fresh Fruit – Orange Wedges	30														
Garlic-Grilled Shrimp	90	•			Yes		Yes				Yes		Yes		
Grilled Chicken	170	•													
Grilled Tilapia	220	•							Yes						
Golden Fried Fish	240	•					Yes	Yes	Yes				Yes	Yes	Yes
Macaroni and Cheese	280				Yes		Yes	Yes						Yes	
Popcorn Shrimp	250	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes	
Petite Maritime Lobster Tail	360	•					Yes				Yes				
Kids' Surf's Up Sundae	160				Yes		Yes								
<b>DESSERTS</b>															
Brownie Overboard™	980			Yes	Yes	Yes	Yes	Yes						Yes	
Chocolate Wave	1070				Yes	Yes	Yes	Yes					Yes	Yes	
Key Lime Pie	400				Yes	Yes	Yes	Yes						Yes	
Triple-Chocolate Brownie a la Mode	320				Yes	Yes	Yes	Yes						Yes	
Vanilla Bean Cheesecake with Strawberries	730				Yes	Yes	Yes	Yes						Yes	
Warm Apple Crostada	550				Yes	Yes	Yes	Yes						Yes	
<b>SIDES &amp; ADDITIONS</b>															
Asparagus - Seasonal	80						Yes								
Baked Potato	210														
Broccoli	40														
Crispy Dragon Broccoli	440	•			Yes			Yes					Yes	Yes	
Caesar Salad	320				Yes	Yes	Yes	Yes	Yes					Yes	

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Coleslaw	190				Yes	Yes									
Creamy Lobster Baked Potato	370				Yes		Yes	Yes			Yes			Yes	
Creamy Lobster Mashed Potatoes	350				Yes		Yes	Yes			Yes			Yes	
French Fries	290	•													
Garden Salad <i>does not include dressing choice</i>	60							Yes						Yes	
Mashed Potatoes	190				Yes		Yes								
Rice	190				Yes								Yes		
Signature Biscuits (each)	150				Yes		Yes	Yes					Yes	Yes	
<b>DRESSINGS &amp; SAUCES</b>															
100% Pure Melted Butter	300						Yes								
Add Butter to Baked Potato	60				Yes		Yes								
Add Sour Cream to Baked Potato	15						Yes								
Blue Cheese Dressing	230				Yes	Yes	Yes								
Caesar Dressing	300				Yes	Yes	Yes		Yes						
Champagne Vinaigrette	70				Yes								Yes		
Cocktail Sauce	35				Yes										
Plum Sauce	60												Yes		
Ketchup	60														
Marinara Sauce	35														
Pico de Gallo	10														
Piña Colada Dipping Sauce	100			Yes			Yes								
Ranch Dressing	130					Yes	Yes								Yes
Tartar Sauce	210				Yes	Yes									
Thousand Island Dressing	190				Yes	Yes									